

The Fight for Your Mind

When someone mentions brainwashing or mind control most will immediately think of CIA, KGB, spy vs. spy stuff. In all actuality this is only the very tip of the preverbal mind control iceberg. Brain washing or mind control as it is more commonly referred to can take on many forms. Describing key concepts of mind control will help to illustrate its nature. Mind control in some form or another shows up in a large verity of industries, ranging from advertising to psychology its self. This paper will not go into great detail over all the different applications in which mind control is present. Instead, focusing more on what defines mindcontrol and it's religious implementations. A clear understanding of mind control and its parts will help in showing its use in many modern religions.

The immediate response to a statement like “declaring religions as a mind controlling industry” is one of a defensive mind set. It is not the intent to belittle religions; it is only to examine. There has been an enormous amount of research that has been conducted in the area of mind control. As further reading will go into more detail about the different types of experimentation that have been done. As well as the answers that these experiments have concluded. The idea here is to give the reader a better understanding of the techniques used and how to spot them.

A Russian scientist named Ivan Pavlov in the early 1900s did some of the earliest work in this field. Classical conditioning as it is referred to, was discovered much by accident. Pavlov was studying how saliva aids the digestive process. He would give a dog some food and measure the amount of saliva the dog produced while it ate the meal. After the dog had gone through this procedure a few times, however, it would begin to salivate before receiving any food. Pavlov reasoned that some new stimulus, such as the experimenter in his white coat, had become associated with the food and produced the response of salivation in the dog. Pavlov spent the rest of his life studying this basic type of associative learning. Pavlov spent more than 30 years studying Principles of Classical Conditioning. He and his associates identified four main processes: acquisition, extinction, generalization, and discrimination. The acquisition phase is the initial learning of the conditioned response. Once learned, a conditioned response is not necessarily permanent. The term Extinction is used to describe the elimination of the conditioned response by repeatedly presenting the conditioned stimulus without the unconditioned stimulus. After an animal has learned a conditioned response to one stimulus, it may also respond to similar stimuli without further training, Generalization. The opposite of Generalization is discrimination, in which an individual learns to produce a conditioned response to one stimulus but not to another stimulus that is similar.

This very basic concept of conditioning is at the base of learning. Many psychologists have since expanded on and refined these concepts to form new theories. One of the most widely accepted and important of these types of learning is operant conditioning, which involves increasing a behavior by following it with a reward, or

decreasing a behavior by following it with punishment. American psychologist B. F. Skinner became one of the most famous psychologists in history for his pioneering research in operant conditioning. In fact he coined the term operant conditioning.

Using techniques of operant conditioning one can begin to see how “reverent” behavior can be reinforced by family and peers. Next comes control, BITE the acronym that lists the different types of control that a controller tries to gain Behavior control, Information Control, Thought Control, and Emotional Control. Behavior Control as described above, is the first and most important type. It’s the regulation of individual’s physical reality. Some of the most common types of this control are, Where, how and with whom the member lives and associates with. What clothes, colors, hairstyles the person wears. What food the person eats, drinks, adopts, and rejects. How much sleep the person is able to have. Financial dependence, little or no time spent on leisure, entertainment, and vacations. Reporting thoughts, feelings and activities to superiors is also a very common way for the controller to monitor behavior of the whole group. Used to some extent there is obedience through dependency. A good example of the obedience through dependency technique would be the People’s temple. In 1978, 914 followers of a man named Jim Jones (pictured on the right) died in Jonestown, Guyana, a remote South American jungle. Obeying orders from Jones to Drink cyanide-laced Kool-Aid. Jones, who also killed himself, orchestrated the mass suicide hours after his followers murdered U.S. Rep Leo J. Ryan on a nearby airstrip. Ryan had been investigating the strange group for some time.



Next is Information control. This would be the use of deception at its best. Deliberately holding back information, or giving information out in a pyramid format. There is also the good old fashioned distorting information and outright lying. One of the most widely used is Compartmentalization of information, outsider vs. insider. Spying on members can also be encouraged the “buddy system” as its called. The unethical use of confession to abolish identity boundaries is common with destructive cults. Information control is one of the most powerful ways to manipulate members by distorting reality. Charles Manson’s (pictured on the right) incoherent preaching about race wars and Armageddon he called “Helter Skelter” is a chilling example of information control at its worst. He led a band of middle class followers called the family into the house of filmmaker Roman Polanski. There they murder his pregnant wife Sharon Tate, and four guests.



Thought control is one that is used by a large number of religious institutions. Insider outsider talk, good vs. evil, Black and white thinking. Only “good” and “proper” thoughts are encouraged. There is a great deal to be said about thought control and techniques that will be addressed in more detail later in the reading. It talks about thought-stopping techniques to shut down “reality testing”. Chanting, Meditating, Praying, Singing or humming, etc. Thought control is a tool that is often used by all forms of media.



Lastly there is Emotional Control. Emotional control is used a great deal with the “organized religions“. Narrowing the range of a person’s feelings through the use of guilt and fear. There are of course extreme cases to be sure. In 1974 the Symbionese Liberation Army a leftist terrorist organization. Kidnapped publishing heiress Patricia Hearst (pictured on the left) locking here in a closet for nearly two months. After which she participated in a San Francisco bank robbery with her abductors. Her Trial was a landmark in the debate over mind control. Defense lawyer F. Lee Bailey was the first to introduce psychiatric testimony in an American courtroom that a defendant had been influenced by pressures that some people considered “brainwashing.” Still Hearst served nearly two years in prison for the crime.

No discussion about mind control could be complete without touching on all of the parties donning research. Lets talk a little about world governments and there research. The KGB, CIA, FBI, DOD, and NSA just to name a few. The KGB was once thought to be the most advanced in mindcontrol. The fact is there not, The CIA, FBI, and DOD have conducted some of the most controversial research programs to date. In the 1950’s the CIA and FBI took part in projects MKULTRA, MHOHAOS, and COINTELPRO. Where unsuspecting citizens where the test subjects. Using Drugs, sophisticated electronics, and microwaves on them. After nearly 30 years of research, they were finally believed to be put to a halt, after being brought before a board of ethics.

In 1973 The Walter Reed Army Institute of Research (WRAIR) conducted Project Pandora. It was discovered that externally-induced auditory input could be achieved by means of pulsed microwave audiograms, or analogs of spoken words' sounds. The effect on the receiving end is the (schizophrenic) sensation of "hearing voices" which are no part of the recipients' own thought processes. Allowing for someone to give unsuspecting people instructions from any location. As mentioned touching on the governments' roles in mindcontrol is all this paper has time for. The depth at which these experiments go is an entire paper in and of its self.

Now after covering some of the basics of mind control and brainwashing we will go a little deeper into the area of thought control. Starting again with Pavlov and his research. The three progressive states of transmarginal inhabitation (or brain phases). First the Equivalent phase where the brain gives the same response to both strong and weak stimuli. Next is the paradoxical phase in which the brain responds more actively to weak stimuli than to strong stimuli. Finally the Ultra-Paradoxical phase where conditioned responses and behavior patterns turn from positive to negative or from negative to positive. With the progression through each phase, the degree of conversion becomes more effective and complete. These brain phases help to describe what is going on with an individual as they progress through the thought control process. Another more common description of this is the conscious and subconscious, or alpha and Beta levels of consciousness. Beta level of consciousness is where most people will spend their day. Alpha is where you are when you "space off" for a short time. An EEG machine can

measure the alpha state as it reaches “flat-line”. This is the point at which the individual becomes the most suggestible. The mind stops testing new stimuli for content.

Philip G. Zimbardo, Ph.D. wrote an article in the APA Monitor titled: “What messages are behind today’s cults?” He is a professor of psychology at Stanford University and a former APA president. Some excerpts from his article are:

“Cult methods of recruiting, indoctrinating and influencing their members are not exotic forms of mind control, but only more intensely applied mundane tactics of social influence practiced daily by all compliance professionals and societal of influence.”

“Cult leaders offer simple solutions to the increasingly complex world problems we face daily. They offer the simple path to happiness, to success, to salvation by following their simple rules, simple group regimentation and simple total lifestyle. Ultimately, each new member contributes to the power of the leader by trading his or her freedom for the illusion of security and reflected glory that group membership holds out.”

“Cult mind control is not different in kind from these everyday varieties, but in its intensity, persistence, duration, and scope.”

Next I would like to go over some of the most common techniques used to bypass the rational mind while implanting the will of the speaker into your emotional being. As

written in Donning International Encyclopedic psychic Dictionary by June G. Beltzer, Ph.D.

“Artificial Group Elemental: A field that is formed and sustained because of the unity of thoughts and emotions; all minds are focused on one subject, one goal, one concept, or one attitude brought about by the tone and pitch of the words of the leader or the music. Elemental becomes recharged as the meeting progresses if the group keeps this unity of emotion and thought.”

An example of this would be young adults at a rock concert screaming and tearing off clothing. The mass of feelings thrusting them into it.

“Charismatic Hymn: a chant or song composed in a special vibrational frequency so that its tone and rhythm stir the emotions of each member of the gathering. Music played extremely loud and the words are repetitious. This puts the congregation in an altered-state-of-consciousness and encourages one to talk-in-tongues.”

“Emotional high: An ecstatic self-hypnotic state of joyful joy, a concentrated exhilaration of happiness, a feeling of detachment from the body. A period of chanting or specially designed music such as concerts, loud, continuous charismatic hymns, or from gatherings for religious, metaphysical, philosophical, or consciousness awareness of purposes.”

“Group Elemental: a thought-form over the heads of a gathering or an assembly. Thought-form is charged with a stimulus that causes mutual emotion between members and leader pulling them into unity of purpose. The “Theme” is constantly being dwelled upon and directed toward one’s emotional needs. Everyone becomes emotionally linked into the vortex of the thought-form.”

This accomplished through loud rhythmical music, monotone, tranquil, or concert music. Also things to look for are the clapping of hands, shouting, and body twisting. Repetitious statements to reinforce the theme wither used advantageously or with evil intent.

“Group hypnosis: to induce a light, hypnotic state of consciousness in the majority of the participant of a gathering wherein participants are not aware they are being hypnotized. When a number of persons are gathered in unity of purpose, they can easily become hypnotized by an intense consistent concentration on the leader and what he or she is saying. The intense concentration quiets the conscious mind and allows the subconscious mind to absorb the material as it is presented without first sifting it out in the conscious mind. The verbiage is carefully planned, and structured to touch one’s emotional needs. The pronoun you is emphasized and used repeatedly, music and chanting frequently aid in the inducement of the hypnotic stage.”

Also recent tests by researcher Herbert Krugman showed that while viewers were watching TV, right brain activity outnumbered left-brain activity by a ratio of two to one.

Put more simply the viewers are in an altered state. “They are getting there Beta-endorphin fix” In another study done by Thomas Mulholland of the Veterans Hospital in Bedford Massachusetts. Attaching young viewers to an EEG machine that was wired to shut a TV off whenever the children’s brains produced a majority of alpha waves. The children were told to concentrate; only a few could keep the set on for more than 30 seconds! This experiment was to show that black frames every 32 frames (1.1 sec.) would induce a hypnotic state. The average young viewer spends 10,000 –15,000 hours before the age of 16 in this state.

There is also “Mass hypnosis” that falls under the same rules as group hypnosis. Other often-used physiological weapons to modify normal brain functions are fasting, radical or high sugar diets, physical discomforts, regulation of breathing, mantra chanting in meditation, the disclosure of awesome mysteries, special lighting, and sound effects. There are of course tones of literature that list techniques for conversion that could go on for hundreds’ of pages. This paper will not talk about these in any detail other than, they are out there and they are being instituted in religions for every walk of life. To name one of the most widely used was written in 1735 by Jonathan Edwards. He accidentally discovered the techniques during a religious crusade. He found that by inducing guilt and acute apprehension and by increasing the tension, the “ sinners” attending his revival meetings would break down and completely submit. He goes on to list six techniques and how to properly apply them to make the conversion process the most effective.

Alertness reduction, spiritual diet, programmed confusion, thought stopping, meditation, chanting the list goes on and on. With all of these techniques at work, is it any wonder that there are hundreds of cases that describe a leader taking advantage of helpless individuals. One more thing to point out is that in the entire history of man, no one has ever been brainwashed and realized, or believed, that they had been brainwashed. The sad truth is that there is far too many people that are willing to give their power away to the highest bidder. All that this is, is information, and all that is trying to be done is to make an attempt to show that the only thing to seek is the true self within. "Find your own answers"