

The School Survival Guide

The Great Plague

Copyright © 2022 The Great Plague. All rights reserved.

(Revised 7/2023)

ISBN: 979-8-9851039-9-1

Cover art by The Great Plague

Published by The Great Plague Publishing

Take the quiz or download a free copy at [Schoolsurvival.net](https://www.schoolsurvival.net)

Dedicated to Mama

Table of Contents

Section 1: The School Survival Guide

- 1.1 Introduction to the School Survival Guide
- 1.2 Quotes on Education
- 1.3 Education is Oppression
- 1.4 Your Teachers are Prison Guards
- 1.5 School Subjects
- 1.6 Your Parents Failed You
- 1.7 Your Classmates Are Insane

Section 2: Mental Self Defense

- 2.1 Awareness in the Transient Age
- 2.2 Hypnosis
- 2.3 How to Identify Predatory Adults
- 2.4 Institutional Child Abuse
- 2.5 Deprogram
- 2.6 Exercises for Understanding Modern Media
- 2.7 How to Live

Section 3: A Psychic Education

- 3.1 Learning to Listen
- 3.2 Ritual Magic
- 3.3 Psychic Abilities Real or Fake?

Section 4: The Children's Bill of Rights

- 4.1 Introduction to the Children's Bill of Rights
- 4.2 Children's Bill of Rights
- 4.3 Earth's Bill of Rights

Section 1: The School Survival Guide

1.1 Introduction to the School Survival Guide

This bulk of this book is designed as a quiz app. You can take the quiz on schoolsurvival.net or download the app if it gets built. This format has its limitations but I thought the quiz would be fun. My next book will be a collection of essays that provide more nuance on these subjects.

Briefly, I would like to list the main themes of the School Survival Guide and my work in general. The first is that our current planetary epidemic of mental illness has primarily child trauma at its root, and *institutional child abuse* is its most virulent form. The second is that the state and its apparatuses of religion, military, industry, education and media all represent facets of institutional child abuse, now and throughout history.

The third is that the only way to regain our health and heal from multi-generational abuse is to rejoin nature, relearn ethics, and become sustainable again. Modern humans are inferior to hunter-gatherers by any metric that involves physical, mental, genetic, or social health. Our unethical technology and cultures of mass murder, corruption and slavery have made us sick, weak, stupid, and miserable down to the genetic level, and we are on a suicidal course.

The fourth is that the ongoing "Anthropocene Extinction" has yet to reach its peak and will likely result in the collapse of the ecosystem and civilization. The global epidemic of child abuse can never be adequately addressed or even acknowledged by a system that is designed to feed on it, so the ecosystem will continue to deteriorate rapidly until civilization comes to its inevitable conclusion.

Most modern humans have internalized the hubris of human superiority, believing the precious life of a single human justifies any atrocity against nature. Politics operates on this assumption, that the desires of human adults vastly outweigh any care for the well-being of plants, animals and children. We can be fed unethical "choices" by our puppet masters and we will still participate, because we operate in perceived self interest and not by ethics. We have been made complicit in the greatest genocide, the greatest atrocity in history, the only known ecocide and intelligently-designed mass extinction in planetary history.

From the perspective of any of the recently extinguished species of plants, animals and dinoflagellates, we are all oppressors and genocidal fanatics. We think that our political and religious beliefs define us but they do not, it is our total immersion in a narcissistic consumerist fantasy, vastly unaware of the genocidal mass extinction happening all around that defines us.

Unaware even, of our own plight as modern slaves, unaware of the great plague of child abuse and mental illness, we are many generations deep in the cultural Stockholm Syndrome of accepting atrocities as just the cost of doing business. Until we finally acknowledge the abuse that lies at the heart of all this misery, we will remain helpless victims plummeting towards an unavoidable fate, vainly advocating for the latest corrupt political scheme as if a quick reshuffling of money and power could somehow heal thousands of years of ritualized child torture and brainwashing, or redeem an unsustainable consumer culture that was always heading for the cliff it is now hurtling over.

1.2 Quotes on Education

"Welcome to our child training facility where we turn curious minds into unquestioning workers." That should be the sign on the front of every school. But don't take my word for it, check out the eloquent folks below in some quotes on education...

Everyone who has ever been to school knows that school is prison, but almost nobody beyond school age says it is. It's not polite. We all tiptoe around the truth because admitting it would make us seem cruel and would point a finger at well intentioned people doing what they believe to be essential. In school, as in adult prisons, the inmates are told exactly what they must do and are punished for failure to comply. - Peter O. Gray

What is the purpose of industrial education? The aim is simply to reduce as many individuals as possible to the same safe level, to breed and train a standardized citizenry, to put down dissent and originality. That is its aim in the United States and that is its aim everywhere else. - HL Mencken

There is in all children...a stubbornness, and stoutness of mind arising from natural pride, which must, in the first place, be broken and beaten down; that so the foundation of their education being laid in humility and tractableness, other virtues may be built upon. - Reverend John Robinson

I learned how to argue. I learned how to worship. I learned how to become an eager worker and a passive consumer. But I didn't learn anything practical, like how to purify water, build a home, start a fire, grow food, or survive without the help of corporations. - Joss Sheldon

Was it possible I had been hired not to enlarge childrens' power, but to diminish it? That seemed crazy on the face of it, but slowly I began to realize that the bells and the confinement, the crazy sequences, the age-segregation, the lack of privacy, the constant surveillance, and all the rest of the national curriculum of schooling were designed exactly as if someone had set out to prevent children from learning how to think and act, to coax them into addiction and dependent behavior. - John Taylor Gatto, New York City Teacher of the Year 1989-1991

Since every effort in our education life seems to be directed towards making the child a being foreign to itself, it must of necessity produce individuals foreign to one another, and in everlasting antagonism with each other. - Emma Goldman

Education...seems to me perhaps the most authoritarian and dangerous of all social inventions of mankind. It is the deepest foundation of the modern and worldwide slave state. - John Holt

It isn't a coincidence that governments everywhere want to educate children. If the government's` propaganda can take root as children grow up, those kids will be no threat to the state apparatus. They'll fasten the chains to their own ankles. - Llewellyn Rockwell Jr.

Wherever is found what is called a paternal government, there is found state education. It has been discovered that the best way to insure implicit obedience is to commence tyranny in the nursery. - Benjamin Disraeli

American schools are scientifically designed to prevent over-education from happening." - William Harris, U.S. Commissioner of Education 1889

Independent, self-reliant people are a counter-productive anachronism in the collective society of the future. - John Dewey, University of Chicago 1896

Reading should no longer be a fetish. Little attention should be paid to reading. - G. Stanley Hall, John Dewey's mentor.

What happened to public education? What happened is you got saddled with Indian education.

That's how they educated us. They're dumbing you down. There's no value in education anymore. It's Indian Education. That's why I call America the largest reservation in the world. - Russell Means

A general state education is a mere contrivance for molding people to be exactly like one another; and as the mold in which it casts them is what which pleases the predominant power in the government - whether this be a monarch, a priesthood, an aristocracy...it establishes a despotism over the mind, leading by natural tendency to one over the body. - John Stuart Mill

The whole purpose of school is basically a form of forced unpaid training to prepare individuals for a lifetime of forced servitude where you just get paid enough to continue working. School conditions little kids to get up early against their will, sit on a bus and then sit in a building essentially locked in like prisoners all day, sitting still, being told what to do and how to think by an authority that cannot be spoken back to. At the end of the day, you are given homework, to condition you to work free overtime when you're older, and to never feel like work is ever finished, even at home. It conditions people to become good unquestioning slaves who will spend the majority of their useful healthy woken hours on this earth, using their bodies and minds to profit the economy. How else are you going to get people to accept this imposed existence of forced slavery? Childhood indoctrination is the only way. Gotta fuck our minds up good while we're still young, innocent, and impressionable. - Unknown

Schools train you to be ignorant with style...they prepare you to be a usable victim for a military industrial complex that needs manpower. As long as you're just smart enough to do a job and just dumb enough to swallow what they feed you, you're going to be alright. - Frank Zappa

In our society, when we talk about raising children, we are really talking about driving them crazy. Education is about conditioning people to be irresponsible and stupid. It teaches them to be skillful technologists and useless people. - Stewart Emery

The function of high school is not so much to communicate knowledge as to oblige children to accept the grading system as a measure of their inner excellence. And a function of the self destructive process in American children is to make them willing to accept not their own, but a variety of other standards, like a grading system, for measuring themselves. It is thus apparent that the way American culture is now integrated it would fall apart if it did not engender feelings of inferiority and worthlessness. - Jules Henry

Public education is like chemotherapy in reverse. Instead of a technique to kill the unhealthy cancer cells, it is a technique to weed out any healthy, functioning young minds. - Anonymous

When education is not liberating, the dream of the oppressed is to become the oppressor. - Paulo Freire

You are in the process of being indoctrinated. We have not yet evolved a system of education that is not a system of indoctrination...You are being taught by people who have been able to accommodate themselves to a regime of thought laid down by their predecessors. It is a self perpetuating system. Those of you who are more robust and individual than others will be encouraged to leave and find ways of educating yourself- educating your own judgments. Those that stay must remember, always, that they are being molded and patterned to fit into the narrow and particular needs of this particular society. - Doris Lessing

School is about learning to wait your turn, however long it takes to come, if ever. And how to submit with a show of enthusiasm to the judgment of strangers, even if they are wrong, even if your enthusiasm is phony. - John Taylor Gatto

When people say that school prepares children for the real world, what's implied is that...the real world is going to be an unhappy place and that being treated unfairly by people is a part of life. - Rue Kream

We destroy the love of learning in children, which is so strong when they are small, by encouraging and compelling them to work for petty and contemptible rewards- gold stars, or

papers marked 100, in short for the ignoble satisfaction of feeling that they are better than someone else. We kill not only their curiosity, but their feeling that it is a good and admirable thing to be curious, so that by the age of ten most of them will not ask questions, and will show a good deal of scorn for the few who do. - John Holt

There were no sex classes. No friendship classes. No classes on how to navigate a bureaucracy, build an organization, raise money, create a database, buy a house, love a child, spot a scam, talk someone out of suicide, or figure out what was important to me. Not knowing how to do these things is what messes people up in life, not whether they know algebra or can analyze literature. - William Utsi Wimsatt

A normal person is what is left after society has squeezed out all unconventional opinions and aspirations out of a human being - Mokokoma Mokhonoana

Compulsion - non-consensual education - requires violence; it requires complete control over what students put into their brain, the people they are exposed to, the places they are authorized to be, and oftentimes, with free lunch programs, what food goes into their body. Compulsory systems are resentful of families who do not enforce homework or dress code policies; are reluctant to allow parents into its buildings except once or twice a year on special open house days; and fear parents who choose to homeschool. - Brian Huskies

Why you fool, it's the educated reader who CAN be gulled. All our difficulty comes with the others. When did you meet a workman who believes the papers? He takes it for granted that they're all propaganda and skips the leading articles. He buys his paper for the football results...He is our problem. We have to recondition him. But the educated public, the people who read the high-brow weeklies, don't need reconditioning. They're all right already. They'll believe anything. - C.S. Lewis

There is no neutral education. Education is either for domestication or for freedom. - Joao Coutinho

Education itself is a putting off, a postponement; we are told to work hard to get good results. Why? So we can get a good job. What is a good job? One that pays well. Oh. And that's all? All this suffering, merely so we can earn a lot of money, which, even if we manage it, will not solve our problems anyway? Its a tragically limited idea of what life is all about. - Tom Hodgkinson

Religion cannot survive a single generation without indoctrination of poor children - Mecha Constantine

The sad truth...is that people believe what they're told. Maybe not the first time, but by the hundredth time, the craziest of ideas just becomes a given. - Neal Shusterman

The whole point of education is to stop someone from thinking and instead kick their emotions into gear. Make them hate everything else so they'll cling to what you give them. It's hard to think for yourself when fear and anger are driving the shuttle. - Delilah S. Dawson

The system wants you to fail at what you need and succeed at what they want from you. It teaches children how to do just that. The visible pyramids of Egypt symbolize this process. the higher you rise, the closer you get to slavery. Being trapped by property is no better than being trapped by poverty. Worse still, property takes you further away from reality than does poverty. - Glen Kealey

School is the advertising agency that makes you believe that you need society as it is. - Ivan Illich

Through clever and constant application of propaganda, people can be made to see paradise as hell, and also the other way around, to consider the most wretched sort of life as paradise. - Adolf Hitler

Political scientists and professors are the new clergy; the clergy of oppression. - A.E. Samaan

Educated fools from uneducated schools...pimping people is the rule. - Curtis Mayfield

Anyone seeking social change will gravitate towards the field of education. Our strategy is simple:

let only those succeed whose influence would be compatible with our power. Build a great cult of salvation through endless education, touting it as the "democratic" path to success. - The Occult Technology of Power

We discourage education that would develop the potential powers of students to the fullest. Education that prepares our students to accept a cog-like existence in our military-industrial-social-welfare-regulation complex is ideal. Progressive education with its stress on "social adjustment" also produces the conformity we require of our subjects. - The Occult Technology of Power

Who owns the youth owns the future - Adolf Hitler

We build your penitentiaries, we build your schools. Brainwash education, to make us the fools. - Bob Marley

The three greatest enemies of the Native American are education, the Bureau of Indian Affairs, and the churches. - Dennis Banks

Education is learning cut off from active life and done under pressure of bribe or threat, greed, and fear. - John Holt

The nature of psychological compulsion is such that those who act under constraint remain under the impression that they are acting on their own initiative. The victim of mind manipulation does not know that he is a victim...he believes himself to be free. - Aldous Huxley

Fortunately, some are born with spiritual immune systems that sooner or later give rejection to the illusory worldview grafted upon them from birth through social conditioning, They begin sensing that something is amiss, and start looking for answers, inner knowledge and anomalous outer experiences show them a side of reality others are oblivious to, and so begins their journey of awakening, Each step of the journey is made by following the heart instead of following the crowd and by choosing knowledge over the veils of ignorance. - Henri Bergson

1.3 Education is Oppression

1. True or False? Many of civilization's primary industries cannot exist without compulsory education and other more brutal forms of child abuse.

Answer: True. This is why forced religious conversion has always been a feature of empire. Control is always achieved through mandatory education. Slavery isn't complete until you have brainwashed them with language, education, religion, and entertainment. But first, children must be made to fear and obey, and their parents made to understand that the state is the all-parent.

2. True or False? Modern American education is based on "the Prussian system" of 19th century compulsory education.

Answer: True. Almost all of the founders of the American public education system made the pilgrimage to Germany, and wrote widely circulated praises of their methods. Horace Mann's famous "7th Report" is the most famous of these.

3. The "Prussian system" of education was designed to produce:

- A) Obedient soldiers for the army
- B) Obedient workers for the mines
- C) Well subordinated servants and laborers
- D) Citizens who think alike about major issues
- E) All of the above

The answer is E. State education is designed to diminish and control its subjects, first and foremost. Specialization in school comes and goes with the demands of the time and place, but those demands are never for healthy, curious, independent children.

4. True or False? Kindergarten was designed as a way to break the influence of mothers on their children.

Answer: True. Fredrich Froebel, the inventor of kindergarten in 19th century Germany, coined the term not as a "garden for children", but as a metaphor of teachers as gardeners and children as the vegetables. Women have always been considered the more difficult obstacle in terms of willingness to have their children turned into bullet catchers and other degrading products.

5. True or False? The term "school" was applied to fish as a visual metaphor for what schooling was meant to accomplish: a homogenous herd who unquestioningly follow the leader.

Answer: True. The image of large numbers of fish swimming in perfect formation is the visual representation of exactly what the inventors of school and education set out to accomplish. That is why the well-educated believe that selecting a leader to follow is of utmost importance.

6. True or False? Many educated people are similar to religious people in that they place their faith in authority figures.

Answer: True. Education is a process of indoctrination to a political worldview (relativism). From a psychological perspective, there is little difference between religious people and politicized people. They both engage in a form of "groupthink" in which they and their religious/political group are "good", placing blame for any of the world's problems onto others, be they other religions, ethnicities, ideologies, political groups, or even supernatural entities. In other words, the psychological product of education is a mentality of helplessness, blamelessness and lack of personal responsibility.

7. The purpose of state education is:

- A) Training you to be a factory worker if you live in a working class neighborhood
- B) Training you to be an office worker if you live in a suburban neighborhood
- C) Training you to be an executive if you live in a wealthy neighborhood
- D) Training you to be a prison inmate if you live in a low income neighborhood
- E) All of the above

Answer: E. With a for-profit prison system, it makes fiscal sense to target populations who cannot afford legal representation, and try to make them lifetime prisoners/customers. This is accomplished through over-policing neighborhoods and charging people with minor offenses at a young age. This is nothing new, the science of criminalizing populations has been perfected over thousands of years. Many modern schools resemble prisons as well, with police presence and heavy security, preparing their students for a life of captivity.

8. "American schools are scientifically designed to prevent over-education from happening." The quote from William Harris, U.S. Commissioner of Education, is interesting because:

- A) It demonstrates that his educational scheme is based on hard science
- B) It demonstrates that Harris understood the dangers of over-education
- C) It exposes the amount of money and thought put into dumbing down
- D) It demonstrates the truth of how science liberates humanity
- E) It exposes the fact that American schools are the best

Answer: C. Harris' statement is a blatant admission of education's true intention and process. Those who attend public school will never rise beyond a certain position because they have no concept of how the system actually works. A massive lower caste is created that will argue vociferously amongst themselves about the limited choices presented them, just as they were taught in school.

9. True or False? The children in Nazi-era Germany were educated under a system virtually identical to that of the United States and all other participants of World War 2.

Answer: True. The main participants of WW2 were also the most technologically advanced countries in the world, all of whom had "industrial schools." WW2 was a "contest" between technological rivals and a testing ground for the new technology and redesigned soldiers, among other things. No wonder the top Nazi scientists fit so seamlessly into the upper echelons of the U.S. military industrial complex.

10. John Taylor Gatto, former NYC Teacher of the Year, said that his job as a teacher was to promote:

- A) Dependence
- B) Indifference
- C) Superficiality
- D) Cruelty
- E) All of the above

The answer is E. The best-known American whistleblower on education is John Taylor Gatto. Gatto was a public school teacher in New York City who won Teacher of the Year multiple times. According to Gatto, in order to keep his job as a teacher he was required to teach "The 7 Lessons", which are designed to promote dependence, superficiality, indifference, cruelty, materialism, as well as a lack of privacy, intimacy, candor, and self-awareness.

11. Under Gatto's "7 lessons", children are taught:

A) Confusion. Everything is taught out of context.

B) Class Position. Children are numbered and herded and must know their place.

C) Indifference. "Nothing important is ever finished in my class or in any class I know of."

D) Emotional Dependency. Children must surrender their will to the chain of command, using "stars and red checks, smiles and frowns, prizes, honors and disgraces.

E) Intellectual Dependency. The most important lesson, according to Gatto. Children must wait for the expert authority to make all the important decisions, to tell them what to do. There is no place for curiosity, only conformity.

F) Provisional self-esteem. Children must be taught their self-respect depends on expert opinion. They must be constantly tested, evaluated, judged, graded, and reported on by certain officials. Self-evaluation is irrelevant, "people must be told what they are worth."

G) Conformity. Children are made to conform to political agendas, such as dress codes and the pledge of allegiance.

H) All of the above.

The answer is H, all of the above. I agree with Gatto that intellectual dependency is the primary goal of state education. The entire process can accurately be described as "dumbing-down", carried out on several levels including emotional abuse.

12. True or False? Only 100 hours are needed to teach children the basics of reading, writing and arithmetic.

Answer: True. However, the educational program is also teaching boredom, conformity, dependence, subservience and lack of curiosity, which cannot be instilled as quickly as "the three R's". This injurious form of "education" doesn't stop after school, but continues on the cartoon shows, sports programs, music on the radio, church attendance, etc. Most people see nothing unusual about living in this constant state of propagandized virtual reality, because most of us were bathed in it from birth.

13. True or False? Two powerful educational institutions are religion and media.

Answer: True. Since they are not part of the official educational bureaucracy, religion and media can take extreme liberties with the truth, with the excuse that "scripture and art" are open to interpretation. Like the official educational bureaucracy, they promote only those lies which are favorable to power.

14. True or False? History and civics classes give children an accurate picture of how government functions.

Answer: False. Every government, religion, and major corporation is corrupt, and yet the facts of life about corruption are never taught in any school. After all, the global system could not function if its subjects were as corrupt as the people who administrate the system. That would be a situation of all wolves and no sheep. People who operate with a predatory mentality without the authority and resources to do so end up in prison, and this is called "justice."

15. True or False? Education is a term that describes anything that children learn from adults.

Answer: False. When the hunter-gatherers taught their children to hunt and gather, that was not education. When the orphans of the hunter-gatherers were forced into military-style schools where they had their languages and cultures beaten out of them, that was education. Education is about control, and control is achieved at first through physical violence, and later through a mandatory schooling process which is designed to mentally cripple.

16. State education is designed to:

- A) Have you memorize facts and figures while keeping you ignorant of systemic concepts
- B) Prepare you for a life of servitude and conformity
- C) Condition you to obey non-familial authority figures
- D) Cut you off from intuition and ethics
- E) Condition you to work in oppressive factory conditions
- F) Condition you to accept the judgments of others as your measure of worth
- G) Condition you to accept falsehoods as fact when they are stamped by authority
- H) All of the above

Answer: H. State education is designed to create weak-minded, hopelessly confused "citizens" who are easy to manipulate and exploit.

17. Educated people almost always willingly participate in one or more of the following conflict-control institutions:

- A) Religion
- B) Politics
- C) Popular ideologies
- D) Identity groups
- E) All of the above

Answer: E. Once you fully succumb to the mind control of religion, politics and ideology, you will live in a morally relativistic world in which you judge yourself in relation to "others" rather than any true ethical standard. Labels are limitations and self-labelling is self-limitation. My intention is to immunize you from the absurdity of these self-destructive belief systems and false identities.

18. State education will never teach you:

- A) How to heal yourself
- B) About the cycles of abuse
- C) The true causes behind any historical event
- D) About an ethical path through a psychopathic corporate society
- E) All of the above

Answer: E, all of the above. State education is designed to create hopelessly confused "citizens" who are easy to manipulate, exploit, and corrupt. The last thing they want is healthy, ethical, self-sufficient people.

19. True or False? The more money that is shoved into education, the dumber students become.

Answer: True. The money goes into new buildings and new textbooks and footballs and corruption. Lots of money is not needed to teach children. Money is demanded in the name of the children so that it can be funneled into corruption.

20. True or False? Education is synonymous with cultural genocide.

Answer: True. Recall the "Prussian System" upon which modern schooling is based. It is a scientific program of creating brainwashed industrial slaves, a more sterile version of the old rape and torture "re-education schools." We have all been subjected to this process, and the larger process of cultural genocide, over countless generations. That is the reason why people won't talk about these subjects, instinctive fear of the repressed trauma leads them to seek complicity in the

atrocities rather than denounce them. Education is complete when the slave has internalized the philosophy of oppression and views himself as an ally to the ruling class, and acts as an apologist for the atrocities.

21. True or False? Education is corruption.

Answer: True. At its best, education gives you the basic skills necessary to survive in a corrupt world. Thus, even at its best, education is corruption. That is why ethics are never mentioned in school, because they would invalidate almost every subject taught there.

22. True or False? Ethics are not taught in school because they are the opposite of politics.

Answer: True. They will teach you all about politics, because they want you to be political. They will not teach you about ethics, because they do not want you to be ethical. That is because ethics represent universal ideals, whereas politics represent relativistic ideals and can be easily manipulated, changed, or even completely inverted. Ethical people are hard to control, and they ask too many questions. Your educators will tell you that politics are important, and you must participate. They will never tell you about ethics, because ethics are a unifying concept common to all humans. They only tell you about things which feed into their divide and conquer philosophy.

1.4 Your Teachers are Prison Guards

23. True or False? The phenomena of teachers physically beating or attacking their students was commonplace and even encouraged in years past, and in some places still is.

Answer: True. This is/was common anywhere "factory schools" or "religious schools" existed.

24. True or False? The teachers at the "native residential schools" throughout North America were highly educated and qualified teaching professionals as well as ordained members of a religious order.

Answer: True. They were also chosen for their ability to inflict psychological damage in the form of rape and other brutal tortures.

25. True or False? The phenomena of teachers physically beating their students around the genital area with wooden boards was commonplace and widely held as virtuous throughout the United States public school system until recently.

Answer: True. The fact that both the educational system and the "penal system" were designed by the same sexual sadists should not be lost on anyone, nor should their similarity.

26. True or False? Catholic nuns have been reputed to physically attack and injure their students.

Answer: True. There are thousands of shallow graves across several continents that attest to it. To my knowledge few nuns have ever been tried for their crimes.

27. True or False? The practice of teen girls trading sex for education with their teacher is common in some parts of the world.

Answer: True, the "uncivilized" are always exploited by the "civilized" in many ways.

28. The profession of teaching is similar to:

- A) Prison guard
- B) Prisoner
- C) Soldier
- D) Zookeeper
- E) All of the above

The answer is E, all of the above.

Education is a war for the mind. Teachers are the front line soldiers, poorly-paid grunts who must follow orders without question and teach as they are told to teach. They take their orders from a hierarchy which does not answer to them or reveal its true goals to them. They are cogs in a machine that gives them increasingly less say about what goes on in their own classrooms. In fact, the ever-increasing restrictions on teachers in public education serve to squeeze out the last of those who even care. And if you go the private school route you will be fed a more refined version of the same diet. The worst thing about teachers is that they are good people who believe in the system of control and disinformation they are teaching you. In other words, teachers are the exemplary product of the same method of brainwashing that they subject you to.

29. True or False? Some teachers help their students immensely.

Answer: True. For some students, just having a compassionate adult that cares about their well-being, takes a personal interest in them and provides a safe environment for them is a vast improvement over what they have at home. That complete strangers are tasked with brainwashing children under the guise of raising them, and still do a better job than their parents

speaks to the stage of decay we have reached as a species.

30. True or False? Most teachers are institutionalized.

True. They spent 13 mandatory years in the institution, at least another 6 in college, and then came back to work in the same institution that they were originally forced to attend. Most teachers have spent their entire adult lives in the virtual reality of academia, making them the perfect vessels for disinformation.

31. True or false? Critical thinkers and authority-questioners are weeded out in the teaching profession.

Answer: True. Few lack the ability to question authority more than those who have dedicated their lives to becoming authorities, particularly when they gained their authority by studying other authorities. Furthermore, if they were to openly question authority they would soon find themselves unemployed.

Modern central control of teaching limits every teacher to a strict curriculum from which they must not deviate or lose their job. Thus, even the "rebellious teachers" are nullified and must teach the system's lessons. Keep in mind that the bureaucracy has increased in power since Gatto's era and teaching is more tightly controlled now. The computerization of data and the advent of social media make it even easier to weed out those with heretical ideas and opinions.

32. True or False? The teachers of the future are robots.

Answer: True. It is inevitable that teachers will be replaced by technology, it is already beginning. The bureaucracy can force teachers to follow curriculum, but cannot completely stop them from caring about their students and occasionally deviating from the program. The future is about removing what little "pulpit power" the teacher has left and turning them into specialized products.

Computerized learning has the advantage of eliminating the human factor, as well as any potential deviations from the proscribed curriculum. It also allows them to data-mine and personality profile the students as never before. The "free" technology given to students will monitor their activities 24/7, not just surveilling their words and movements but also heart rate, health, and brain function. "Career-track" programs are already in place that "test-score" children into predetermined careers in the corporate megastate. The Computer will be their god, if it isn't already.

Once the computers are fully in charge of teaching the curriculum, they will soon be in charge of discipline and every other aspect of teaching. There will still be a few living "teachers" on hand to herd the children, but they will answer to the faceless authority just as their students do.

33. True or False? Schools get their students addicted to dangerous mind-altering drugs by referring them to a psychiatrist.

Answer: True. Mental health professionals are very fond of diagnoses. They have been trained to believe in the diagnoses. They will be eager to label you with some kind of mental illness diagnosis in order to fulfill their training and sell you drugs. Furthermore, many of them receive financial incentives for diagnosing and addicting children to drugs. Dangerous drugs like Adderol, Ritalin, and antidepressants are being prescribed to children as young as toddlers. Antipsychotics and epilepsy drugs are prescribed to teenagers who are neither psychotic or epileptic.

You must protect yourself if your parents won't. Pills are offered as a solution to mental health issues not because they are the best, healthiest, or most lasting solution, but because they are the easiest solution for lazy, stupid, and mentally ill parents who are responsible for the child's condition in the first place. It's much easier for these parents to believe that their child has some sort of incurable genetic defect than to admit how deeply they failed their child. The pill will not cure your condition, obviously. A pill cannot change the circumstances of your life or home environment. Instead, the pill is meant to sedate you to a point where you are not disruptive.

Psychiatry is a profession that attracts some extremely disturbed, dangerous, and predatory people who will not hesitate to turn you into a pharmaceutical science project or manipulate you for personal gain. Do not take the pill unless it is your sincere desire to be numb or your mental illness is so severe that you need to be sedated. Mental health issues can often be healed by a healthy diet, regular exercise and exposure to nature.

34. The incidents of teachers having sex with teenage students is rising because:

- A) Adults are less mentally mature than ever
- B) Adults are more mentally ill than ever
- C) Adults are less ethical than ever
- D) Institutional child abuse has spread to every corner of the planet
- E) All of the above

Answer: E, all of the above. Until you can pass a law that cures mental illness, nothing will stop our society's spiral into total madness.

35. True or False? Teachers are traditionally employed by a religious institution.

Answer: True. Today educational institutions are owned either by a religion or the state, and serve the same purpose as they always have. Teachers teach the institutional curriculum regardless of whether it is objectively true or not.

36. True or False? Enforcing obedience is as much a part of the job as actual teaching. Children must be made to conform.

Answer: True. They are taught lies and must parrot them back or be penalized. School is measuring their ability to sit still and do as they are told as much as anything.

37. True or False? Teachers are authoritarians.

Answer: True, to varying degrees. Many have authoritarian tendencies, having internalized the concept of institutional authority, they see no problem in promoting a type of "thinking" that is dependent upon authority opinion. In some cases, they have not only internalized the rationale of education and the "necessity" of institutional child abuse and cultural genocide, but possess the true spirit of authoritarian sadism and pathological insecurity upon which the system is founded.

The structure of the classroom is authoritarian, forcing the teacher to behave this way regardless. If a child asks too many questions, or challenges the teacher, or wants to paint instead of doing math, they are disruptive. Never mind that the child may have a gift for painting and none for math, he must be made to regurgitate algebraic equations that he will never in life have any use for or the teacher will be deemed a failure. Like a police officer, behaving as an authoritarian is simply part of the job description.

1.5 School Subjects

History: Let's start with the most idiotic subject of all. Everything you learn in history class will be a lie except the dates of the wars, which is useless information. Everything you are taught about how and why the war was started, what primary interests were at stake, and how the war was resolved will be lies. The same goes for politics. In the old days politics and religion were understood to be the same thing, with priest-politicians proclaiming their enemies to be the spawn of evil. Nowadays we have a thinly-veiled "separation of church and state" but nothing has really changed, only the methods of convincing men to kill and die for their overlords are more subtle.

The only other thing you will learn about in history class besides war and politics are the inventions and ideas that facilitate both. Inventions and ideas that do not facilitate war and empire are suppressed. Hunter-gatherer societies are never mentioned in history books except to slander them, despite the fact that they constitute 99% of human history and produced cultures of great health, wisdom and longevity.

Civics: My bad, there actually is a subject more idiotic than History. This is just a class on how to follow the rules and be a good little killbot. Of course you should follow the rules that you have to (don't go against the guns), but never adopt the pathetic mindset of believing that they are there for your benefit. The false ideology of democracy is a laughable sham that only a factory-educated worker could believe in. Power comes from the barrel of a gun, not a two-choice button that you push once every four years.

English: Like all modern languages, English was designed to divide your mind against itself by training you to speak the ideology of the oppressor. That ideology is communicated through a simple duality: good vs. evil, god vs. devil, white vs. black, etc. It pits man against woman, "demonizing" her. It's also the simplest, most dumbed-down language to date, mathematically speaking. The English language was created and designed specifically for commerce, to facilitate dishonesty through ambiguity. The ambiguity of common English necessitates an advanced form of itself to enable communication amongst oppressors, which is called law.

English Literature: If all you ever read about is kings and queens, you may actually begin to believe that those people are important or something to be admired. If you observe how the English peasants worship their oppressor class to this day, you'll see how effective this form of brainwashing can be. Most of the children's stories, movies, etc. that we all know and love promote this sort of psychopath-worship as well. The odd thing is that the legends and fairy tales often portray the mental illness and psychopathy of these people somewhat candidly.

Foreign Language: Choose from two, maybe even three languages from scenic Western Europe. These languages may sound better than English, but have the same dualistic program/ideology and are less useful in the modern world. That's amore!

Science and Biology: Learn all about the wonders of nature from people who have absolutely no respect for it! Careers in science are for the most part unethical, as there is no profit in preserving nature, only destroying it. The belief that science is some sort of search for pure truth is a religious belief that completely contradicts the actual history of science. Like all facets of empire, the scientific establishment exists to facilitate total control over the planet and its inhabitants, and possesses many instruments to suppress uncooperative or too-good scientists.

Art and Music: Hobbies of expression, but too many people take them seriously. Removed from their tribal origins, the arts become expressions of vain egotism, state programming, and increasingly toxic combinations thereof rather than participatory community.

Physical Education: Brainwashing children with idiotic zero sum games, while keeping close record of the physical and genetic degeneration of the human organism. The zero sum game is the foundation of unethical behavior as a societal norm.

Health Class: Teaching corrupt, paid-for junk science like the food pyramid. They will never tell you the truth, that hunter-gatherers are the healthiest physically, mentally, socially, and genetically. Instead, you are taught a standard of health relative to a society full of sick people.

Psychology: Surprise, the one subject that might actually help you navigate this world full of broken people is not taught in any grade school. It is only taught to adults, and then only those privileged enough to attend a liberal arts college. And even then, it is still a dumbed-down version which does not address the true causes of mental illness or methods by which to empower yourself. Most of the people who take a real interest in psychology as adults are damaged people trying to figure out their own brains. If only they could have learned as children the reasons behind their abuse and the coping skills to begin healing themselves while their brains were more adaptable.

Math: Basic level math is necessary for survival in our consumer world. However, math is the realm of degenerates. The more mathematically advanced a culture is, the more corrupt, weak and sick its people will be. Obviously, there are no ethical considerations in a math equation. That fact alone should give you some insight as to why things are the way they are in our current global culture.

The power of mathematics lies in the fact that it creates useful products, and this equals truth to the consumerist mind. Many people think that math does not lie, but even the simplest math equation of $1 = 1$ is false. How can $1 = 1$ when no two objects are exactly alike? Units of measurement are arbitrary and inexact, a convenient method of breaking down a living planet into "raw materials" for the death machine, and not reflective of any natural pattern. Only these imaginary measurements and ideological constructs of control like "time" and "money" can make $1 = 1$ true.

The most iconic example of the falseness of mathematics is the pi equation. Mathematicians love to create straight lines, which do not exist in nature. Nature creates spheres and other rounded shapes. When attempting to translate the circle of life into math, the mathematicians fail. They can only use a series of tiny straight lines to create the illusion of a circle or arc. This is why pi will never resolve. And yet, the deeper they calculate pi, the more power they have to destroy nature and deceive you into trusting math instead of nature as the illusion becomes more convincing. This destructive mathematical philosophy is the true religion of empire, and it is commonly known as "squaring the circle," or in layman's terms, "progress."

Band: By all means, learn an instrument. The ability to create your own art, music, stories, and culture are crucial in breaking free from hostile programming.

1.6 Your Parents Failed You

38. True or False? One of the many things modern parents fail to realize is that they don't determine their child's values, corporate culture does.

Answer: True. If you try to instill values in your child that lead to them being ostracized, they will probably reject you. By the time we can speak, we are already dazzled by television superstars who are cooler than mom and dad could ever be. These cartoon superstars will teach your children what is expected of them in this latest edition of the machine, what sort of teen rebellion they should perform, what to wear, etc. Most of mom and dad's values are slave culture programming anyway, just a little bit outdated. We have reached a stage in the experiment in which the scientists are proving that they can rapidly accelerate the process with technology.

39. True or False? Parents have no hope of protecting their children in the modern world.

Answer: True. And they know it. After all, they sign your life away to a faceless overlord the second you are born and his bureaucrats assign their precious baby a livestock number. What happens after that is just left up to luck as they send you out like sheep amongst the wolves.

40. Modern society is full of parents who are:

- A) Too selfish to put their child first
- B) Emotionally needy and fragile
- C) Verbally, physically, and sexually abusive
- D) Depressed and mentally ill
- E) Contemptuous of their partner
- F) Disconnected from their extended families
- G) Unable to provide a true sense of community
- H) Materialistic consumers who believe money solves anything
- I) Lacking a code of ethics
- J) Too busy to spend time with the child
- K) Willing to allow complete strangers to raise and indoctrinate their children
- L) In denial about the realities of the modern slave society and their place in it
- M) In denial about the abuse suffered in their own childhoods
- N) Obese and unhealthy
- O) Having children as status symbols and meal tickets
- P) Genetically defective
- Q) In debt
- R) Hopelessly trapped in thankless jobs
- S) Transient
- T) Disconnected from nature
- U) Addicted to caffeine, alcohol, and a wide range of other drugs
- V) Polluting their children with junk food

W) Polluting their children's minds with religion and ideology

X) Teaching their children hatred with classism, sexism, and colorism.

Y) Polluting their children's minds with the violence, pornography, and nihilism of modern media

Z) Too lazy to cook a healthy meal

AA) all of the above

Answer: Double A. Growing up in an insane society with insane values makes insanity the norm, and thus invisible.

41. True or False? Your parents knew that upon your birth you would be assigned a bar code and a product/debt number, because this happens in every country in the world. They simply accept their slavery, and yours, as a fact of life.

Answer: True. Knowing this, we have to grade your parents on what teachers call "the curve." This acknowledges the fact that bringing you into this polluted world to be the slave of mentally ill psychopaths was irresponsible and unethical, but sex feels good and here you are, so what did they do next?

42. True or False? The School Survival Guide is a warning.

Answer: True. It is a warning first and foremost, about the corrupt world into which your parents have brought you. Whether out of guilt, shame, stupidity or ignorance, most parents don't tell their children the truth about our society and their own family histories. I've tried to make The School Survival Guide more than just a warning by adding advice about healthy living and nature's "do's and don'ts", which is really just some basic principles that you must figure out how to apply to your life. Unlike a hunter-gatherer relative who can tell you everything you need to know to thrive in your environment, I can only tell you the truth and let you decide what to do with it.

43. True or False? We live in a world of lies.

Answer: True. Modern parents never tell their children this fundamental truth about the world we live in. Instead, they teach them to invest in industries that destroy the planet, pledge allegiance to genocidal corporations, and generally do anything for money. We live in a world of lies, and also total hypocrisy.

44. True or False? Child abuse begins in the womb.

True. Stress, drugs, alcohol, and the invasive techniques of modern medicine such as ultrasound start the process early.

45. True or false? Your parents led you into a very dangerous addiction before you could even speak.

Answer: True. From movies to television to the internet to social media, each generation is more deeply addicted to and suffers more mental illness from screen addiction and consumerist programming.

46. True or False? The internet and social media help create the illusion of choice.

Have you ever heard the saying, "the media is the message"? That means that it makes no difference which channel you tune into, only that you accept the screen as authority and a normal part of everyday life.

47. True or False? "Behold I send you out as sheep amidst the wolves."

Answer: True. That's what Jehovah said to his subjects but it perfectly describes modern parents. They subject their children to every form of slave brainwashing and expect them to please the

oppressor and thus make them proud.

48. True or false? The phrase "Obey your Mother and Father" is indicative of the true goal of civilization which is the inversion of all healthy principles.

Answer: True. This insane "commandment" proves the true, malevolent nature of religion. If one behaves as a parent should, protecting and nurturing their child, there is absolutely no need to "command" them. "Command" is only needed to control people through fear, and "obedience" is an anathema to the natural inquisitiveness of a young, growing mind. In a naturalistic society, there is no need to command anyone or enforce "obedience" to a parent's instructions. If the parent's instructions are not followed, it is nature itself who will provide a negative consequence. Whereas in civilization, laws and commandments are enforced by a corrupt hierarchy whose goal is to turn human beings into tools by disconnecting them from nature and health.

It is parents who should "honor" and "respect" their children, since the child owes them nothing at all for the "privilege" of being born since they did not ask to be, particularly into a world where they are destined to become polluting planet-destroyers like the rest of us.

In some cultures and families, children are seen as property of and an insurance policy for their parents. This unabashedly selfish concept of parenthood places children at the very bottom of a slave hierarchy in which their parents own them and expect them to live in service of them, and both parent and child are owned by the state which demands them to live in service of it.

49. True or False? The percentage of abused children has been increasing since the beginning of civilization.

True. We are being raised in an abusive, destructive, and degraded culture. Those of us who claim to have "good childhoods" are only comparing ourselves to those who had outstandingly horrific ones. The process of civilization is one of turning free, healthy people into sick, mentally ill slaves.

50. True or False? The destruction of the family has been "progressing" since the beginning of civilization.

Answer: True. A single parent family is less than a two parent family. A two parent family is less than an extended family. An extended family is less than the true ideal child-rearing environment, the unified tribe of a hunter-gatherer society. In the near future, the "no-parent" family will become common, with more and more children raised by the state as property of the state and molded into perfect slaves and sociopaths. The destruction of a healthy family life has always been the goal of civilization, as once people have been enslaved through force, they must be mind-controlled by any means necessary.

51. True or False? Parental non-responsibility for the actions and mental illness of their children is a cornerstone of civilization.

Answer: True. We live in a slave culture, and slaves are both encouraged to be irresponsible, and legally prohibited from being responsible. The cultures of responsibility practiced by indigenous people around the globe had to be destroyed for civilization to begin. Civilization begins when the children are taken and "re-educated" by force. When these "assimilated" children become parents, they are supposed to hand their children over to the schools and religions of the state. They are also supposed to pass on the mental traumas and abusive behaviors they learned in the process of being "assimilated." When these abused children break the rules, it is they and not their parents who will be punished. Parental non-responsibility is reinforced by law, society and culture. If parents were actually held accountable for the abuse they put their children through, civilization would collapse quickly. However, in the absence of a true family tribal unit, there is no one to hold anyone responsible for anything. You can do anything to your children behind civilization's closed doors and get away with it, because abused children are the fuel of civilization.

52. Why is parental non-responsibility such an important part of civilized programming?

A) Because parents are supposed to pass on their traumas and abusive behaviors

- B) Because parents are supposed to indoctrinate their children to predatory institutions
- C) Because parental responsibility is defined by the state as compliance with its institutions
- D) Because parents must be made to feel innocent, both legally and socially, of the abuse their children endure
- E) All of the above

Answer: E. Their children were never their own, so why burden them?

53. What are some of the ways that parental non-responsibility is promoted or enforced?

- A) Lack of legal consequences to the parent for extreme criminal behavior from the child
- B) Children "submit" themselves to be "graded" at school by non-parental authority figures
- C) If parents are deemed unfit by its agents, the real parent (the state) kidnaps and does anything it wants with their children
- D) Encouraging children to "confess" or have a secret relationship with a religious authority figure.
- E) All of the above

Answer: E. As you might guess, some of these are quite dangerous to the child. However, the child soon learns the lesson: he and his parents are not sovereign, they answer to higher powers. The parental "responsibility" is only that which is enforced: a monetary affair which includes an obligation to educate. Once the money is paid you are a wonderful parent in the eyes of the state, because it knows that your child will follow its culture, religions, politics and ideals, not yours.

54. True or False? The hunter-gatherers from whom we are all descended considered raising children as their highest priority.

Answer: True. Their oral traditions preserved the knowledge of healthy living and nature's "do's and don'ts", as well as the methods of raising a healthy child particular to their location.

55. True or False? Hunter gatherers had cultural concepts of sustainability in regards to reproduction and natural resources.

Answer: True. The Native American "Seventh Generation Principle" is a well known example, in which the consequences of every action are considered seven generations into the future. In contrast, the philosophy of our culture could be called the "Quarterly Principle." Certainly the hunter gatherers were not oblivious to the fact that their lifestyle could not support an infinite amount of people, and planned to maintain their tribe, not grow it. Hunter gatherer vs. Agriculture and Civilization is a case of quality vs. quantity.

56. True or False? Child abuse spreads like a communicable disease and has now infected almost every human on this planet.

Answer: True. We are in the midst of a plague that is far worse than any virus. The great plague of child abuse is running rampant through this world, and is the true root cause of all misery, war, and environmental destruction.

57. True or False? There is no cure for the disease of child abuse.

Answer: True, at least in terms of modern medicine, which is in the business of business, not healing. Healing and drug peddling are direct opposites, so these problems will continue to worsen. Corporate control of the narrative with an army of propagandists to insist that people with severe mental illness must be "accepted as normal" while feeding them ever more drugs paves the way for even more insane societal norms in the future.

58. True or False? Child abuse creates maladaptations on a genetic level.

Answer: True. It also epigenetically activates whatever maladaptive genes were already there as a result of inter-generational child abuse.

59. True or False? The vicious cycle of child abuse explains every atrocity that has happened under civilization, but we never discuss it because it is common knowledge and taken for granted.

Answer: True. That is the story of civilization, the scientific weaponization of child abuse. Since we are all abused children at this apparent saturation point, the only possible increase left is in volume. Thus you see the "normalization" of extreme violence, depraved sexuality, and child rape promoted in our mainstream media, which has proven incredibly effective in reshaping society. Like all abused children, we grow up thinking, and more importantly, feeling, that this abuse is normal: "just the way things are."

The cycles of abuse are not spoken of in educated, official circles. They want you to believe that mental illness is caused by random genetic mutations and chemical imbalances, and can only be fixed by Science with a pill. Better yet, you should simply accept that mental illness is normal and not an illness at all, and bigoted and intolerant to say otherwise.

60. As a child, whose life seems more cool and exciting?

- A) Your parents
- B) Your favorite cartoon character

Answer: B. In a healthy society, our heroes and role models would be our parents and relatives, who we spend every moment with. Parents think it is OK to let their children idol-worship fictional characters, never realizing that they are undermining themselves and letting others mold their children's minds. After all, there is no such thing as Bug-Man, but the people who write the Bug-Man comic book are real, and they are paid to teach your child the values and behaviors desired of it by the Hierarchy. Bug-Man is a character that uses violence/imprisonment to solve every problem, and thrives in corporate settings. He is essentially a colorful police officer and a mascot for the number one arms dealer in the world and its prison industrial complex.

61. Who is cooler?

- A) Your parents
- B) That famous musician or actor

Answer: Not your parents. As you get older and comic books don't seem so cool anymore, you adopt new heroes and idols. However, you find these new heroes in the same place where you found Bug-Man: mass media. By this time, most people have long since stopped looking up to their parents as role models, if they ever did. How could your parents, who work 9 to 5 jobs sitting in an office, ever be as cool as the people on TV? Is anyone going to pretend that working a 9 to 5 was truly their dream vocation? Is anyone going to pretend that the life of a 9 to 5-er could possibly spark the imagination and ambitions of a kid as much as rock stars, movie actors, and Bug-Man? These musicians, actors and artists are products whose job is to sell you a glamorous image, lifestyle, and values that will permanently remove your parents as primary role models and completely indoctrinate you in ways most never begin to realize. It doesn't matter that you're never going to grow up to be a rock star, and that you're going to end up as a 9 to 5-er just like your parents. What matters is that you accept the screen as the ultimate authority figure and the fame it brings as the ultimate validation. You will look up to the heroes and role models given to you by faceless programmers.

62. My parents raised me to be a:

- A) TV watching zombie
- B) Responsible citizen
- C) Religious idiot

D) Raging hypocrite

E) All of the above

Answer: E. Well, most of my friends' middle class parents raised them the exact same way. This is our culture, it is a civilized culture: See no evil, hear no evil, speak no evil, as long as we are on the right side of the gun. The first is the most difficult, but once accomplished you will have truly lobotomized yourself enough to fit in.

63. True or False? Your parents and teachers taught you lies upon lies.

Answer: True. For the most part, they weren't aware that they were passing along disinformation. The lie wasn't deliberate, but at what point can someone be held accountable for allowing themselves to be lied to so easily? The truth hurts so it is understandable that they avoid it.

64. True or False? Children in our society are not taught how to deal with negative emotions.

Answer: Or any other emotions. True. Children in our society receive no psychological training, shocking as that seems. They're supposed to shut up and do what they're told and if they create a disturbance they are punished.

65. True or False? Children in our society are never really warned about the innumerable dangers of a transient society where no one really knows each other.

Answer: True. Yet another reason why civilization is incredibly dangerous and unhappy. People go wherever the money is, and do whatever is asked for it. There are no real communities, and the next door neighbor could be a serial killer. Probably though, they are just another soulless mercenary like rest of us.

66. True or False? Children in our society are never really warned about the innumerable schemes and entire industries designed to poison and exploit them, most of which are perfectly legal.

Answer: True. The state runs the illegal ones as well.

67. True or False? Most people never even tell their children that junk foods like syrup based soft drinks are addictive poison that cause a wide variety of diseases.

Answer: True. Children are denied basic, important information in our society. Yes, it is legal to sell and market poison to children as long as it doesn't kill them instantly. Have parents considered the implications of the fact that so many poisonous, unhealthy, and destructive products are legally marketed and sold to children in our society?

68. True or False? Modern parents do not educate their children about ethics.

Answer: True. They teach their children to think the same way they were educated to think: politics, politics, politics, and money, money, money. As I have repeatedly stated, politics are a selfish and unethical mode of thought. Politics provide the amoral mentality that is needed to serve in a deeply unethical society. The vast majority of these parents work at unethical jobs for unethical bosses. For the few who manage or attempt to escape this fate, they still pay taxes that fund some of the most unethical endeavors imaginable. Only the non-addicted homeless can claim to be ethical here.

69. True or False? Teaching your children about ethics will induce cognitive dissonance in them.

Answer: True. The fact is that there is no way to live ethically in the modern world. That doesn't mean you shouldn't try, but to do so comes at great personal cost. To be ethical means you will never be rich and famous. To be ethical means you will be unpopular, as the herd are deeply emotionally invested in their infantile political mentalities and fragile narcissistic masks.

The most ethical jobs are those that pay the least and are considered menial. Grossly unethical and ecologically suicidal behaviors such as investing in the stocks of companies which destroy the planet and enslave its inhabitants are considered a sign of intelligence and wisdom in our society. The people who are celebrated as "successful" are those who best serve the unethical agendas of

the system. Simply put, any person who can make lots of money and not go to prison for it is considered successful, if not a genius. Neither ethics nor sustainability play a part in the thought process of the modern human. To be ethical is to reject the "common sense" belief that making money and partying is the purpose of life. To be ethical is to be alienated from the modern world.

70. True or False? A child's personality is mostly formed in their first three years of life, which means that providing them with a stable and loving environment during those years is of the utmost importance.

Answer: True. You must teach your child about ethics before they are even old enough to understand your words, by behaving ethically towards them, other people, and the planet which sustains us. Nonverbal learning is the most important and crucial aspect of child raising. If you fail to provide your child with a stable and loving environment during those formative years, nothing you can do as a parent will ever make up for your failure to do so.

71. True or False? If you want to destroy your child's mind, just put them in front of the screen at a very young age.

Answer: True. Even if you don't plop your child in front of a television, or give them a mobile phone before they can read, all the schools have them, and all their friends have them. There is no escape from the power of the screen in modern society. From the second you put them in front of that screen, you lose your authority over them. From that point on, that screen is their true teacher, role model, and overseer.

72. The age at which you should verbally explain to your child about responsibility and ethics is:

- A) 0-4
- B) 5-9
- C) 10-14
- D) 15+
- E) All of the above

Answer: B. The correct age to instruct your children is between 5 and 9. Before the age of 5 is too young to verbally instruct your children about ethics. Age 10 and above is too old to be instructing.

73. True or False? Ethics and Work Ethic are similar.

Answer: False. I did say that children are not taught about ethics, but many parents do try to instill their children with "work ethic." Of course, there is nothing ethical about work ethic, it is simply a reinforcement of the slave mentality that whichever slave works hardest will make the most money.

74. True or False? From the age of 10 on, you should not command your child but treat them as an equal while continuing to teach them and answer their questions.

Answer: True. If your child isn't worthy of respect by the age of ten, it is you who have failed as a parent.

75. True or False? Being born into civilization means that you are not only a slave, but will also be made complicit to enslaving others and destroying nature.

Answer: True. As disconnected beings, totally dependent on civilization, we have no choice but to participate in the planetary ecocide, and thus force our children to as well. This holds especially true for children born in this era, the peak die-off of the Anthropocene Extinction. Entire species are literally going extinct by the day while we play video games and argue about whose atrocities are worse.

76. True or False? Children born into civilization have no rights, and the rights of parents are

easily superseded by the power of organized religion and the state.

Answer: True. The fact that the state can take away your children under any number of pretenses is proof of this, and we know what happens to "orphans" in care of the state. This child-snatching power is at the heart of the law, another important fact of life our willfully ignorant parents never told us. However, it is more important that parents hand their children over willingly.

77. True or False? Our parents place the expectations of the psychopath culture upon us.

Answer: True. This is the sad truth of modern, civilized life. The tribe that should have been there to help you develop and support healthy habits, instead encourages cancerous ones. This will be particularly reinforced in families that achieved high rank or some level of recognition within the psychopath hierarchy, and received all the social benefits of doing so.

78. True or False? 88% of the people in prison were raised by a single parent.

Answer: True. The number one predictor of depression is the loss of a parent before the age of 11. The disintegration of the family began when we left the forest. As ever, the process of total alienation is marketed as progress.

79. True or False? Many people attempt to justify their parents' neglect and abuse by saying "my parents did their best."

Answer: True. The person is suggesting that their parents were acting unconsciously, either too ignorant or too mentally ill to avoid damaging their children. While it may be true that the parent did their best, this justification whitewashes the abuse/neglect and vastly increases the probability that it will be inflicted on the next generation. A wound that is not acknowledged can never heal.

80. True or False? Our parents raised us thinking we had only one job, go to school, because they had only one job, make money.

Answer: True. This is the infantilization and corruption of civilization, all the skills and responsibilities of adulthood reduced to one. Nowhere is the inferiority of the modern man's mind to his hunter gatherer ancestors more apparent than in the area of specialization. Making money is not a reflection of one's mental, physical, or ethical fitness, it is a reflection of the degree to which we make ourselves useful to the psychopathic ruling class and adopt their infantile and exploitative zero-sum mentality. Nature favors a generalist, civilization favors a specialist. I hope I don't have to explain why a specialist is much weaker than a generalist. Our shrunken brains are the proof.

Our parents don't instill us with a sense of ethics and responsibility, because our society does not value those things. In a sense, our parents are being responsible by raising us to be irresponsible.

81. True or False? Tens of thousands of teens are sent to abusive behavior modification camps by their families every year.

Answer: True. This phenomena says so much about modern parents. They pay others to parent their children long after it is too late in most cases. They do so because their children are causing problems for them, not because they acknowledge the fact that they were terrible parents. At least they acknowledge that there is a problem.

82. True or False? Boys in our culture are trained to be gang members from birth.

Answer: True. Every toy, cartoon, and comic book that I had as a kid glamorized gang violence. They had colorful costumes and powers, but at the end of the day it was all about forming gangs and fighting each other. Imagine having those amazing superpowers and technology and the only thing you can think to use them for is gang violence. That's without mentioning all the professional sports worshippers, patriots, religious fanatics, etc., who train their children into face-painting morons. Almost every toy that my parents bought me had a gun as an accessory.

83. True or False? When you see situations where a 14 year old runs away with a much older person, the parents are victims as well.

Answer: False. The abusive parents are seen as co-victims in our society, rather than co-perpetrators. They created a situation their child wanted to run away from, they created a situation in which their child did not confide in them, they neglected and left their child unsupervised, they allowed a predator to seduce their child and in most cases had no idea anything was happening.

84. True or False? Most adults subconsciously see the government as their parent.

Answer: True. This is reinforced through every stage of programming, conscious and subconscious. They trust and obey the state as they would an abusive parent, defending it even as the abuse continues. Fear and abusive conditioning are used to make them retreat further into a childlike state, as the horror of what is actually happening is too much for them to process and they still depend on the parent.

85. Misogynists are created how?

- A) By overbearing and controlling mothers
- B) By absent and misogynist fathers
- C) By repressive societal norms and expectations
- D) By religions that despise women
- E) All of the above

Answer: E. The most virulent misogynists had abusive and controlling mothers, as the abused become abusers. The war on women is a war on humanity, not just women. The resentment felt by many modern women towards men in general may feel righteous, but it is always vented on the vulnerable and those least deserving of it. People who feel great resentment and hate towards the opposite sex have invariably suffered abusive parenting, and should not become parents themselves to a child of either sex, nor portray themselves as intellectuals when pure bigotry and irrational hate drive them.

The true root cause of misogyny is organized religion and the civilizations it created. The values of femininity never have been and never will be appreciated or accepted by the priesthood, who were formed in opposition to them. Our modern society perfectly reflects their anti-woman philosophy/theology: feminine women are portrayed as prostitutes and encouraged to surgically alter themselves to look more like transsexual men, and masculine women are promoted in the male hierarchies, provided they are every bit as unethical and authoritarian as their male counterparts. So a woman in our society has the choice of being a prostitute or "becoming a man" and joining the same cult that has oppressed women, and humanity for thousands of years. Sadly, most intelligent women try to join the male hierarchies, and in the process of achieving this "success", internalize the values of the male oppressor priesthood and perceive themselves as high ranking members of it. Truly, we are living in the era of peak misogyny.

86. True or False? The blind lead the blind.

Answer: True. Our parents are trapped in the same system as we are, subjected to a slightly less modern version of the same brainwashing. Most people born into deprivation and desolate urban environments are going to accept that money is the solution to everything. Our apartment buildings or suburban homes will look the same in ten years or even thirty, we have no awareness of the ever-growing environmental genocide because we are it.

"I am 65...Here is my "theory"... most children are not simply "raised" by one parent, they are in fact, in the care of strangers almost from birth. There is no mother OR father. Mom is working, if there is a dad, he is also working. Children may not consciously reason that Mommy would rather work than stay home, but at some point, they KNOW. How do you learn about love, if you are put in the care of strangers for 50 hours a week? My granddaughter, at three, after she was placed in my care following 3 years at a daycare, (her mother is a Dr. of Psychology and works full time) burst into tears one day, so terribly sad and tiny, and asked "Will I ever see Mrs. x again? I MISS

her." Mrs. x was her "teacher" at the daycare where she and her brother spent most of their days. Mrs. X had been the one to hold her as an infant, to feed her and be Present During her waking hours, 9 to 10 hours a day. Mommy & Daddy would take days off and leave the children at daycare. The children did not have "personal time off". So these unwanted children go from daycare to preschool. They are institutionalized from 4 weeks on. Thrown in with others like themselves, in larger and larger "educational" facilities, where they are prey for petty dictators (teachers) and a hierarchy that wants to turn them into perfect representations of their perverse ideologies." - Anonymous internet quote

1.7 Your Classmates Are Insane

87. True or False? Your classmates are insane.

Answer: True. Your classmates are insane, and you probably are too. The key to understanding them and yourself is through understanding the cycles of abuse. In school you will meet children who have suffered abuses beyond imagining. Because they are still young, the scars aren't as visible as they will be as they get older. Treat people with compassion, since you never know what someone has been through despite how they may look on the outside. You must also protect yourself and be aware because the victims of child abuse can be dangerous without even intending to be.

88. True or false? We live in a system that refuses to teach children about the cycles of abuse and how to cope with and understand child abuse.

Answer: True. Our system thinks it is important to teach children the names and dates of its wars of acquisition and slavery, not how to deal with the inter-generational mental trauma that results from them. That mental trauma lies deep within the psyche of almost every human on this planet, it is the Great Plague that is not spoken of or acknowledged by the system's schools which are set up to create factory workers, soldiers and other usable products. The cycles of abuse have reached an intolerable level on this planet, and the result is a mass extinction marketed as a rainbow space adventure.

89. True or false? We live in a system that is set up to profit off abused children, which is why children are not taught about the cycles of abuse and how to heal from them.

Answer: True. The process of civilization is creating products out of human beings, especially soldiers and prostitutes. Soldiers and prostitutes go hand in hand, this pairing is at the very heart of civilization. Where you find one, you will find the other. Without abused children to become soldiers and prostitutes, the system would vanish overnight. The system is deeply invested in making sure that child abuse flourishes, and creating cultures in which these practices are celebrated.

90. True or false? We live in a system where abused children are punished for acting out their abuses, but also encouraged into professions where they can act out their abuses, spreading the abuse even further and creating "profit."

Answer: True. By acting out one's abuses in ways that suit the system, such as murdering complete strangers in acts of imperialistic war, one becomes a hero. However, without the system's approval and encouragement, the act of murder is a punishable offense.

91. No one is responsible for their _____

- A) Crimes
- B) Spouse
- C) Personality
- D) Actions
- E) All of the above

Answer: A. No one is responsible for their personality. It is a result of two factors, genetics and environment, neither of which we have any control over. In a very real sense, our parents are entirely responsible for who and what we are. We are like a little chemistry experiment conducted by them. We must be held accountable for our actions, which are determined by a personality that

was essentially forced on us.

92. True or False? No one is responsible for being a jerk.

Answer: True. Again, every person on the planet has a personality that is the result of two factors: nature and nurture. Nobody has any control over either. Thus, jerks and assholes had no choice in being what they are. We can still hold them accountable for their actions, but not their personality which was mostly formed before they could even walk, and influences their every action. If a jerk or asshole is very conscientious, and has the time and inclination to reflect on their actions, then they can mitigate their jerkness. However it is virtually impossible to overcome your core personality which is determined by your genetics, parental attachment, primal injuries and insecurities accrued mostly before age 3.

93. True or False? Adolf Hitler was severely abused as a child.

Answer: True. We'll never know exactly what abuses Adolf suffered as a child, but he had many of the telltale signs of a severe abuse victim.

94. True or False? Child abuse causes brain damage.

Answer: True. The brains of severely abused people have been studied and found to be damaged and shrunken. The brain damage they sustain as a result of prolonged child abuse is much greater than that of the PTSD sustained by soldiers, yet they are rarely given the benefits that disabled soldiers receive.

95. Some legal professions in which abused children are encouraged to act out their abuse on others for profit are:

- A) Police/Military
- B) Industry/Finance
- C) Sports/Entertainment
- D) Medicine/Psychiatry
- E) All of the above

Answer: E. "Misery loves company", so the saying goes, and miserable people will deliberately drag you down, no matter what profession they end up in. I'm not here to tell you to avoid "the bad crowd" so you can become doctors and lawyers. We live in a world where the difference between doctors and lawyers and drug dealers and killers is increasingly slim. We all have to make a living, and there are fewer and fewer options where you can do so and remain ethical towards the planet, which is why we will likely soon go extinct.

96. True or false? Abused children have no idea that they are acting out their abuse on others, and most do not even realize they are being abused.

Answer: True. Child abuse is the root cause of all misery on this planet. So much trauma has happened in recent history that people think it is normal, but it's not normal. It's not normal in the context of sustainable, naturalistic societies which existed for vast periods of time compared to which the abuse machine called civilization is but a tiny fraction of a second.

97. The most dangerous kid in school is:

- A) The class bully
- B) The zombie gamer
- C) The popular girl
- D) The depressed loner
- E) You

The answer is E. As a child you are under the control of something you have no control over: your own personality. By the time you reach school age, you will have been subjected to many negative influences that you have no awareness or understanding of. Until you can begin to grasp the basics of your own psychology and the true nature of your cultural influences, you will be your own worst enemy. We all are, and most of us never do come to that understanding of who we really are, perhaps because we never come to terms with where we are.

98. True or false? A very dangerous personality trait to possess is low self esteem.

Answer: True. Low self esteem can manifest in many different ways, all of which lead to risky or unhealthy behavior. If you are a kid who gets picked on, you need to intensely study physical and mental self-defense. Once you deal with the outside threats to your mental and physical health, you can begin to isolate the cause of your low self esteem and heal from it.

99. True or False? Narcissists and other bullies suffer from low self esteem.

Answer: True. Another example of how low self esteem is dangerous. Mentally and emotionally ill people often lash out without consciously being aware of it.

100. True or False? The phenomena of "narcissistic personality disorder" is sharply on the rise in the computer age.

Answer: True. The terminology is confusing as narcissism implies "self-love", but sufferers of "Narcissistic Personality Disorder" actually have extremely low self esteem as a result of childhood neglect and abuse. Thus, they are driven to torment others as a twisted form of self esteem building.

The term "narcissist" gets thrown around a lot these days. Our technological culture, which lacks authentic community and promotes superficial values, has increased these behaviors drastically but provides no avenues for healing childhood traumas. Indeed, narcissism could be called the psychological zeitgeist of the computer age, and well-intentioned parents may see their children adopt these sort of behaviors as they adapt to the culture at large.

101. True or False? There is no known explanation for early puberty in girls.

Answer: False. There are actually two explanations, one is as old as our species, and the other is recent. Generally speaking girls are biologically programmed to go into early puberty when there is no father or male father figure in the girl's life. Recently, humans have been releasing mass doses of estrogen mimickers into the water and food supply in the form of plastics.

102. You're the new kid in town, and a bully punches you. What should you do?

- A) Pull out a knife and threaten him
- B) Report her to a teacher
- C) Punch him back
- D) Crack a joke and try to make them laugh
- E) Respond with compassion

Answer: Any of the above can be effective depending on the situation. Compassion is ideal, because it comes from a position of strength and does not create a cycle of abuse/retaliation. Punching back or pulling a knife can get you the respect of the bully or it can get you killed. Cracking a joke often will not work because your wit makes the bully feel even more insecure. Reporting to a teacher will probably not be effective and may cause more problems. If you are in real danger from a bully, tell your parents and have them contact the teacher, and the matter will be taken more seriously. If not, it's better you deal with them yourself if possible.

The bully is a deeply insecure person who is probably being bullied or neglected by an adult at home. I've seen the agonized testimonials of former bullies who tried to apologize to their former victims years later, attempting to explain that they were lashing out as a result of abuse in the

home. The fact that your bully is a victim does not give them the right to victimize you, nor does their bullying give you the right to bully others, but you always have the right to defend yourself. If you have been a bully, try to apologize if possible but don't be surprised if they want nothing to do with you.

103. Online bullying can be solved by:

- A) Ignoring it
- B) Having compassion for the life of a bully
- C) Laughing at their insults
- D) Deleting your social media
- E) All of the above

Answer: E. Online bullying is easily solved. First of all, social media is not good for your mental health, and you should use it as little as possible. It was scientifically designed to create addictive behavior, low self esteem, and other weaknesses in you. On the other hand, if the worst thing you have to worry about in life is online bullying, you're doing OK. You can simply remove yourself from the situation, which people who grow up in abusive homes do not have the option to do. You need to recognize that those doing the bullying are lashing out due to home situations, and not emulate them in a race to the bottom. As always, your own personal health is the ultimate indicator of whether you are living correctly, not crowd acceptance.

104. Social media is bad for your mental health because:

- A) It was designed to be
- B) It promotes greed and materialism
- C) It is addictive
- D) Its proliferation is tied to a sharply rising depression and suicide rate
- E) All of the above

Answer: E. In our corrupt world, things that were designed to sap our time, money, and life become popular, then part of everyday life and eventually, a necessity.

105. Peer Pressure:

- A) Is an unstoppable force of nature
- B) Can make normal people commit atrocities
- C) Is centered around materialism in the modern world
- D) Can be resisted, but not totally
- E) All of the above

Answer: E. Peer pressure is a natural part of the human experience, but like all things natural it has been twisted and distorted by a cancerous culture.

106. True or false? You need to be very selective on who your friends are.

Answer: False. You've heard the saying before: "You're judged by the company you keep." But who really cares about being judged and who exactly is doing this judging? And by what criteria are you supposed to select friends? They never tell you that, this is mainly something parents say when they want to pick your friends for you. The simple fact is that you are going to be drawn to certain people no matter what I or anyone else says, based on where you live, the culture you are raised in, and your own personality type. If you reach a point of maturity where you can actually recognize that you are hanging around people with self-destructive or abusive behaviors, then you

should distance yourself from them as quickly as possible.

107. True or false? You should never be friends with anyone that doesn't respect you.

Answer: True. As kids we all want to fit in, but fitting in can come at a very high price. If you have friends who openly despise you or insult you to your face, you have dangerously low self esteem and need to work on yourself before you can have friends. By work on yourself I mean gain confidence in and compassion for yourself. You can do this by focusing on your natural talents and developing them, and studying forms of physical and psychic self defense, which your parents should have taught you because the schools certainly never will.

108. True or false? Your friends will determine your future.

Answer: False. You've heard the saying before, "Show me your friends and I'll show you your future." However, as a child you have no way of knowing what sort of future you should want, nor should you worry about it. Show me a child who knows exactly what future they want for themselves and I will show you a child who is trying to live up to their parents' expectations. If you end up a drug addict, it's going to be because of the trauma and hostile environments you endured as a child, which will attract you to other people with similar childhoods. Your childhood determines your personality which determines both your friends and your future, not the other way around.

That's not to say that peer pressure is not a factor in our life decisions, because it is. Peer pressure will be a factor no matter which "crowd" you hang around with. Some friends might pressure you into dangerous activities, while others might pressure you into a dull, conformist existence. That's why it's best not to be part of a "crowd" at all, and be your own person. Part of growing up is choosing your own path and being true to yourself. Now here is one saying that is true: if your friends stop being your friends because you wouldn't give in to peer pressure, then they weren't your friends to begin with. In fact, we are raised in a society where very few people know how to truly be a friend, either to ourselves or others.

109. True or false? Popularity in school has everything to do with economic status.

Answer: True. Have you ever met a dirt poor kid wearing old clothes who was popular? In many or most schools popularity and status have everything to do with money and nice clothing, etc., and an attitude of exclusivity that is taught by wealthy parents.

110. True or False? The popular kids are abused also.

Answer: True. One thing to understand is that being popular and wealthy is not all it's cracked up to be. Being taught from the youngest age to value money and status is a form of abuse, because it limits their minds. They will always be emotionally empty people who seek external validation, blindly trying to fill their emotional voids with more objects, status symbols, and career achievements. Make no mistake, these popular kids are the ones who grow up thinking that destroying the planet and enslaving all its people and animals is a good thing because it buys them expensive stuff. Many of them grow up too fast, getting into sex, alcohol and drugs at a young age. And just because they have nice clothes doesn't mean they aren't being severely abused behind closed doors.

111. True or False? Every child you meet in school was abused or neglected to some extent, including you.

Answer: True. We are all sick people, but some of us seem healthy only in comparison with those whose mental illness is obvious. The great plague of child abuse has reached a critical stage, having spread to every corner of the planet along with its carrier, civilization. Having spread to a saturation point, it can only increase in intensity. Our parents don't have time to really raise us, and even if they did, they were victims of the same societal poison and have no true compass as to what healthy life entails.

112. True or False? People raised by single parents are much more likely to end up depressed,

addicted to drugs or in prison.

True. This is a statistical fact, 88% of the people in prison were raised by single parents. The number one predictor for depression is the loss of a parent before age 10.

113. True or False? Legal drugs such as Ritalin, "antidepressants", SSRI's, and other brain drugs can be used to treat a chemical imbalance.

Answer: False. The manufacturers of "antidepressants" who used "chemical imbalance" as part of their marketing slogan were successfully sued for making false claims about their drugs. To anyone with a functioning brain it was an obvious lie: no "chemical brain tests" were ever performed on the people to whom these drugs were prescribed. If no tests are performed, how can there possibly be a diagnosis for chemical imbalance or anything else? In reality, the only chemical imbalance is the one caused by long term usage of these drugs, which affect the brain's ability to naturally manufacture serotonin and other chemicals. Despite the court ruling, these "antidepressant" drugs had already been widely distributed and established in the marketplace. They are selling more than ever because people would rather take a pill than confront their problems.

114. True or False? The popularity of "antidepressants" is a move towards authoritarianism and it demonstrates both the corruption in drug policies and the helplessness, laziness, and stupidity that civilization encourages.

True. What is the cure for depression? A healthy diet, exercise, reconnection with nature, participation in healthy, authentic community. Increasingly, anything "natural" will be openly attacked as science asserts its false authority and seeks to create addicts in every way possible.

115. Which of the following is true?

- A) A murderer is more than likely someone who was violently abused as a child.
- B) A murder victim is more than likely someone who was violently abused as a child.
- C) A rapist is more than likely someone who was sexually abused as a child.
- D) A rape victim is more than likely someone who was sexually abused as a child.
- E) All of the above.

The answer is E. Abuse victims often adopt the mentality of their abuser, or stay in the victim mentality and seek out an abuser to fulfill that role.

116. Whose responsibility is it to end the cycle of abuse?

- A) The justice system
- B) Politicians
- C) Social workers
- D) You
- E) All of the above

The answer is D. It would be far easier to play politics and blame others for the problems of the world, but then you would be permanently irresponsible like the rest of them, and forfeit your real "vote."

117. Most of the worst criminals had:

- A) Random mutations
- B) A normal childhood
- C) An abusive childhood

- D) A happy childhood
- E) The evil gene

Answer: C. Most of the worst criminals had extremely abusive childhoods. This may seem like common sense, but when history tells the story of its favorite mass murderers, their childhoods are almost always glossed over and never suggested as the cause of their violence. Instead we mindlessly celebrate their violence with no deeper insight into why these men became so "great." There is no such thing as a magical psychopath gene that just appears out of thin air. If certain people do possess genetic predispositions to violence or psychopathy, it is due to the cycles of abuse being repeated and unresolved over generations, passing on "antisocial" adaptations.

The brutal domestication process didn't happen overnight. Psychopathy, like all our other problems, is a result of civilization and the great plague of child abuse that is its precondition. These intensely traumatic mental and physical conditions caused the degradation of the human genome, and extreme forms of mental illness are but one expression of that. However, there is no genetic determinism. Even for those with predispositions, the expression of these genes is largely determined by environment. For the overwhelming majority, it is an atmosphere of routine violence suffered or witnessed as a child that creates killers, not genetics.

118. If you live in an impoverished area:

- A) Your area will be full of predatory businesses
- B) Your area will be full of churches and liquor stores
- C) Your area will be devoid of grocery stores to buy healthy food
- D) Your area will be over-policed and criminalized
- E) All of the above

The answer is E, all of the above. The science of criminalizing and polluting populations is a key aspect of civilization.

119. The worst drug is:

- A) Alcohol
- B) Heroin
- C) Cigarettes
- D) Antidepressants
- E) Spice

The answer is A. The most dangerous drug is the one that is easily available, legal, and considered totally normal to use. Unlike the other drugs mentioned, it absolutely brings out the worst in people. The majority of random violence, fights, shootings, rapes, car accidents, and suicides involve alcohol. Alcohol can ruin or end yours and a whole bunch of other peoples' lives in a single night, a single moment, in so many different ways. Modern global culture promotes and glorifies alcohol as the ultimate fun drug, with protagonists using it on every movie and TV show. Many people possess a predisposition to alcoholism and are addicted from the first drink. Alcoholism is a deadly addiction that causes or contributes to many diseases, and kills more people than is statistically possible to track.

120. The school shooter epidemic is a result of:

- A) Child Abuse
- B) Psychiatry
- C) Desensitization to violence through media (MK-Ultra)

D) Cultural glamorization of gunmen

E) All of the above

Answer: E, all of the above. The link between school shooters and psychiatry is undeniable and actively suppressed. It is known that most school shooters were on psychiatric drugs, but drug manufacturers have secured a Supreme Court injunction to prevent the release of information revealing the amounts and types of antidepressant drugs that the school shooters were prescribed.

121. True or False? Drug addiction is a disease.

Answer: False. There is a propaganda push to portray drug addiction as a disease. It's one of these "new-speak" things where we have to pretend drug addiction is a disease when we know it is not. Drug addiction is a symptom of a disease. The actual disease is mental illness and brain damage caused by child abuse, compounded with genetic defects caused by inter-generational child abuse.

122. An example of a quick and easy way to ruin your life is:

A) Drink and drive

B) Mess around with the radio etc, and drive

C) Go to a bar

D) Random sex

E) Play with guns

F) Home repairs

G) Extreme sports

H) Road rage

I) Domestic violence

J) Smoke Marijuana

K) Commit a felony

L) Gamble on stock market or elsewhere

M) All of the Above

Answer: M. Of course there are many more quick and easy ways to ruin your life, these are just a few of the more exciting. Most of us will do some or all of these in the course of a lifetime, with some exceptions. Most people don't realize how dangerous ordinary life is, as we race around in explosive death machines and consume food that we trust others to prepare, preserve, or create from a chemical compound.

123. True or False? A lot of people want to have children either to fill an emotional void or as an act of pure egotism with no intentions to love the child.

Answer: True. This selfish act is at the heart of the Great Plague, and you are furthering it by having children before dealing with whatever personal issues make you feel this way, and thus forcing your problems on an innocent infant.

124. True or False? One of the most dangerous things you can do as far as your lifestyle is to be an abusive person.

Answer: True. When you abuse others, you create enemies and ill will that can come back to harm you later. Also, if you have any friends they will likely also be abusers, thus amplifying the negative energy and the likelihood of bad results. Unfortunately some of us are predisposed to

abusive patterns. The most important thing an abusive person can do is realize it and learn to refocus that energy towards a healthy goal.

125. True or False? We are our own worst enemies.

Answer: True. We've been raised in a world where mental illness is the norm, so good luck making healthy and ethical decisions in your life. It's easy to destroy yourself with drugs, alcohol, bad food, bad relationships, bad jobs, bad culture and bad choices when the vast majority of our entire society does the same. It's easy to justify planet-destruction as "progress" when you are dependent on it for your paycheck and everything else. Sick is normal in our world, because you must be made sick before you can be controlled.

Section 2: Mental Self Defense

2.1 Awareness in the Transient Age

126. True or False? The world is more dangerous now than it has ever been.

Answer: True. The cycles of abuse are not addressed in our society. The number of mentally ill people has been increasing since the beginning of civilization and institutional child abuse. Since an unsustainable, exploitative mentality is prerequisite to "succeed" in civilization, it becomes more ingrained with every generation.

127. True or False? Our modern, transient society creates more opportunities for predators.

Answer: True. If you think that cameras everywhere are going to stop mentally ill people from committing violent crimes, think again. There are more guns in the world than ever before. More importantly, society is more disconnected and transient than ever before. A serial rapist or killer can simply move to a new city and start over with none the wiser. With the right lawyer they can get off entirely even if caught.

128. The most important key to awareness is:

- A) Voodoo
- B) Sleep
- C) Methamphetamines
- D) Talking to ghosts
- E) Focus

The answer is E. You are always going to be most aware of those things on which you are focused. If you feel that you are in danger, focus on remaining and appearing calm while assessing the threat by listening with all your senses.

129. True or False? Physical awareness means paying attention to your surroundings.

True. Observe the subtle nuances of the people and environment around you. Turn on your "psychic scan". This will encourage you to focus on the present, opening awareness to the sensory information and the possibility of accessing intuition.

130. Avoid dangerous situations by:

- A) Not being too greedy
- B) Not getting too drunk or high
- C) Setting healthy personal goals
- D) Not hanging around suicidal people
- E) All of the above

Answer: E. Personal goals that involve physical fitness are always good unless they endanger your health. Personal goals that involve learning a new skill are usually good, too. Personal goals that involve seeking the approval of others, whether it be parents, teachers, employers or peers, are not so good because you're focused on what others want you to be.

131. A dangerous situation is one in which:

- A) You are asked for personal information
- B) You are at a bar or any large gathering where you don't know most of the people
- C) You submit to authority and place your life in the hands of a boss, commander or state

agent

- D) You are in the death machine known as an automobile
- E) All of the above

Answer: E. Everyday life is dangerous. For example, let's say you are a soldier and your commander is deciding who to send on that suicide mission. Or, your boss sends you on a business trip which involves a lot of travel, exposing you to travel-related dangers. Or, you might "accidentally die in jail." Placing yourself under the control of others is inherently dangerous, as are all the others on this list.

132. How do you establish basic awareness?

- A) By knowing the people around you
- B) By using all your senses to gather information
- C) By knowing your own weaknesses
- D) By trusting your instincts
- E) All of the above

Answer: E. These are just a few. Knowing your own weaknesses is a great strength.

133. The most important key to self defense is:

- A) Pepper spray
- B) The cops on speed dial
- C) Packing heat
- D) Awareness
- E) All of the above

The answer is D, awareness. This applies to both physical and mental self defense. The best way to handle dangerous situations is by avoiding them, and the best way to avoid them is to be aware of your surroundings. A lot of people put themselves in dangerous situations out of ignorance as to where they are and who they are surrounding themselves with.

134. True or False? We live in a society where threats will increasingly be random and further away due to computerization, rampant mental illness and greed mentality.

Answer: True. The digital economy potentially makes you a target from anyone anywhere on the planet with an internet connection. We also live in a society where people share every detail of their lives for social approval, making them easy targets for stalkers of all types including internet AIs that track them.

135. True or false? Your personal profile is available to anyone with a high enough clearance or connections and money to pay.

Answer: True. Your profile includes a massive amount of information, stored on underground computers as large as cities. If you have spent any amount of time on the internet, you have an advanced psychological profile and complete history on your file, and anyone who accesses it will know more about you than you do yourself. They can predict and alter your behaviors with this information. This is why the internet was created.

136. Your personal profile includes:

- A) Medical history
- B) School records

- C) Employment and tax history
- D) Complete internet history
- E) Family history
- F) Genetic profile
- G) Detailed psychological profile
- H) Known associates
- I) What you buy at the grocery store
- J) What you buy with your credit cards
- K) GPS and vehicle location history
- L) Cell phone location history
- M) Properties and assets
- N) Romantic history
- O) Debt history
- P) Political and religious affiliations
- Q) Vices
- R) Arrest record and legal history
- S) All institutional digitized data
- T) All of the above

Answer: T, all of the above. These are just the data points that are collected for the average citizen.

137. True or False? "If you can ease a man's conscience, you can control him."

Answer: The words of the cancer man are true. New political, religious and ideological cancers are released daily by the educators to ease the conscience of the masses. Only when you embrace the truth of ethics instead of lie of politics will you see the truth about yourself.

138. True or False? Awareness in the modern age can be achieved by embracing a strong political worldview.

Answer: False. Politics change by day, leaving you always in a reaction state to people who are unanswerable to you, whereas ethics give you an immovable foundation to live your life by in this or any age.

139. True or False? Ethical awareness in this age is synonymous with total cynicism.

Answer: True. Only the most complacent and educated slaves can still believe that benevolently-named "international aid organizations" are actually there to help. They believe the same corporations who intentionally destroyed our planet over the past 100 years are going to save it now with "green technology." To be ethically aware is to be aware that any corporations that have committed atrocities in the past will commit them in the future, and not accept lies and justifications that allow you to remain a helpless victim believing that the abuser has changed.

140. Know your own weaknesses by:

- A) Acknowledging the abuse you have suffered
- B) Being aware of your own negative emotions

- C) Being aware of your real family history
- D) Observing how other people really feel about you
- E) All of the above

Answer: E, all of the above. You can know your own weaknesses by comparing the self image of the person you want to be to the person you actually are, rather than comparing yourself to other people just as weak.

141. A transient society is dangerous because:

- A) Nobody knows their neighbors
- B) Money enables wealthy predators
- C) Predators can take jobs where they constantly travel
- D) Families are scattered
- E) All of the above

Answer: E. Real safety comes from living in a community where you know and trust everyone in it. Corporate communities are the opposite, with everyone sequestered in their home boxes, ready to ship off the second a better deal comes along. In fact it is the longing for authentic community that enables so many predators in a transient society, as lonely people reach out for genuine community and are answered by predators and predatory organizations in sheep's clothing.

2.2 Hypnosis

142. True or False? Hypnosis can make you do things that you do not want to do.

Answer: True. Do not believe the old adage that a hypnotist cannot make you do things against your will, because "your will" is more malleable than you think. It depends on your susceptibility to various suggestions, but some people absolutely can be manipulated into committing crimes, buying unhealthy products, etc.

143. True or false? One technique of hypnotic induction is the use of vague language.

Answer: True. Milton Erickson found that the more vague language is, the better it can be used to induce trance, because there is less for the subject to disagree with or react to. This phenomena can be observed with politicians who sell their constituents with vague values and empty slogans. On the other hand, very specific language can break a hypnotic trance.

144. True or false? Another technique of hypnotic induction is the use of suggestive or permissive language.

Answer: True. This one is even more of a red flag than vague language. A skilled hypnotist will never command or order you to do something, they will suggest it to you in a way that makes you feel like it was something you wanted to do. "Feel free to relax" is the old cliché. Hypnosis is all about establishing trust and rapport. If you can see that someone you don't know very well wants you to trust them, be careful.

145. True or false? Another technique to induce hypnotic trance is the use of gibberish language.

Answer: True. Gibberish language that sounds like a cross between psychobabble and spiritual mumbo-jumbo is a huge red flag. The hypnotist is trying to make you feel relaxed and comfortable as well as view them as a person of authority and knowledge without using any specifics that will break the trance. They are trying to guide your emotional state and get you in the realm of "feeling" instead of "thinking." This is incredibly common in cults of all kinds.

146. True or false? "Neuro-Linguistic Programming" is an expensive term for manipulative hypnosis.

Answer: True. NLP users are usually bad actors seeking to "program" others for personal gain.

147. True or False? No one should ever attempt to hypnotize you without your explicit permission to do so.

Answer: True. You should distrust anyone you notice using the hypnotic techniques described above.

148. True or False? One way to resist hypnosis is by identifying people who might use it against you.

Answer: True. Anyone who wants something from you may try to use this, especially people who make a living "getting things out of people," such as salesmen, religious leaders, and psychologists.

149. True or False? Being aware that someone is or may possibly be trying to hypnotize you makes you hard to hypnotize.

Answer: True. Self-hypnosis can be a powerful tool for healing. If you are aware of what it feels like to enter a hypnotic trance, you will also be more resistant to outside influence. Use observation and intuition to alert you when someone may be trying to hypnotize you.

150. True or False? One method of resisting hypnosis is to ask questions.

Answer: True. Asking a question breaks the flow of the hypnotist's monologue. Also, if you're still asking questions then you haven't been totally sold on what they are selling you, which is first and foremost themselves as a friend and authority figure. If you ask specific questions, then it tells the hypnotist that you may not trust them entirely and that they should probably tread lightly in what suggestions they make to you. Ask, "can you be more specific?" or "what exactly do you mean by_____?" as a response to the aforementioned vague and gibberish language.

151. Another method of resisting hypnosis is:

- A) Scream
- B) Slap yourself with baby powder
- C) Fall asleep
- D) Counter-hypnotize
- E) All of the above

Answer: E. There are many techniques to resist hypnotism, including running away from the hypnotist or hypnotic technology.

152. True or False? All modern advertising utilizes hypnosis.

Answer: True. The definition of "advertising" here includes all forms of modern media. Without subtle forms of hypnosis they would not be able to sell to you all the unhealthy products, lifestyles and ideologies that are promoted in our culture.

153. True or False? One method of hypnotic induction is trying to get you saying "yes" to true or appealing statements.

Answer: True. This can be part of "the salesman's pitch", and it is usually quite obvious because they are sort of talking to you like a child, trying to elicit positive responses to obvious questions. This is also used in religion.

154. True or false? The "high-pressure sale" is a form of hypnosis.

Answer: False. Hypnosis succeeds by making the subject feel comfortable, it's sort of the opposite. However, these two techniques can work in tandem together. For instance, use hypnosis to make a person feel like a religious group is their second family, then once they are invested in the group, you can use group shaming and the threat of exile to pressure them. The theory is that if someone is needy enough to submit themselves to a leader, they can be pressured to do almost anything once a dependence is established. As always, abused children form the foundation.

155. It is important that you become familiar with the feeling of being hypnotized because:

- A) You will be able to recognize when someone is doing it to you
- B) Hypnosis is an important healing tool
- C) You should avoid becoming hypnotized in situations where you should be aware
- D) You can enter a light hypnotic state to execute repetitive tasks
- E) All of the above

Answer: E. The reality is we are surrounded by sophisticated advertising and programming that is designed to put us in hypnotic states without us realizing it. If you simply analyze that programming in terms of what it is trying to "sell" both your conscious and subconscious, you will be immune to it.

156. True or False? All hypnosis is really self-hypnosis.

Answer: True. Hypnotists stimulate your own ability to stimulate your subconscious mind. In a naturalist society this would be done by an herbalist healer who is your family member. The concept of weaponized hypnosis being used against a captive populace is a product of an extremely sick society.

157. Characteristics of being hypnotized are:

- A) Losing your train of thought
- B) Body relaxation
- C) Slow movements
- D) Lower pulse rate
- E) Becoming unaware of your surroundings
- F) Fluttering eyelids
- G) Catalepsy (inability to move)
- H) Change in breathing pattern
- I) Decreased swallowing
- J) Involuntary twitching
- K) Eyes roll back in head
- L) Eyes water or cry
- M) Blank stare
- N) All of the above

Answer: N, all of the above.

158. True or False? Another sign of hypnosis is agreeability.

Answer: True. A hypnotized person is a more agreeable person. Suggestibility is the goal of entering a hypnotic state, for healing from trauma. However, if you are constantly being put into a hypnotic state by television, music, media, and religion without realizing it, then you have no real idea what suggestions are being implanted in your subconscious. You are being hypnotized against your will because you are not aware of the hypnotist. In this case, your hypnotic state can and will be used to harm rather than help you.

159. True or False? Self-hypnosis is similar to meditation, and it is healthy to enter hypnotic states.

Answer: True, self-directed hypnosis is healthy, as is working with a hypnotist that you trust. You may be able to work through severe traumas that your conscious mind is suppressing.

160. True or False? Hypnosis can enslave you or set you free, it's the program that matters.

Answer: True. This just underlies the truth of our modern world, which seeks to subvert and control all healthy practices. In the hands of technologists and capitalists, hypnotism is a force of oppression, selling you unhealthy products and lifestyles. Anyone who seeks natural self-healing techniques under the technocracy will be seen as untrustworthy and a possible subversive/heretic.

161. True or False? Modern media and religion are weaponized hypnosis.

Answer: True. They don't teach you about hypnosis in school so they can put you in hypnotic states without you realizing it. You are in cultural poverty with no familial shaman to teach you hypnosis. You are in cultural poverty with only mass media products to provide the music and stories that your culture once did.

2.3 How to Identify Predatory Adults

162. True or False? Over 90 percent of cases of sexual abuse against people under 18 are committed by parents or someone in a similar role.

Answer: True. And that statistic only reflects the ones who are caught. Another reason to be extremely careful about admitting "step-parents" into the home.

163. One trait that all predators share in common is:

- A) A white van
- B) A violent temper
- C) A history of criminal behavior
- D) A lack of empathy
- E) All of the above

Answer: D, they all share a lack of empathy as a result of childhood trauma and/or genetic trauma from previous generations. Their victims are seen as objects, not people.

164. Why is a sense of entitlement or superiority synonymous with predatory behavior?

- A) They have a sense of entitlement because they're evil
- B) They have a sense of entitlement because they were sheltered or spoiled as children
- C) They have a sense of entitlement because they were abused as children
- D) They have a sense of entitlement because they are nobility
- E) None of the above

Answer: C. Predators suffered extreme forms of abuse as children, which is why they have a sense of entitlement. Predators will often see happy, well-adjusted people as weak, because of how ignorant and oblivious most of them are. Perhaps they are correct, and only an oblivious person can be happy in a society controlled by predators.

165. True or False? Predators are "fake people."

Answer: True. Encounter certain types of society where everyone is allegedly superficial and "fake"? You may have found a nest of predators. Predators fake emotions, they fake friendships, they fake compassion, they fake everything. The only real emotions they feel are their own neediness, unhappiness, and desire for status amongst other predators.

166. True or False? Predators are "control freaks."

Answer: True. They seek to isolate victims by causing division amongst family and friends, so they can torment them privately. This goes back to their sense of entitlement. Predators desperately need to believe that they are superior, despite the fact that they are emotional cripples due to severe child abuse. They compensate for their disability with ruthless intellectualism, seemingly clueless of how unsustainable it is. This is where the "oppressor mentality" arises, out of the cognitive dissonance of a belief in self superiority that is not rooted in reality. If someone were truly superior, or even genuinely believed themselves to be, they would feel no need to oppress others and set out a deliberate program to weaken and enslave them. The desire to oppress is characteristic of an inferiority complex caused by systematic institutional child abuse at the highest level. No matter how intellectually brilliant an oppressor is, he is still an emotional cripple who is unable to make rational decisions based on sustainability ethics, which is reflected in his science. As we can see from the suicidal levels of environmental devastation that are still peaking,

only extreme psychological pathologies can explain the "control freak" actions of the regime now and then, yet most will still deny that child abuse is at the heart of it all.

167. True or False? Children in our society are taught to put unconditional trust in all adult authority figures.

Answer: True. This is one of the main goals of education of all types, to create a trusting herd. If you have been in a position of responsibility with children then you know this is true and what a big responsibility it is. Predators are also aware of this, which is why they usually seek positions of authority.

168. True or False? Parents often fail to realize that their children are being stalked by predators because the predator has a veneer of authority, respectability, piousness or wealth.

Answer: True. It is often literally the clothing that a predator wears that allows them to gain access. Whether it be religious garb, or expensive fashion, or an organizational t-shirt, they know what clothing gives them credibility with the parents.

169. True or False? Child sex offenders suffer from arrested development due to childhood trauma and genuinely prefer the company of children.

Answer: True. Many have social anxiety and identify as children. If you notice someone engaging in deep conversations with nonfamilial children it is a red flag.

170. True or False? Child rapists are impulsive, unable to control their behavior.

Answer: False. Many are impulsive, but others are in control and rational. The existence of pedophile rings and child prostitution proves this.

171. True or False? Most child rapists will have a neckbeard goatee and snatch your child off the street in a white van.

Answer: False. Studies have found that child rapists are more likely to be manipulative, seeking familiar victims that they can groom over time.

172. Generally speaking, how do opportunistic predators choose their victims?

- A) They look for people who are distracted
- B) They look for opportunities that decrease their chances of being caught
- C) They look for people who are alone or isolated
- D) They look for people who seem weak or they think won't fight back
- E) All of the above

The answer is E, all of the above are a logical approach to predation. Being aware of your situation and willing to defend yourself is usually enough to avoid an opportunistic predator.

173. What to do if you are being abused by a parent or caretaker?

- A) Run away
- B) Report them to child protective agency
- C) Ask a relative for help
- D) Ask them what abuses they endured as children to make them this way
- E) Pray for them while you stab them

Answer: There are no easy answers to this question. Abusive parents create abusive children. Violent parents create violent children. The best answer is to get away from the abuse if possible but most children have nowhere to run.

174. True or false? Predators are looking for vulnerable, needy kids. Secure, confident children should not worry about them.

Answer: True for the most part in general society. An exception is in situations of war and natural disaster where entire populations are vulnerable and wealthy NGO predators are out in force. Another exception is people who are so insane that they don't care about getting away with the crime. However, your average predator is looking for easy targets, children whose mental defense systems have already been "immunocompromised." This is why the foster care system is monetized to cater to predators.

175. Child rapists, or "pedophiles", use which of the following techniques?

- A) They maintain a facade of the perfect citizen.
- B) They seek jobs and volunteer positions where they have access to children.
- C) They often work together with other child rapists.
- D) They look for hurt children with abusive family histories.
- E) All of the above

The answer is E, all of the above. Being abused children themselves, they have a "sense" for which children are abused.

176. The industry/profession that is filled with child rapists and sexual predators is:

- A) Orphanages
- B) Foster Care
- C) Religion
- D) Boy Scout leaders
- E) All of the above

Answer: E, all of the above. Predators always seek positions of power and portray an image of benevolence. Working together, they built a thousands-year old corporation that is the foundation of the modern state.

177. When is it OK to lie?

- A) When someone you don't know is asking personal questions.
- B) When the police question you
- C) When someone who doesn't like you questions you
- D) When someone with the power to harm you is asking questions
- E) All of the above

The answer is E. If you find yourself in these situations, the best thing to do is say nothing at all. You have no obligation to talk to police or random strangers. However, sometimes saying nothing might make the questioner angry or aggressive, or they will make assumptions by your silence. Truth is a universal value. But the reality is we live in a world of lies and telling the truth can come at a very high cost. Your truth-telling should be tempered with the knowledge that some people are out to hurt and exploit you. You have no obligation for truth towards those people, they don't want truth nor do they deserve it.

178. True or False? The child predator is not the scary misfit, but the friendly, outgoing teacher or mentor who has a job or position which grants him access to children.

True. Schools, which exist more in the public eye, have a lower percentage of "pedophiles" than the foster care system, orphanages, juvenile detentions and religious organizations where they

have unfettered access to damaged children desperately in need of a friend or mentor. Certain private schools with little oversight are an exception to this, and there are many examples. Positions where pedophiles have access to children who have already suffered sexual abuse are the most desirable to them, as they have already been conditioned to receive this abuse.

179. True or False? A "pedophile" knows how to talk to children and relates to them, earning their trust and targeting hurt children in need of a friend.

Answer: True. They are experts in manipulation.

180. True or False? A "pedophile" seduces by being attentive, giving gifts, and treating or relating to the child better than their parents.

Answer: True. He recognizes the abused and neglected child better than most in our society.

181. True or False? A "pedophile" will seek constant access to children.

Answer: True. Professionals agree that pedophiles, sexual abusers of children, often seek out professions or activities which bring them into contact with children.

182. True or False? Most child predators are men.

Answer: True. There has been a drastic increase in the number of female sexual predators, but the majority are still men. There are also a lot of female enablers who turn a blind eye to what their spouse or family member is doing. The overwhelming majority of stranger abductions are committed by men.

183. True or False? The term "pedophile" was coined by pedophiles.

Answer: True, probably. How else to explain an etymology that equates child rape with a "lover of children?". How and why was this term accepted as an appropriate description?

The word serves to obscure the actual thought process of the pedophile, which is not an intention or desire to love children, but to deceive, corrupt, torment, and rape them. This concept is mirrored by the newspeak term "minor-attracted person", which was definitely coined by pedophiles. Both minor and attraction are ambiguous words, a sign of manipulative language. The term "minor" serves to obscure the difference between "sexual attraction" to actual children and teenagers who are legally minors, grouping infant rapists with teen-groomers and prostitute-goers. Since so many upstanding-seeming men have frequented prostitutes in our society, this vague terminology provides substantial cover for the ones who want to rape actual children.

The issue of mental maturity is further compounded by the preponderance of mentally ill and mentally challenged people who can never be considered fully adult no matter how old they get, and a majority of people in our society who don't reach a level of emotional maturity by age 35 that they would have in a hunter gatherer society by the age of sexual fertility. The word "attraction" serves the same purpose as the "phile" in pedophile, making something that is basically the definition of malicious evil sound innocent and more importantly, as a simple genetic trait that they were born with rather than a desire to re-enact the sick abuses of their own childhood on the next generation.

So much of the "language programming" that is being done now has this same concept, using "genetic science" to hide the cycles of abuse as the true cause of pedophilia, and all other predatory behavior. If they can convince you that pedophilia is entirely genetic and not a learned behavior, then they can also convince you that serial killers are a genetically superior master race.

184. True or False? One of the main places where predators go to find victims is religious groups.

Answer: Answer. Religions attract a lot of needy, at-risk, and hurt people. It is because of this fact that religions attract predators of all stripes, because they are an easy hunting ground.

185. True or False? The United Nations suggests that there are at least 750,000 online child predators at any time.

Answer: True. I don't know how they arrive at that number, it's as if they are monitoring a massive amount of child predators through spy software and allowing them to continue molesting.

186. Some characteristics of internet predators are:

- A) They will ask for identifying information
- B) They will ask a lot of personal questions
- C) They agree with every statement you make
- D) They will ask for private chats
- E) They seem to know things about you as if they researched your social media
- F) They want to be the one you talk to when you are sad or upset
- G) They will try to distance and alienate you from family and friends
- H) Their references are dated or their stories seem as if they are older than they are pretending to be
- I) They try to lure you with gifts or money
- J) They want to meet in person
- K) They ask you not to tell your parents about them
- L) They make sexual comments once they feel they have gained your trust
- M) All of the above

Answer: M, all of the above. Internet predators are increasingly common, as are predators in general.

187. True or False? Many or most child rapes could have been avoided if the molester's crimes were not covered up by their families, allowing them to repeat the process with multiple family members.

Answer: True. Most child rapists were accused many times before they were actually called to answer for their crimes. We have an entire society that is covering up these crimes, behaving exactly the same as a family in denial, deepening the cycles of abuse. That is why I call it the Great Plague, because mental illness is so pervasive in our society that it is considered as normal. This plague is the real reason why ecological disaster and human extinction seem inevitable, but no one says it. We argue about politics, population, pollution or anything else, but all those problems could be easily solved by sane people. It is the intractability of our collective mental illness, and the seeming impossibility of accepting that truth, and thus the cure, that makes collapse inevitable.

2.4 Institutional Child Abuse

188. The history of institutional child abuse includes:

- A) Child slaves in agriculture, mining, manufacturing, etc.
- B) Religions that mentally and physically disfigure children to ensure their loyalty
- C) Wars that leave children as orphans, refugees, and slaves
- D) Laws that make children property both of their parents and the state
- E) Child murder as institutionalized religious sacrifice
- F) Terminal science experiments
- G) Ritual genital mutilation on boys and girls
- H) Educational institutions which carry out programs of physical and sexual abuse
- I) Orphanages that cater to child rapists
- J) Child-oriented industries with poisonous products
- K) Educational programs designed to confuse and mislead children
- L) Child-oriented media with blatant sexual, violent, pedophilic, and occult messaging
- M) Child soldiers
- N) All of the above

The answer is N, all of the above. The history of institutional child abuse seems to stretch as far back as the structures of modern civilization themselves: civic, military, industry, etc. The institutions of abuse are often and usually given benevolent titles and favored legal status.

189. Modern examples of institutional child abuse are found in:

- A) Religious doctrine and ritual
- B) Industries that utilize manual labor
- C) Laws which are designed to enable predators
- D) Laws which permit poison to be marketed to children
- E) Industries that manufacture and sell poison to children
- F) The foster care system
- G) Mass cult media programming
- H) War economy
- I) Industries that pollute the air and water
- J) State education
- K) Child incarceration/prison industry
- L) The business plan of every hierarchy
- M) All of the above

The answer is M, all of the above. Institutional child abuse is defined as a program of wide spectrum abuse directed at children by the coercive powers of the state for the purposes of mutilating, confusing, and controlling them.

190. True or False? "Native Re-Education Schools" are the epitome of institutional child abuse.

Answer: True. The infamous case of Native Americans and Canadians being kidnapped, brainwashed and raped in "re-education" or "residential" schools throughout the continent is a process that has happened many times over history in many places. You could even say it is the true process of civilization, because people are not fully "civilized" until you strip them of their family, their language, their culture, their land, their freedom and torture them as children so that the cycle of abuse can indelibly scar their psyche. Thus assimilated, they lose the memory of how to live sustainably.

191. True or False? Sexual abuse has always been part of institutional child abuse.

Answer: True. It seems that directed programs of sexual abuse are intrinsic to the priesthood as we know it, and are present in their institutions. This is how the general population of Native Americans went from a culture of zero percent rate child rape to one of the highest rates by community. It is the priesthood's "ritual rape" designed to create a monster that will go out and infect his own community, raping his own family members, or become a rage filled alcoholic addict who will commit crimes and be a cash cow for both the drug and prison industries.

192. The goals of institutional child abuse are:

- A) Instill control programming: language and religion
- B) Physically mutilate or scar with a signature mark
- C) Sever the child's connection to its family
- D) Rape or sexually abuse
- E) Emotionally stunt
- F) Teach fear of authority
- G) Create addictive and dependent behavior
- H) Instill predatory behavior
- I) Instill the oppressor's anti-nature philosophy
- J) Create the next generation of soldiers, prostitutes, and slaves
- K) All of the above

Answer: K, all of the above, collectively known as "cultural genocide" and "brainwashing", which are steps 2 and 3 of "civilization". The institution of civilization is synonymous with child abuse.

193. True or False? Civilization is synonymous with cultural genocide.

Answer: True. Civilize is a dissonant "doublespeak" word for cultural genocide just as "residential school" is a dissonant word for rape and torture schools. Whoever controls language controls minds.

194. True or False? Civilization is a one way street.

Answer: True. No hunter gatherer has ever joined civilization willingly, and no civilized person would ever be allowed to recreate a hunter gatherer society. Civilization is a trap that will never release its prisoners until it is completely destroyed.

195. The reason why religion attracts so many predators is:

- A) Access to a group of trusting, somewhat gullible and often vulnerable people, potential

victims

- B) Religious doctrines which encourage a lack of personal responsibility
- C) The easy forgiveness for crimes offered by the religion
- D) The vast amount of violent and psychopathic crimes in the religious texts, many of which are held in a positive or even "sacred" light.
- E) Religious doctrines which make second class citizens out of women and children, making them vulnerable to abuse
- F) A culture of shame and silence around sexual abuse
- G) All of the above

Answer: G. Most religions are created and controlled by male supremacist mob predators so amateurs should tread lightly.

196. Institutional child abuse in the modern world includes:

- A) Pavlovian school rituals
- B) Exposure to murder, perversion and sadism through child-oriented media
- C) Fast food and sugar addiction
- D) Exposure to toxic and cancerous environs
- E) All of the above

The answer is E, all of the above. We have created a desolate future for the children.

197. Circumcision is:

- A) A practice designed to instill fear and loyalty in the child
- B) A form of sexual torture, abuse, and ritualistic sacrifice
- C) A practice symbolic of the priesthood/state as true parent/owner
- D) An ancient example of institutional child abuse whose origins predate "recorded history"
- E) All of the above

The answer is E, all of the above. The correct term for "circumcision" is ritual genital mutilation (RGM).

198. True or False? Child abuse and pedophilia spreads like a virus, and have been spreading unchecked for the past several thousand years.

Answer: True. The spread of this disease is synonymous with civilization and its proprietors. All forms of abuse spread like a virus, infecting and re-infecting everyone with the rage, hate, and helplessness of civilization. Awareness of the child abuse pandemic is suppressed because it is the foundation of civilization and all forms of mass slavery.

199. Human trafficking and pedophile rings:

- A) Sometimes coordinate with drug cartels
- B) Are the second or third most profitable criminal occupation behind drugs and weapons
- C) Cannot operate without state corruption
- D) Rely on rape, slavery, and child torture to function
- E) All of the above

The answer is E, all of the above. There is a plague that has been spreading across this planet since we were forced out of our homes as hunter gatherers and into cities to be exploited and made complicit in the pollution and destruction of the planet and its inhabitants. At the heart of this plague are the practices of child abuse which have spread to the entire planet just within the past few millennia via the world religions which were formed by gangs of sex predators. Large scale sex trafficking and pedophile rings cannot exist without cooperation at many levels of government, due to the difficult logistics of the trade in humans who need to be housed, documented, advertised, disposed of, etc.

200. True or False? The widely acknowledged existence of "third world pedophile vacation spots" with entire tourist industries geared towards wealthy Europeans demonstrates the true nature of the global surveillance state.

Answer: True. The number of these "spots" is, of course, growing.

201. True or false? Pedophile rings often operate under the veneer of utmost respectability as moneyed and lauded nonprofit programs dedicated to helping underprivileged children.

Answer: True. Boys Town, Sandusky at Penn State, Jared from Subway, the Boy Scouts and the Catholic Church are just a few high profile examples of well-funded, well-connected and lauded do-gooders with celebrity non-profit organizations dedicated to exploiting children for sexual purposes. The church operates countless orphanages worldwide and has done so for a very long time. Wherever there are vulnerable populations of children, these "nonprofit groups" will appear.

202. True or False? Organ trafficking is a growing problem, and one which involves murdering children for their organs and selling them to fat, diseased, and moneyed first worlders.

Answer: True. Nobody is going to pay top dollar for the diseased organs of middle aged or elderly adults. Homeless, impoverished, or refugee children and young adults are overwhelmingly targeted by these organ trafficking gangs which have ties to many first world hospitals. Recently a very candid phone call was recorded in which Chinese medical professionals explicitly stated that they could provide the organs of Uighur children to wealthy clients. Organ trafficking is a fast growth industry due to ever-rising cancer rates, with Thailand and Mexico rising to challenge China as the major source.

203. True or False? State children's "protective agencies" kidnap children.

Answer: True. There have been many grandparents who thought they were doing the right thing by calling "child services" on their drug-addicted children. But when the state took the grand-kids away, they didn't give them to their loving grandparents. Instead, the state delivered their grandchildren into the hands of child rapists. Never talk to a "child protective agent" unless you want to be taken away from your parents and placed in a foster home. The only reason they would talk to your parents is to investigate them, and once your parents are being investigated, chances are great that you will be taken away.

204. If "child protective agents" come to your family's home, parents should:

- A) Refuse to answer any questions
- B) Never let them enter your home unless they can produce a warrant
- C) Hire a lawyer
- D) Record the entire encounter with the agent
- E) All of the above

Answer: E. They are there because they suspect you of a crime, period.

205. True or False? "Child protective agencies" receive financial bonuses based on how many children they abduct.

Answer: True. Every facet of "the government" is actually a separate business, everything is for-

profit and money oriented.

206. True or False? "Child protective agencies" have been weaponized against home-schoolers and consider them enemies.

Answer: True. If you are home-schooled, they will be sniffing around as the system hates homeschoolers and will target the less affluent. Your best course is refuse to cooperate or allow home entry without a warrant and get a lawyer if necessary. The state is asserting its authority as true parent more and more these days.

207. True or False? "Child protective agencies" supply children to pedophile rings.

Answer: True. This is documented fact around the world, and the corruption is basically open in some places. There is plenty of greed and worse behind the "child protection industry."

208. True or False? You cannot sue "child protective agencies", anyone who provides "expert advice" to them, or any facet of the foster care system. They are above the law.

Answer: True. Get a lawyer before the damage is done.

209. True or False? A fully public pedophile ring operated in Berlin for decades.

Answer: True. The "Kentler Project" was conducted as a "scientific experiment" in which orphan boys were "given" to known pedophiles with full cooperation from academia and government officials. This pedophile ring involved high ranking members of academia, the scientific community, the political establishment, child protective agencies, and boarding schools. It was all above board and part of the public record. The original "study" theorized that these orphan boys would be better off with men who would rape them and theoretically protect them thereafter.

210. True or False? "Child protective agencies" will begin an investigation against parents based on anonymous hearsay.

Answer: True. Never answer questions from school officials about your parents unless you want to be taken away from them and placed in foster care.

211. True or False? Over 90% of "child protective agency" removals are not for physical abuse.

Answer: True. Just another example of how profitable the "war on drugs" is. Alcohol bottles, too many pets, dirty dishes, and other excuses have been utilized to kidnap children as well.

212. True or False? The fact that Child Services can take children away from their parents for having marijuana in their blood or too many dirty dishes underlines the fact that children are property of the state.

Answer: True. Yet another byproduct of the so-called drug war: they can steal your children, your property, and your freedom for having a plant. They can send killbots to Mars but they can't secure our borders because then no more "war". Do you honestly believe you are free?

213. Ritual genital mutilation is:

- A) Designed to subjugate the child to a religious hierarchy
- B) An act of brutality that has been shown to greatly increase the probability of psychopathic behavior in its victims
- C) Meant to create subconscious resentment towards the parents who allowed it
- D) A form of sexual abuse often referred to as circumcision
- E) All of the above

Answer: E. No sane mind could see circumcision as anything but torture and mutilation. The fact that "experts" now claim some preposterous "medical" justification for an ages-old bloody sacrifice ritual speaks volumes about modern medicine.

214. True or False? There is no real evidence for large scale pedophile rings involving the super-wealthy.

Answer: False. Most people are able to perform a mental gymnastic in which the mountains of evidence of the ongoing crimes of the church somehow just don't count as a pedophile ring. The endless court cases and payoffs in which society calls it justice to trade a child's innocence and health for money, the endless documentation of predator priests being reshuffled to poor parishes where they can continue their predation, the terrifying survivor accounts of mass rape rituals, the historical evidence dating back thousands of years, the colloquial evidence that people are well aware of this organization's reputation, the symbolism of the organization which is unabashedly predatory, and the constant stream of propaganda celebrating vampirism, reinforcing this organization's reputation as a safe haven for predators. None of this counts as evidence in the minds of the stupefied morons who have been successfully re-trained within just the last five years to associate any mention of pedophile rings with "right wing conspiracy lunatics."

In fact, now that the church is becoming more of a subject of these conspiracy theories, its reputation will actually be restored, championed by educated do-gooders defending the ultimate international predator organization from imaginary political foes and conspiracy whackos. They will die with the lie on their lips, defending the organizations that champion institutional child abuse from all criticism, defending the religion of progress, despite the mountains of evidence that child torture and cultural/ecological genocide are company policy worldwide.

Perhaps, like so many abuse victims, the apologists believe that the victimizer "has changed" and "really loves them" despite any rational argument or evidence presented to them. They'll say "it happened a long time ago" while studiously avoiding evidence that it is still happening, just like a complicit relative who keeps the silence and allows another generation of children to be raped and molested. The children, the ones who survive, will become their masters and they'll wonder why they are so cruel.

215. True or False? Children's television programming is a form of institutional child abuse.

Answer: True. Do you understand what is being taught to your children through television? I think not, unless you are versed in hypnotic induction patterns, subliminal imaging, manipulative language, bias creation, advanced product placement, ethical desensitization and cult mythology, which most of the stories are based on. Pay attention to the themes of these cartoons and puppet shows, and the names they use. Do you send your child to be trained by institutional teachers, religious leaders, and corporate television/culture programmers, and then wonder why you don't know them?

216. Why is it so important to take away people's languages, stories and cultures through cultural genocide?

- A) To make them speak a dumbed-down slave language
- B) To brainwash them with dumbed-down slave religion
- C) To make them forget the true way of life and participate in the ruin of civilization
- D) To break the unity of their tribe and make them into mercenaries
- E) All of the above

Answer: E, all of the above. As far as "dumbing-down", it is easy to demonstrate the complexity of hunter-gatherer languages versus the languages which are taught in schools. If you want to talk about a massive conspiracy, think about how many people are involved in these processes, and all the major institutions that exist to torment, brainwash, and beat children into useable tools.

217. True or False? If you celebrate technology, you are celebrating institutional child abuse.

Answer: True. Technology begins with mining, an environmentally disastrous practice that has historically employed child slaves and still does to this day. Even if no child slaves are used,

children must be mentally and economically enslaved before they will accept growing up to be miners. Therefore, institutional child abuse and environmental genocide are a necessary precursor for the first step of the creation of technology, and all the other steps as well.

218. True or False? War is the necessary precursor to all institutional child abuse.

Answer: True. War is the first stage of institutional child abuse, the most crucial. You have to literally go out and capture the children and slaughter their parents before you start to "re-educate" them. This has happened in every part of the world but most of us have forgotten or suppressed it. Wars always attract child predators because there is so much confusion and fear that they can run rampant with the right colored clothing and a wallet full of cash. War is also a test of the success of the previous rounds of institutional child abuse. Now the conquered must become the conquerors, and prove that their brainwashing holds as they become civilians and the new civilizers, at the very bottom rungs of civilization with room for promotion.

2.5 Deprogram

219. What does deprogram really mean?

- A) Become fully aware that you have been adversely programmed
- B) Become aware of and try to heal from familial traumas
- C) Become aware of and try to heal from societal traumas
- D) Reject adverse programming
- E) All of the above

Answer: E. You can identify adverse programming because it is paid for and advertises or promotes unhealthy products, lifestyles, and beliefs. That which is unhealthy must be heavily advertised, at least at first, and that which is natural and healthy doesn't need to be. Almost all societal programming is adverse for the simple fact that it is all controlled by money which can create an artificial consensus, and wants people to consume unhealthy products.

220. How to deprogram?

- A) Choose the ethical path and abandon politics. Stop enabling institutions that violate over and over again.
- B) Choose the ethical path and abandon religion and ideology. Stop enabling institutions that violate over and over again.
- C) Understand that the "work hard play hard lifestyle" that they sell you is irresponsible and predatory
- D) Understand that the techno-dystopia will only get worse as technology enables the worst of humanity
- E) All of the above

The answer is E, all of the above. I see the contempt for nature, ethics, and healthy life celebrated as genius and a zombie populace who can't wait to live in the gray dystopian techno-futures the programmers are preparing them for with an endless barrage of movies, cartoons, etc. priming the children to become cyborgs.

221. True or False? Understanding how the system operates is more valuable than having facts and figures pertaining to any one subject.

Answer: True. Information overload results in minds filled with useless facts. Understanding systems principles is a cheat code to navigating a world of corruption, which is why they are never taught in school. The average person waits to be told what to believe on any given subject, so they automatically assume that the proof exists, rather than analyzing the situation based on system principles, coming to a logical conclusion and thus "reading between the lines" of the system's programming.

222. True or False? One system principle that overrides most others is the concept of Progress.

Answer: True. It's apparently easy to keep the masses divided and arguing with each other over politics, ideology and religion. But the simple truth is that all three of these are imaginary, they only exist in people's minds. The truth about what is really happening on this planet revolves around science, technology and engineering (STEM). Recall how top Nazi scientists were welcomed into the USA after World War 2. Recall how Russians and Americans, supposedly mortal enemies, teamed up on a space station. Observe how scientists of every nationality and religion work together on CERN. The technocracy is the real government, and the individual nations are

merely feudal fiefdoms that fall under the jurisdiction of a world government. This should be obvious by how seamlessly supposed enemies work together in a global financial market. So-called "wars" are not actually fought over resources, since all global resources are at the disposal of the technocracy. It may be lost on the masses that technology increases while nature diminishes, but they are accomplices to the hierarchy's anti-nature religion nonetheless.

223. True or False? There is no such thing as capitalism.

Answer: True. The recent "Gamestop" fiasco is just one of many examples that demonstrate that "capitalism" is merely a facade. Once system principles are violated, the facade drops and the hidden hand reveals itself. The fictional entity known as "capitalism" makes a convenient boogeyman for educated types who have been taught that everything happens by coincidence, through unpredictable market forces and other random factors. Their school books tell them that the feudal system crumbled under the weight of "people power" when it merely became more sophisticated as it readied for the industrial age.

224. True or False? Socialism is the next step in civilization, a refinement of capitalism rather than a rejection of it.

Answer: True. No one seriously believes that economic and ecological exploitation will end with capitalism, and most are too poor to care. They will accept a microchip in their neck if it means "free healthcare", because most have fallen victim to the poisons in the food, air and water and believe that they need a pharmaceutical representative to heal them and be the ultimate authority on their own body. We become more disembodied as a species with each generation through technology, and more mentally weak and gullible because we are disconnected from nature and can be programmed through the screen.

225. True or false? The world has democracies.

Answer: False, some countries merely afford their slaves more latitude. I would describe the civilization we have now as a global technocracy administrated by a system of neo-feudalism, but only in a technical sense. At the heart of it is something more malevolent than the word technocracy implies, it is the heart of an abused child filled with hate. Technology is merely the weapon with which it lashes out.

226. System Principle Number Four: What is one thing you absolutely cannot do in civilization?

- A) Commit murder
- B) Tell the truth to the masses
- C) Cure cancer
- D) Start a revolution
- E) Kidnap the president's wife without a plan
- F) All of the above

Answer: C. You can commit murder, get away with it, and be celebrated for it. It varies by location, but here in the USA you can get on a soapbox and tell the truth to the masses all day, but no one will give a shit. "Revolutions" happen all the time. And obviously, you would need a plan in order to kidnap the president's wife. The one thing you can't do is cure cancer. They would assassinate you instantly, and this has already happened. Humanity's greatest "scientists" were probably silenced long ago.

System principle number four is that you can never do anything that actually helps people. Charity must always be in the form of free handouts (usually of unhealthy products that create dependency), and lucrative "development" projects that do nothing to alter the underlying conditions of poverty.

227. True or False? Religion, politics, and ideology are synonymous with herd mentality, or

"groupthink."

Answer: True. Joiners make themselves accountable for every action of the group, and mentally conform to justify it. Never let anyone shame you into participating in groupthink and closing your mind to information which could upset the group. Realize that you are accountable for your own life and no one else's, and these groups are designed to extract your time, loyalty, emotions, and money.

228. True or False? Stay away from "powerful" people, they are dangerous.

Answer: True. People who seek power are a danger to everyone around them. If you follow their lives you will usually find a trail of abuse and untimely deaths. Avoid them as many are egomaniac sociopaths who can turn from friend to foe in an instant, and you don't want to be on their bad side or get caught in their crossfires.

229. True or False? The key to understanding the world we live in is in understanding criminal behavior and how it relates to the cycles of abuse.

True. We live in a society made by criminals for criminals. These high-level criminals have all suffered extreme child abuse. From their perspective a predatory mentality is logical: no one saved them when they were being horrifically abused as children and thus the concept of a just world or benevolent deity is patently absurd. They carry a sense of entitlement and see themselves as superior beings who create order through their predatory behavior.

230. True or False? "Civilization" is one contiguous corporate entity throughout history.

Answer: True. This is why the symbol of the modern technocracy is the ancient symbol of global hierarchy, a pyramid. If you look at the alphabets and number systems of the "first civilizations" (Sumerian, Akkadian, etc.), they are the basis of ours. This explains why "history" is cut off before these civilizations seemingly sprung to life fully formed with philosophic languages, mathematics, and a complex bureaucracy that is also the basis of our current one.

Do empires really "fall"? Rome "fell", yet it still stands today. And so do all the rest, many still using their particular versions of the empire language and religion. The empire never ended, it just changed address. Everyone gets a turn as more advanced versions of bureaucracy and psychopathic technology are ready to be unleashed, everyone has something to offer the death machine in the name of fraternity.

231. True or False? If you want to be free, never make yourself too useful.

True. Usefulness being defined here as technical skills which draw one closer to the centers of money and power.

232. True or False? Targeted generational programming is a process by which each generation is more desensitized to sadism, mass murder, mental illness and sexual perversion in the media.

Answer: True. This phenomenon can be easily observed on the timeline of mass media since the inception of television.

233. True or False? Targeted generational programming is a process by which children and teens are sold "rebellious" lifestyles that are essentially nihilistic.

Answer: True. The reason why hedonism and nihilism are promoted is because they are similar to the true philosophy of the ruling elite. The lust for scientific power and their subsequent willingness to destroy the ecosystem and transgress all ethical boundaries is essentially nihilistic. Hedonism and nihilism are close cousins. They are the "party people."

234. True or False? "Do what thou wilt" is an expression of nihilistic hedonism.

Answer: True. Once you understand that a rejection of ethics and nature is at the crux of the "scientific" religion, the motive for their bizarre actions in destroying our ecosystem becomes clearer. The Earth is not mother, or even home to them, it is a "black iron prison", crass material

that will be transmuted by the genius of Man into...gadgets? Man must use his scientific genius to escape the black iron prison, and to hell with ethics. It's a bizarre sci-fi story used in their religions as justification for any transgression, and strange as it may sound, you can find this religious concept saturated throughout our popular culture.

235. True or false? Media-promoted "rebellious" lifestyles from hippie to skater punk to gangsta are a form of reverse psychology in which traits desirable to the system are portrayed as rebellious to it.

Answer: True. The antihero rebel is how your oppressor sees himself, the tough guy in a black leather jacket who ruthlessly pursues his egoic desires. He is the rebel against nature remaking us in his image. He sells us our own oppression as entertainment on the screen. Some of these trends are pre-programmed and others arise naturally out of the desolation of modern life. Any trend can be easily co-opted by the system and its public perception rewritten. Conformity, drug addiction, hedonism, greed, violence, materialism, extreme selfishness and hubris are traits desired by the system.

236. True or false? Media-designed "celeb rebels", usually either die off or sell out.

Answer: True. Most "rebellious archetype" celebrities have some form of the "sellout character arc", if they aren't killed off altogether to promote the nihilism of "live fast, die young." To sum up the "sellout character arc", the artist gains a youth following with a rebellious "anti-establishment" image, and then gradually becomes an obvious mouthpiece of the establishment as he ages. This character arc mimics the lives of the artist's fans, as they age and gradually accept the conditions of their slavery and participation in the destruction of nature, they can look to their celebrities and find validation. This phenomenon now leads to "clone" speculations, as fans are puzzled by their idol's new opinions, demeanor, appearance, or material. The "rebellious archetype" celebrities who are "killed off" always reinforce the glamor and "star quality" of suicidal nihilism.

237. True or False? Suicide is the third largest cause of death in children ages 10-14.

Answer: True. Can there be any clearer statistic that demonstrates the absolute failure of civilization and technology than this one, the ever-rising suicide rate? When "wealthy, privileged" children who should be enjoying happy, carefree lives are actually killing themselves out of sheer misery, the very concept of "wealth privilege" should be re-examined. The percentage of suicides will continue to increase as a cause of death among all groups for as long as civilization lasts.

238. Which of the following statements is true?

- A) Violent abusers were violently abused as children
- B) Sexual abusers were sexually abused as children
- C) Verbal abusers were verbally abused as children
- D) Emotional abusers were abused as children
- E) All of the above

Answer: E. Why are the cycles of abuse still not common knowledge? Why isn't our medical industry actually supposed to heal us? Why is our culture focused not on healing but injuring further? Is that why they always talk about money, politics, and war, instead of the great plague of child abuse that is at the root of it all? Is that why they don't want you to talk about the simple truth of our mass insanity, because they don't want you to get the idea that you can heal yourself without their diagnoses, drugs and surgeries?

239. True or False? Your ego lies to you.

Answer: True. Your ego doesn't lie to you because an ego is an inherently negative or deceptive thing, it lies because you are the victim of many layers of societal brainwashing. Your deductive powers are limited to the information you possess and your ability to process it, and you are being subjected to an experiment in which you are being deliberately diminished.

240. True or False? Abused children will never fully heal no matter how many healthy habits they learn to adopt.

Answer: True. This unpleasant fact is never spoken by psychologists or mental health professionals, for obvious reasons. As suggested above, abused children can greatly improve their mental health by adopting healthy habits. However, the emotional patterns that we learn when our brains are still forming will never be deleted.

241. True or False? Another systems principle is that you will never officially be told the truth about any topic in which the truth can be concealed, but truth is revealed through fiction.

Answer: True. This will sound contradictory to the educated mind, but truth is always revealed to the masses through mass media, throughout recorded history, in fictional stories that are understood as more truthful than the official story. The mental oppression of religious education and indoctrination lies at the very heart of a slave society, with sadists and sickos lurking behind closed doors wherever there are vulnerable victims. The constant self-revelation of their own misdeeds is a self-celebration, an affirmation of their slaves' cognitive dissonance, and a message to those who oppose them that the masses are too enslaved to ever wake.

242. True or false? Psychopaths are emotionless.

Answer: False. Criminal "psychopaths" may appear completely emotionless through their cold demeanor, but through their actions you can see that they are emotional people, it's just that the only emotion they feel is hate. Unlike a normal person who might express rage through throwing a tantrum, the psychopath has so much rage that he has to suppress it to function. The psychopath may be extremely cerebral, acting only in ways that can achieve his goals, but his complete lack of empathy towards others does not signal a total lack of emotion.

"Psychopaths are also less likely to experience emotional arousal during their crimes than non-psychopaths (Woodworth & Porter, 2002). In fact, a psychopath's crimes demonstrate an excessive level of gratuitous and sadistic violence in comparison to the crimes of non-psychopathic criminals, suggesting that their predatory nature works hand in hand with their sadism."

The researchers above describe a lack of emotional arousal in psychopaths during their crimes, but also describe them as sadistic. Isn't a sadistic crime an exceptionally emotional one? Cold is a temperature.

243. Psychopaths engage in:

- A) Reactive aggression
- B) Proactive aggression
- C) Online flame wars
- D) Petting bunnies
- E) All of the above

The answer is B. The proper term is "instrumental aggression", but I thought proactive was more descriptive. Instrumental aggression is deliberate aggression waged against a victim for the purpose of fulfilling an agenda or getting some sort of reward. This type of aggression, also known as proactive or predatory aggression, is planned, premeditated, and often unprovoked by their victims; it is controlled, purposeful, and used to achieve personal gain, usually an external goal like money, social status, fame, drugs, or even sadistic pleasure derived from the act of inflicting pain.

244. True or false? Dissociation as a defense mechanism for trauma plays a huge part in modern media and the process of desensitization to sadism, mass murder, and perversion.

Answer: True. The process of desensitization in media has been orchestrated to dramatic effect by system psychologists since the inception of television. Peer pressure is exerted top down just as

power.

245. True or false? There is no escape from culture.

Answer: True. There is no escape, yet it is also true that there are some men doing life in prison who are freer than most of us out here. They've adapted to live honorable, fully aware lives in a hell environment while most of us on the outside sleepwalk through life with neither honor nor any awareness of what is actually going on. In other words, you cannot be truly free here, but truth is still there, waiting to be seen by anybody at any time.

246. True or False? Our society idolizes destroyers and murderers, and despises healers.

Answer: True. How many movies have you seen where the "hero" has to "save the world" by beating someone up or killing them or shooting them or nuking them? Too many to count, right? How many movies have you seen where the "hero" has to save the world by healing it, restoring nature, restoring the forest? None. We will never know truth until we totally reject this sick culture we were born into and realize that it is deliberate poison. When you honor the killers you honor the child abusers who made them so, and glorify the cycle of abuse.

247. True or false? Being born into a sick society like ours means you are going to voluntarily brainwash yourself into an even deeper sickness.

Answer: True. School is not the only form of brainwash education you will encounter, its just the only one that is mandatory. Our society strongly encourages people to participate in other forms of brainwashing that are for the most part, voluntary.

248. Modern advertising promotes

- A) Alcoholism
- B) Drug abuse
- C) Mindless consumerism
- D) Unhealthy sex
- E) All of the above

Answer: E. Unhealthy, addicted people who live paycheck to paycheck make the best wage slaves and if they're gullible you can sell them literally anything.

249. Superhero programming teaches you to:

- A) Solve problems with violence
- B) Cheer for fascism
- C) Idolize the mentally ill
- D) Believe the absurd inversion that good guys win wars
- E) Become a transhuman cyborg
- F) Deify the screen
- G) All of the above

Answer: G. You have been programmed to be a not-see from birth.

250. "Psychopathic" societal conditioning leads to the victim identifying with:

- A) The mental limitations placed upon it by dominator culture.
- B) Divisive political or societal labels promoted within the dominator culture
- C) The dominator culture's technology and consumer products

- D) The dominator culture's "just regular folks" media deities
- E) All of the above

Answer: E. The system desires to remake you in its image.

251. Your own ego is your enemy because it has been poisoned by:

- A) Language
- B) Culture
- C) Education
- D) Religion
- E) All of the above

Answer: E. Ego is the name we gave to a specific brain function: problem solving. No problem can be solved when all the data inputs are misinformation.

252. Our egos are:

- A) An essential part of a holistic mind
- B) Permanently damaged
- C) Trained to suppress our psychic abilities
- D) The product of science experiments
- E) All of the above

Answer: E. We are trained from birth to idolize ego as a separate and superior aspect rather than an integrated part.

253. The key to becoming aware of who and where you are is:

- A) Related to your personal history and personality
- B) Related to your family history
- C) Relating to a natural ideal rather than a societal one
- D) Being willing to face uncomfortable truths
- E) All of the above

Answer: E. Ask honest questions, get honest answers.

254. Modern programming promotes:

- A) Science worship
- B) Nature hatred
- C) Transhumanism
- D) State-sponsored "activism"
- E) All of the above

Answer: E. Why bother trying to decode the signal in most cases? You already know what the programming will be based on who is promoting it. Turn off the system's channels which are only designed to lead you into discord and polarization.

255. True or False? We live in an inverted society where all natural values are reversed.

Answer: True. In this society, destroyers and psychopaths are hailed as creators and leaders.

Oppression is hailed as liberation. Most importantly, healthy is sick, and sick is healthy. This is the Inversion Principle. I have no idea what the origin of this principle is, but I do know that it has religious significance to the Hierarchy. It certainly illustrates and reinforces my observation that their war on nature is not simply about "using technology to evolve into gods" as all their cinematic propaganda insists, but is more about the hatred and rage that they feel towards nature manifested as a need to mutilate and twist it into something ugly and oppressive. This process describes technology itself. Perhaps technology isn't really the goal but merely the weapon with which they lash out.

256. True or False? You either love the truth or you fear it.

Answer: True. The truth hurts, so it is logical that people fear it. Truth is its own virtue, so it is logical that some people are attracted to it. Truth is simple, lies are in the fine print.

257. Which of the following must you do to reclaim your mind?

- A) You must learn to stop looking up
- B) You must abandon your hopes of success in the oppressor society
- C) You must recreate your own culture
- D) You must accept responsibility
- E) All of the above

Answer: E. Self-empowerment through self-responsibility. You are free...to be responsible. Freedom without responsibility is not sustainable and results in self-destruction.

258. What does it mean to stop looking up?

- A) Keep your eyes forward
- B) Don't be in awe of tall buildings
- C) Stop stargazing
- D) Stop looking to authorities and celebrities to define reality for you
- E) All of the above

Answer: D. Making you look up is all part of the magic trick. Your eyes look up to the spectacle while the magician's hand slides into your pocket. Most people are willing to be duped, or "entertained" by the magician if it means they can have easy middle class lives and remain ignorant of their participation in the biggest death machine that has ever existed.

As long as you look up, you will be told by your authorities that it's not your fault. There is always someone else to blame, usually a politician. That's how they keep you as innocent babies who will serve cradle to grave. As long as you look up, your conscience will be eased at the price of the truth. As long as you look up, you trust the opinions of the people who were put there to deceive you and supply a scapegoat. As long as you look up, you will fantasize of flying off into space with astronauts instead of saving our once-beautiful planet. Stop looking up!

259. True or False? The oppressors are abused children.

Answer: True. People who commit atrocities beyond sanity have suffered abuse beyond imagination. Or, "hurt people hurt people", whichever cliché you prefer. Going back to the dawn of modern civilization, we can see that the people who set themselves up as "royalty" come from extremely abusive families, and in most cases exhibit various forms of mental illness, insanity, sexual perversion, and even genetic deformity caused by deliberate inbreeding, which must be considered a severe form of child abuse. A hierarchical military society enables them to take out their abuse on the world as the ultimate abusive parents.

260. True or False? The global totalitarian state is being revealed under the guise of an eco-fascist

rainbow technocracy.

Answer: True, and yet neither wars will cease nor will the environment be saved, nor is it even truly rainbow, it is merely the final mockery. Through the money power they control everything, but deforestation and strip mining continue, as does pollution and the dumping of toxic chemicals, weapons spending, etc. The nonstop release of ever more space exploration propaganda proves they have no intention of saving this planet. When have you ever seen a movie about deindustrialization and moving to a repair and recycle economy, or a future world that was re-greened rather than desolate or technologic? You can shrug and blame capitalism, or you can realize that the masses have already been pre-conditioned for techno-slavery and ecological collapse.

261. True or False? Following ideology and religion will lead to mental weakness.

Answer: True. If you're willing to let other people define your terms of existence rather than experiencing the universe on your own terms, and following your own truth, then what good are you? Ideological and religious people all have a studied unawareness of total corruption because they subconsciously know it would reflect upon their own ideological institutions. From that observation we can draw the conclusion that most people are suffering emotional deficits and forms of mental illness that go unnoticed because of how common they are.

262. True or False? We, humanity, will escape the global mass extinction of our own creation and fly away in space ships.

Answer: False. The truth is that the vast majority of humanity have accepted the Sixth Extinction and don't even care about it. So what if we murder every other species on the planet as long as we can escape to find other planets to murder? The popular idea that we can cut down every forest and plant corn is insane. The last oxygen sink in the world, the Amazon rainforest, was deliberately burned down this year and the people who did it are cheered on by the masses who elected them. Billions of dollars appear out of thin air to send robots to Mars, or repair the Notre Dame pedo castle, but the forest continues to burn. Nothing will save us, nor should it.

263. How will you know when you've successfully deprogrammed yourself?

- A) You'll be ready for the end of civilization
- B) You'll be in a van down by the river
- C) You'll prioritize health at the expense of money
- D) You'll be losing friends
- E) All of the above

Answer: E, all of the above. Nobody said it was easy to resist a full spectrum onslaught of oppressor fear propaganda. No one is really healthy, no matter their outward appearance, especially if they are in total denial about what is taking place in the ecosystem and the human psyche.

2.6 Exercises for Understanding Modern Media

When watching television, cartoons, or movies, try the following techniques:

1. Count the appearance of alcohol and cigarettes in any context. These are advertisements.
2. Count the appearance of illegal drugs in any context. These are advertisements.
3. Count the appearance of cars, guns, steak, brand name items, and cool materialistic lifestyles with lots of sex. These are advertisements.
4. Count the appearance of protagonists with strong political, ideological and religious beliefs. These are advertisements.
5. Count the appearance of uniformed priests and religious figures. These are advertisements.
6. Count how many times a person holding a gun or weapon is the hero of the story. These are advertisements.
7. Count how many times the theme of sadism is introduced in any context. These are advertisements.
8. Look for hypnotic inductions. Flashing lights, music, voice, and many other techniques may be used. One common example is the flashing lights and moving concentric 3d circle patterns that are typically seen on the introduction to a nightly local newscast. Television and movies are designed to put the mind into a suggestible state.
9. Ask yourself what the movie is teaching you. Ask yourself what the "moral of the story" is. Understand that the show is trying to influence you on an intellectual, emotional, and financial level to both sell and create products (you are the product).
10. Ask yourself what the show is teaching against, by analyzing "loser" characters or the type of character whose personality you instantly hate (not the big bad guy, who is a role model).
11. Compare TV from different eras and observe the drastic difference in terms of graphic violence, sex, language, sadistic torture, etc. This should clearly demonstrate the rapid desensitization that was able to be achieved through television. The system wants slaves who achieve the mental desensitization and politicized infantilization that media programming facilitate as willing participants in the greatest death machine the planet has ever seen.
12. Find out the budget. How many hundreds of millions were spent on elaborate sets and famous casts, special effects and marketing to bring yourself these works of art celebrating sadistic psychopathy (horror), murder for money (action), and hedonistic degeneracy (comedy) when the Sixth Extinction is reaching a fever pitch? We are living through the greatest extinction of species in 67 million years and all we can think about is unhealthy drug parties and being entertained by sadistic acts of torture and other manifestations of severe mental illness. It is the Great Plague of all time.
13. Does the movie bring awareness to the Sixth Extinction or is it another "Apocalypse Inevitable" flick? As far as I know there has never been a major movie or tv show that focuses on deforestation and the ongoing extinction of species, whereas there are countless movies that celebrate the "post-apocalypse." This should come as no surprise since every facet of societal programming is towards consumerism (cancerism) and we are consuming what again?
14. Research whether any allegations have been made against the studios, producers, and directors whose programming you ingest. Are you confident that the culture of exploitation is gone? Has the abuser "changed"? Do you have a form of "Stockholm Syndrome" in which you

make excuses for predators because you have been traumatized by them as well and don't realize it? It seems that both sides of the political spectrum believe that Hollywood is full of sexual predators yet they still finance and consume its products.

15. Observe how often the same messages/programming/storylines are repeated over and over across a broad spectrum of media. It has been shown that identical news scripts are broadcast simultaneously at most locations, by supposed competitors. Many of the small publications, broadcasts, podcasts, etc. that you believe to be independent are not. The business model is that independents can simply be bought out without the consumer base realizing it.

16. Ask yourself why "a TV in every home" was trumpeted as a "human right" by the same people who despise human rights.

2.7 How to Live

264. How to heal?

- A) Get rid of unhealthy coping mechanisms
- B) Remove yourself from unhealthy situations
- C) Accept responsibility for your own part in the cycle of abuse
- D) Eat healthy, exercise and spend time in nature
- E) All of the above

The answer is E. Do you want to be healthy or "successful" in this predatory society? You can't do both.

265. Which of these is a true value?

- A) Equality
- B) Love
- C) God
- D) Health
- E) All of the above

The answer is D, health. It is a value that represents truth as we know it. Health is not an ideological or religious abstraction, it is a real thing determined by one's own nature, irrespective of one's beliefs and opinions. It is not debatable as to whether it exists, or to what extent. It represents a universal value. And yet despite the obviousness of this statement, we are not healthy.

266. Why do people engage in unhealthy behaviors?

- A) We live in a system that rewards people for unhealthy behaviors
- B) People adopt unhealthy beliefs because they want to fit in with a group
- C) People adopt unhealthy habits in imitation of their movie and music stars
- D) People engage in unhealthy relationships because of desire and loneliness
- E) People pursue unhealthy professions because they need money
- F) People pursue unhealthy professions because there are so few healthy professions
- G) People ingest unhealthy substances because they want to have fun
- H) People engage in the unhealthy behaviors they observed and experienced as children
- I) People engage in the unhealthy behaviors that are part of their culture
- J) People engage in the unhealthy behaviors that they observe in their leaders and employers
- K) All of the above

Answer: K. We are taught to idolize unhealthy people and mimic their unhealthy behaviors.

267. True or false? Lies are unhealthy.

Answer: True, generally speaking. We live in an unhealthy society in which "everything is relative",

so one lie could be considered "healthier" than another, which is the point of politics. A premeditated lie is always unhealthy to a natural group environment, whereas it can be advantageous in a cutthroat or adversarial one such as ours.

268. The best way to break a bad habit is:

- A) Quit
- B) Learn to hate the habit and your weakness towards it
- C) Learn to fear the habit and what its long term consequences will be
- D) Replace the bad habit with a healthy one
- E) All of the above

Answer: E, all of the above. Bad habits and routines are hard to break, use any tactic that works.

269. A partial list of bad habits to avoid includes:

- A) Unhealthy foods and drugs
- B) Unhealthy relationships
- C) Social media and internet addiction
- D) Religion, politics, and ideology
- E) Mass media entertainment
- F) Alcohol
- G) All of the above

Answer: G. Our culture is full of toxins that seem "normal" because everyone does them. Toxic corporate culture as full spectrum brainwashing explains the current global situation. When you grow up swimming in toxic waste it seems more natural than water.

270. How can you live to a healthy old age?

- A) Good genes
- B) Drink water instead of sugar water
- C) Brassica
- D) Enjoyable exercise
- E) All of the above

Answer: E. Healthy living is easy, or it should be. Unfortunately we live in a world that is designed to fool our senses into making unhealthy choices.

271. Healthy living should be based on:

- A) Regional culture
- B) Official medical guidelines
- C) Hunter gatherer societies
- D) The food pyramid
- E) All of the above

Answer: C. This one should be called, "how to live healthy-er" because real healthy living is not an option in our modern world. To start with, the food, air and water is polluted, and that's just the beginning. However, you still have choices to make. The closer you are able to mimic a hunter-

gatherer the healthier and happier you will be.

272. Hunter-gatherers are more healthy than moderns in which of the following ways?

- A) No allergies
- B) No cancer
- C) No suicide
- D) No mental illness
- E) Denser bones, thicker skin
- F) More robust immune system
- G) Physically stronger
- H) Larger brains
- I) Better memories
- J) Better eyesight
- K) Better smell, hearing, taste, etc.
- L) Healthier genetics
- M) All of the above

Answer: M. Modern science is disingenuous and deceptive in not acknowledging the superiority of the hunter gatherer. This is because religious zealots control the paradigm of institutional science. They want to portray them as physically strong imbeciles which simply isn't true, as any honest analysis of hunter gatherer cultures reveals. The incredible variety of skills needed to survive in nature as well as the prodigious memory possessed by all hunter gathers makes them geniuses by our standards. Not to mention their languages and beliefs which were vastly more complex than anything in modernity. The outright slander towards the hunter gatherer as they attempt to paint his idyllic, thoughtful, sustainable, and stress-free lifestyle as miserable, brutish and absurdly dangerous is disgusting and horribly unscientific. This is the "Kubrick" depiction of hunter gatherers, a blatantly unscientific hack job.

273. Hunter-gatherer societies are more healthy than modern societies in which of the following ways?

- A) They are sustainable
- B) They are non-polluting
- C) Children are first priority
- D) Women are equals
- E) Richer more expressive languages
- F) Total life security among family
- G) Freedom from all forms of coercion and oppressor ideology
- H) Ethical treatment of plants and animals
- I) Their stories and beliefs are their own
- J) They have oral histories spanning vast amounts of time
- K) They have a lifestyle that promotes peak physical health
- L) They are happier

M) All of the above

Answer: M. The issue of gender equality is nonexistent among hunter gatherers. There is a division of labor but both sexes are capable of performing all life-sustaining tasks. And I guarantee the women of hunter gatherer tribes are better hunters than I am.

274. How do you break a cycle of poverty?

- A) Sell the Bentley
- B) Kill your parents for the insurance money
- C) Come to terms with and begin to heal your childhood traumas
- D) Do a slip and fall scam
- E) All of the above

The answer is C, but it is not easy to do. Having money will not break a cycle of poverty, because poverty stems from one's childhood and family situation, not lack of money. The reality is that we are all in a cycle of poverty that is getting worse, and we participate in institutions that inflict poverty on others and ourselves. The desensitized denial of our collective trauma and subsequent idolization of ego is the reason I don't think we will heal the human organism any time soon. Humanity is in a dire cycle of poverty, calling its increasing insanity progress, searching for a magic elixir that could never exist because the paradigm presupposes that any and all "solutions" will be technical rather than addressing the true cause of global poverty, institutional child abuse.

275. One sure way to break a cycle of poverty is:

- A) Education
- B) Get a job
- C) Don't have kids
- D) Sell used cars
- E) All of the above

The answer is C. Breaking the cycle of poverty requires you to heal your own childhood traumas and come to terms with the cycles of abuse in your family. This level of introspection is basically impossible when you have young children to raise. For most people having children is like a financial gun to their head. There is a constant struggle to make ends meet, with less time and energy for actually raising the children. You can always abandon your children and let the state pay for them, which will definitely continue and probably deepen a cycle of poverty. Not having children can help you escape financial poverty and the emotional poverty of your childhood traumas. Unfortunately, most people born and raised in poverty and deprivation will view money as the solution to all their problems and children as a desirable accessory.

276. One incredibly common aspect of our predatory society that parents and teachers never tell children about is:

- A) The sex talk
- B) The deliciousness of fast food
- C) The stupid tax
- D) The truth
- E) All of the above

Answer: C. The stupid tax is incredibly prevalent in our society yet it is rarely talked about. The most "successful" businesses have predatory business models. Basically, every industry has its secrets and those secrets are based around tricks to increase profit margin through dishonesty. If

you're not an industry insider or know someone who is, you are going to pay the stupid tax whenever you deal with specialized professionals. Another example is the ever-increasing ingenuity with which consumer products are designed to break, malfunction, and need replacement. Another example is all the incredibly unhealthy products that are successfully marketed to people who fall into the "easily hypnotized by TV commercials" bracket. The stupid tax comes in so many forms it's impossible to list them.

277. The best way to counter the stupid tax is:

- A) Be incredibly suspicious of a salesman's claims
- B) Complain loudly when you get ripped off
- C) Do as much research as possible
- D) Never trust television advertising
- E) All of the above

Answer: E, all of the above. Things which need to be heavily advertised are either not good for you or a rip off. Forums where everyday consumers can voice their opinions are the best place to research anything related to the stupid tax, people will warn you if you listen to people instead of advertisers.

278. True or False? Even though school is designed to make you a fool, you should still try to graduate high school.

Answer: True, probably. We can see that the world is corrupt but we still have to survive it. I do not advocate suicide or violence, so you have to find a way to make money. There is simply no way around participating in the corruption unless you are one of the few remaining hunter gatherers. The rest of us are trapped. We are doomed to have to participate in our own destruction, forced to "make a living" destroying the planet that birthed and sustained us for so long, and pretend that we are "doing well" whenever and however we make money by viciously extracting what is left of the planet's soul and turning it into brand name techno-junk. If you can learn to enjoy reading, and read about the things that interest you, high school will be easy. True, you'd be much better off learning a trade or starting a small business than wasting your time learning the nonsense they teach in high school, but you probably want to socialize.

279. You can begin to heal your emotional traumas by:

- A) Helping others
- B) Analyzing your family pathology and history
- C) Performing a healing ritual with the fresh blood of a wombat
- D) Adopting a healthy lifestyle
- E) All of the above

Answer: E, all of the above. Just kidding, no wombats were harmed unless by Australians.

280. An important method to escaping poverty is:

- A) Investing in the stock market
- B) Multi level marketing
- C) Selling drugs
- D) Learning to cook healthy food
- E) All of the above

Answer: D. The simplest way to escape poverty is through improving your diet and lifestyle.

Eating healthy is not more expensive, it's just that most people are too lazy to cook, and their tastebuds are brainwashed to crave processed foods and sugar. Anyone who cooks healthy food each day is never truly in poverty, when you see a "wealthy" person eating fast food, you are witnessing a person still in poverty. It is empowering to control the process of what goes into your body as much as possible. When you start to eat healthy, your body will become healthy and changes in your mental state will happen as a result.

281. True or False? The "food pyramid" is junk science in which scientists were simply bribed and threatened by the dairy, meat, and junk food industries to promote their products to children via the public school system.

Answer: True. Most scientists will produce the results and reach the conclusions desired by those who pay them, or they won't be employed long. Nonetheless, the fact that these corrupt scientists were able to brainwash every child in America with fake science with the full cooperation of the educational system should remind us that our institutions are here to make us unhealthy and dependent, even or especially those dealing with children.

282. True or False? A green diet is a healthy diet.

Answer: True. The majority of your food should be fruit and vegetables. Another reason why it's important to learn how to cook so you can make food that tastes good and is healthy.

283. True or False? It is actually unethical to raise children ethically in an unethical world.

Answer: True. Why is it unethical to raise your children ethically? Simply observe what happens when hunter gatherers are "integrated" into modern culture: they are exploited and abused beyond measure, having entered society at the absolute bottom rung of its abusive hierarchy. Their wide array of refined survival skills which evolved in a sustainable, ethical mentality appropriate to naturalistic living, are virtually useless in the corruption of the modern world in which the only survival skill that matters is making money, to which ethics are an unequivocal hindrance. Worst of all, they don't know how to lie or when they are being lied to. An ethical person will be exploited in our world.

284. True or False? The proof is in the pudding, nature does not lie.

Answer: True. If an activity or substance is healthy for you, then it will result in increased physical health, and eventually, genetic health. Yet geneticists dance and duck around the obvious fact that the ancients were genetically superior to us. Now that they have almost completely eradicated the hunter-gatherers, they can make any claim they want with no living example to disprove it. This is just one more reason why the experts want to erase all memory of the hunter gatherer. Any rational person would have to admit that there are quantifiable attributes a person can have or lack that directly contribute to their quality of life such as: longevity, susceptibility to disease, predisposition to cancer, genetic diversity, genetic defects, allergies, obesity, myopia, etc. It's a simple fact that hunter-gatherers possess all the healthy attributes in abundance. These health indicator statistics are closely tracked by the people who seem to be re-engineering humanity to a much lower standard. From the stats we do have, it's patently obvious: each generation under civilization is more physically and mentally unhealthy than the one before it.

285. Self-healing from emotional trauma begins with:

- A) Self-medication
- B) Watching daytime television
- C) Realizing there is something wrong with you
- D) Studying psychology
- E) None of the above

Answer: C. You can't begin to heal until you can accept that you need healing. Many of us grow up in environments and cultures where abusive parenting is considered normal or desirable, and feel

uncomfortable or weak or vulnerable in acknowledging it as abuse and ourselves as victims. Others have received trauma so severe that they have completely repressed it and thus can never begin to heal from it.

286. A good tool for self-healing is:

- A) Exercise and diet
- B) Self-hypnosis
- C) Spend time in nature
- D) Speak your truth
- E) All of the above

Answer: E. Only you can heal yourself.

287. A healthy rule to live one's life by is:

- A) Follow God's laws
- B) Live your best life
- C) Do what thou wilt
- D) First, do no harm
- E) None of the above

Answer: D. First, do no harm is the only one that reflects an ethical worldview, and contains the internal logic of a universal ideal. The other three are irresponsible and therefore unhealthy, unsustainable and illogical.

288. True or False? Our brains didn't shrink because civilization was invented, civilization was invented to shrink our brains.

Answer: True. This will be hard for most modern people to understand or admit. Firstly, our brain shrinkage is a terrifyingly real fact. Most will gladly accept the unfounded assertion of prestigious science magazines that "our brains shrunk to make us smarter," despite a timeline that drastically illustrates the effects of civilization and more recently, technology on brain size. Even for the few who admit the truth about civilization and its disastrous effect on our genetics, to even consider the fact that it was done deliberately is a bridge too far. Nonetheless, it is objectively true, it's exactly what we do to domesticated animals, and science is tasked with devolving us ever further.

289. True or False? People who have suffered as children with abusive upbringings should really think twice about having children of their own.

Answer: True, the cycle of civilization is a cycle of ever-increasing abuse and bad parenting. According to Native American wisdom, it takes seven generations to heal from a major trauma, seven multiplied when the traumas don't stop but instead increase. Severely traumatized people are not able to fully provide the emotional foundation that is needed for healthy child-rearing. As unpopular as it is to say this, the reality is that few abused people are able to process and heal from their own abuse before having children, and thus the abuse is passed on in some form whether is done consciously or not. This is the basis of The Great Plague, you can see from the abusive society we inhabit that it is true. Emotionally damaged people are usually egotistical because they have been reduced to survival mode. A person in survival mode cannot be fully conscientious in the manner that is necessary to create sustainable societies.

290. True or False? Technology is unethical and unhealthy.

Answer: True. Mining is the basis of all technology. Mining is a miserable job that only a slave would perform, and it is incredibly environmentally destructive and polluting. Without a stark lack of ethics towards the environment and a sadistic program to create mindless slaves, technology

cannot exist. The global cancer epidemic is another disastrous result of the technology explosion.

291. True or false? Life is good.

Answer: False. The phrase "life is good" applies to people in the Circle of Life, but it does not apply to us. Our lives are not good. We are liars living in a world created by even greater liars. Our enjoyments are purchased at the expense of others and the environment as a whole. People in the Circle of Life are happy and don't want anything, yet we have everything and want more. They don't need to search for truth because lies are nonexistent in the Circle of Life. Everything is true, because nature simply doesn't reward liars. Some people will tell you that the Circle of Life was/is boring. Yet so many of us spend our free time, money and resources trying to take a vacation where we can commune with nature and enjoy simple pleasures. The irony is that we are now incapable of taking a vacation to enjoy nature without destroying and polluting it in the process.

292. True or False? Science is religion.

Answer: True. These two institutions are one in the same, religion provides the funding and science provides the weapons of control. In the Bible Big J gives "dominion" over the plants and animals to Man, giving him instructions to go out and rape and murder nature in any way he pleases. Doesn't Science take the exact same liberty, "sacrificing" the lives of helpless, tortured, imprisoned animals in the name of their deity? What gives them the right to torture animals for any reason? As with any religion or ideology, the myth-building and grandiose storytelling don't match up with the actual products of the religion/ideology, which are always exploitation, war, and environmental catastrophe.

293. True or False? The overwhelming amount of hard data supporting a "hunter-gatherer hypothesis" is vehemently contradicted by our modern religions of "progress, evolution, science, and God."

Answer: True. Again, we see the importance of state-controlled education, because without it these religions could not exist and we would still be free, healthy people. It takes the mandated saturation of irrational religious beliefs at every level of society to conceal the obvious truth that civilization is making us weaker, sicker, and stupider, with technology speeding up this process greatly. Great effort has been made to slander and degrade the hunter-gatherer in the state's educational process, thus making a lie into something that is taken for granted as true.

294. Modern citizens are:

- A) Addicted to technology
- B) In denial about being complicit in an oppressive system
- C) Hopelessly dependent on an intricate web of corruption
- D) Mind controlled from birth
- E) All of the above

Answer: E. We are the modern products of a science project.

295. True or false? The truth about how confidence scams work is that you are willingly allowing yourself to be deceived.

Answer: True. This phenomenon explains so much about our society. Reality is no fun, so people want to believe anything that promises a quick fix and will make them feel good about themselves and gives them a false sense of hope or community. As a scammer, if you can provide that, most people won't ask hard questions about what you're selling and how much you profit from it. Sadly, in our society it is the responsibility of the victim not to be victimized, because the scammer is expected to lie and he will be rewarded if he gets away with it and probably not really punished if he doesn't.

296. How do you spot a scam?

- A) It offers a quick fix or instant gratification
- B) It offers something valuable for free
- C) It tries to pressure you into spending or gambling money
- D) It seems too good to be true and asks for your credit card
- E) It has a fresh coat of paint
- F) It is seen on television
- G) All of the above

Answer: G, all of the above. Everything is a scam nowadays.

297. True or False? You should play dumb at times in order to avoid the consequences of opposing the system and its mindless followers.

Answer: True. Sometimes you can fight the mob, but you can't fight city hall. Don't go against the guns unless you're ready to be martyred. There is no revolution, the system is undefeated. Be ethical because it is the correct, logical thing to do, not because you have some delusion that the good guys win. Hollywood lied to you and the bad guys always win.

298. Should you get a job?

- A) No, just be homeless
- B) Yes, be a slave to money.
- C) Yes, try to work in an ethical business.
- D) Yes, try to live off the grid.
- E) All of the above

Answer: E. When it comes to employment, find something you like doing, or at least don't mind doing, and let it be an ethical form of business. The more ethical a business is, the more it will resemble something a hunter gatherer would do. Food and shelter, exercise, raising children.

299. Is it healthy to be childish as an adult?

- A) Yes
- B) No
- C) Yes and No
- D) Maybe
- E) Some of the above

The answer is C. The word "childish" is vague and could be used to describe a wide range of characteristics. We are both forced and encouraged by the system to remain childish in the sense of being irresponsible. This enforced childhood extends to culture, wherein we see older adults with their stamp collections and other childish obsessions: "he who dies with the most toys, wins." On the other hand, there is another aspect of childishness which is aggressively stamped out and mutilated by the system, that of imagination and uninhibited honesty. These traits are squarely targeted for termination in the foundational concept of modern education.

Section 3: A Psychic Education

3.1 Learning to Listen

300. The most crucial aspect of developing psychic abilities is:

- A) Using a ouija board
- B) Performing animal murder rituals
- C) Smoking weed
- D) Learning to listen
- E) Channelling your great grandma

Answer: D, "learning to listen" is the key to developing psychic abilities. Another way to phrase it would be "learning to access/receive intuition."

301. True or false? Psychic abilities can be defined as a nonlinear way of accessing information via intuition.

Answer: True. Intuition comes in many forms; it's a broad term to describe information that is transmitted by nonlinear means, or at least seems to be. However, it is really a willingness to receive this "intuitional" information that is a prerequisite to receiving anything.

302. It is useful to think of your mind as:

- A) An advanced surveillance device
- B) A toaster
- C) A computer
- D) A radio
- E) All of the above

The answer is D, a radio tuner. We receive millions of messages from our environment on a daily basis and very few of them cross the threshold of our consciousness, unless it is a frequency to which we are tuned. Our brains are capable of tuning into an unbelievable array of frequencies, even in our current degenerate state.

303. What is intuition?

- A) A form of psychosis
- B) An emotion
- C) A super power
- D) A psychic message from the planet Zobo
- E) All of the above

The answer is B, an emotion. You don't think intuition, you feel it. The illogical intuitive mind is more powerful than the logical side because it can make leaps for which there is no logical sequence.

304. How does one learn to listen?

- A) Pay attention to sights and sounds
- B) Pay attention to anomalous information
- C) Pay attention to synchronicity

- D) Pay attention to your emotions
- E) All of the above

Answer: E. Learning to listen is just a term that I came up with to describe opening up your senses to irrational or nonlinear "psychic" information.

305. If "learning to listen" is the key to psychic abilities, what are we listening for?

- A) Synchronicity
- B) Confirmations
- C) Warnings
- D) Unusual thoughts
- E) The wind
- F) All of the above

Answer: F. This is just a small sample of things to listen for.

306. How to develop psychic abilities:

- A) Trust intuition
- B) Intent and purpose create inspiration
- C) Imagination and visualization
- D) Solitude in nature
- E) Curiosity and ego flexibility
- F) Nonlinear or inspirational thoughts rather than logical or egocentric thoughts
- G) Follow synchronicity
- H) Learn to listen
- I) All of the above

Answer: I, all of the above.

307. True or False? Intuition can be used to solve complex problems.

Answer: True. You can learn to apply the powers of your subconscious to anything you think about. Once you learn to listen any question can be answered, the ability to ask a question begs for an answer. One unconscious method for those who haven't learned a conscious process yet is to think about your subject intensely before bed. In the morning, you may wake up with the answer or receive a dream message.

308. True or False? Intuition can be used for destructive, selfish, or evil purposes.

Answer: True. Your intuition is another tool, a way to gather information. Your intent determines how you will use your abilities. Over generations unethical behavior will create deficiencies for future generations to overcome or succumb further to, which is why we have lost both intuition and grey matter.

309. True or False? Intuition could also be described as the key to most psychic abilities.

Answer: True. Most psychic information is not going to be a "bolt from the blue", unless you are borderline schizophrenic. Learning to listen is still crucial to more exotic forms of intuition or "psychic abilities."

310. True or False? Learning to follow a hunch is part of gaining conscious psychic abilities.

Answer: True. Sometimes you can just look at someone and know something about them- you have an intuition or hunch. The subconscious is extremely powerful, making minute observations that the conscious mind is not aware of. It can also be telepathy or some form of "aura-sensing."

311. True or false? Emotions, not intellect, are the key to accessing psychic abilities.

Answer: True. We live in an age where we are trained to idolize logic, information, technology, etc. However, it is emotions that are the key to psychic abilities, as nonverbal and nonlocal emotional data is the simplest information to transmit and receive. Emotions are far more primal than "intellect, reason and logic." This is why the average person usually only experiences strong intuition when it is connected to major traumatic emotional events.

312. One of the most reliably documented modern instances of working intuition comes from:

- A) Beekeepers
- B) Stockbrokers
- C) Surgeons
- D) Soldiers
- E) All of the above

Answer: D. In the Vietnam war, American soldiers invaded a jungle terrain that was booby-trapped with explosives. Leading these groups of soldiers was one soldier called a "point man." A good point man had to be able to sense booby traps before seeing them or he would not survive long. There are many such examples, and all hunter gatherers had this ability. This is a primal form of working intuition that I call "danger sense". This is a common form of intuition because it can often surpass the mental blocks that prevent people from experiencing more complex forms of intuition.

313. True or False? "Danger sense" can be extended into "future sense."

Answer: True. If you can sense dangerous things in the future, why not anything else? It is simply easier to sense danger because the event has much more emotional power. That is what you are sensing with future sense, you own future emotions. You can learn to sense more subtle emotions than fear. The PEAR experiments and others provide data on this commonsense truth, documenting "presentiment" surges shortly before mass traumatic events. The other concept here is that emotion is the key to transcending time and space, which for me resonates with what Tesla said about frequency.

314. True or False? Intuition can interfere with your plans.

Answer: True. How willing are you to alter or abort your plans for intuition? A hunter gatherer can easily do so but we have to stick to our routines in order to make money. Nonetheless, "following the hunch" can often pay off.

315. True or False? You shouldn't be feeling intuition all the time.

Answer: True. You can't exist in total intuition unless you are disconnected from the world. This is something like schizophrenia. Too much information is noise. Many schizophrenics try to express insights that are phrased in ways that the normal world describes as insane.

316. All great advances in science were made by:

- A) People who got straight A's
- B) People with multiple PhDs
- C) Meticulous thinkers
- D) Intuitive thinkers

E) All of the above

Answer: D, Intuitive thinkers with insight into nature's operation, their insights are then used to destroy nature by Science.

317. True or False? The unusual childhood education of Nikola Tesla included telepathic training, and he claimed to receive many of his designs via telepathy.

Answer: True. His father had him engage in such exercises as guessing one another's thoughts, and performing mental calculations and feats of memory. Tesla described his mother as an "inventor of the first order", and he observed and assisted in her household ingenuities.

318. True or False? Despite having produced two extraordinary children, the unusual educational methods of the Tesla parents have never been studied, attempted, or even mentioned by academics in modern educational history.

Answer: True. Of course, our educational systems have no intention of creating functional intuitives. Their mandate is to design programs to stupify, confuse and mislead their victims, not empower them.

319. What is the psychic plane?

- A) Valhalla
- B) An invisible jet that psychics ride
- C) An energy field
- D) Heaven
- E) All of the above

Answer: C. The ethereal or psychic plane is part of a natural energy field that exists around this living planet like the atmosphere. The psychic plane describes a part of that energy field that humans can perceive. It contains the collective subconscious and the energy traces of everyone who has lived. It can also be a gateway to other dimensions. The larger energy field also contains the collective subconscious of other species.

320. What is the collective subconscious?

- A) Communism
- B) Subliminal programming
- C) A group mind
- D) A form of hypnosis
- E) A circus

Answer: C. It is essentially a group mind existing in the psychic plane where all living memories and knowledge can be accessed. It can also access ancestral DNA information.

321. True or False? Prayer is proven to have miraculous effects.

Answer: True, when it is directed in concern for others, the emotional energy field responds. That is why prayers in mass society are directed by charlatans and hate-mongers.

322. True or False? Lucid dreams are a gateway to another dimension.

Answer: True. If awake and asleep are two different dimensions, then both awake and asleep at the same time is also.

323. True or False? Sleep paralysis is a horrifying experience in which one is tormented by spirits.

Answer: False. Certainly, the experience of sleep paralysis can be extremely uncomfortable and

frustrating but it has more to do with irregular sleep patterns than succubi.

324. True or False? Reaching a certain level of psychic awareness can be a devastating experience.

Answer: True. Many people will undergo schizophrenic breaks and temporary insanity. They may also exhibit sudden behavior changes such as withdrawal from society.

325. True or False? All of us have had psychic experiences.

Answer, True, such as thinking about an old friend just before they call on the phone, or on the night they pass away. It's like "nonlocality" in physics terms. There is "action at a distance" but no visible mechanism to it. Our consciousness is the mechanism for this nonlocal action.

326. True or False? Telling others about a psychic experience can be counterproductive or even dangerous.

Answer: True. There is no point in telling someone who won't believe you or react negatively. Consider it as personal information from the universe which is not much use to others.

327. True or False? Many scientific experiments have been conducted that prove the existence of "psychic abilities" or nonlocal reception of information.

Answer: True. However, this was only in fear of it as a weapon. They want to learn how to stymie psychics, not stimulate them. Modern technology, particularly screens, accomplishes this.

328. True or False? We are communicating telepathically all the time, with each other and the universe itself.

Answer: True. Many times I have had an unpleasant thought or feeling, and I can see that people around me have picked up on it on a subconscious level. Our thoughts are always projecting outwards, energy from our minds interacting with others. Our thoughts, no matter how hidden, provoke a reaction from the universe.

329. True or False? Empathy is a trait of most psychics.

Answer: True. When you concentrate on honing empathy, you will find that you are better able to form connections with people that you come into contact with. The stronger your connection with others, the more you will be able to read them, communicate with them without words, and sense their energy. Think of how commonly you hear of twin telepathy in comparison with how much time they spend together and how well they know each others perspective. Understanding others is an important part of developing interpersonal telepathy.

330. True or False? There are no "evil" telepaths or psychics.

Answer: True. I did say intuition can be used for ill, but psychic abilities are a specific type of intuition that refer to intuiting nonlocal information. I guess it is a fine line, as to where one ends and the other begins. But what I mean is that extreme egoic types such as narcissistic personality disorder, sociopathy, etc., who are incapable of empathy are not going to be able to access intuition well. Psychic abilities are useless for controlling others, and hypnosis is not a psychic ability.

331. The best way to read someone's mind and predict their future actions is:

- A) Read their mind with psychic powers
- B) Put a microchip in their brain
- C) Know what they want
- D) Analyze their emails and internet activity
- E) Ask their mom

The best answer is C. Most people have simple ego-driven desires and motivations. Once you know a bit about their personality and what they want, they have see-through heads. I say all this to emphasize the fact that psychic abilities are useless to achieving the psychopathic goals of power and control over others that are so often attributed to psychics in comic books and similar media. Psychic abilities are a window into a much richer existence, not a machine to turn people's brains into a library.

332. True or False? Animal telepathy is very common.

Answer: True. Many of the behaviors that seem psychic can be actually attributed to your dog's keen observations, of course. But how does your dog know you're coming home when you're on a random vacation and it's not part of your regular schedule?

333. True or False? Some of the most powerful psychic experiences are in dreams.

Answer: True. Dream clairvoyance is far more common than waking clairvoyance. The subconscious is more unrestrained during sleep.

334. The results of a real clairvoyant or psychic event could be:

- A) Disorientation
- B) Temporary loss of locality
- C) Withdrawal from society
- D) Ego destruction
- E) All of the above

Answer: E. Another reason that clairvoyants-for-hire are fake.

335. One way to increase your psychic energy is by:

- A) Calling the psychic hotline
- B) Praying to the UFO god
- C) Jerking off with a letter to Satan folded up in your back pocket
- D) Spending time in nature
- E) All of the above

Answer: D. Be still and quiet. You will want to get out of the clutter of modern life with all of its distractions to perceive natural energy better.

336. True or false? The human race is evolving to develop more psychic abilities.

Answer: False. Psychic abilities are not something that we are "gaining", "developing", or "evolving." The opposite is true, on the balance we are steadily losing these now-dormant abilities, and the gray matter that went with them. As more of nature disappears, so do our psychic abilities which flourish in nature and wither in a technological environment. "The world was once a magical place."

337. Children generally lose their psychic abilities:

- A) Around school age
- B) When they succumb to peer pressure from kids who have already been brainwashed with materialism and other status symbols
- C) Around the age they start watching a lot of TV, movies, etc.
- D) Because their parents and society beat them out of them

E) All of the above

Answer: E. After they start school, these kids often suppress or forget their gifts, as they undergo stimulation of the left (linear, logical) side of their brains and/or realize that not everyone can do or see the things they can.

338. Another key to gaining conscious control of your psychic abilities is:

- A) Practice
- B) Sitting alone in the dark
- C) Becoming aware of who and where you are
- D) Meditation
- E) All of the above

Answer: C. Do you know who you are? Do you know where you are?

True or False? Extreme psychic powers like clairvoyance can be developed through practice, training, and awareness.

Answer: False. Dramatic manifestations like clairvoyance are extremely rare, and cannot be "developed" in my opinion, as they represent a bursting forth of the subconscious mind which contains nonlinear information.

Your subconscious mind has the ability to tap into:

- A) Your forgotten memories
- B) The collective subconscious
- C) Akashic records
- D) Other unspecified dimensions
- E) All of the above

Answer: E. The power of the subconscious mind is almost unlimited.

339. The collective subconscious:

- A) Functions as a cloud in technological terms
- B) Is omniscient
- C) Is connected to the life field of this planet
- D) Will communicate with you
- E) All of the above

Answer: E. The internet is a weaponized simulacra of the psychic plane.

340. True or False? Removing mental blocks caused by psychopathic societal conditioning is one of the keys to increasing psychic power.

Answer: True. Some mental blocks include: education, religion, social status, politics, etc.

341. True or False? Alcoholism erodes one's psychic powers.

Answer: True. You can forget about receiving intuition when you are drunk.

3.2 Ritual Magic

342. "Ritual Magic" or "Intentional Magic" is:

- A) A crude method to manipulate the subconscious
- B) The driving force of civilization
- C) Performed by ego-damaged people
- D) A form of self-delusion
- E) All of the above

Answer: E, all of the above. Ritual "magic" is the basis of all organized religion, using hypnosis, groupthink and the power of suggestion to manipulate and lie to others. In other words, there is nothing magical about it, it's just a more powerful version of the same ugly that has enveloped this planet. Even people who use these techniques to solely to program their own minds are playing a dangerous game as they project their ego desires into reality.

343. True or False? Modern ritual magic has the same intent as tribal rituals such as rain dance.

Answer: False. Like so many modern practices, ritual magic is a mockery of healthy spiritualism. Unhealthy people don't wish for healthy things, they wish for unhealthy ones. The rain dancers were praying for something they needed, whereas modern ritual magicians are building monuments to their own egos.

344. The problem with ritual magic is:

- A) Your ego can only know what it wants, not what it needs
- B) Using your ego as an interface to your intuition is backwards
- C) It is conceptually opposite of "learning to listen"
- D) Most people who practice it are a-holes
- E) All of the above

Answer: E. It's like the old story of "making a deal with the devil." The devil asks what you want, and you say "immortality." The devil says, "No problem," and snaps his fingers, instantly turning you into a small but indestructible piece of rock. Unable to move, unable to communicate, you are trapped in that rock forever, conscious. The rock is technology and the devil is you.

Ritual magic has basically destroyed this planet and enslaved all its inhabitants. When you are making demands you are the helpless child, not the responsible adult.

345. Ritual/Intentional "magic" ties into:

- A) The destruction of nature
- B) A feeling of profound emptiness
- C) "Spelling" and "Cursing" with your "Cursor"
- D) Psychopathic power cults
- E) All of the above

Answer: E. Ritual magic is a way for people who cannot access intuition to still have a major influence on the psychic plane. Psychopaths cannot access psychic abilities, that is why they must

use ritual magic to manipulate the subconscious minds of the helpless masses.

346. True or False? Using ritual magic will stunt your psychic abilities and could also kill you.

Answer: True. You can cause damage and even death by manipulating these forces for your desires. At the very least, you will stunt your growth as a psychic by operating on a selfish, irresponsible, and unimaginative level of perception. I picture ritual magicians as grim Snapes who long ago lost the playful and harmless curiosity that is necessary to truly engage the universe.

347. The hierarchy rely on ritual magic because:

- A) It can be used to fulfill their egoic desires while bypassing what is left of their intuition
- B) They manipulate the emotional energy of their subjects because they have none of their own
- C) The ritualistic aspect appeals to the reptilian brain
- D) They are unable to use psychic powers or access the psychic plane
- E) All of the above

Answer: E. Psychopaths are described as flat and emotionless, and will commit crimes without conscience if they seem "logical" in the pursuit of whatever possession will temporarily fill their emptiness or need for social status. The emptiness is the result of emotions that have been suppressed to the point of atrophy as a survival mechanism for psychopaths, often over successive generations, driving them to numbly commit horrors for something as banal as societal acceptance, or the adrenaline rush that allows them to feel anything at all.

348. True or False? We should view the psychopathic ritual magicians who have ruined this planet with compassion.

Answer: True. We should view psychopaths with compassion because through no fault of their own, they were genetically damaged and systematically abused through inter-generational, institutional abuse. The popular but false notion that psychopaths are "genetically gifted with a random gene" is of course part of a propaganda push that includes modern movies and TV shows, and demonstrates how easily the official narrative from a pseudoscience like psychology is completely controlled by the money power.

349. True or false? The "laws of attraction" are a form of telepathy.

Answer: True. The laws of attraction work by frequency and wavelength. Your brain is the transmitter and receiver of this information.

350. True or False? Mind-reading technology exists.

Answer: True. You are interfacing with "artificial intelligence" every time you go on the internet. There are programs designed to study and map your individual personality, probable future actions, etc. Experiments have proven that machines can form sentences based on electrical data from the prevoical cortex. This "psychic technology" will be one of the things used to entice people into final-stage transhumanism, promising them psychic powers with a brain implant device. Every ability you give a machine to do is an ability you lose for yourself and your genetic future.

352. True or False? Animal sacrifice is a necessary part of communicating with the spirits.

Answer: False. Animal sacrifice has a very specific purpose in religion, and it's nothing to do with metaphysics. The purpose of animal sacrifice or any blood sacrifice is the establishment of a regime of terror and violent fanaticism. Misguided "magicians" who practice animal sacrifice are mentally ill sociopaths. However, those few who practice mass animal (and human) sacrifice are the most powerful and respectable people in our society.

353. True or False? The only visible psychic phenomena (such as ghosts, etc.) that are legitimate

are those you see with your own eyes.

Answer: False. If you see something "supernatural", it is not a psychic phenomenon, it is a hallucination, ocular defect, or magic trick being played upon you. The exception is a clairvoyant vision that is accompanied by the usual signs of mental distress, dislocation, and accurate nonlocal data.

354. True or False? All of the superhumans and mutants in comic books have super powers related to destruction, violence, and murder.

Answer: True. It's amazing the things that we simply take for granted as culture. As children we were taught that having superpowers meant having death beams or amazing techno-weapons or the ability to punch through steel. There were only a couple superhero characters with "psychic" abilities, and they usually used them like spies, to gain information, or outright control of another person's mind. The superheroes were always soldiers of oppression. The slaves of civilization all have "Stockholm Syndrome", and we idolize our psychopathic overlords at every level of society through generations of memory wipe and indoctrination.

355. How can you tell a genuine psychic event from a staged one?

- A) When you actually see it with your own eyes
- B) When they ask for your credit card
- C) When the psychic's eyes roll back in his head
- D) When it resonates with your intuition and thought process
- E) Some of the above

Answer: D. When you are "in the flow" of intuition, these events will have meaning that you understand.

3.3 Psychic Abilities Real or Fake?

Telepathy, the ability to send and receive thoughts and other psychic energy. Status: Real. "Telepathy" is a vague category more than a specific ability, though. I will list some more specific ones below.

Telekinesis, the ability to move objects with your mind. Status: Fake. This one isn't talked about much beyond fiction because no one can produce evidence of it. Feats such as "bending spoons" are either classic magic tricks or feats of technology.

Pyrokinesis, the ability to set objects on fire with your mind. Status: Fake. Pyrokinesis has never been observed. To me it seems over-specific and in tune with the comic book version of what psychic energy is. When real psychic energy explodes, improbabilities become probable. In such case spontaneous combustion or any other unlikely event might occur, but it is not a separate power unto itself, and would still require the usual prerequisites of an easily combustible material, etc.

Water Divining, the ability to sense underground water. - Status: Real. This is one of the more documented modern examples of working intuition.

Danger Sense, the ability to sense danger just before it happens. - Status: Real. This is the most primal form of intuition. You better listen to that little voice in your head! Unless it's telling you that you're a Jesus.

Future Sense, the ability to sense future probabilities and affect them. Status: Real. This ability is not as useful as it sounds, particularly in the modern world, as it usually only extends a few seconds into the future. Still, that is plenty in the context of tactical maneuvers.

Seeing Auras, the ability to see a glowing, colorful "aura" around other people. Status: Fake. If this were a real ability it would be easy to test. Simply take a bunch of people who claim to see auras and subject them to a double blind experiment where they see the same people but can't see each other. The results should correlate at a rate similar to a group of people asked to determine the hair color of random strangers. The rods and cones in our eyes deliver a limited amount of information. The ability to sense things without the use of the five major senses is the essence of psychic abilities. It's not that auras don't exist, but if we were able to see them with our eyes it wouldn't be a psychic ability.

Ghost Contact, any sort of bizarre occurrence or coincidence around the mention of a deceased person. Status: Real. Ghost contact can come in many forms. One day your mother starts talking about her Aunt Bea, after having a dream about her. Later that evening you suddenly feel curious about the old bookshelf and are drawn to a certain book. You open the book and out falls an unopened letter from Aunt Bea, addressed to your mom. It could be something like that or something dramatic like the next example. A group of ex-cult members have a reunion decades later, minus their deceased leader. Just as they toast him, the photo of their old cult leader jumps off the wall and shatters.

UFO Contact, witnessing strange flying objects. Status: Fake. Not that this doesn't happen, but it is not a psychic event.

Poltergeist, a dramatic form of telekinesis in which objects fly about the room. Status: Fake. This legend was obviously perpetuated by a group of people who want you to believe that they are fighting against evil spirits rather than creating them.

Premonition, the ability to sense a seemingly-inevitable future. Status: Real. This differentiates it from danger sense or future sense, both of which are working intuition, and enable you to adjust the future. Are some things fated? Or simply unavoidable?

Long-Distance Precognition, the ability to sense detailed information about inevitable events in the

distant future. Status: Fake. Nostradamus and all the rest are fake. They are priests, not psychics, and their prophecies are business plans.

Prophetic Dreams, dreams of future events which come true. Status: Real. For most people the subconscious and its psychic abilities like clairvoyance can only be accessed through dreams.

Thought projection, the ability to transmit one's mood or verbal information. Status: Real. This one can be experimentally verified.

Deep Telepathy, the ability to pick specific information out of a person's head that is not directly related to what they are thinking. Status: Fake. The common conception of a telepath as someone who can turn your brain into a library against your will is false. However, you can ask a person a psychic question as a way to bring the information to the forefront of their mind. In general, you can pick up emotions, images, and even words that people leak involuntarily, but picking out specific information like what they had for breakfast or their grandmother's last name is probably impossible.

Remote Viewing, the ability to have a clairvoyant vision based on a specific location that is previously unknown to the psychic. Status: Fake. The idea that you can have clairvoyant events on demand based on random geographic coordinates dictated by your military commander is ridiculous. The whole venture demonstrates both the necessity of "psychic psy-ops" and the stunted mentality of people who would rather spy on each other than experience the true potential of the human mind. Remote viewing is a fraud, but they can use technology to fake psychic abilities.

Verbal Telepathy, the ability to sense the words that another person is thinking or about to speak. Status: Real. You've probably had this experience before. This is another one experimentally verified.

Animal Telepathy, the ability to send and receive thoughts from animals. Status: Real. Animals are telepathic, nature is telepathic.

Clairvoyance, the ability to speak hidden information through a psychic trance. Status: Real. Clairvoyance is often accompanied by some sort of seizure, a loss of physical control and situational consciousness that signifies accessing another dimension and receiving nonlocal information. You may already be familiar with this stereotype: the fraud clairvoyant who gathers information about his mark, and then pretends to go into a theatrical seizure-like trance in order to reveal it. In other words, the stereotype is based on reality. However, it's easy to tell the difference: real clairvoyants don't do it on command or schedule, or for money. If it were possible to do so, money would be the least of your problems.

Instant Karma, a term that implies receiving some kind of "punishment from the universe" immediately or shortly after committing a "bad deed." Status: Real. This is kind of a variation on "law of attraction." The "punishment" itself usually tends to be violent or life-altering, as only these sort of extreme events seem to be capable of getting our attention sometimes, particularly when we are on a self-destructive path. I do not believe psychopaths can receive instant karma, because I don't think they would view it as such. Instant karma is a blessing in disguise, a warning.

External Reality Sense, the sense that you are in constant contact with the spirit world, animal world or other dimensions. Status: Real. Any perspective other than human will strengthen your psychic abilities.

Psychometry, the ability to sense information about objects by touching them. Status: Real. It seems possible that objects can be imbued with psychic energy, so it makes sense that a psychic might pick up on that. I have had a vague sense of unease or distrust with certain objects but I have never had any really extreme experience with this so I'm not really sure. It should be possible to "detoxify" objects or places if you really feel that they are cursed, but I think the best way might be just not to use them for unethical purposes.

All-knowledge, the ability to tap into the memories of every human who has ever lived. - Status: Real. You are always tapped in to All-Knowledge without realizing it. So if you think nobody's watching, think again. Everyone is watching everyone.

Section 4: The Children's Bill of Rights

4.1 Introduction to the Children's Bill of Rights

We are living at the peak of the greatest mass extinction since the dinosaurs 65 million years ago, and our species caused it, planned it in detail, and still plans to finish it. The cause of this calculated global genocide can only be widespread mental illness, as only an insane species would deliberately destroy its own environment.

The mental illness pandemic is responsible for all our modern man-made ills, including war, pollution, greed, drug addiction, the hole in the ozone and everything else. The primary cause of this modern mass insanity is what I term *institutional child abuse*, the systematization of child exploitation. The omnipresence of a vast machinery to exploit children has led to a normalization of mental illness, and an unspoken acceptance of child exploitation.

Institutional child abuse is defined as a program of wide spectrum abuse directed at children by the coercive powers of the state for the purposes of mutilating, controlling, addicting and enslaving them. The current mass extinction was only able to be carried out so efficiently within the last 100 years because of institutional child abuse which provides the slaves to work in its mines, fields, factories, and militaries. None of it can be accomplished without an educational system that teaches them how to "bee-hive." Institutional child abuse is the real "how the sausages were made" of civilization, and also the reason we are all insane and still selfishly pursuing our own egoic delusions in the face of a global extinction. Hurt people hurt people.

Unlike simple pathogens, there is no cure for child abuse, no magic pill, nor will there ever be. We have reached a saturation point in which the culture of institutional child abuse has infected every corner of the globe, and insanity is the norm, not the exception. The unspoken logic is that if we all subject our children to the same forms of child abuse, it's not child abuse, and we can go back to arguing about what color we want our flag of global conquest and total species genocide to be.

The cycles of abuse are not spoken of in educated, official circles. No, the educated ones want you to believe that mental illness is caused by random genetic mutations and chemical imbalances, and can be fixed by Science with a pill or simply "accepted" as normal and not an illness at all.

Children are considered property of the state as a matter of law in every country on the planet, and assigned a livestock number that serves as their true legal name. Unhealthy products such as processed junk food, violent and pornographic games and media, and even dangerous and addictive drugs are legally marketed to children for billions in "profit." Beyond those tangible products are the many layers of conditioning which children are subjected to at earliest age under the guise of "religion, entertainment and education", designed to cripple them mentally and make them receptive to authority. Beyond the plethora of poisonous products which are specifically and legally targeted to children is the simple and deadly fact that there is no clean air, water, or food left on this planet.

We take these omnipresent carcinogens for granted, and yet still place expectations upon our children to "succeed" in this sick society, thus making every new generation the most polluted and most susceptible to cancer ever, and perhaps the most hypocritical as well. If these polluted children make it to adulthood, they will eventually have to "make a living" by helping destroy the ecosystem themselves, and most will learn to lie to themselves about the true nature of their "work" rather than acknowledge their complicity in poisoning themselves, their children, and everything else in an unsustainable consumerist society controlled by people with a religious and proprietary attitude towards nature.

"The ones that matter most are the children." - Lakota proverb

We were all hunter-gatherers once, free and healthy people. Hunter-gatherer societies place children as the highest priority rather than the lowest rung on the hierarchy. The concept of "profiting" by poisoning children would seem insane to them. On the other hand, civilization

cannot exist without poisoning, enslaving and lying to children, because free people will not work in mines and factories, nor kill and die in wars for someone else's ego trip. Likewise, healthy people have no use for civilization's cancerous products and corrupt laws. In this and so many other ways, the values of civilization are completely inverse to a healthy, natural society. Civilization is an abuse pyramid, with male slaves taking out their anger on female slaves, and children receiving abuse from both, all under a system set up to profit from the abuse. That is one of many reasons why every conceivable identity group has a "rights movement" except children. It's the reason why ethics will never be "cool", because the money, power, and fame flow to those who have no ethical boundaries. The same mentality sees refrigerators, cell phones and automobiles as proof that a sick society is healthy, and vastly superior to a healthy one.

Trapped as we are, the abuse pyramid of civilization can never be healed by re-immersion into nature; it only gets worse from here. As time goes on the slaves come to believe that technology is their savior, even as the effects of its pollution on their bodies and minds become more evident. They believe that the same technologists who destroyed the environment are going to save us with even more technology. This is a religious belief instilled through propaganda at every level of society, and cannot be justified rationally.

The concept of children's rights reflects the mentality of the "indigenous" hunter-gatherers who are slandered, ridiculed, and hated by the priests of civilization. Gone are the "primitive" days when children were raised by the entire tribe living together in a healthy environment. State-qualified strangers raise our children in cancerous surroundings, more isolated than ever, loyal to nothing but a paycheck, searching for that lost tribe in false ideologies, cultures and religions which are created and controlled by the same system which is our captor.

The uncomfortable reality is that all our political, religious, and ethnic differences are completely superficial and serve to blind us to the cold reality that we are all just consumers now, consuming nature like cancer until it is gone, arguing over our petty differences, blaming each other. Cancer blaming cancer with the utmost sincerity and outrage. Still swallowing the increasingly less comfortable lies because it's better to get ripped off in good company than face reality. Everyone except the plants, animals, and children have wealthy interest groups representing them politically, screaming and blaming as they try to get a bigger piece of the extinction pie.

There are no more free people left, hardly any. Freedom wasn't nearly as easy as they made it look. Soon, the last of them will be gone, assassinated in the night by "renegade loggers", and most of us will be none the wiser, believing they went extinct long ago. The free people weren't profitable for the greed people, so they had to be turned into us.

Separating humans from nature on a physical, mental and spiritual level is of the utmost importance to civilization. Weakened, abused, abusive and helpless children are perfect for the system. They validate its oversight, while providing the cannon fodder and prostitutes for its ruthless corporations. Free and healthy people don't need the system, which is why they are an anathema to civilization, particularly with their children-first mentality. It's no coincidence that institutionally mandated forms of child abuse always go hand in hand with the brutal process of civilization, and that state educators slander the hunter gatherer even though his memory capacity alone would make him a "genius" by our ever-dwindling standards.

There is a global philosophy of anti-nature woven into the fabric of civilization that its prisoners so rarely notice. In the context of an anti-nature philosophy, institutional child abuse makes sense. Sadly, it is our own parents, teachers, and preachers who lay the groundwork for the environmental devastation and psychopathic wars of mechanical mass murder as they indoctrinate us into the fear, servility, ignorance, and polarization that is desired of us.

Nothing is more imprisoned than the mind of the educated, civilized man or woman. They take pride in their education, and society rewards them for it with money and status, rewards them for participating in the destruction and misery. They never noticed that their education turned them into a product. They never noticed that they were educated to be unethical people in an unethical society in an unethical civilization. And if they did notice, they were educated to believe that no

ethical society has ever or could ever exist. They mock the free people as savages, as they were taught to by their teachers, and celebrate their own march to genetic and ecological disaster as progress.

The School Survival Guide isn't necessarily a practical guide. There is some practical advice, but most of what is here I have never spoken of with anyone IRL because it's impractical. It is practical to remain ignorant in an ignorant society, and unethical in an unethical society, if one wants to keep one's position there.

When I talk about ethics, it's not from a moral high ground. I'm not trying to shame you into being more ethical or claim that I am. I'm proving that ethical societies can exist, and did exist for vastly longer than this unethical one because ethical is sustainable. These ethical societies produced people that were unequivocally superior to us on many easily quantifiable levels. I'm pointing out the obvious and unavoidable fact that science and technology have destroyed the human genome and many others.

You might believe in the "Genghis Khan wins" hypothesis of genetic success, which was imparted to you by your education. It's the notion that Genghis "won evolution" by raping the most women, which perfectly illustrates both the unsustainability of civilization and the vast mental illness at the heart of it. Raping 1000 mentally ill children into existence is not genetic success, it is a race to the bottom. This is the lie of the "great man" who creates an ego monument to himself at the cost of all future generations. The sustainable mentality is exactly opposite: every decision is weighed in the context of its impact on future generations.

Like any species that is allowed to overpopulate, we have created an imbalance that nature is going to have to address. Hunter gatherers the world over knew this truth, that their free and happy lifestyle could not support large amounts of people. That is why replacement and sustainability were written into their cultures, along with a deep appreciation for nature. That's one of the reasons why they smile.

If we could trust Science to observe the obvious, then scientists would be telling us that we should be living as hunter gatherers. Instead, they are accomplices to ecocide and genetic suicide, not truth seekers but priests of the religion of Progress, capable of compiling the statistics that I cite, but incapable of putting together the obvious conclusion because their religion tells them it can't possibly be true.

We've been tricked into thinking that having more information than the primitive man somehow makes us superior to him, an obvious fallacy. That's why the term "human nature" was popularized to explain away the lack of ethics in civilized, mercenary society. It's certainly easier to get people to behave unethically when you can convince them that ethics never existed in the first place. The truth that you are not the pinnacle of "human evolution" but actually an aggressive form of cancer is not a pleasant one to accept.

I wrote this book because I want children to know the truth, rather than the increasingly unpleasant lie that society tells them. I wanted to give children the hope that life could be better, because it once was, not so long ago. I also want to give children the truth that things will get worse first, because we have all been made dependent on the system that oppresses us. You cannot be an ethical being when you are dependent on other humans to feed, shelter and care for you. Slaves are by definition unethical, they have been enslaved precisely so that they can be forced to carry out the unethical desires of the slavemaster such as war, mining, large scale construction and agriculture, etc. Once enslaved, they usually internalize the unethical mentality and anti-nature philosophy of the slavemaster, in something similar to Stockholm Syndrome where the trauma of institutional child abuse is just taken for granted.

The purpose of the School Survival Guide is to give you a clearer, more unbiased picture of the corrupt world we live in than your teachers and parents, whose goal is to train you into a respectable citizen, not tell you the truth. The purpose of the School Survival Guide is to immunize you to the lies of civilization, which are designed to turn you into an easily manipulable victim. The purpose of the School Survival Guide is to expose the sadistic, soul-crushing design of

institutional child abuse, including the educational system and the fundamental lies that it upholds.

I wrote the Children's Bill of Rights and the Earth's Bill of Rights with the understanding that these "rights" could only be implemented by a society that did not need such obvious rights to be spelled out in the first place, and most likely would not need written language at all. I wrote them with the intention to reveal the truth about ethical societies, not guide political policy or promote state-sponsored eco-fascism.

There is no path back to an ethical society without acknowledging the great plague of mental illness caused by institutional child abuse, and confronting what we have become. If that ever happens, the next obvious step would be to dismantle everything and go back to local, sustainable communities and focus on healing the multitudes of sick people. The belief that there could be some new set of laws, economic schemes, or miracle technology that will heal this planet is just another part of the big lie, and certainly not the intent of my writing. Technology is inherently destructive to the planet and the human organism, so until the religions of "seance" and outer space exploration are widely understood as nihilistic and cult-related, the true cause of this plague of mental illness will not be understood much less confronted or healed from.

Your friend,

The Great Plague

The School Survival Guide, Children's Bill of Rights, and Earth's Bill of Rights can be downloaded in PDF form and distributed freely with attribution. Free hard copies of The School Survival Guide are available to incarcerated persons, contact me at schoolsurvival.net

4.2 Children's Bill of Rights

Dear Children of Earth, I hold these to be your Natural Rights.

1. You have the right to be safe from organized exploitation and abuse. The global industries of war, slavery, and ecological exploitation require and create abused children.
2. You have the right to be safe from physical, sexual and verbal abuse. If you have been abused by a parent or adult, try to break the cycle of abuse and not become an abuser/enabler yourself.
3. You have the right to be safe before and after birth. Your mother should not subject you to drugs, alcohol, known carcinogens, high levels of stress, and unnecessary surgeries.
4. You have the right to clean air, water, and food. Although there is none at this time. Every drop of water on earth is now polluted to some extent. Your ability to access relatively clean air, water and food will determine your quality of life.
5. You have the right to be drug and cancer free. Research shows that almost universally, babies are born infested with over 200 chemicals, and those are only the ones that can be tested for. Cancer rates reach new heights with each generation.
6. You have the right to a culture that is not designed to injure you. Modern culture promotes violence, pornography, and addiction in service of power.
7. You have the right to live in nature. Humans cannot flourish in a technological environment.
8. You have a right to parents who are committed to you and each other. Life should not be created by people who do not respect each other, like each other, know each other, or have any intentions of providing a solid psychological model for their child in a natural environment.
9. You have the right to a healthy community that prioritizes children. You have the right to a community whose laws protect the children and not the predators.
10. You have the right to truth. Your parents should never lie to you. However, your parents probably don't know the truth about institutional child abuse. Since the beginning of "history", children have been abused and raped and mutilated into slaves. To this day the most "profitable" industries are those which require and perpetuate institutional child abuse. To survive as a modern slave, you will be required to work for and invest in these same industries. Your parents brought you into a world ruled by fear and the conspiracy of silence that follows it. They signed your life away and then allowed your entire education to be shaped by the same predators who built their sick empires with broken children. Welcome to Earth.

4.3 Earth's Bill of Rights

1. We are all complicit in an extinction-level genocide carried out against the plants and animals of Earth. Taking responsibility starts with a recognition of that fact, as well as the fact that our culture deliberately destroys more sustainable ones.
2. The ecosystem is a living thing greater than the sum of its parts, and we are part of it. It is mysterious, beautiful, and dangerous. This mentality is shared by all sustainable cultures. The concept of Earth as personal property, "raw materials", or some kind of "starter planet" must be recognized as genocidal/suicidal.
3. The plants and animals of Earth have an equal right to exist as humans, and live free. Deforestation, human overpopulation, and animal husbandry must cease.
4. The balance of Earth's ecosystem must be preserved. All overseas travel and business must cease. Sustainability in nature depends on adaptations to the immediate environs.
5. Earth should never be transformed and distorted into cancerous chemicals and non-biodegradable products. All forms of modern industry must cease.
6. Earth's ocean shall be recognized as the source of all life, not a toxic waste dump for mobsters. All forms of disposable consumerism and chemical dumping must cease.
7. Mining is an atrocity on every level and the metallic age must end forever. If humanity explores outer space at some point thousands of years in the future once we have restored our own planet, it will be in sustainable living ships, not angry Cadillacs extracted from the carcass of our mother.
8. Technology as we know it must be abandoned. If you're not smart enough to figure out how to do it sustainably and non-polluting, you're not smart enough period. Without mass slavery, pollution and mining, there is no modern technology.
9. Religion as we know it must be abandoned. The major world religions all contain the same anti-nature philosophy that proclaims nature and all its inhabitants as nothing but raw materials for "man." These religions turn your attention away from your home and focus it on magical dimensions in the sky/space (sleight of hand). This includes the science religion with its outer space sales pitch.
10. Ethical treatment of the Earth is synonymous with human sustainability and survival. To treat the Earth ethically is to take only what you need and leave no trace. Your genetics are your only legacy, other monuments to ego are futile and short-sighted. Until we acknowledge the reality of our degraded mental, physical and genetic state, and cast off the shackles of our education, the "rights" or steps listed above can never be implemented. The realization that we will share our planet's fate is not enough for an insane society, it is only through the compassion of a holistic perspective that a society can commit to ethics, sustainability, and self-healing.

Thank you for reading The School Survival Guide, and may you find your path in this troubled world. - The Great Plague