

We Can Do This!

Overcoming the Political Divide
and Creating the World
We Want to Live In

Calvin Correlli

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Dedication

This book is dedicated to my wife Nomi who has been an incredible partner in my own healing journey to become the man I am today and supportive of me venturing into the treacherous world of politics.

I also dedicate it to my two beautiful children, to whom I want to leave a world of love, health, freedom, prosperity, and integrity.

And finally, to all the people who have fought for truth and love and integrity and suffered so much vilification and injustice in the process. Thank you for standing for what's right.

Legal Disclaimer

Everything in this book is pure fiction. You shouldn't take anything I say seriously. It's all just for shits and giggles. Obviously. One would have to be crazy to believe any of this, right?

All I'm suggesting is that *some other people* believe these things, and that if indeed they were true, that would be *very* interesting.

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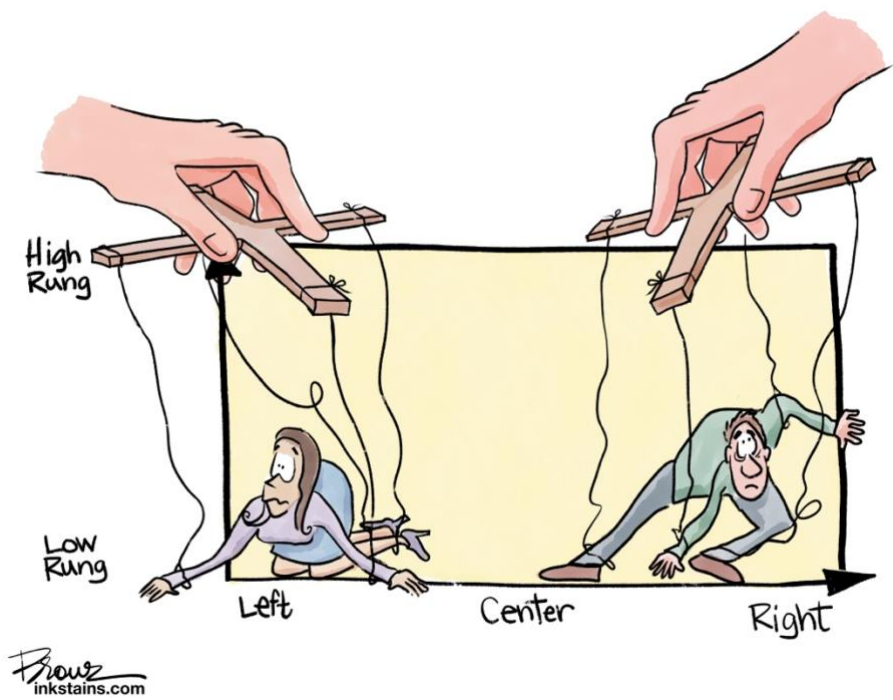
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Also, I'm not suicidal!

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Introduction

“Why the hell are we fighting if we all want the same thing?”

That’s the question that I couldn’t stop thinking about.

Writing about politics is not for the faint of heart. It’s like walking into the fire. There’s no turning back.

I’m certainly not writing this book to get rich. I expect to lose clients. In fact, I’ve already lost one, and the books not even out yet!

I’m okay with that. It’s the price we pay for standing for something. I’m writing this because I feel it’s my duty.

I’m not gonna lie. It *is* scary, though.

The thing that triggers me emotionally is when people get upset over things I didn’t say and don’t mean. The client that left my coaching program did so citing two topics I didn’t even talk about. She heard some other voice in her head and got angry at me. It feels unfair. It hurts.

And then I remind myself of the words of Byron Katie: *“I’ve been spared.”*

When people self-select out of your life, you’re always better off without them. Until they come back. If they do. Then you’ll be better off with them again! I love how life always works out exactly the way it’s supposed to.

I’m not blaming the people who react this way. My emotional reaction is mine to heal, and I’m grateful I get to see what needs healing.

Let’s do it, right now, in real time.

Healing the Emotional Trigger

What's the underlying fear? What is my inner caveman afraid of?

He's afraid that people I believe I depend upon for my survival will reject me because I revealed my private thoughts. I've somehow revealed something that makes me a *bad person!*

I didn't know I was a bad person. I don't think I'm a bad person. But something I said is to them *irrefutable proof* that I'm a bad person. What if they're right and I'm missing it. What if I'm so bad I can't even see how bad I am? That's scary!

He's also scared that even people who agree with me will turn their backs on me, because they're afraid of the blowback.

He's afraid that people reject me without telling me why, so I never get a chance to improve or restore the connection.

He's afraid I'll lose my income because current clients will quit, and no one new signs up. That I'll end up alone, sick, poor, and die a miserable death. No family. No friends. No money. No food. A pariah. An outcast.

That's a scary story. No wonder he's afraid.

I know my intentions are good. I know I don't hold ill will towards anyone. I know that I only want happiness, health, prosperity, safety, freedom, power, and truth, for everyone. And yet, my inner caveman is terrified I might say something that will anger the mob, with no recourse, leading to a painful and lonely death.

The beautiful thing is that once you've looked your fear straight in the eyes, it no longer has the same power over you. You see that the fear is overblown. You've seen where it leads. You've seen the boogeyman under the bed. He's not real. He's not that scary. You'll figure it out. You can relax now.

I bet I'm not the only one who has similar fears. You can see why people are reluctant to get involved in politics.

Blowback

Some of these events came true for me four years ago.

I posted stuff exposing the lies about COVID and BLM, sometimes with a touch of humor, irony or sarcasm. One of the things I shared was a 20-minute video about some of the things I'd learned from reading Thomas Sowell's excellent book *Black Rednecks and White Liberals* (read it if you haven't, it's eye opening).

The vitriol of people's reactions shocked me!

The owner of a PR agency I worked with, someone I considered a good friend, dumped me. I asked to learn what I said that was offensive. I suggested we get dinner and hear each other out. No interest. *Ouch!*

One day I was texting a new friend with whom I was planning to go into business, and he replied with "*Calvin, you can go ahead and delete my number. I have zero tolerance for racism and bigotry in my life.*" "Me racist? That's crazy! *Ouch!*"

At my software company Simplero, we were in the final stages of a potentially very lucrative business partnership, when it was summarily terminated via this brief, impersonal email:

This letter serves as our notice to you that we are terminating our relationship with Simplero pursuant to the terms of the agreement dated May 12, 2020. Pursuant to this agreement, please destroy all company confidential information provided to Simplero.

No further explanation or communication. No replies to my follow-ups. *Ouch!*

It hurts when people reject me like that. I know I've done nothing wrong.

Nothing other than to challenge orthodoxy, of course.

And that might be the greatest crime of all.

After all, Galileo was put in house arrest for life, forced to publicly recant his beliefs, and his works were banned.

At least he had it pretty good compared to the Soviet Union, where you'd be thrown in the gulags to do forced labor under harsh conditions and slowly starve to death amid violence, and mistreatment. Yikes!

We think it couldn't happen here, but we know better now. Never forget that humans did these things to other humans. When whipped into a frenzy, they'll do it again. It's just a matter of pushing the right buttons in the right sequence.

We saw this during COVID where people felt righteous in forcing, shaming, and threatening others into taking an unproven pharma injection. And people on TV said with a straight face that if they wouldn't, they shouldn't be treated in hospitals or be allowed to dine in restaurants.

When legitimate, honest, well-reasoned, and well-intended political speech becomes this fraught, we're in a dark place as a society.

It will scare half the country shut up, bow their heads, and live in fear.

For a while.

It doesn't matter what your political views are, we must come together as a people and agree that we need to be able to talk to each other, to listen to each other, to assume innocence and make a genuine effort to understand each other's worldview.

How Radicalization Happens

When people respond in the way I experienced in 2020, it's easy to get radicalized.

I know I had the best intentions. I'm fairly sure I said nothing wrong, and no one has pointed to anything specific I said that was wrong.

When people on "the other side" won't engage in honest conversation, when they just end a personal relationship and label you racist and misogynist, it's

tempting to just conclude that “the other side” is dishonest, beyond hope, a bunch of “NPCs,” and to give up on “them” altogether.

That’s why this type of response only helps to radicalize us.

I may have been wrong about everything I said. I may have said things that were, in fact, racist. But ending the relationship with no possibility of repair and honest dialog will only make people more radical.

The people I mention may believe themselves to be on the side of tolerance, kindness, love, and honesty. They may believe that I’m an intolerant, unkind, unloving, dishonest person. But there’s no tolerance, kindness, love, or honesty in how they responded.

I don’t blame them. I’m not upset with them. We’ve all been traumatized and weaponized into reacting how we react.

Even so, we have to do better.

All of us need to remember that if I’d seen what you’ve seen, I’d probably believe most of what you believe.

And if I believed what you believe, I’d do exactly the same thing you do.

You and I are not enemies.

We’re neighbors. We’re husband and wife. We’re uncles and aunts and nephews and nieces. We’re parents and children. We’re coworkers.

No matter how much we disagree on politics or worldviews, we’re all on the same team.

We’re all innocent children at heart.

We all want what we believe is best.

If I believed what you believe, I too would believe that that same thing would be best.

Never forget that.

Keeping Silent

Like I said, I think my fears and my experiences are quite common, and it's why so many people just keep their heads down and don't say anything publicly.

I've had many private conversations with people agree with me politically, but are too scared to say that, precisely for fear of the backlash I've experienced. They'll say "this conversation can never come out in public."

I get it. There's very little upside to saying anything publicly unless you want to make your life and your personal brand all about politics. You alienate half your employees and half your customer base, and you gain nothing.

I talk to many people who are afraid of revealing their true thoughts and feelings. Always walking on eggshells, trying to suss out the right thing to say. Terrified they might slip up and say the wrong thing, accidentally revealing that they're *bad* because they had a forbidden thought. This triggers shame, the most painful feeling we can ever experience.

I totally understand.

This shame and the fear of being cast out of the tribe is deep and real. We're social creatures, and we evolved to instinctively know that without the protection of the tribe, we're dead.

And that's precisely how we end up sleepwalking into that dark future.

Many people just want to stick their head in the sand and wait for the whole thing to blow over. I'm sorry to say, I'm not sure it will. I believe things are the way they are by design, and only men and women with the courage to speak their minds will turn things around.

But to me, it's not a math equation weighing upsides and downsides. I believe it's our moral duty to stand for what's right

I will not let expedience and short-term self-interest get in the way of doing what my heart tells me is the right thing to do.

I believe we're already living in World War III, and it's being fought with information, not bombs. And you and I are the weapons.

I will not sit idly by as we're being weaponized against each other and marched into a real-life version of *1984*, because I was scared, I'd lose a little money or a few "friends" over it.

The way to sidestep the war is by speaking our truth calmly, honestly, compassionately, and without demonizing "the other side."

Freedom is not free. Each generation must re-earn the right to freedom.

A ship in harbor is safe, but that's not what ships are built for.

In the words of Martin Niemöller:

First they came for the socialists, and I did not speak out—because I was not a socialist.

Then they came for the trade unionists, and I did not speak out—because I was not a trade unionist.

Then they came for the Jews, and I did not speak out—because I was not a Jew.

Then they came for me—and there was no one left to speak for me.

I believe we're sleepwalking into a dark future, and it's our moral obligation to find the courage to act on principle, not expediency.

Trauma

When your trauma wounds get triggered, what's happening is your survival mind reacts on pure instinct to anything that reminds you just a little bit of what traumatized you originally.

It's all unconscious, and it happens so fast that your conscious brain doesn't have time to get involved.

And once your inner caveman or cavewoman has been activated, you simply cannot think clearly. In fight or flight, there's no time to analyze. Survival is at stake.

It makes me sad that people have been so traumatized that an honest and loving conversation about how to create a world that works best for everyone will so easily trigger their traumas.

It also makes me angry, because I believe it's all done intentionally by some very damaged people, who only care about how it serves their agenda and to whom your trauma is just collateral damage.

I believe it's been done to make us all easier to control and turn us into weapons that can be wielded against other people just by saying certain phrases in the media. It's like we've all been made into little Manchurian Candidates.

This makes it that much more important that those of us who still have the mental bandwidth to have rational and honest conversations find the courage to continue speaking, and to hold space for people's emotional reactions.

I want to mention that some "good" things have happened too. People have told me privately that they agree with what I said and they appreciate me saying it, even though they won't say so publicly for fear of the backlash.

I've also heard from people that even though they don't agree with me on everything (it would be wild if they did!), they trust and respect me more because I say it.

Getting Triggered

If you read anything in this book that triggers you emotionally—perhaps it makes you feel scared, angry, sad, shame, guilt, heart is racing, you feel the urge to label me or put me in a box—I'd invite you to pause and notice exactly what's happening. Slow down and pay attention. It's okay.

Your inner caveman or cavewoman just got activated. I get it. It happens to all of us. It's normal. It's human.

I'm not here to take away any of your rights, to deny anyone their experience, or to oppress anyone.

Quite the contrary. I'm here to point a way forward to a world that would bring love, healing, and freedom. A world that would increase your rights, your freedoms, your prosperity, your health, and your joy dramatically. A society that would be fairer and make everyone better off. And more importantly, a way that we can come together as a people and decide for ourselves how we want to live.

The "other side" is not your enemy. They're your neighbor, your husband, your wife, your dad, your uncle, your son, your daughter. We're all on the same team.

So, when you get triggered, what was it that triggered you exactly? What were the words you read? What did you make that mean?

Pay close attention to your thoughts because they are what's causing the emotion.

Know that your emotional reaction is about you, and it's an invitation to step into more freedom. If you make it about me, you miss out on that opportunity.

That doesn't mean you have to agree with me. I'm only talking about the emotional reaction. Your emotional triggers are always about you, not whatever triggered you.

We'll be diving deeper into this later, because it holds the key to not just politics, but freedom and joy in all areas of life.

A Bad Book

You might be afraid of even reading this book. Afraid of being called names. Of being seen as “one of those people.”

Or you might be afraid of changing your mind on some important topic. Recognizing you’ve believed in a lie can be painful to the ego. You may even be afraid of losing friends, were you to change your mind.

That is exactly why this book is so important.

Because it’s critical that we can disagree and still remain friends, still love and respect each other, still work together, play together, and celebrate Holidays together.

Belonging to tribes is fundamentally human. Families, sports teams, friend groups, fraternities, and, yes, political factions.

As part of any tribe, we quickly learn which opinions are acceptable, and which are not. When someone joins a new company, for example, they’re usually quiet until they learn “how it’s done around here.” Which is exactly the opposite of what you need as a leader and a company, because you want outsiders to point out where you’ve become subject to groupthink.

I’ve experienced this in groups on the left, where saying you’re a Republican would get you labeled racist. And I’ve experienced it in groups on the right, where criticizing Jordan Peterson would make you an outcast.

Tribes typically don’t encourage open minded conversation. They don’t say “oh, that’s interesting, tell me more?” Instead they shut down the conversation and let it be known this line of thinking is not accepted. *“I’m disappointed in you. I thought you were one of us!”*

Getting kicked out of our tribe is scary, because we depend on the tribe for our survival. During our thousands of years on the savannah, being cast out of the tribe meant a painful death. I’ve had visions of past lives where I was a medicine man who got kicked out of a tribe by speaking an unwelcome truth. I have no idea if it’s “real”, but a scary, painful memory was lodged

somewhere deep in my subconscious. You probably have something similar inside your unconscious mind too.

You may also be afraid that if you really follow my call to step up and take on the man behind the curtain, it might threaten you and your family's personal safety.

And it might. I'm not going to lie. They have lots of ways to go after people they don't like. Many people who know too much have suddenly turned out to be suicidal. It's very curious indeed!

You may think it's not worth the fight. And I can't fault you for thinking this way.

I'll just quote Edmund Burke: *"The only thing necessary for the triumph of evil is for good men to do nothing."*

Two Movies, One Screen

It's crucial to recognize that what we're seeing is not a clash between classic liberal or conservative policy differences. Gay rights, taxes, that kind of thing. That's not what the chasm is about. At all.

It's a clash between two different worldviews.

Two different stories about the nature of the reality that we live in.

We live in two completely different perspectives, and even though we see the exact same event on the TV screen, *how* we see it is vastly different.

It's like we're watching two movies on one screen, a phrase coined by cartoonist and hypnotist Scott Adams.

This is precisely why it's so important that we talk to and *listen to* each other.

Both sides think they're right. Both sides think the other side is a threat to democracy. Both sides consider people on the other side "low information voters". Both sides can't believe the election's this close when the choice is so obvious.

This is the problem. That's why we must listen and understand each other.

You may find "their" worldview abhorrent, or that it's quite a stretch to see it that way, that you'd have to be naive or gullible or a tin foil hat conspiracy theorist, or however you judge it. That's fine.

But understand that a significant portion of your fellow citizens do see it that way. Probably members of your own family too.

We need to understand each other and respect the fact that "they" have good reasons to believe what they believe.

If you'd seen what they've seen, if you'd had similar personal experiences, you'd probably see the world the same way they do.

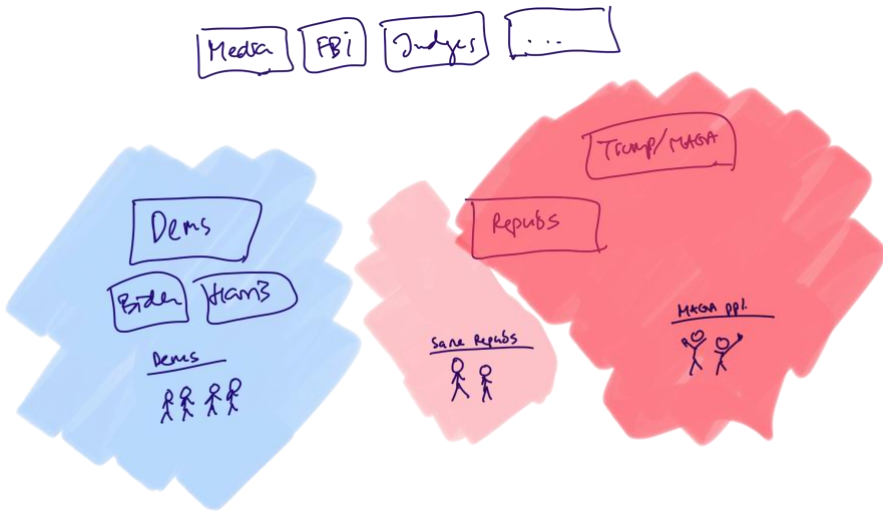
Learn. Understand.

Don't judge. Appreciate.

We're all doing the best we know how to.

I'm going to lay out the two world views as best as I can.

The Left's Worldview



The left sees a world where we have two parties, the Democrats and the Republicans, in a constant battle for who's in power. Democrats are more liberal with spending and social norms, and the Republicans are more conservative both fiscally and socially. Sometimes one is in power, sometimes the other. That's how it should be.

Some on the left see Republican politicians as warmongers and racists, but at the core, they're decent people who are trying their best.

The president is in charge of the government. When he's in office, institutions like the FBI, the CIA, the DOD, the DHS, the State Department, etc., do what the president tells them to do. The president, his administration, and his party are mostly aligned.

Politicians generally aim to make our lives better. Yes, lobbyists are a problem, politicians overpromise and underdeliver, and some shady things happen here and there, but overall, they're trying their best.

The media and government institutions like the FBI, the judicial system, and so on, are generally good, hard-working people just doing their best. Sure, things are perhaps not as good as they were, and social media has made us all more polarized, but they're trying.

Then Trump came and wrecked the system. He took control of the Republican party and whipped most voters into a frenzy, leaving many sane Republican voters and politicians without a political home.

Trump is a vile, racist wannabe dictator who loves other dictators. He craves attention and power in order to fill the bottomless void in his fragile ego. He has no respect for democracy or the rule of law, and will not hesitate to mobilize his gullible, violent mob of MAGA supporters to make sure he stays in power forever, should he ever get into office again.

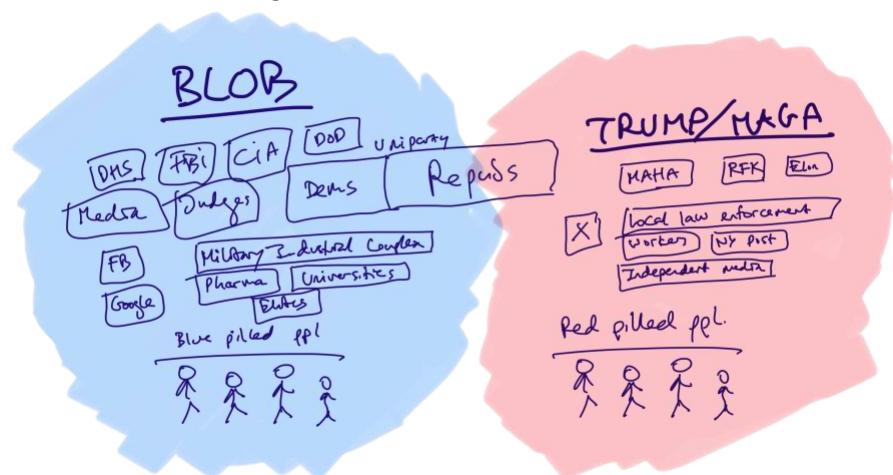
He lies and cheats, he calls immigrants animals, and he's a disgusting human who's unfit to be president.

If he's elected a second time, he'll feel emboldened to go all-in on enabling his radical, dictatorial new Hitler-like regime, going after journalists and migrants and political opponents and anyone else he feels has insulted his fragile sense of self.

If you're on the left, does this ring more or less true? I hope so.

The Right's Worldview

Now let's turn to the right's world view.



The Trump right sees most government institutions, politicians, judges, and media from both sides of the so-called aisle as a corrupt cabal controlled by the deep state co-joined with cartels and organized crime.

This “blob” controls every major government institution, the military/intelligence industrial complex, big pharma, big agriculture, most corporate media, most universities, the drug trade, and human trafficking.

MAGA people don't consider the Democrat and Republican parties as meaningfully distinct. They call them the “Uniparty” because both parties are mostly controlled by the blob, against the people.

They believe the government and the corporate media are the biggest purveyors of misinformation, and the government wants to get rid of the 1st and 2nd amendments and implement a censorship regime, so they can continue to lie unimpeded and stop people from talking about it or fighting back. The media works to enslave rather than inform the citizens.

The right believes that every recent presidential candidate has been pre-selected by the blob, so the blob could continue their corruption unimpeded regardless of who won. The president must keep the scam going, against the interests of the people, or risk JFK's fate. That's why you see such a difference in what presidents say and do after they're elected. All the endless,

deadly, and costly wars, the deterioration in public health, and the toxic political climate are all outcomes the blob wants.

Trump is the one politician that got away. He won the Republican nomination and went on to win the election in 2016 despite having his own party and the entire corporate media apparatus against him.

Trump is a deeply flawed human being, but he is fighting for the people, against the blob, and that's what matters. He's such a threat to the blob that they're using our compromised judicial system to try and imprison him, and they're using covert assets to try and murder him.

Biden and Harris are both puppets of the blob, mere empty vessels, Biden literally senile, Harris not very bright. Their most critical mission for the blob has been to import millions of migrants likely to vote Democrat to swing states, so they can win future elections without having to cheat, effectively making America a one-party state like what happened in California after the 1986 amnesty.

Those are the two world views.

You may think the other side is absolutely nuts for believing what they believe, but remember, they're not your enemy. They're your neighbor, your uncle, your child, your friend.

If you'd seen what they have seen, you'd believe the same thing too.

If you believed what they believe, you'd do the same thing they do.

About half the country sees the world one way, the other half sees it the other way.

We See Differently

Let's look at how this plays out.

When a video clip surfaces of Trump at a rally speaking out angrily against Harris or the media or judges or something, each side sees something very different.

Someone on the left will see Trump as unhinged and dangerous. It reminds them of clips they've seen of Hitler. The anger and vitriol hits them in their stomach and it makes them recoil. They think "this isn't right. We're better than this. We must be kind to each other. Love, not hate. This tone is just not appropriate for a president."

Someone on the right sees Trump as righteously angry for all the lies, phony lawsuits, and literal attempts at his life that's been thrown at him for almost a decade now. Add in all the insults they have personally suffered, like being called racists, Nazis, white supremacists, and worse, and they're right there with him. Of course, Trump is angry. Our government have destroyed the country for decades, and they've viciously tried to destroy him ever since he started running.

They see Trump as having the strength and courage to fight back against the corrupt deep state cabal that has taken over and wrecked the country, so together we the people can restore America to a republic of the people, by the people, for the people. A country that works for all Americans, the way it was intended.

Two movies, one screen.

I saw a clip posted yesterday October 13, 2024 by the @KamalaHQ X account¹, and it's a perfect illustration.

The @KamalaHQ account has 1.3M followers, has a verified blue check, was endorsed by the official @KamalaHarris account in 2019², and has a

¹ <https://x.com/KamalaHQ/status/1845487187531321453>

² <https://x.com/KamalaHarris/status/1179088591147937792>

pinned post saying *“Welcome to Kamala HQ. This is the official rapid response page of Vice President Harris’ presidential campaign,”*

As far as I can tell, it’s a legit account.

The clip is of Trump sitting perfectly calmly with an interviewer on Fox News.

INTERVIEWER: *Are you expecting chaos on election day?*

TRUMP: *No, I don't think so. Not from the side that votes for Trump.*

INTERVIEWER: *But I'm just wondering if these outside agitators will start up on election day. Let's say you win. I mean, let's not, let's, let's remember you've got 50,000 Chinese nationals in this country in the last couple of years.*

There are people on the terrorist watch list, 350 in the last couple of years. You got, uh, like you said, 13,000 murderers and 15,000 rapists. Um, what are you expecting? Joe Biden said he doesn't think it's going to be a peaceful election day.

TRUMP: *Well, he doesn't have any idea what's happening in all fairness, he spends most of his day sleeping.*

Uh, I think the bigger problem is the enemy from within. Not even the people that have come in and destroying our country. By the way, totally destroying our country. The towns, the villages, they're being inundated.

But, I don't think they're the problem in terms of Election Day. I think the bigger problem are the People from within. We have some very bad people. We have some sick people. Radical left lunatics. And I think they're the big, and, and it should be very easily handled by, if necessary, by National Guard, or if really necessary, by the military. Because they can't let that happen.

The text that accompanied this video clip says this:

Trump says Americans who don't support him are "enemies" and says they may need to be "handled by the military"

I believe the @KamalaHQ account that that's what most people on the left will hear.

They also hear Trump hurling an insult at Joe Biden, a good, decent man who has served his country honorably his whole life, and has now selflessly stepped aside to let a woman of color representing the next generation lead. Totally uncalled for by Trump.

What someone on the right hears is Trump rightfully pointing out violent elements like Antifa on the left. He doesn't mention them by name, but most people on the right think of Antifa as the armed militia of the Democrat party, who is ready to riot on command wherever and whenever it's helpful to the corrupt Democrat machine.

Calling those violent criminals "radical left lunatics" is correct in their mind, and using the national guard or the military to stop their violence against innocent citizens is absolutely called for.

As for the insult hurled at Joe Biden, it's valid. Biden, in their mind, stole the 2020 election, has caused unheard of inflation, have ran a corrupt influence peddling scheme for decades, given billions to foreign nations, allowed millions of illegal immigrants to enter the country, launched lawfare against his political opponent, all while his dementia was being covered up by the media and the VP now running for president.

So, yeah, an insult is in place.

That's how the *same* clip lands with each side.

If you'd seen what they've seen, if you believed what they believe, it would land the same way for you.

Notice how both sides are motivated by good intentions for America.

This is very important.

Both sides want to do the right thing.

It's just that our radically different world view means we see "the right thing" to mean radically different things.

Blue vs Red

The blue/red on the cover of this book is not really about Democrats vs Republicans as you might have thought at first.

It's really about the red pill or the blue pill.

I think we all know the movie *The Matrix*, where Morpheus offers Neo a choice between the blue pill or the red pill:

This is your last chance. After this, there is no turning back.

You take the blue pill - the story ends, you wake up in your bed and believe whatever you want to believe.

You take the red pill - you stay in Wonderland and I show you how deep the rabbit hole goes.

The blue pill has you believing in the fairy tale. The surface story of the world. The media is trustworthy. Politicians are doing their best to make the country better. The justice system is functioning.

Once you take the red pill, you realize nothing is as it seems.

You don't "get" blue-pilled. Blue-pilling is the default. It's what we've all been taught in school, in history class, through the media. It's what you believe when you haven't started to ask the big questions.

There's not one red-pill narrative. In my journey, I've continued to go deeper. Where does it all end? What's the final truth? It's hard if not impossible to know. Perhaps it's turtles all the way down. Does reality even exist or are we living in a simulation? Who knows.

But to a red-pilled person, it's better to know and look than to live in denial.

There's also the black pill and the white pill.

Black-pilled people believe it's hopeless. The shadowy forces are too powerful. There's nothing we can do. Just keep your head down and make the most of it.

White-pilled people are optimistic. People are waking up. We have the power and the opportunity to make the world better. I'm very much white pill.

On Shaky Ground

To people who took the blue pill, or who were never offered the choice, I get it. It's really hard to wrap your head around just how warped things are.

When you realize you cannot trust *any* of the institutions you've built your entire life around, it rattles you.

The government. The media. The justice system. The medical system. Celebrities. All of it's a lie? *Sheesh!*

Your sense of belonging is threatened. What will your tribe think? Your spouse? Your own family? Will you still be welcome? Will you continue to be one of them?

And are you becoming one of *them*? The bad guys. The other side. The people you've been taught to demonize and vilify. That's almost too much.

Your very foundation is shaken. Your sense of safety and certainty is in question. It can be really tough. People have nightmares. It triggers their traumas

It's *The Truman Show*. Everything you've been brought up to believe is a lie. It shakes the foundations of your world. Who and what *can* I trust?

It reminds me of when I quit smoking. It's not one thing that keeps you smoking. It's a whole range of little things: Touching your lips. Having something to do with your hands. The nicotine rush. A social thing to do. It regulates your digestion and elimination. It's become a habit. And then there's all of the triggers around food, alcohol, caffeine, social events, and on and on.

This is the same. There's a million reasons and incentives to take the blue pill, and almost none to take the red pill.

This is why the programming works so effectively.

I still remember when I was going through my own red-pilling.

It was disorienting. My known reality was dissolving in front of my eyes. So much of what I'd been taught about history and politics and the world was a fairytale.

I was already skeptical by nature, so it wasn't *as* shocking to me as it is to most people, but it was still shocking.

Shocking and exhilarating, actually. Discovering the truth. Truth, Love, and God are synonyms in my book. I'd rather live in Truth, Love, and God than in lies.

I'd also already made the shift from finding my sense of certainty and safety in the outside world, to finding it in spirit, so I wasn't as threatened as most.

The Big Lie

The fact is, the bigger the lie, the easier it is to get people to believe it.

It's wild how this works.

I just looked this up. I thought it was Goebbels, but it turns out that it was Adolf Hitler himself who said this in *Mein Kampf*³:

³ <https://gutenberg.net.au/ebooks02/0200601h.html>

[...]in the big lie there is always a certain force of credibility; because the broad masses of a nation are always more easily corrupted in the deeper strata of their emotional nature than consciously or voluntarily; and thus in the primitive simplicity of their minds they more readily fall victims to the big lie than the small lie, since they themselves often tell small lies in little matters but would be ashamed to resort to large-scale falsehoods.

It would never come into their heads to fabricate colossal untruths, and they would not believe that others could have the impudence to distort the truth so infamously.

Even though the facts which prove this to be so may be brought clearly to their minds, they will still doubt and waver and will continue to think that there may be some other explanation.

Make the lie big enough, and you can practically wave evidence right in people's faces, and they won't believe it.

It's almost as if they're *incapable* of seeing it.

Their unconscious mind filters it out because it perceives it as a threat to their survival.

It's clever and devious and sinister.

If you're not yet red-pilled, you're probably thinking the lie cannot possibly be this big. No way!

But what if I'm telling the truth? What if it really is as dark and depraved and corrupt as I say it is?

Would you want to know the truth?

Or would you rather stick your head in the sand and continue like before.

The choice is yours. Blue pill or red.

Think about that as you read this book.

I want to emphasize this point too: People are more easily corrupted in their emotional being than in their rational.

This is why there's such a push to traumatize us into our cavemen and cavewomen. It makes us go low rung, it makes us easier to manipulate, and it makes us into Manchurian Candidates terrorizing each other.

Keep Looking

Most people when they start to hear facts that counter their beliefs will want to just give up.

You must not do this.

Don't capitulate. Don't give up on searching for the truth.

I know it sucks that we don't have any trusted source of truth, but giving up is what the man behind the curtain wants you to do. That's why one of their favorite tricks is to flood social media with all kinds of false stories from both sides. They want us confused and arguing over BS.

It's our moral duty as citizens to make the effort to find a way to fact-find for ourselves.

Team up with people you trust, with people you agree with and with people you disagree with, equip yourself with an open mind and an open heart, be willing to deal with your triggers, roll up your sleeves and get to work. I have a chapter that shows you how to do this.

The only way out is through.

We've been made to believe the other side is the enemy, when they're truly your allies.

My Contribution

What I want to do with this book is help you look at reality more honestly.

I want to remind you that “the other side” is not your enemy, no matter which side you’re on. That we fundamentally want the same thing.

And that together, we have the power to create the world that we all want to live in.

If we’re willing to find integrity, courage, love, and healing.

Some people will read this book and dismiss me as a typical right winger.

Some will get triggered and upset and want to throw the book away. If that’s what you want to do, I can’t stop you.

I invite you to look deeper, though.

Your triggers are yours, not mine. They’re your opportunity for more inner freedom and joy.

There’s more here than meets the eye.

Remember that what I present here is a viewpoint that about half the country holds. Even if you disagree with me on all the points, it might be one of the most helpful tools to have a better relationship with your crazy uncle or father or grandmother or friend. To truly understand how they see the world.

It might bring you closer together. You don’t have to agree, but you might be able to empathize more.

Read it for your love of your family and your fellow man.

I’m not your enemy. You’re not my enemy.

We the people are not each other’s enemies.

We’re all on the same team.

Some readers are already red-pilled in some areas, but not in others.

Maybe you're into natural health, and you've seen first-hand the failings of our medical system. Or maybe you're an expert in some topic, and you've seen how distorted the news coverage is in your area of expertise.

But you haven't yet connected the dots across all of these different areas. Media. Medicine. Immigration. Elections. FBI. CIA. Organized crime. Drugs. Human trafficking. You haven't seen how it's all part of one big tapestry. It's not just broken in this one area, it's broken all across. And it's by design.

As the British theorist Stafford Beer, known for his work in cybernetics said: *"The purpose of a system is what it does."*

You'll hear me say this over and over again.

The system is doing exactly what it's intended to do. It's just that the intention is in direct opposition to the interests of the people, and not at all what it says on the tin.

If you're not yet fully red-pilled, I hope to take you there. Go all in. See just how deep the rot goes. Dip your toes in the water. It's warmer than you think. You'll find it a more loving, happier, healthier place than you thought.

Take in the wonder of it. If humans can create something this magnificently sinister, we can create something equally beautiful.

And then there are people who are fully red-pilled, and who can add a lot more detail to these pieces than I've included here, and that I'm even aware of.

For those people, and for everyone, I hope my vision of the world we want to live in, and my thoughts on how we could get there, are inspiring and insightful.

Love, Truth, God

Just because we see the corruption and the grift in society doesn't mean we're angry or scared or think it shouldn't be this way.

My heart breaks for everyone involved, because I recognize the pain they must be in to live like this.

From Byron Katie's incredible book *A Thousand Names for Joy* (which everyone would do well to read a thousand times):

A man sticks a pistol into my stomach, pulls the hammer back, and says, "I'm going to kill you." I am shocked that he is taking his thoughts so seriously.

To someone identified as an I, the thought of killing causes guilt that leads to a life of suffering, so I ask him, as kindly as I can, not to do it. I don't tell him that it's his suffering I'm thinking of.

He says that he has to do it, and I understand; I remember believing that I had to do things in my old life.

I thank him for doing the best he can, and I notice that I'm fascinated. Is this how she dies? Is this how the story ends?

And as joy continues to fill me, I find it miraculous that the story is still going on. You can never know the ending, even as it ends.

I am very moved at the sight of sky, clouds, and moonlit trees. I love that I don't miss one moment, one breath, of this amazing life.

I wait. And wait. And in the end, he doesn't pull the trigger. He doesn't do that to himself.

How beautiful is that?

That's how you face even the scariest and seemingly most horrible moments in life.

Always question your thoughts.

If you think anything should be any different from how it is, you're mistaken.

You're fighting reality, and reality will always win.

Reality is exactly the way it's supposed to be. But only always.

All of the freedom and joy you could dream of is on the other side of that insight.

It doesn't mean we don't take action to change things. But the action is coming from love, joy, and being aligned with reality, not from anger and fighting reality.

As David Hawkins taught us in his brilliant book *Power vs Force*, when you align with Truth, Love, and God, you don't need to force.

The British Empire was about force.

Gandhi was power.

Making it Simpler

One of my gifts is taking in tons and tons of information and distilling it all down into something simple. Seeing patterns and connecting dots.

I have a rare combination of passions in health and technology, in math and spirituality, in mindset and politics. I put it all together to form a complete tapestry.

I'm also really good at reasoning from first principles. Why is it this way? What do we want to achieve? What's the simplest way to achieve this?

I add decades of study into health, spirituality, relationships, entrepreneurship, creativity, purpose, and human thriving. Everything we all want out of life and that we tend to want the government to provide for us, but which it never can.

In the coaching that I do with my clients, we go into the deepest unconscious beliefs, and into the deepest, most powerful repressed emotions, like grief and rage. There's no emotion I'm afraid of, there's very few places in the human psyche I haven't been.

This brings a unique perspective on the political conversation, because so much of what we want out of politics is about our unconscious feelings and beliefs, and so much of what makes us fight each other and therefore easy to control is also due to our unconscious feelings and beliefs.

This is both a “moment in time” book and a book that outlines a 30-50-100-1000 year vision. All the principles are timeless.

Today, I consider myself firmly white-pilled.

For most of my life, I was firmly in the Left worldview. Like everyone else, I grew up on the blue pill. (No, not that one, you freak!)

Let me tell you what changed my mind.

My Journey

I'm from Denmark. I moved to the US in 1999 at the age of 25.

Even though I'm not from here, I love this country with all of my heart.

When I tell my family about my worldview, they ask me: if America is so corrupt, why the hell do you want to live here?

I'll tell you why.

I love the people. I love the nature. I love the vision, the idea, the constitution. I love the creativity and the innovation. I even love the messiness of it all.

I believe the rot that plagues America is plaguing the rest of the world too. You cannot escape it anywhere. If you want to change things, this is the place to be. This is the battleground.

I've been in love with America since I was a kid.

My dad taught me programming since I was five, and I was so passionate about it that I somehow managed to learn English through programming. If, else, while, repeat, until, boolean, integer, true, false. Those keywords in the Pascal programming language were my gateway drugs.

When I was 10 and 11, my dad took me and my brother to Florida and New York, and I loved it. I still remember those trips fondly.

Back home, I'd beg my dad to buy computer books for me on his trips to the US. Back then, you couldn't get those in Denmark. There was no public internet and no Amazon.

In school, I wrote papers about the American space program and about George Bush Sr. I ate it all up.

My love for America goes deep.

And so is my gratitude. I'm not a citizen. I'm not even a green card holder. I'm here on a visa, and I'm so grateful that America will allow me to be here. I do not take that for granted. America owes me nothing.

Democrat Me

When it came to US politics, I always saw myself as a Democrat.

Republicans were racist, nepotistic war mongers, and Democrats were the good guys. *Obviously!*

Bill Clinton was a smart and articulate, honest and caring hero. *Obviously!*

I was obsessed with Michael Moore's *Fahrenheit 9/11*⁴ where he laid out all the strange coincidences that happened around Bush's election win and the 9/11 attacks. George Bush Jr. was a doofus, barely able to put a coherent sentence together, who stole the election from Al Gore. *Obviously!*

Obama was our savior. *Obviously!*

CNN was telling the truth, Fox News was hopelessly biased, Alex Jones was a crazed lunatic, and if you listened to him you were a nazi. *Obviously!*

That's what I believed. Because as a young programmer in Boston, that's what everyone around me believed. I had no reason to question any of it.

I still remember the day I found out one of my colleagues was a Republican. *How could he!?!*

After moving back to Copenhagen at the end of 2001, I would torrent every single episode of *The Daily Show with Jon Stewart*. He was my absolute hero!

One of my favorite skits was the mashup he did in 2003 of pre-election Governor George Bush "debating" post-election President George Bush⁵. It

⁴ It's actually worth watching it again today

⁵ <https://x.com/colbtreport/status/1389959352883322886>

was hilarious, and I basked in the smug validation of seeing the lies and hypocrisy exposed.

My favorite t-shirt simply featured the text “1.20.2009”: the last day of George Bush’s presidency. Bush, Cheney, and Rumsfeld were evil war mongers. *Obviously!*

(I still believe that, by the way.)

Obama was different. He was hope and change personified.

I had no doubt he’d fight the corruption and sclerocracy of the US government, and restore integrity and sanity. Racial tensions would be a thing of the past. The first black president was in, Bush out, and all was right in the world. Hope and change FTW!

A Conscious Nation

Then in 2013, on my 39th birthday, while I was living in India, my wife Nomi had arranged for us to go for a walk around a local lake while she asked me some deep wonder questions.

The only one I remember is this:

If you could do anything, what would you do?

What happened next shocked me.

I listened to myself speak out loud words I’d never ever heard or thought before. Not even remotely. And with zero doubt or hesitation:

“I want to be a special advisor to the President of the United States on conscious nation building.”

I was befuddled. Where did this come from? I had no idea. Still don’t.

But I also felt awe. Deep awe. Like I was in the presence of something otherworldly. Something divine.

I got very emotional. I had tears in my eyes for the next 20 minutes, as the vision landed in me.

Over the years, I've reflected on this experience, the words, and what it all means.

What it means to me is taking a conscious, intentional approach to politics and to how we create the world we live in.

Instead of just haggling back and forth and tinkering a bit around the edges the way we've done for as long as I've been alive, let's take a fresh look at what we want government to do, and construct a vision for our future, from first principles, given today's technology, and given what we know about human nature and reality itself.

In the words of Marcel Proust: *"The real voyage of discovery consists not in seeking new landscapes but in having new eyes."*

It's time to look at our world, and the world of politics, with new eyes.

It's like when I went from high school math to university math. At Uni, they assumed nothing. They rebuilt math from the ground up, starting with defining an integer.

While the cover of this book shows a map of the US, and most of what I talk about is US politics, none of this is limited to any specific country. I've lived on three continents. I'm a Danish citizen living in the US.

The principles are timeless, they apply anywhere, and as you'll see, the blob affects every part of the globe, no matter how remote.

Back to my birthday in India in 2013.

The president I was picturing in my mind was Obama. I was still a firm believer in the Democrat party and the official media narrative at the time.

Three and a half years later, Trump became president, and my world was flipped upside down.

The Daily Show Again

What red-pilled me was The Daily Show. The same late-night comedy show that had kept me plugged into hope for America for my nine years in “exile” in Denmark.

It was gradual at first. A few things started to grate on me.

One was how mean they were to Eric Trump.

I don’t know much about Eric. He’s never run for office. He’s not the president. I have no idea, and I don’t much care.

But Seth Meyers and others would time and again make jokes about him being stupid and unattractive.

I thought: That’s not funny. That’s just mean. You guys are not kind people.

I also started noticing how they’d intentionally twist and misunderstand what Trump said to make him seem silly and stupid. *“Hahaha! Look how dumb he is! What an idiot!”* They were smug and condescending. What he was actually saying made complete sense to me, he just spoke in his characteristically Trumpian style. A style that won him an election.

I thought: *If you have to lie to make him look dumb, maybe he’s smarter than I thought? Also, you’re not a kind person.*

The straw that broke the camel’s back, however, was Trevor Noah, the host who’d taken over from Jon Stewart on *The Daily Show*.

He did a segment on Trump’s “shithole countries” comment⁶.

Here’s part of the transcript:

The Washington Post reported minutes ago that today in the Oval Office, President Trump grew frustrated with lawmakers discussing immigration when they floated restoring protections for immigrants

⁶ <https://www.youtube.com/watch?v=OQkfdJ2zVNo>

from Haiti, El Salvador and African countries as part of a bipartisan immigration deal.

The Post reports that according to two people briefed in the meeting, the president asked, quote, “why are we having all shithole countries come here?” Referring to African countries and Haiti. The president then went on to talk about how they needed to bring in more people from places like Norway.

Guys, I don't know how to break this to you, but I think the president might be racist. [...]

You know what part really put it over the line for me? Norway. Yeah. When he said where he wanted immigrants to come from, he didn't just name a white country. He named the whitest country. [...]

It's almost like yesterday when Trump mets with the Prime Minister of Norway. He was like, what do you guys do with your black people? And she was like, oh, we don't have any. He was like, wow!

Something in my head snapped.

I could suddenly see it clearly.

If anyone was a racist in this clip, it was Trevor, not Trump!

If you hear about Haiti, El Salvador, and African countries, vs Norway, and the only meaningful distinction you see is people's skin color, then in my mind, you're the racist.

I can't think of a more meaningful definition of racist than someone who would attribute difference in performance or intelligence or crime rate to their skin color or race.

I hear Trump's comments to be about how well those countries function, and what that means for the ability of the people from those places to contribute to our culture and economy.

Of course people from well-functioning countries like Norway are going to on average be better educated and contribute more to America. It's common sense. Race and skin color has nothing to do with it.

And if you think that only societies of primarily white people produce well educated productive people, then that sounds pretty darn racist.

By Trevor's own admission, Trump mentioned Norway because it was top of mind for him, not because it's "the whitest" country.

The conclusion was obvious to me: The people who accuse others of racism are themselves the actual racists.

Mind fuck!

Questioning Everything

Once I saw this, I started questioning everything I thought I knew.

If I was duped in this area, what else was I missing? I wanted to find out.

It reminds me of a time back in 2008 when I was really struggling in life. I recognized that all results come from actions, and actions are the result of my beliefs, ergo if I don't have the results I want, it must be that I'm holding beliefs that aren't helpful. So I decided to list out all the beliefs I could spot and question each one. It's a very useful exercise that I recommend everyone go through.

At this point in 2017, I decided to summon the courage to listen to "the other side."

With quite some trepidation, I bought a movie by Dinesh D'Souza titled *Hillary's America*.

I also started watching some shows on Fox News.

I even watched a bit of Alex Jones! *Gasp!*

All of this reignited my passion for politics.

As a kid I couldn't help but think about why the laws were the way they were, and how they could be made simpler and more elegant. I don't think most 11-year-olds think that way, but this is how my brain happens to be wired. First principles thinking. I can't help it.

I've since read well over 100 books. I've watched thousands of hours of congressional hearings, podcasts, documentaries, television shows, and movies. I've read thousands of articles by corporate media and independent journalists. And I've curated a feed of people that seem to get things right more often than not, and who allow me to stay up to date on what is happening in the world.

I've also studied health, wealth, relationships, and spirituality, and invested well over two million dollars in my own personal and spiritual education.

And I've done a fair bit of this old-fashioned thing called "thinking". I know. It's gone out of style. I think it's ready for a come-back.

That reminds me of this brilliant quote by Thomas Sowell, a black Stanford professor and author. Read all his stuff, he's incredible!

"The problem isn't that Johnny can't read. The problem isn't even that Johnny can't think. The problem is that Johnny doesn't know what thinking is; he confuses it with feeling."

This is the world we live in. And it's done on purpose.

It's time we rediscover thinking.

What Changed

As I journeyed down the red-pill rabbit hole, most of the beliefs I held about policy and how the world really works changed.

I went from being for gun control to understanding why many Americans care a lot about their guns. Coming from Denmark where guns aren't a thing outside of hunting, this always seemed crazy to me. I still don't own a gun, but I totally get it now.

I went from thinking the problem was that the rich didn't pay their fair share to seeing what exactly the government does with that money, which made me shriek with horror!

I went from seeing welfare programs as helpful and compassionate, to recognizing that they always have negative consequences that at least need to be honestly accounted for.

I was never for wars, and still aren't. But I did go from seeing the US and NATO as the good guys to seeing them as the greatest enemy of peace and prosperity in the world. Not the people. But the blob that has taken control of the government like a parasite.

What Didn't Change

What *didn't* change were the outcomes I wanted for people.

This made me realize something very obvious, yet profound:

Whether you're left or right, Democrat or Republican, Independent or Libertarian, or none of the above, we all want (roughly) the same things!

Yes, yes, I know. "I want free healthcare and they don't!" "I want to build a wall and they don't!"

I'm not talking about policies.

Policies are all means to an end. When we focus on policies without talking about ends, we get lost.

I'm talking about the ultimate outcomes that we hope those policies will give us!

Because if we can agree on those, then we can use observation and reason and experimentation to figure out how to get there. In other words, it becomes science!

That is very good news, because it means there's a way for us to come together.

What we need is:

- **A shared understanding of reality:** Where are we, what's the ground level truth?
- **A set of values** that we choose to adhere by and morally enforce as a culture
- **A set of high level outcomes** that we want our society to make possible for us
- **Rigorous discussion and experimentation** to identify the best strategies to achieve the outcomes

The problem is that right now we have none of these.

We have no trusted and widely agreed-upon source to learn what's true about the world.

We cannot agree to a set of values.

We're totally lost in unproductive policy discussion with no focus on the ultimate outcomes.

My Position

Let me state my political position clearly, so there's no confusion or beating around the bush.

I'm not Democrat, not Republican, not liberal, not conservative, not progressive, not libertarian.

I'm for integrity and forgiveness. Integrity is make-or-break, and we've gotten away from it. Redemption is the path back to integrity after a breach.

I'm against physical violence, theft, and adults having sex with children. The last one is important because it's a major vector for blackmail.

I'm for defining clear values and desired outcomes, an honest assessment of where we are, and a sincere collaboration to figure out the best ways to get there. Most political conversation is about obfuscation and deceit, not clarity and honesty.

I'm for a small and efficient government. Government is by definition a monopoly based on violence, and I'm against violence, so I want to minimize it.

I believe normal people can and must take care of themselves. We don't need the government to be involved in normal people's lives. We got this.

I'm for free speech. Free speech is the only way we can progress as a society. They tried to silence Galileo. It wasn't the best idea.

What do I want for our countries and the people living in them?

I want to create a world where people are happy, healthy, prosperous, and safe.

I want a thriving economy and a thriving planet.

I want secure elections, secure borders, and an honest media that holds everyone to account.

This is my position.

End of story.

I have lots of ideas about how to get there. Those are all subject to revision in the face of new information.

How to Read This Book

As you read this, resist the temptation to hear things I'm not saying.

As much as possible, try to listen to my observations and arguments and evaluate them on their merit.

I'm not asking you to believe a word I say.

I'm asking you to reflect on the argument and make up your own mind.

We've been trained to trust authorities like the media, experts, and government officials, and I'm here to invite you to reclaim your power.

You're better than you give yourself credit for.

I'm presenting a perspective that's bigger and broader and has more far-reaching implications than anything I've seen before.

If I didn't feel that I could add an important perspective, I wouldn't bother.

Even if you end up dismissing everything I say as tinfoil hat stuff, know that a massive chunk of the country does believe what I say here. It's worth it just to understand where they're coming from.

Low Rung

As we've seen, we're living through a clash of worldviews.

It's not left vs right, its blue pill vs red pill.

Trust in institutions and the old left/right game, vs corrupt institutions.

But there's something else going on: We can no longer have calm, rational conversations about politics.

Let me explain.

There's two ways to talk politics: High rung and low rung.

In high-rung politics, we have rational and honest conversations about values, desired outcomes, and how to best achieve them.

In low-rung politics, we can't. Our beliefs are part of our identity, which is why we feel attacked by and villainize people who disagree with us, and why we resort to name calling, labeling, bad faith arguments, sloganeering, and censorship.

We have gotten significantly more low rung in the past couple of decades, in part because of the internet and social media, but mostly because the dark forces that control our culture want it that way. When people are busy fighting each other, they don't notice the man behind the curtain.

I believe the blob intentionally makes us sick, stupid, depressed, angry, traumatized, and addicted, so it's easy to steal from us, enslave us, and pit us against each other.

It's not that hard to do, and they've been practicing the science and art of this for decades.

And we fall for it. Hard.

However, we have the option to choose another way.

A Future so Bright You'll Have to Wear Sunglasses

If we did wake up, grow up, and decide to change things, what's possible?

If we heal and we come together, what kind of world could we create?

I believe we have within our reach the opportunity to usher in a new golden age in our lifetimes. That's what I mean when I say in my subtitle that we can create the world we want to live in.

I'm talking about a time of health, happiness, prosperity, and safety.

A thriving economy, and a thriving planet.

I believe it's a lot simpler and a lot more attainable than most people think.

Human beings are incredibly creative, resilient, and powerful.

As David Deutsch argues in *The Beginning of Infinity*, if there's not specifically a law of nature that prohibits something, we'll eventually figure out how to make it happen.

The vast majority of the almost eight billion people on the planet simply want to live a normal life with the people around them and do good work that matters to them and to others.

They want to be happy, healthy, prosperous and safe, and they want the same for others. We really are a remarkably generous and loving species. But you wouldn't know it looking at world history.

I remember hearing about a different kind of history book a while back. One that told about the lives of ordinary people. What was their day to day like during this era? Which is so different from how most of history is told. Most of history is about who was the king or president or prime minister, and which war was waged by whom against whom over what.

I call it "nation sports." It's so easy to get lost in the big storylines and forget the lives of the people on the ground.

In December 1914, at the height of World War I, in this one location, British and German troops came out of their trenches to celebrate Christmas together. It began with singing carols across no man's land on Christmas Eve, and soon after they were exchanging greetings, food, and small gifts like cigarettes and chocolate. They even played impromptu soccer games with each other.

This is what most humans are really like. Love. Generosity. Playfulness. But our leaders have figured out how to make us fight with each other for their own gain at our expense.

We don't have to fall for it. Despite all the censorship, the internet, social media, and podcasts have woken people up faster than ever. We *can* choose a different future than the trajectory we're currently on.

What's funny is, we all see it. But while someone on the left sees Trump as that person who is hypnotizing his people, those on the right see the Media and the Democrat machine as the ones hypnotizing people.

Which version is true? It's hard to know. By design. Maybe they're both true.

Let's all agree that no matter who does it, it's not what we want.

The Questions to Ask

As you read this book, consider this:

If we really are, as I argue, being intentionally kept sick, ignorant, and infighting by a "man behind the curtain", do you agree that that changes the political conversation entirely?

Does it piss you off?

Does it bother you that they destroyed the health of you and your loved ones, stole your money, murdered millions of people, and lied straight to your face about it all?

Does it make you want to fight for a better future for yourself, your kids, and your grandkids?

I hope it does. (In a peaceful, nonviolent way. I'm against violence.)

If so, this book will show you how.

LFG!

What *is* politics?

Like I said, I like to start at the ground level with first principles.

What is politics about?

To me, politics is the art and science of negotiating a shared understanding of reality, shared values and desired outcomes, and crafting strategies to achieve those desired outcomes, as efficiently as possible, while adhering to our agreed-upon values.

That's a big task, but that's what is required.

We call the strategies "policies," but they're also known as laws, regulations, institutions, and more.

Entrepreneurship to me is the art and science of affecting change with limited resources.

The job of government is similar, but on a societal scale, and with a crucial difference.

With private business, we can have lots of them, and people can choose who they want to buy from. Except when there's a monopoly, which is why we have antitrust laws.

A government is a monopoly in its geographic area, most critically a monopoly on violence

The government is the *only* entity in its geographic jurisdiction that's *allowed* to use violence to achieve its objectives. Everything the government demands of you, like paying your taxes, having a valid driver license when driving, and not breaking the law, is backed by a threat of violence: if you don't do what we demand, we will show up at your door with guns and put you in jail until we decide that you've been punished enough.

Everything the government does is backed by the threat of violence. Everything.

And the government is the *only* entity that's *allowed* to do this. People outside the government who use violence to achieve their goals are called criminals.

So with government, because it's a monopoly, we better get it right. We have to compromise. We have to do our very best together.

It'll never be perfect. Our best bet is to keep approximating. And we can only do that by working together.

Outcomes

What do we want the government to *do* for us?

This is where people tend to get lost in the weeds.

We talk endlessly about policies, but we rarely talk about : What do we want the end result to be?

This is such a common pattern for humans. As a CEO I see it with my team all the time. People want to jump straight to action. *“How about we do this?” “I think we should do that!”* It’s tempting. We want to start *doing* something.

I always take a step back and ask the higher level questions: *What are we trying to achieve? What does success look like? What problem are we trying to solve?*

This was my big realization from my changing political leanings: My desired outcomes didn’t change. Only my beliefs about the best way to get there.

That means we might be able to unite a big enough chunk of the population if we focused on *outcomes* instead of policies.

The Five Whys

You may have heard of “the five why’s. It’s a tool for getting at what really matters.

It goes like this:

You ask people what they want.

And whatever they answer, you ask “why?”

No matter what they answer next, you again ask “why?”

And you continue to do this five times. Hence five whys.

How come this works?

Because eventually, they'll stumble on what *really* matters to them.

It's not that they didn't *want* to tell you the first time. It's that they didn't *know*!

We generally don't know why we want the things we want in life. That all lives just below the level of our conscious mind.

But it's close enough to the surface that when we ask ourselves the question with genuine curiosity and wonder, the answer will reveal itself. Maybe not right away. But give it a few minutes or a few weeks, and it will.

Which is also why it's important that when you ask these questions, you allow time to wonder. If you answer too quickly, nothing new is revealed. Keep digging. It's uncomfortable. Stay with it.

What you'll find is that many of the things we think we want from politics boil down to personal things like "I want my dad's love" or "I want to not feel lonely" or "I want to feel like I'm enough" or "I want to feel seen and understood" or "I want to feel safe."

Alas, these are not things the government can give you. I wish it were.

In fact, it's not something anyone can give you.

Loving you is your job.

Seeing and understanding you is your job.

Deciding that you're good enough is your job.

Dealing with life's inherent uncertainty is your job.

Keeping you company is your job.

We're all fundamentally alone when we live from our personality. You're the only one who was there when you were born and will be there when you die.

No one can do any of this for you.

But that doesn't stop us from hoping someone will.

The Umbilical Cord

I heard a quote years ago that stuck with me: *"Most people walk around the world with their umbilical cord in hand, looking for somewhere to plug it in."*

It's a funny image. It's also pretty accurate.

We look to parents, spouses, bosses, employers, governments, institutions, therapists, coaches, gurus, mentors, even our own children, for that place that we can plug in our umbilical cord and abdicate responsibility for our own life.

Realizing that your life is your responsibility and no-one can do it for you is frightening at first.

Then you realize it's the doorway to freedom, power, and truth.

But only after you've been through the pain of recognizing that all of your past failings have been on you. And all your future successes depend on you as well.

(There's a deeper truth which we'll get to, but at the 3D level, this is a truth for all of us to grapple with.)

What breeds compassion is this: We all do it!

With that understanding in place, practicing the five whys, what are the outcomes we want for our society and its people?

For me, it's simple. I want ...

- To create the optimal conditions for people to be happy, healthy, prosperous, and safe.
- A thriving economy, and a thriving planet that can sustain life for millennia to come.
- Secure, auditable elections, and an honest media to hold everyone accountable.
- A small, honest government that does exactly what it needs to do and nothing else.

Check how well it lines up with what you want for your country and its people.

Almost everyone I've talked to can get behind that list. It turns out that normal people don't want people to be unhappy, sick, poor, or unsafe. They don't want a shitty economy, they don't want to destroy the planet, they don't want election fraud, and they don't want a corrupt, lying, biased press.

That is great news!

Left or right, I believe we can all come together around those. We may want to tinker with the list a bit, but it's a good first approximation.

That means we can start to have a conversation about *how* to get there, the strategies.

Some Fundamental Truths

Before we go further, I wanted to share some of my bedrock beliefs.

I call them truths. You may not agree. That's okay. I lay no claim to the ultimate truth.

But they're important enough in my world that I call them truths, and I want to share them here.

We're All Innocent

One of my core beliefs is that we're all fundamentally innocent.

Whether it's the racist uncle or the lying politician or the lying government official or the corrupt regulator or the assassin, we're all innocent.

I'm not talking about the law. There are certainly people who are guilty of crimes, and we have laws to punish them.

I'm talking about moral innocence.

Pick the most evil person you can think of, and I promise you, if you set out to genuinely understand their belief system and why they believe what they believe, you'd understand why they did the exact thing they did.

We want to stop the behavior. We want to follow due process and exert whatever punishment the law prescribes.

But on a moral level, on a human level, we want to see the innocence in the person. We want to have compassion for them.

Why?

Because anything you cannot be with in others is something you cannot be with in you. It's an area you're not free.

You may say "but Calvin, I'm not a murderer."

To which I ask, have you ever killed a fly or a mosquito or an ant? If so, you're a murderer.

"But I'm not a liar!"

Have you ever fibbed? Told a white lie? Ever withheld a truth?

Then you're a liar.

And it's okay. We all are everything. We all have every quality within us. That's part of the beauty of life.

Any aspect you cannot be with is an aspect of yourself that you're disowning. This becomes your shadow, as Carl Jung called it, and it will find outward expression, usually when least convenient.

It's like trying to keep one of those big inflatable beach balls under water in the pool. Eventually you'll run out of energy, and it'll shoot up, water splashing everywhere.

This is the exact mechanism that would make a staunch anti-gay politician get caught trying to have gay sex with a stranger at an airport bathroom stall.

It's called projection.

The things we rail against out there, because we're in denial about it being in here too.

Own all of you. You have flaws. We all do. We're human.

Celebrate your humanity. We think if we're perfect, we'll be loved when the truth is it's your imperfections that make us love you.

But not if you repress them.

Forgiveness

I harp on this, because it's so important that there's a path to forgiveness for all of us.

The alternative is that those among us who have committed sins will have to continue to dig their heels in ever deeper. We have to give them an off ramp if we want to move forward as a society.

In 2015, a BBC documentary came out titled *1945: The Savage Peace*⁷ that made a horrifying allegation: After the 2nd world war, 12 million Germans and German speaking individuals across Europe were ethnically cleansed, and between 500,000 and 2,000,000 died.

Mobs can do atrocious things when they get riled up. We have to be careful with this.

I know it is angering when you realize the darkness and depravity that's been used to keep the current power structure going. Forcible drugging, assassinations, rape, and underage sex. It's horrifying.

But we must resist the temptation to overreact. It's no good if we become like them.

Nelson Mandela is my hero when it comes to this. We need healing, not angry revenge mobs.

Stop the behavior, 1000%.

Pursue justice using the legal system.

Not with sham trials, like was done in the Soviet Union and often happens here today. Not with lenient judges and juries either where criminals get a slap on the wrist and are allowed to go free, like it happened with the doctor that murdered Michael Jackson.

⁷ <https://rumble.com/v56fzml-1945-the-savage-peace-the-atrocities-against-germans.html>

With honest trials, where the accused is assumed innocent until proven guilty, and where all relevant evidence is presented honestly.

And we need to offer a path of forgiveness.

I believe humans are naturally wired to want to live with love and integrity.

Only hurt people hurt people.

There's a reason they became the kind of person who could do such a thing. There's a reason why their heart closed, and they adopted a belief system saying they have a right to do what they did, or that it's the only way for them to survive, or to meet their critical needs.

I know there are lots of people who believe evil is inherent, and we're in a fight between good and evil.

I believe every human is an innocent child at heart. I'm open to being proven wrong, but this is my current belief.

And even if I'm wrong, it doesn't change much. Some people obviously won't heal in this lifetime. I'm not naïve here.

The point is we need a way to constrain the behavior and stop their impact without vilifying the human. Offer a path of healing, repentance, and redemption, without getting caught in the drama of vilification, moral superiority, and projection.

We're all human. We're all fucked up. We have all done fucked up shit. We're all flawed and broken, no matter how hard we try to convince ourselves and everyone else otherwise.

While we want to stop and hold the person to account for their *behavior*, we still want to see the pain, the suffering, and the humanity of the person behind the behavior. We can still offer compassion, understanding, and forgiveness.

Stop the behavior. Never close your heart.

Everything Happens for You

The pain and trauma that shapes you doesn't just shape you in bad ways.

I believe that everything that happens in life happens *for* us.

Or, as one of my mentors, Peter Crone, says: *"Life will present you with people and circumstances to reveal where you're not free."*

We subconsciously attract the exact experiences we need to develop the character, skills, emotional depth, compassion, and love we need in order to discover inner freedom and joy, and to be a light for others in this world.

My childhood was beautiful in many ways and deeply challenging in many ways. I don't blame my parents. I used to, for sure. But I see now that it all helped me become the man that I am today.

I believe I have something very important and very special to contribute (hence this book), and looking back, the way I was born, the place and the way in which I grew up, all the pain and hurt, the joy and passion, my failures, mistakes, wins, and insights. All of it made me the man who is perfectly qualified to take this on.

This, I think, is one of the big misunderstandings behind how we talk about policy.

We're Not the Same

It's like we have this idea that a good life, a meaningful life, can be measured by how much money you have or the college degrees you have, and that everyone should have more or less the same.

That's not how life works. It never was. It never will be.

We're all different.

More importantly, we're all here to fulfill a different and unique purpose.

We all have different wants and skills and characters, different experiences, different strengths and weaknesses.

And thank God for that! That's what makes life fun and exciting. That's what makes the world work!

If it was all the same, what would be the point?

Elon Musk is an incredible entrepreneur who has contributed so much innovation. He's the CEO of six billion-dollar companies. Has anyone done anything remotely like that ever before? I can't think of any.

But most people don't want his life. He's intense, driven, addicted to chaos and pain, overweight and in poor health. You may think you want his billions, but I bet most people wouldn't want his life. It's like a sign I saw on a car some years ago: *"You can have my handicap parking spot if you take my MS too!"*

It's so easy to project onto other people how wonderful their life must be. But we don't know what their lives are really like. And it doesn't matter. You're here to live your life, not mine. I'm here to live mine, not yours. Who cares if someone has more than someone else. Life is not a race to see who dies with the most stuff. The funeral car doesn't have a luggage rack.

My beloved friend Kasim is a 2nd generation immigrant from the Middle East. His dad sells Persian rugs in Scottsdale, AZ. During his younger years, Kasim would help his dad deliver these beautiful, expensive rugs to some incredibly large and beautiful houses. And inside each and every house sat a man in a big room watching TV all by himself.

Just because you have a lot of money doesn't mean you're happy.

In fact, even the focus on happiness is misguided.

Happiness

Happiness is when reality meets your expectations.

You can achieve that by lowering your expectations or improving your results.

Denmark is widely known for being among the happiest countries in the world, but you wouldn't be able to tell from the faces of people on the street.

Some years ago, I looked at the data, and what I found was that Danes were considered the happiest people because their expectations are low, and they're generally met. That's awesome. Nothing wrong with that.

Happiness is also about feeling pleasure and avoiding pain. We're wired to do this.

All of this is surface level, though.

The deeper level is about fulfillment. Purpose. Meaning.

I believe we're all here to pursue a mission.

What your mission is, no one can tell you. You must discover that on your own.

But the mission will always have two parts. One is about the change you're making. The other is about the person you become in the process of pursuing it. Achievement and transformation. They go hand in hand.

Who must you become in order to share your unique gift with the world. That's what matters. Who you become. That's the only thing you can take with you, in my mind.

Life is not about being comfortable. Or happy.

It's about purpose.

Everything Is Exactly as it Should Be

Any belief you have that something or someone (including yourself) should be any different than it is, is a lie, and will cause suffering.

But only every time.

This is probably one of the greatest energy wasters in the political discourse.

Politicians shouldn't be lying or corrupt or mean.

Criminals shouldn't commit crime.

Racists shouldn't be racist.

Lefties shouldn't be leftist, and far-righters shouldn't be far-right.

I shouldn't be judgmental

I shouldn't be scared.

I shouldn't be prejudiced.

I shouldn't be racist.

All shoulds are lies.

As they say, *“stop shoulding all over yourself!”*

You are exactly the way you are. People are exactly the way they are. Reality is exactly the way it is. Period full stop.

Any “should” is you arguing against reality. And as Byron Katie says, when you argue against reality, you lose. But only every time.

So what can we do instead?

Accept everything as it is.

That doesn't mean you can't commit to taking action intended to change reality in the future. That's what we do as humans. We're creative. We get to create our own futures.

But stop believing anything should be different in this moment. Which is the only moment that is real.

Recognize that everything is perfect just as it is. Even if you're not able to comprehend the perfection with your limited human mind.

I mean, just think about how preposterous the idea that the world should be different is.

There's 8 billion people in the world.

Each person is made up of an ecology of almost 90 trillion cells, bacteria, and other microorganisms. You're not even in charge of your own digestion, elimination, breathing, or blood circulation.

And yet, here you are, morally superior to your perception of reality?

You, in all your infinite wisdom, are trying to tell the reality how it *should* be?

Good luck with that!

Can you see how crazy that is?

Yet we all do it.

Let go of the idea that you're in charge of the universe. That your opinion is the correct one. That you have a monopoly on truth.

You don't.

This is way bigger than any of us.

When you can allow yourself to rest in the knowing that everything is exactly as it should be right now, you free up all the energy you've spent on opposing reality.

You have more freedom. More power. More energy.

What is the Story?

TODO: COMPLEX WORLD!!

The only way we can make sense of such a complex world is through narrative.

“Trump is literally Hitler.”

“Kamala is dumb.”

“The deep state is in charge.”

The narrative, aka the story we tell ourselves or are being told by others, is the way we try and make sense of things. And by definition it’s a gross oversimplification of reality.

But it’s the best we can do, because there’s no way we can take in the trillions of data points and make sense of it without a story. We’d be paralyzed.

And that’s okay.

Just remember that any narrative that you tell yourself is ultimately a lie in the sense that it takes something extremely complex and makes it appear simple.

It can be a useful lie.

But it’s always a lie.

Values

Values are what determines what universe of strategies are acceptable to us.

Say your desired outcome is prosperity.

If your values allow for murdering, drugging, and stealing, then invading a foreign country with lots of oil and poppy fields, murdering their people, stealing their oil, and getting people all over the world addicted to heroin, is a perfectly valid strategy.

It achieves the stated objective. *Win!*

However, most of us people would probably say that's not okay. *(Not the people in power, obviously, since these are things they've actually done.)*

So values matter. We have to agree on a set of values.

Every company worth their salt has a set of core values. For example, my software company Simplero has these core values:

1. Make it simpler(o)
2. Always be optimizing
3. Real talk

Even though this book is not about Simplero the software, you can clearly see these values reflected in my thinking about politics too.

There are lots of other values that companies typically don't articulate, because they're taken as given. These are things like honesty, integrity, team work, etc. As a country, we do need to specify these too.

We might not fully agree on all of the values, and different groups within the country may weigh them differently, but in order to have a functioning society we need rough agreement on a base set of values.

In fact, it's one of the big challenges with immigration. If you import people who have different values, it destroys societal cohesion. They might be

wonderful people, their values might be wonderful too, but two different sets of values just don't mix well, and you go from two cultures that both work well to one that doesn't.

In the introduction, I proposed this first approximation of values:

- I'm for integrity and forgiveness
- I'm against physical violence, theft, and adults having sex with children.
- Normal people must take care of themselves
- Individual agency and private business are preferred, government is a last resort

Integrity

Integrity, truth, and courage are not just important, they're critical.

One of the big problems we have right now is how easy and cheap it is to bribe people in key positions. Let me tell you a story of one.

OxyContin is an opium drug that allegedly got over 2 million people addicted, killed over 500,000 of them, and made its producer Purdue Pharma \$35 billion in revenue.

Curtis Wright was the guy at the FDA that approved the drug based on the false notion that it was not addictive because of a time-release mechanism. I'm not a mind reader, but my hallucination is that he knew that was a pretty shady decision when he made it.

What was his reason? Again, I'm not a mind reader, but I do know that he got a job at Purdue a couple years later at a pay of ... wait for it ... \$379k/year.

That's how cheap it is to bribe someone when the culture has abandoned the value of integrity.

Half a million people dead, \$35 billion in revenue, for less than \$400k/year.

That's why I believe creating a culture of integrity is key to creating the world we want to live in.

It's like the old story of the man who asks a lady if she'll sleep with him for ten million dollars.

She thinks about it. *"Yeah. For ten million I would."*

"Great, let's go!" he says and hands her a \$20 dollar bill.

"Who do you think I am?!?" she asks, indignantly.

"Oh, we've already established that, now we're just haggling over the price."

We've become a society of prostitutes.

Whether it's paid in dollars, fancy vacations, sex, drugs, threats, or blackmail, their conscience is for sale.

I learned about integrity breaches from my mentor Gay Hendricks.

Not speaking the truth, breaking agreements, not taking full responsibility, hiding feelings, failing to maintain boundaries, and not working to pay down your debt, are all breaches of integrity.

He invited me and my wife to commit to each other to speak any relevant truth at the earliest possible moment, and to always be willing to hear the truth from the other.

We did, and at first, it almost broke us apart! Both of us had to reveal the same thought: *"I'm not sure you're the one I want to be with."* That's a shocking truth to speak and hear. It was disorienting, yet freeing. And here we are 12 years later, more passionately in love than ever.

I've also done things that I wasn't proud of and that violated commitments I'd made, and my initial reaction was to keep it to myself, to hide it. "What they don't know can't hurt them."

That's total BS.

Integrity breaches cause leaks that drain our vital life force energy and block the energy from flowing through your system, and it creates distance between you and your spirit, and you and other people. It's an awful feeling.

But it gets worse, because the feeling is compounded when what you did is something you feel guilty about or ashamed of. When we feel shame or guilt, for sure we don't want to reveal it to anyone, because then they'd surely reject us. And so we just close off. It's awful.

So what's a man to do?

Addiction is the most common answer.

Addiction is anything you do to change your feelings temporarily that causes long term harm. Drinking. Sex. Drowning ourselves in work. Endurance training. Drugs. Prescription meds. Violence. Anything that alters your mood. Oftentimes it'll be more of the very thing that we did originally that caused the guilt or shame to begin with. And thus goes the vicious cycle, and it's deadly.

That's why it's imperative to me that we teach our young men and women to live in integrity.

I didn't grow up understanding the value of integrity. It's something I've learned. And now that I've experienced both being in integrity and out of integrity, I will never go back to living out of integrity.

The cost is way too high. It's like being sleep deprived, out of shape, regularly consuming alcohol. You don't know how much it's hurting you until you stop it and you notice how much better you feel.

Courage

Courage is not the absence of fear. Courage is feeling the fear, and doing it anyway.

Churchill said that *"courage is rightly esteemed the first of human qualities... because it is the quality which guarantees all others."*

I agree.

Courage is speaking your truth when there's only downside.

Courage is doing the right thing despite fear of what it might cost you.

Edward Snowden revealed some very inconvenient truths about the US surveillance machine, and it cost him his life in the US. No whistleblower protection for him.

Julian Assange revealed some very inconvenient truths about the so-called war on terror, and spent seven years living in a small office in the Ecuadorian embassy in London.

That's courage. You may disagree with their actions, but you cannot deny that it took great courage for them to do what they did. And they paid a price.

When you stay silent because you're afraid of offending someone, that's not courage. It's cowardice. Cowardice makes people easy to control.

The good news is that courage is contagious. When you demonstrate courage by a nonviolent act of civil disobedience, other people see that, and it gives them the courage to do the same. The more people do it, the more it spreads.

Courage is worth it for that reason alone. As a signal to others that it's okay.

There's safety in numbers. If enough of us do this, it's game over for the bad guys.

Erica Chenoweth found that there's never been a case where a nonviolent civil resistance movement that got the active and sustained participation of 3.5% of the population has not successfully toppled the sitting regime, no matter how dictatorial and totalitarian.⁸

⁸ <https://www.youtube.com/watch?v=YJSchRIU34w>

In the US that would be about 12 million people. That's still a large number, but it's doable.

How the Blob Blackmails People

Integrity is especially important, because the main way the man behind the curtain operates is by getting people to bend.

Jeffrey Epstein and Sean Combs (aka P Diddy) were allegedly in the business of getting important figures in politics, business, music, Hollywood, and culture to commit sex crimes on videotape for blackmail. There are some very powerful people on the Epstein flight logs, including Bill Clinton and Bill Gates.

On November 8, 2023, the FBI announced that they'd raided a high-end brothel that serviced elected officials⁹. The same day the House of Representatives voted for \$300M for a controversial new FBI headquarters¹⁰. Coincidence?

Here's what Wikipedia has to say about COINTELPRO¹¹:

*COINTELPRO was a series of **covert and illegal** projects conducted between 1956 and 1971 by the FBI aimed at surveilling, infiltrating, discrediting, and disrupting American political organizations that the FBI perceived as subversive.*

Mind you, this was run by J. Edgar Hoover, the first director of the FBI.

According to ChatGPT, Hoover:

...collected extensive files on politicians, celebrities, and influential people, often related to their personal lives, including extramarital affairs or other compromising details. He reportedly had files on figures like John F. Kennedy, Martin Luther King Jr., and Eleanor Roosevelt. These files were sometimes used to blackmail or

⁹ <https://www.justice.gov/usao-ma/pr/three-arrested-operating-high-end-brothel-network>

¹⁰ <https://x.com/RepMattGaetz/status/1722456341250285577?s=20>

¹¹ <https://en.wikipedia.org/wiki/COINTELPRO>

intimidate individuals to prevent criticism of the FBI or to control political outcomes.

So from the very start, the FBI did covert and *illegal* activities to further their own agendas, against the interests of the people they're being paid to serve and protect and their elected leaders.

Do we really believe that they found Jesus and suddenly stopped? I have doubts.

So we know people all over the world, especially men, are being blackmailed, sometimes with money, often with sex. Men are incredibly susceptible to manipulation by sex. It's so hard for most men to resist—women are just so *delicious*, and our sex drives are so strong. That's no excuse, it's just a fact.

Men are going to step out of line and do something out of integrity. It's a given. So what do we want to do about it?

What's worse for society? Men straying, or men in important positions of influence being blackmailed into doing bad things for the rest of their lives?

There has to be a path to redemption. A way to share what you did without being excommunicated.

Your wife might still leave you. If you committed a crime, you will still be prosecuted and you might go to jail. But from a moral standpoint, we have to forgive people who strayed, who got seduced into something bad. We must offer them a way out.

Stop the damage. Prosecute and punish according to the law. Forgive the human.

We need to be able to forgive people for their sins. I don't believe people do evil deeds unless evil was done unto them.

We're all innocent children at heart. If I believed what you believe, I'd do the same thing. Never forget that.

Violence

Physical violence includes murder, bodily injury, and destruction of property.

I don't agree with the notion that speech is violence.

The reason people say speech can be violence is that people's feelings can get hurt. I get that. I get my feelings hurt too. It's not fun.

The problem is that your feelings are a result of your beliefs and the meaning you give to an event. It's not a result of the event itself. Two people can experience the exact same thing and have wildly different feelings about it, like we saw when we discussed clips of Trump.

When we make policy, it's best to stick with things that are objective and measurable. It's the only way we can know whether we're achieving our outcome.

As for underage sex, the specific age limits for what constitutes underage sex can be debated, but the current laws seem reasonable to me.

It's important to mention this uncomfortable topic because I've learned first-hand through family, friends, and second-hand through media that there's a lot more of this going on than meets the eye, and it looks like there are elements in our society that very much want more of this.

In part because they're broken people (only hurt people hurt people), and in part because it's a useful way to control people (Jeffrey Epstein, Sean Combs).

Children are not able to consent. Even if they say yes. Their brains are not developed enough to understand what they consent to, and it is deeply traumatizing. Yes, it can be healed, but it takes a lot of deep work, and can we all just agree not to do it or allow it, please? Thank you.

Normal People Must Take Care of Themselves

Calvin Coolidge was the 30th president of the United States. About ten years ago, I took his first name.

The name my parents gave me was Lars Holger Pind. I never felt fully at home with my name, and when I moved to the US at age 25, nobody knew how to spell it or pronounce it. So when my wife introduced me to numerology, I thought, why not? I saw a numerologist and decided to change my name.

Picking a new name was challenging, though. The idea of actually changing my name was so difficult to wrap my head around, I sat on it for a year. As I was looking through a list of possible names, I saw the name Calvin. Immediately, I knew that was me.

For many years in my late 20s and early 30s I was struggling so hard to figure out life. How to be a man, husband, father, son, entrepreneur, provider and protector.

During this time, one quote more than anything kept me going, and it was this one by Calvin Coolidge:

*Nothing in the world can take the place of persistence.
Talent will not; nothing is more common than unsuccessful men
with talent.
Genius will not; unrewarded genius is almost a proverb.
Education will not; the world is full of educated derelicts.
Persistence and determination alone are omnipotent.*

Every time I read it, I feel a surge of energy.

I decided that if persistence and determination were good enough to become Fucking President of the United Fucking States, then, by golly, they were good enough for me.

I'm so grateful to Calvin Coolidge for speaking those words, and for whoever captured and shared them so they could help me through my dark years. This is a great example of the light we get to shine for others.

Only later, after I got bitten by the politics bug, did I study Coolidge more and discover how much I agree with his approach to politics.

One of his mantras was that normal people can and must take care of themselves. In a speech to the Massachusetts senate in 1914, he said *“Government cannot relieve from toil. The normal must take care of themselves. Self-government means self-support.”*¹²

I love this. The notion that we need the government to take care of so many aspects of our lives is inefficient, it makes us weak, and when there’s this much money slushing around the system, it’s too easy for leeches to suck it out.

If people generally aren’t able to take care of themselves, then that’s a massive problem that we need to address first.

A corollary to that is that families and communities are best qualified to take care of each other. Let’s encourage them to do so.

Small Government

I’d love to see the government be as small as absolutely possible.

Why?

Because the government is by definition a monopoly built on violence.

I’ve mentioned this before in passing, but let’s doubleclick on it.

The government is the only entity that’s allowed to use violence to achieve its aim in its territory.

The police will use violence to put you in jail, or ultimately kill you if you resist and threaten their lives.

¹² <https://coolidgefoundation.org/resources/significant-papers-7/>

No one else is allowed to use violence to coerce others. It doesn't mean they don't, but they're not allowed to. The government *is* allowed to do so.

Every single thing the government requires you to do is backed by that threat of violence.

If you don't pay your taxes, show up in court, come with us when we tell you to, we will ultimately send guys with guns to get you and put you in jail. That's always the implied threat. Always. That's violence.

I'm not a fan of violence.

I recognize it exists. It's a fact of life. I think it's important that men be strong, skilled, and willing to defend the people they're required to protect and provide for.

We need to be able to protect ourselves against others who are willing to use violence against us, whether inside or outside our borders.

But violence is a last resort. We want as little of it as possible.

You may think: "that sounds terrible, why have any government at all?"

There are at least four essential functions of government that cannot be handled by private actors: National defense, policing, legislation, and justice. So we need *some* government. But as little as possible. It's gotten way out of whack.

Government doesn't just have a monopoly on violence, they also have a monopoly on anything else they want to have a monopoly on.

Every government monopoly means no choice for you, and no competitive pressure for them to be more efficient. That's no good.

Our government needs to be *the* most efficient organization on the planet, because it's run entirely via threats of violence, and we as citizens have no alternative.

And that should be possible, because almost every single citizen has a vested interest in the government being efficient, so with the internet that now allows for crowdsourcing and open sourcing, we could leverage the intelligence of our citizens—heck of all citizens across the world—to improve efficiency.

Alas, we all know governments are the exact opposite of efficient.

Which tells you a lot about the goals of the people in charge.

The purpose of a system is what it does.

Small Business

I prefer as much of the economy as possible to be small, private businesses.

Why?

Because, unlike the government, a business only survives when it solves a problem and delivers an outcome for its customers.

Think about it. Anything you buy from any company, you buy because you believe it will take you from having something you have that you don't want, to having something you do want but don't yet have.

It could be from being under-caffeinated in the morning to having just the right amount of caffeine, sugar and fat in your bloodstream by buying that delicious latte.

Or from not having access to the internet, to having access by buying internet access.

From not having a vision for the future of humanity, to having a vision and a mission, by buying this book.

Whatever it is, companies *only* exist to solve problems for their customers.

If it's not a problem you have or a problem you want solved, don't buy from them.

If you don't believe the company can solve the problem, or you don't like how the company solves the problem, or you don't like the company for whatever reason, don't buy from them.

It's that simple.

With the government, we don't have that choice.

Yes, some companies will lie to you, some companies will scam you. We've all heard of snake oil salesmen, and we get so incensed about it and scared it'll happen to us.

But the fear of that is overblown. Here's why.

First, your government is currently stealing so much from you through taxes, fees, inflation, pollution, and all the rest of it, and you don't get nearly as offended over that, mainly because you don't see it, because they *also* use that money and power to control the media and hide the truth from you.

And when the government does what it does, you have *no* choice in it, other than the very weak power of democracy, much of which is unfortunately illusory. You may think you have a choice of mayor or governor or president, but if the choice is between two equally corrupt candidates, what choice is that? And if after they're elected, they do what's in the blob's interests, not yours, then what choice is that? This is our world today.

Second, unlike governments who can coerce by force, companies who sell based on lies never survive long term. And we already have checks in place to handle that, and we can easily do more. Credit card companies, for example, will absolutely vet vendors and freeze their assets if things look suspicious, because they're effectively loaning the money to the business during the time between you buy the offer and the time you pay your credit card bill. So they look out for chargebacks and problems and address things early on. These types problems are easy to handle.

And even if you get scammed from time to time, at least it was your choice, and you can learn from it. If you got to keep 90% of the money you make, and the country was overall so much more prosperous because we're all

better and smarter and the government isn't actively creating most of our problems, you'd have quite a bit of buffer to account for making bad decisions from time to time.

The Purpose of the Government

In my mind, the number one objective of a nation is to create the conditions for their citizens to thrive.

You cannot *make* them thrive, that's up to them. But you *can* create conditions that enable them to thrive and remove barriers that get in the way.

Secondarily, we must be good stewards of the land we're fortunate enough to call ours. We must leave it better than we found it. This is a sacred obligation in my mind.

Third, we want to be a net good to the world outside our nation. Or at least not a net negative. The best way to be a net good is to be honest, decent, a great example to follow, to open source all of our findings about what works, and to not murder their people, overthrow their governments, or otherwise meddle in their affairs. Let other people live life the way they want it, so long as they do not directly harm our people. Inspire their people to own their power and create the world they want to live in.

Fourth, we must be extremely mindful and efficient with all of our resources, including the money collected in taxes, money borrowed in the name of taxpayers, natural resources, and any other resource. These are the people's property, not the government's, and in the case of the money, it's their life force energy that we're commandeering. We better be real careful how we handle that.

This is a good approximation of the values I would love to see us agree on. I'm not trying to make this a complete set, and I'm not saying we'll all be able to agree on these.

The point I'm making is that this is the kind of conversation we need to have, and we need to come to some sort of agreement, based on logic and reason.

Once we know our desired outcomes and our values, then we can start to talk about how we want to get there.

Morality

When I read Jonathan Haidt's incredible book *The Righteous Mind*, I knew I'd stumbled upon a critical piece to healing the political divide.

Jonathan studies moral foundations, and what the scientists have discovered is that human beings across all civilizations all have the same handful of what he calls "moral taste buds." All human morality is composed of the same ingredients. The difference is in how they rank.

This is very good news.

It's similar to how Tony Robbins and Cloe Madanes have discovered that all humans have the same six basic needs, but how we rank them makes a huge difference in our lives.

In terms of morality, these are the dimensions:

1. **Care/harm** – kindness, empathy, and protection from harm.
2. **Fairness/cheating** – justice, rights, and fair treatment.
3. **Loyalty/betrayal** – loyalty to group, family, or nation.
4. **Authority/subversion** – respect for tradition, order, and authority.
5. **Sanctity/degradation** – purity, sanctity, avoiding contamination.
6. **Liberty/oppression** – freedom from oppression or dominance.

The left tends to prioritize the Care/harm and Fairness/cheating foundations more strongly. They focus on compassion, protecting the vulnerable, and ensuring equality and fairness. These are seen as universal concerns and are often the most central to their worldview.

The right also value Care/harm and Fairness/cheating, but they place more emphasis on the additional foundations of Loyalty/betrayal, Authority/subversion, and Sanctity/degradation.

The right is more likely to value group loyalty, respect for tradition and authority, and concerns about moral purity and sanctity. They tend to see society as requiring order and cohesion through these moral dimensions.

The good news is that if we all have the same ingredients in our morality, then maybe we can find common ground by appreciating both our similarities and our differences.

It's not that liberals don't have *any* concern for sanctity, it's just that they're not *as* concerned about it as conservatives are.

By understanding and respecting that different people are wired to prioritize their moral components differently from each other and perhaps even at different seasons in their lives, and by recognizing that both ends of the spectrum are important for society as a whole, we can come together and create a world that works for all of us and which is greater than the sum of its parts.

Just like elders and youth both have something wonderful to contribute, so do people on the left and on the right.

Instead of making each other wrong, let's appreciate each others' valuable contributions and improve our world together.

Free Speech

Sharing ideas, especially "dangerous" ideas, is exactly how progress is made.

When Galileo suggested the earth revolved around the sun, that was a very unpopular opinion. But it seems now like he might have been onto something.

Shutting down dissenting views stunts progress. It's imperative that even the most disturbing, most seemingly dangerous ideas are welcome into the conversation.

If they're true, then we need to know.

If they're not true, we need to know why.

It's never truth seeking people who want to censor others.

I'm a big fan of the first amendment. I believe it's one of the greatest contributions of the US, and I was recently reminded of this by some of my coaching clients in Norway who, like me, reject conventional Western medicine.

They told me that in Norway, it is illegal to say anything that challenges the medical orthodoxy, even to the extent that sharing your own personal journey of healing through non-sanctioned means, like diet, is against the law.

That blew my mind. The criminal medical industrial complex has too much power. We gotta wake up.

A free and open conversation is how we learn, how make progress, how we discover what is true.

Remember that anything we currently believe is only our best misconception so far. That is true of medicine, it is true of politics, it is true of science.

When you limit what is permitted speech, you stop progress.

I didn't quite get how important this is until I read Jonathan Rauch's phenomenal book *Kindly Inquisitors*.

Free speech only matters when defending other people's right to say things you vehemently disagree with. Nobody needs to be reminded to tolerate speech they like. It's the speech you don't like that's important to defend. Hence the phrase *"I disapprove of what you say, but I will defend to the death your right to say it."*

There are two principal attacks on free speech: the humanitarian and the fundamentalist.

The humanitarian attack says that some people's feelings might get hurt, and that's why we need to put limits on free speech. "Free speech is good, but hate speech should be outlawed." The problem with that is that people's

feelings are subjective and fickle. Essentially it means that anyone who chooses, consciously or unconsciously, to hear your words in a way that stirs up undesired feelings in them now has a right to censor you. That's not workable.

Even if we at a policy level decide on specific criteria for what is hate speech, once that policy is in place, it's very easy to expand the scope. You may agree with the party currently in power, but in 5 or 10 years, the government may have changed, and now it's a very easy step for them to change the definition to, for example, anything critical of the government or their friends. The way governments increase their power is always one inch at a time. And they never let go once they have it.

The fundamentalist attack says that there are certain absolute truths that are not allowed to be contradicted. The problem with this is that absolute truth is unknowable. Every "truth" is always our best misconception so far. And similar to what we saw with "hate speech", once the mechanism is accepted, the scope of what is considered an "absolute truth" can easily be expanded to suit the ruling party's agenda.

No matter how you limit freedom of speech, you stifle progress. It is not a path we want to go down.

There's a reason every totalitarian regime on the planet always starts with the same two moves: Limit free speech, and take people's guns. That's how you control a population.

Strategies

If we can come to a rough agreement on outcomes and values, then we can have a conversation about how to get there.

Assuming we can agree to something along the lines of the values and outcomes I've shared, these are the kinds of questions we'd want to ask about strategies:

- **What makes people happy?** Is it faster internet, legalized weed, and more Doordash? Is it more connection with self, loved ones, spirit, and nature? Or is it something else?
- **What creates health?** Is it more vaccines and cheaper drugs? Is it fewer vaccines and drugs, cleaner food, and more exercise? Or is it something else?
- **What creates prosperity?** Is it raising the minimum wage, controlling prices, and printing money to pay for foreign wars? Is it teaching people to save and invest, change their mindset, and acquire new skills? Or is it something else?
- **What creates safety?** Is it fewer guns, defunding the police, fighting wars, and allowing more immigrants in? Is it more guns in the hands of the right people, locking criminals away, and incentivizing families to stay together, or is it something else?
- **What creates a thriving economy?** Is it printing more money and more government spending? Is it reducing the regulations, reducing the size of government? Or is it something else?
- **What creates a healthy planet?** Is it more windmills and solar panels? Is it more nuclear power, tapping into zero point energy, and respecting the natural ecology? Or is it something else?
- **What makes elections secure and fair?** Is it mail-in ballots and no ID requirements? Is it in-person voting, ID requirements, and paper ballots? Or is it something else?
- **What makes the media honest?** Is it government funded media and censorship? Is it X with its free speech focus and community notes? Or is it something else?

Those are the kinds of conversations we should have.

I have my ideas, of course, but that's not the point.

The point is that if we settle on values and desired outcomes, then we can start crowdsourcing and experimenting our way to the best strategies.

That would actually be productive.

In today's politics, rather than have the important conversations about outcomes, values, and strategies, we demonize each other and get into unproductive arguments over Thanksgiving dinners.

We gotta change that.

Actions Lead to Results

The way we achieve anything in life is that we take actions, and those actions lead to results.

You can *say* all the right things all day long.

You can *want* an outcome super duper bad.

You can even take so much *action* you burn yourself out.

None of that is guaranteed to make the outcome happen.

Making outcomes happen is *hard*, as we've seen with NASA and Boeing and SpaceX.

Of course, we all know this.

Saying you want to lose weight doesn't make the weight come off.

Wanting to lose weight, even wanting it *really badly*, doesn't make the weight come off.

Making a solemn vow on New Year's Eve doesn't make the weight come off.

Even doing a lot of dieting and exercising and watching YouTube videos about losing weight doesn't make the weight come off.

Only the *correct* action, taken consistently, over a long period of time will make that darn weight come off.

Trust me, I have some experience with this.

And it's not just *what* you do. It's also what you *don't* do. And the *order* in which you do them. And the *energy* and *intention* with which you do them.

And just because you make the weight come off once doesn't mean it'll stay off.

Achieving desired outcomes is *hard!*

If it were easy, we'd all be ripped billionaire rockstars!

And yet, when it comes to politics, all our common sense just flies out the window as we listen to our favorite politician say all the right things and we clap our little hands.

When a politician says they want to do something, it's a really good idea to be skeptical. Not only do they often lie. But even if they mean to do it doesn't mean they know *how* to actually do it. I'm not convinced they're all the brightest bulbs in the box.

Solving Problems

I was a big Bernie fan in 2016.

By this time I had lost faith in Obama. He hadn't held Wall Street accountable. He didn't close Guantanamo Bay. He bombed Afghanistan, Iraq, Pakistan, Syria, Libya, Yemen, and Somalia.

But I wasn't hearing Bernie's actual, you know, words. I was just swept in by his vibe. "*Yeah, the system's corrupt. Washington's broken. We need to fix it!*" Same vibe that got me to believe in Obama. How easily we're fooled by the vibe.

We all know that most politicians will say whatever works to get them elected. It's theater.

And yet a part of us still believes they mean what they say. We want to believe them so bad!

The point is that if we actually want to achieve something, we can't just jump straight into doing stuff that "feels" right. We have to analyze, think, study, and experiment.

You must identify the root causes and address them. You must look at all the consequences of your potential actions, including 2nd, 3rd, and 4th order consequences, not just the ones you want.

When drugs have "side effects," to the body, those are all just effects. Side effects is just a word the drug company says so you don't notice.

Bottom line is that for a proper solution, we need an honest, thorough analysis of every factor before we can pick the best course of action. And then we must try things out and see how they work in practice, because there are always unforeseen consequences.

It's super important to get it right, because most of the time when the government tries to fix a problem, the problem somehow gets worse. Poverty. Terrorism. Foreign wars. Homelessness. Drugs. Racism. Mental illness. Health. The list goes on and on.

It's a pattern. And I think it's by design.

The purpose of a system is what it does.

But whether or not it is, we need to stop letting them do this to us.

Discovering Reality

Before we can talk about where we want to get to and how to get there, we need to know where we are.

But here's the problem: we no longer have an agreed-upon source of truth.

According to Axios from October 2023¹³, only 32% of Americans say they have “a great deal” or “a fair amount” of confidence that the media reports the news in a full, fair and accurate way.

And when you break it down by party lines, it's even more stark: 58% of Democrats, vs 29% of Independents, and just 11% of Republicans.

That's a problem.

What on earth did the media do to earn such a reputation? And why would it differ so much by party? That's worth looking into, and we will in the chapter on trust in media.

For now, though, we have to accept the fact that there's no good solution right now. Maybe there never was.

You have to learn to be your own journalist and researcher. You have to learn to read news articles critically, to look through source documents, and to use your own intuition and judgment.

This is a very valuable skill to have regardless, and it was probably always the case that whoever puts out information always has an agenda. You always have to think critically.

The best thing you can do is talk to people who see the world differently than you, who see different sources of information, and learn from them.

¹³ <https://www.axios.com/2023/10/24/americans-trust-in-media-plummets-to-historic-low-poll>

United We Talk

My Chief of Staff Elizabeth Barr-Jobson and I live in different media bubbles and have different world views.

One of my friends told me his girlfriend had remarked “how come they work together, then?”

We work together because despite different worldviews, we have shared values, we love and respect each other, and we enjoy talking and learning from each other.

It’s very insightful, and it’s somewhat of a lost art.

We started a podcast recently called *United we Talk*, where she and I discuss relevant political topics. Check it out. I think you might enjoy it and learn a lot.

In this chapter, I’d like to share what I’ve found about how to have productive political conversations. It’s simpler than you think, though it’ll take some practice.

But first, let’s double-click on the low rung vs high rung distinction, because that holds the key to productive political conversations.

Low Rung vs High Rung

Left vs right used to be the most useful distinction. It isn’t anymore. It still has some relevance, but mainly it’s keeping us stuck, confused, and easy to manipulate by making us fight about policies.

High Rung vs Low Rung is a second dimension that Tim Urban introduced into the conversation, and which explains a lot. Look him up, watch his stuff, buy his book, he’s great.

In a high rung world, ideas are external to us. We can look at them, take them apart, tinker with them, and arrive at better ideas by sharing and debating them.

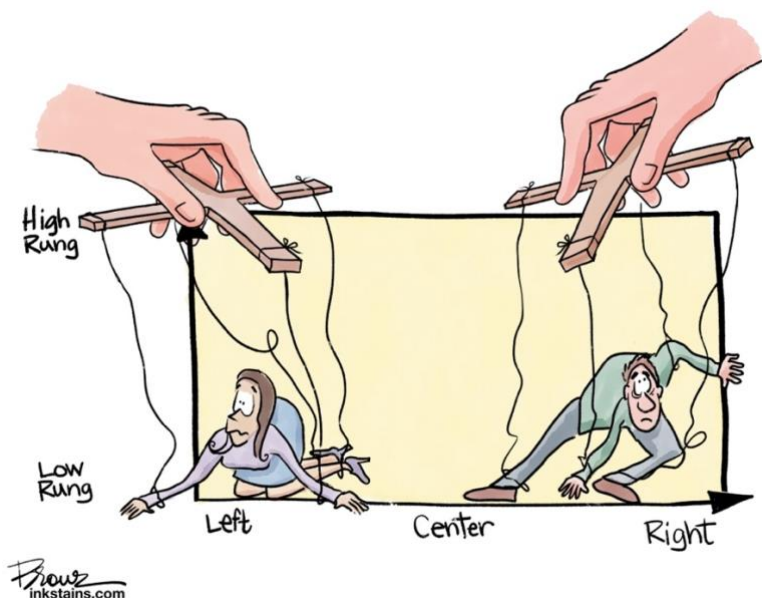
In a low rung world, ideas are part of our identity. If someone questions our ideas, we feel threatened, and that person is an asshole.

In a high rung world, we start with not knowing, and we go through some process of discovery to arrive at knowing. Knowing is never absolute, but is associated with some degree of certainty that's never zero, never 100%, always somewhere in-between.

In a low rung world, we start with knowing and then we look for evidence to support what we think we know to already be true.

High rung is a process of discovery where we can disagree and still be friends.

Low rung is a game of us vs them. The good guys and the bad guys. In-groups and out-groups.



Tribes

As we've discussed, human beings are tribal.

We naturally belong to tribes, from politics, to sports teams, to company teams, and beyond. Democrats vs Republicans, Leftists vs Conservatives,

Instagrammers vs X'ers, Apple vs Android, vegans vs meat-eaters, Marvel vs DC, and on and on. Them and us.

We're wired this way. We crave belonging. Even people who don't want to belong anywhere still want to belong to the group of people who don't want to belong.

When our personal principles and the tribe's principles agree, everything's good.

When our principles and our tribe's principles conflict, that's when the truth is revealed:

In high rung, we stick to our principles.

In low rung, we abandon our principles and stick to the tribe.

My original insight after leaving the Democrats was totally a high rung insight: *"Hey, if we all mostly want the same things, can't we just talk about that and figure it out together?"*

I imagined we could talk about where we are (reality), where we want to get to (desired outcomes), what principles should govern our conduct (values), and the best way to get from here to there (strategies or policies).

That's high rung.

But that's not the conversation most people are having.

Why?

The Low Rung Flare Up

We've seen a massive shift from high rung to low rung. We're more divided, and more angry, distraught, scared, and confused than we used to be.

There's been a shift in our environment that's pulling us down towards low rung.

We all do both high rung and low rung depending on context. We get emotionally triggered by something, which makes us go low rung, and we get defensive about our positions.

Low rung happens when your inner caveman or cavewoman gets activated. The limbic system, the amygdala, the fight or flight response. Our prefrontal cortex shuts down and we cannot think rationally.

When low rung, you're not able to actually hear arguments. It's not that you don't want to. Your mind simply cannot hear what's being said.

Look out for that as you read this book. If your inner caveperson gets triggered, you know this is a sore spot for you, and it's best to take a pause and come back to it when you've identified and questioned the thought that caused you stress.

Today, though, it's even worse. People don't just want to avoid hearing opposing viewpoints, they want to prevent *others* from hearing them too. Labeling, ad hominem attacks, censorship, calls for limits to free speech, cancel culture, social media mobs, deplatforming, and debanking, are all examples of trying to silence "wrong" viewpoints and punish the people who speak them.

It's toxic and dangerous.

As we've seen, this also causes a lot of people to keep their opinions to themselves for fear of getting in trouble, which gives a false sense of agreement. This is dangerous, because it makes us easier to manipulate. People don't realize how many people agree with them, and so they think they're probably in the minority, when in reality they might be the silent majority.

By having the courage to speak up, we signal to others who don't yet have the courage that it's safe to do so, despite the inevitable backlash.

My own experience with this taught me the secret code language to gauge others before speaking, because it's often just too much of a hassle to deal with people who get triggered so easily.

A friend of mine told me it felt exactly like in the Soviet Union where he grew up: you had to speak in coded language to figure out who you could be real with and who would snitch on you and get you sent to the gulags.

That's the world we've created, though the actual gulags are not quite here yet.

Why Low Rung is Flaring Up Now

Why is this flare up of low rung behavior happening now?

For several reasons.

With cable news, internet, and social media, the media landscape splintered. We went from a media that aimed to stay reasonably objective, accurate, and high rung, to tribal media each catering to their tribes in a constant battle for clicks and attention.

Social media algorithms are a massive part of this, where we're mostly exposed to content that confirms our biases and gets us riled up to respond emotionally so we stay on the apps for longer.

Our worst fears and suspicions are continuously validated, and it gets us angry, scared, offended, justified. *"I knew it! Those bastards! They're out to get me!"* This in turn activates the inner caveman and cavewoman and we stay low rung.

But there's something deeper and more sinister at play too.

I believe we're deliberately being acted on by the blob to keep us scared, sick, confused, lost, traumatized, and preoccupied with fighting each other, so we don't notice that we're being robbed blind.

Labels

A lot of what happens in our conversations around politics is bad faith low-rung BS.

I'll share a few examples so you'll learn to spot it and you can see how they work.

Labels are one of the most common ones.

Labels are a great way to shame the person and avoid having to address their argument.

They work because shame is such a powerful emotion. People are scared of revealing something terrible about themselves, and so they self censor to avoid being labeled. Hence labeling doesn't just work against the person that is being labeled, it works on everyone watching too.

For example, as I was writing this, I saw that Trump had announced a rally at the famous Madison Square Garden in New York City.

I searched on Google and found this article from USA Today, where they used the "nazi" label¹⁴. They mention twice that MSG hosted a pro-nazi rally in 1939, thus seeding the connection. Then they bring it home by quoting a New York State Senator: *"Allowing Trump to hold an event at MSG is equivalent to the infamous Nazis rally at Madison Square Garden on February 20, 1939."*

This is effectively labeling Trump a Nazi, and by implication his fans as Nazis supporters. That's not something a normal person wants to be, so some of them would probably be scared to show up for fear of being seen as a Nazi supporter, even though they know in their hearts it's total BS.

Here's a list of common label words to look out for:

- Racist
- Sexist
- Homophobe
- Transphobe
- Islamophobe
- Anti-Semite

¹⁴<https://www.usatoday.com/story/news/politics/elections/2024/10/09/madison-square-garden-trump-rally/75584470007/>

- Misogynist
- Fascist
- Communist
- Socialist
- Elitist
- Ableist
- Bigot
- Xenophobe
- Populist
- Authoritarian
- Neoliberal
- White supremacist
- Nationalist
- Conspiracy theorist
- Election denier

Labels are not arguments. They don't address the point being made at all. It's a way to *avoid* making an argument.

Labels are not entirely without use. We need to name things to talk about them. But they're not an argument.

If you're going to use a term, be willing to define it. And rather than calling someone "woke" or "conspiracy theorist" and leaving it at that, let's get into the details:

- What do you see that I don't?
- What makes you believe what you believe?
- What values are important to you here?
- What do you make this mean?
- What are you afraid of?
- What's the narrative and what are you basing that on?

Get curious. Listen. And remember that any understanding is always our best misconception so far, until a better one comes along. We have to remain open to discovery.

Labels work because they scare us into submission, but in truth they're feckless. Once you've been labeled enough times, you realize how hollow they are. Labels have no power over you other than the power you give them. Stop fearing them.

Think about it. Let's take "racist." What is actually a racist?

Say you're literally a **KKK**-style racist who wants to kill or hurt or harm black people in some way because they're black. Well, how did you come to hold those beliefs? Probably you were pretty traumatized as a child. Maybe it had to do with black people, more likely it had nothing to do with blacks. They just became the scapegoat. So what do you need? You need to be name called, shamed, ostracized? Or you need love, healing, compassion?

Danish photographer Jacob Holdt became famous for a series called American Pictures that he shot in the 1970s hitchhiking through America, especially the south. Whenever he caught a ride with someone, he'd talk with them for hours. The son of preachers, he was really good at getting people to open up.

And lo and behold, all of the toughest racists and **KKKs**, every single time they'd end up sharing their story of childhood abuse, and they'd end up crying. And after, they'd leave the **KKK**, they'd never do another racist thing ever again, and they'd make friends with black people and atone for the pain they caused.

Listen, have compassion, see the world through their eyes, honor both of your humanity, and the "problem" dissolves.

That's how you deal with racists or anyone else that you feel called to label as a "bad person". Love trumps hate, as I've been told.

Sloganeering

The other day I came across these posters on a construction site near my house:



This is a classic low rung slogan that only serves to sow division and doesn't help the conversation at all.

The question to ask yourself is: who would take the other side of this argument? If the answer is "no one" you know it's BS.

No one is against immigrants. I've literally never heard anyone on the left or the right say immigrants or immigration in general is bad. No one.

What we're discussing is who, when, how, why, and from where. That's a conversation we *should* have.

Another common slogan is the pro abortion slogan "my body my choice," which is equally dishonest.

No-one, aside from people who want to mandate COVID vaccines, are arguing against you having choice over your own body.

But the question arises because when you're pregnant, there are obviously *two* bodies involved.

We can argue about whether it goes from one body to two bodies at conception, after 12 weeks, 16 weeks, 9 months, or even later. But anyone honest will agree that at *some* point, there are two bodies, and if you kill the child, it's murder and you should go to jail.

All we're debating is where to draw the line, and that's an honest conversation for us to have.

It's not the state trying to go after women, it's the state protecting the life of an innocent defenseless baby, and we all agree that at some point that is the job of the state to do.

So all we're doing is having a conversation about what that point is.

But the phrase "my body my choice" is deliberately designed to obfuscate the issue being debated, which makes it a bad faith argument.

Similar with "love is love." No one is arguing that love isn't love. Literally no-one. So what are you really saying, and why not just say that?

These kinds of slogans are low rung.

Productive Conversations

So how do you have a productive conversation?

You get curious, and you listen.

You keep your mind open to new information.

Even to information that might change your mind!

I know. Scary!

Some great questions are:

- How do you see this issue?
- What information are you seeing that's making you believe this?
- What makes you believe that?

- What does that word mean to you?
- What is the problem we're trying to solve?
- What outcome do we want, and how would we measure success so we'd know when we got there?
- What strategies could we think of that might get us that outcome?
- What are some principles we can agree on here?
- If you believed what I believe, would you agree that's a problem we need to address?
- What might be some of the 2nd, 3rd or 4th order consequences from that?
- What would be the cost, downside, or risks involved?

These are the types of questions we can ask to make our conversations more productive.

That takes time. It takes effort. It takes patience. It takes critical thinking. It takes research. It takes open mindedness. All qualities that get lost in the shuffle.

A crucial key is slowing down.

A lot.

Break apart each statement and make sure you understand what's being said.

Maybe even help the other person understand what they're saying.

One of the brilliant things about having conversation is that as we hear ourselves speak, we find out what we believe. Just like for me, writing this book was extremely helpful in clarifying my thinking.

Nothing wrong with this. Don't mock the other person for being unsure. That's healthy. We're all like this. That's why we talk!

Disneyfication of Politics

Beware of the desire to see the world in heroes and villains. This is another low rung pattern.

To someone on the left, Biden and Harris and Zelensky are heroes. Trump and Putin are villains.

To someone on the right, Trump is a hero, and Biden and Harris and the blob are villains.

Reality is more complex. There are no absolute heroes or absolute villains.

Steelmanning

A strawman argument is when you present an argument from “the other side” but you do it in a totally disingenuous way, putting forward a position that no-one actually takes, just so you can shoot it down.

For example, Tim Walz, VP candidate on the Kamala Harris ticket, was accused early on of lying about being in combat while serving in the military. His response was that “you should never denigrate another person’s service record.”

Here’s the rub: nobody denigrated his service record. They acknowledged that he served his country honorably. The problem was that he lied about being in combat when he never were, and used the lie to advance his political career. That’s called stolen valor, and it’s something service members take very seriously.

Strawmanning is very common and something to look out for.

When listening to someone’s rebuttal, check if the person they’re rebutting would agree to their characterization of their argument. If not, it’s not honest.

The opposite is called “steelmanning.”

This is where you make an honest effort to present the opposing side’s argument in a way that’s as good or better than they’d say it.

You check with them that they agree that it’s an accurate representation of their position.

Then and only then do you respond to it.

Always aim for steelmanning and call out strawmanning as dishonest.

Everything Is as It Should Be

This is one of my core beliefs.

When you start talking about politics, it's easy to get riled up and angry about what's going on, no matter which movie you're watching.

Many people who get into politics get really angry and righteous and upset and they want to blame and make others into villains.

I don't find that helpful.

I believe everything is exactly as it should be in this moment.

The world has always been an astonishingly beautiful and a disturbingly dark place. It all depends on what you focus on and what lens you look at it through.

It doesn't matter what is happening around you, the moment you believe the thought that anything should be different than it is, you suffer. The judgment, no matter how subtle, causes a disconnect with reality, and it hurts.

Worse, it helps keep whatever you judge in place.

Many people look at the news and get triggered, upset, and depressed. I don't. I get fascinated. I enjoy it. I've stopped watching all TV shows, movies, Netflix, or other "programming". Real life is the greatest TV show ever conceived, and X is my front row seat. Heck, I even get to play a part! It's like a real-life video game. It's exhilarating!

Whenever you get emotionally triggered, that's a gift that's pointing to a place in your mind where you're not yet free. Question your beliefs, feel your feelings, and freedom and joy will be yours once again.

I believe we're in a beautiful time in history.

Shadowy forces have been controlling life on the planet for thousands of years. The church, thugs, criminals, heck, even the Vikings that I descend from probably weren't all that kind.

But today, thanks to the internet, the truth is coming out. Liars and criminals are getting exposed. We can share our discoveries directly with each other in real time, something that was never possible in the past.

People are waking up to the truth at scale. And that's a beautiful thing. We're on the right path.

Drama Triangle

The drama triangle is important enough that it deserves its own chapter.

I first learned about it from Gay and Katie Hendricks a decade or so ago, and I can't believe no one taught me this before!

This is 99% of the dysfunction in all human relationships.

Including politics, media, international relations, lawsuits ... it's everywhere!

It's insane!

And it's killing us. Literally.

When you're caught in the drama triangle, it seems like a lot is happening. But in truth, other than insane amounts of energy being expounded on absolutely nothing useful, nothing changes.

Let's explore.

Three Roles

The drama triangle says there are three roles in all human drama:

1. The victim
2. The villain
3. The hero

The victim is you and me when we believe that our circumstances have any power over us.

Whenever you believe the thought that “when only ___ happens, then I'll feel___,” you're in the victim role.

There's no shame or guilt or judgment in that. We all do it. It's human. It's part of our wiring. But the sooner you can spot it and step out of it, the better. For you and for others.

So if there's a victim, there must also be a villain. The villain can be a circumstance, a person, a group of people, an institution, the government, the weather, nature, anything that you believe is preventing you from having what you want.

And then, my friends, comes the hero.

The hero is probably the most sneaky of the three roles.

The hero is the person who takes pity at the victim and offers to help them in their battle against the evil villain.

That seems noble enough.

We want to help people who are victims, right?

The problem is that the hero role accepts the premise that this person is indeed a victim, and that the villain is to blame.

They end up reinforcing the victim mentality.

Why would they do such a thing? Because it makes the *hero* feel good.

Typically the hero has feelings of guilt and probably victimhood in areas of their own lives. Putting their attention on other victims helps take the focus away from their own pain and makes them feel good for a moment. It's a form of mood alteration. It becomes an addiction.

This is why people virtue signal. *"Look how good I am! I'm helping the poor migrants. I'm an ally!"* It's all about making the signaler, the hero, feel good, and it does nothing to actually help others. It seems like a very selfless thing to do, but in reality it's extremely selfish. Sorry to burst your bubble.

A classic example is affirmative action

It's meant to make up for past injustices by making it easier for so-called underprivileged people to get into prestigious schools. Thomas Sowell has spoken extensively about this¹⁵.

The result is that black students are mismatched with institutions, which only causes them to drop out later, costing them crucial years early in their careers. It is hurting the very people we're trying to help, so that uninformed "hero" college administrators can feel good about themselves.

You don't make people smarter or more qualified by handing out degrees. You have to look at root causes and address those. Any other meddling actively makes things worse for the very people you're looking to help. But only every time.

I'm not judging people for doing this. I'm pointing out the ridiculousness of the human drama. We're all human. We all do fucked up shit. When we know better, we do better. Hopefully this will help you know better.

What about the villain? Who would ever want to be the villain?

Turns out there are people who do. I've certainly done my share of villain role. With my kids, with my team, with strangers. We step into villain each time we judge or blame or criticize others. Including ourselves. It's very common.

When discussing politics, we need to notice when we're caught in the drama triangle of victims, villains, and heroes, and step out of it.

Nothing productive can happen while we're caught in the drama triangle.

Ending the Drama

What's the way out of the drama triangle?

Depending on the role you see yourself in at the moment:

1. If you're playing the Victim, step into the Creator role

¹⁵ <https://www.youtube.com/watch?v=eUbOcgj8AjQ>

2. If you're playing the Hero, step into the Coach role
3. If you're playing the Villain, step into the Challenger role

As a Creator, you ask yourself: What do I really want? What steps can I take to get there?

As a Coach, you encourage the Victim to solve their own problems and create their desired future, ie. stepping into Creator.

As a Challenger, you provide loving pressure for something new to be learned or created.

For everyone, you become present with what is. You shift into curiosity, you recognize that everyone has their own freedom and power that no one can take away from them.

No-one is a victim of circumstance.

No matter what happens in your life, you always have the power to choose what it means and what you want to do about it.

The Big Pill

Have you noticed that when you're in a victim role, you don't actually want your problem solved?

I'm sure you've experienced this yourself. I know I have. Many times.

For many years, I was struggling in my business, and anytime someone would try to help me, I'd just keep arguing for my problems. I'd explain to them why my situation was impossible to solve and why none of their ideas could work.

Eventually, of course, they ran out of patience and gave up, leaving me to my misery. Argue for your limitations, and they get to be yours.

For the first roughly 40 years of my life, I felt unhappy and unsuccessful.

One day I sat down at a local coffee shop in the East Village in New York to write the sales letter for an offer I was making, and right in the middle of writing, all of my feelings of worthlessness and depression and failure overwhelmed me.

I felt like a victim of my own thoughts and feelings. I blamed my parents, the country I grew up in, growing up in the wrong environment, having the wrong class mates, the wrong friends. If only I'd been born in America, in Silicon Valley, had better parents, yadda yadda yadda, *then* I'd have been just like Steve Jobs.

This thought stream made me so depressed I just couldn't finish the sales letter. Why would anyone want to listen to me when I was such a depressed loser?! I left the coffee shop and went back home for a session with my coach at the time, Tripp Lanier.

He asked me: "*What do you get out of playing this victim game?*"

I was flummoxed. "*What do you mean what I get out of it? I don't get anything out of it. It's destroying my life. It's not something I choose to do. It's something my mind does because I wasn't loved the right way as a kid. It's my parents' fault.*"

And he said: "*No, I think you do it because you get something out of it.*"

I was still perplexed. Get out of it? What do I get out of it? I get nothing out of it. In fact, it prevents me from achieving my dreams, from launching this offer, from making money, from helping people. It doesn't do anything for me.

He insisted. "*I think you get to avoid taking responsibility.*"

Huh?

That was a shocking statement.

Avoid taking responsibility.

An entirely new thought for me.

But the more I thought about it, the more it made sense.

This was a trick my own mind played on me because it “knew” it would make sure I never put myself “out there,” which means I didn’t risk being judged or failing.

Oh, the dreaded f-word.

Failure.

Ouch.

Once I saw this, I couldn’t unsee it.

Your mind will play its “greatest hits” that it knows will keep you small, stuck ... and therefore “safe”.

Taking risks is dangerous. The job of your survival mind is pure survival. Not thriving. Not pursuing your dreams. Not “success.” Just don’t die right this moment.

And since you’re alive, whatever strategy it used in the past clearly worked! So it’ll keep doing it again and again and again.

This led me to what I call “the big pill.”

Recognizing that all of the stories I’d told myself for at least 30 years about why I couldn’t be happy or successful because of how my parents didn’t love me the right way, or I was born in the wrong country, or spoke the wrong language, or had the wrong friends, and on and on ... all of those stories were lies.

That my lack of happiness and “success” were all of my own making.

I’d told myself a story of how my lack of happiness and success were someone else’s fault.

And so in order to prove my point, I had to unconsciously do everything in my power to *remain* unhappy and unsuccessful.

Because if one day I did become happy and successful, that would be proof that my victim story had been a lie.

Do you see how this works?

When you argue for your victim position, you get to be right.

Recognizing that it was all a lie the whole time is what I call the big pill.

It's a hard pill to swallow.

And the longer you wait, the bigger it gets.

But the good news is, you only have to do it once.

And once you do, you're free and you get to become a Creator.

So to sum up, when you're playing the victim role, you will argue for your problems, and you will fight anyone who tries to take them away from you.

When you're in Victim, you think you want help solving your problems, especially from people who are willing to play the Hero role. But what you really want is having your victimhood validated.

We all do it. There's no use in shaming people for being in Victim. There *is* use in becoming the Creator, the Coach, or the Challenger.

The State of the Union

I love the American people. I love the American idea. I'm in awe of the American Constitution.

But man, have things gone off the rails over the past several decades.

Americans spend more on “health” “care” than any other nation at any point in history, yet are sicker, fatter, more anxious and depressed, and have more chronic illness than ever.

There's a fertility crisis. Young couples have trouble making babies without medical treatment. Think about that. Making babies is critical to the survival of the species. Two generations that cannot make babies, and we're wiped out. This should be an all-hands-on-deck emergency, but it's not.

America has spent trillions of dollars they didn't have to kill millions of people overseas, and there's no sign it's made the Americans safer or better off.

The American middle class has been squished. A family of four used to be able to buy a house and live a good life on one income. That's impossible today.

US government debt is up from \$16.6 trillion at the end of 2013 to \$33.1 trillion at the end of 2023, doubling in ten years. If you include unfunded Medicare, social security, and pension liabilities you end up with about \$166 trillion.

And that's on top of all the taxes and fees paid to the government by citizens, corporations, and other taxpayers.

Where did all that money go?

Have you noticed a dramatic improvement in your life from this?

If you owned assets, I bet you did well with those.

But outside of that, I doubt it.

The bottom line is that something's really wrong, and it's getting worse.

Why Are We Putting Up with This?

How can all of this be happening, and we the people aren't all pissed off at our elected officials for creating this mess, and all on the same team about fixing this?

I think there's a range of answers.

Some people just aren't seeing it.

The media is very selective in what they cover, and if the corporate media doesn't say it, those people simply don't see it. Or if they do see it somewhere on social media, they don't believe it, because how could the media not cover it if it were true? Trust in the media is at an all time low, and there's a reason why.

Some people see it, but they think that these problems are just super duper hard and that's why it's getting worse despite some very caring and honest and competent politicians' best efforts. Spoiler: They're not. The solutions are simple and known.

Some people think it's all because of the "other side" and if only "their side" was in power, then everything would be great. Spoiler: That's how the blob keeps us fighting each other.

Some people think that our politicians are just really bad at their jobs. They're trying but they're just that dumb.

The purpose of a system is what it does.

Which leads to the conclusion that there are some powerful dark forces who *want* things to be this way.

And they are bribing and blackmailing people at every level of society to serve their agenda, which includes making all of us sick, stupid, depressed, and busy fighting each other, so we don't notice all their stealing and killing.

It's sick, but it is what it is.

We have to face reality.

It's not incompetence.

It's malice.

It's about power and exploitation.

All the problems facing us have well known simple solutions. But the blob doesn't want our problems solved.

The blob likes them just the way they are, thank you very much.

The only thing they'd like is to get rid of that pesky free speech, so they wouldn't get exposed as much. That damn constitution.

What Happens if We Don't?

If we don't wake up, grow up, and make change, things will only get worse.

In order to pay taxes and keep up with inflation, you must work. If the government takes about half of your income, that's half of your life force energy taken from you at the threat of violence.

And although some of it does get used to build bridges and roads and provide essential services like police and firefighters, most of it is wasted or funneled to the blob's friends.

But that's not the worst part.

What's worse is all the money that goes to make life worse for you and others. That makes you sicker, that kills innocent people here and abroad,

that destabilizes regions, and many more problems that are made worse through the efforts of the government.

Think about that.

This is what's at stake.

It's like if you were 200 lbs overweight. That is a massive toll on your system. It's a weight that you have to carry around with every step you take. It causes metabolic dysfunction all over your body, which only makes you more overweight and more sick.

This is what the government is effectively doing to us all right now. And people are just going around like everything's fine, and this is just the way it is. We have totally normalized the most corrupt, dysfunctional system ever to exist in the history of mankind.

We don't even stop to realize things could be any different.

What would be possible if you didn't have to carry this burden around?

If you didn't have this sick and corrupt system leeching on your creative life force.

Think about that for a moment.

It's *wild!*

I know all of this sounds a bit intense. And it is.

Misconceptions

How do you know what you know?

David Hume was a philosopher who lived in Scotland in the 1700s. It seems like he was a real badass.

In 1739 at the tender age of just 28, he shook the world when he pointed out the obvious (in hindsight) truth that we cannot know anything about the outside world for sure.

Think about it.

The only thing you can ever possibly know about reality comes from your senses. Sight, hearing, touch, taste, smell. That's it.

But how do you know that they tell the truth? How do you know that I perceive the same that you do? How do you even know that I exist?

There's no such thing as "the world as it really is" independent of the human sensory apparatus.

I'm colorblind. I see color differently from you. Or so I've been told. But how can I truly know? How can I know how you see color? How can you know how I see color? We can't. We can only perceive the world through our own senses.

My dog has different sensory equipment than I do. Her vision is worse, but her sense of smell is better. When we go for a walk, she loves to sniff. When I come back from a trip, she loves to sniff my eyes. I joke that she wants to smell what I've seen.

My point is, we cannot know anything about the "objective" outside world for sure.

That's humbling.

It's also really good news, because all of our source of suffering and conflict comes from believing that we can know anything for sure.

When we add in the humility of realizing that we can't, it opens us up to new information and to each other.

An open mind gives rise to an open heart.

A closed mind equals a closed heart.

Even something like "science" isn't ever proven to be true.

To Infinity

Some years ago, my friend Branimir recommended I read the book *The Beginning of Infinity* by David Deutsch.

I was a bit skeptical, because it seemed dry, but boy was I wrong. One of the most important books I've read. If you haven't read it, please do. It should be required reading in all schools. In Calvin Nation, it for sure will, along with all of Byron Katie's books.

Here's what he says:

"[...] the desirable future is one where we progress from misconception to ever better (less mistaken) misconception.

I have often thought that the nature of science would be better understood if we called theories 'misconceptions' from the outset, instead of only after we have discovered their successors.

Thus we could say that Einstein's Misconception of Gravity was an improvement on Newton's Misconception, which was an improvement on Kepler's. The neo-Darwinian Misconception of Evolution is an improvement on Darwin's Misconception, and his on Lamarck's.

If people thought of it like that, perhaps no one would need to be reminded that science claims neither infallibility nor finality."

“Science claims neither infallibility nor finality.”

Whenever they tell you “the science is settled” you know they have no clue what they’re talking about. Science is never settled. They’re trying to gaslight you.

I love Deutsch’s perspective, because it reminds us to always keep an open mind. Stay curious. Keep searching for the truth.

Whatever you currently believe is just your latest misconception. Hopefully it’s better than your previous one. And hopefully it’ll get replaced by an even better one in the future.

Anything you read in this book is simply my best misconception to date.

Tomorrow or next week or next year, hopefully I’ll have a better one. That’s how it should be.

Never be so foolish as to believe that you’ve found the final truth, because that would mean your openness to discovery had ended.

Open mind equals an open heart. Keep both of them open.

Habits of Nature

One of the points that British scientist Rupert Sheldrake makes is that what we call “laws of nature” may in fact just be habits.

We call them “laws” but can we really know that they are? Of course we cannot.

Just because every single swan we’ve ever seen was white doesn’t mean that a black swan doesn’t or cannot exist.

Claiming they’re “laws” is an assumption, not a fact.

And that's okay. We have to make gross simplifications, generalizations, and assumptions in order to function in the world. It's normal, natural, and healthy. Just don't mistake the map for the territory.

What hurts you is not what you don't know.

It's what you know for sure that just ain't so.

The Power of Language

Notice how this is something that is easy to reason your way to.

And yet, you'll hear journalists, experts, politicians, even scientists say "the science is settled" and "laws of nature." Even though in just a couple of paragraphs we were able to realize that cannot be.

This should give you a sense of just how pervasive the web of inaccurate thinking is.

We're so easy to manipulate via language.

Terrence McKenna said: *"the real secret of magic is that the world is made of words. And if you know the words that the world is made of, you can make of it whatever you wish."*

We live inside prisons made up of words.

A Better Misconception

What makes one misconception "better" than another?

The best misconception is the one that is more useful.

Does it predict the future better? Does it make us take better action? Then it's a better misconception.

Results follow actions.

If we want a certain result, we have to take the correct actions that will produce that result.

Let's say you want to be healthy and fit.

One person's "misconception" is that eating low fat processed foods and taking prescription meds is the way to get there.

Another person's "misconception" is that eating only clean, organic whole foods, in limited quantities, exercising regularly, and staying away from any processed foods or pharma products is the way to get there.

After a period, we can measure and see how well each theory is in predicting and producing the desired result.

Whichever does the best job is the better of the two.

We split test, pick a winner, and then we can form a new hypothesis and test against the control.

That's how human progress is made.

But it only works if we're free to make hypotheses and experiment.

If there are taboos, no-go zones, and forbidden questions, then we're stunting our progress and our growth.

Which is why free speech is so crucial.

Trust in Government

There are two big elements that separate the blue pill and the red pill worldviews: Trust in the government and trust in the media.

Here's how I came to the conclusion that we cannot trust our government.

JFK

Why not start with JFK?

What the hell *did* happen to JFK?

Honestly!

A popular American president is murdered in broad daylight in front of everybody.

The government tells us an obvious bullshit lie about who did it.

The media covers it up.

The CIA invents the label "conspiracy theorist" to smear anyone who questions the government's blatant lie.

The government continues to keep documents sealed for another 61 years and counting.

And everybody just acts like everything's normal.

What in the actual f* *k?!?

I don't know *who* killed JFK. I don't know *why* they killed him. I don't know exactly *how* they killed him.

Was he murdered because he refused to invade Cuba despite the CIA trying to force his hands via the Bay of Pigs invasion?

Was he murdered by forces in the military because he crossed the military industrial complex that Eisenhower had just warned us about in his farewell address, when he didn't want to escalate in Vietnam and established direct communication with Soviet leader Nikita Khrushchev?

Was he murdered by Texan oil men because he wanted to limit the oil depletion allowance which he viewed as an unfair tax break for wealthy oil companies, which angered George Bush and his friend Lyndon B. Johnson?

Was he murdered by the Mossad because he wouldn't let Israel develop nuclear weapons, and Lyndon B. Johnson would?

Was he murdered by the CIA because he wanted to *"splinter the CIA into a thousand pieces and scatter it to the winds?"* As Senate Majority Leader Chuck Schumer said in 2017: *"You take on the intelligence community – they have six ways from Sunday at getting back at you."*

All of these have been claimed. All of them are plausible.

I've seen credible reports that the CIA, the Mossad, his own Vice President Lyndon B. Johnson, and George Bush Sr. were behind it. Chances are they all were since they all benefited greatly from his death.

I don't know the truth, and we might never know the truth.

What I *do* know is that *someone* killed him, someone *knows* who killed him, *lots* of people helped to cover it up, and the government is *still* covering it up.

If the government *wasn't* involved, why haven't they released all the files by now? Everyone who did it are long dead, so if it was individuals, there's no reason to keep the files sealed. Ergo, it must be government institutions.

This is *your* government, paid for by *your* money, working for *you*, murdering *your* president, and blatantly lying to *you*.

While preaching about democracy and free speech and the rules-based order and blah blah blah.

Come on!

And this, my friend, is the pattern you see everywhere.

Remember, the bigger the lie, the harder it is to believe it's a lie.

The Pattern

The pattern is simple: Something big and crazy happens. JFK. RFK. MLK. 9/11. Manson murders. Las Vegas shooting. Mueller investigation. Iraq. Libya. Afghanistan. Jeffrey Epstein. Sean Combs. COVID. 2020 election. 1/6. George Floyd. BLM. MH370.

And these are just the ones I've looked into. How many more are there?

Kinda makes you think: does anything bad ever happen that the government *isn't* behind?

In each and every case, we're told the official narrative early on, before it can really be known, and that narrative is hammered home again and again.

None of the official explanations make sense if you think about them for even just a few minutes.

The government never releases all the data. The media never does any deep research or analysis.

Instead, we're told a bunch of lies.

The government "loses", confiscates, destroys, or withholds critical evidence, while prosecuting and punishing whistleblowers who reveal inconvenient truths.

There's no real investigation or honest attempt at discovery from either the media or the government.

When questions get uncomfortable, the media stops covering the story, the government stops answering questions, and instead they launch smear campaigns to label you or destroy your credibility.

Anyone who questions the official narrative is labeled a conspiracy theorist or election denier or climate denier or some other label designed to silence them.

Often we're sent on wild goose chases with crazy stories that turn out to be false and most likely seeded by the blob. The moment someone falls for one of the stories, it's used to ridicule that person and make people scared to believe anything.

If the people with critical questions and inconvenient facts keep persisting, they have a strange tendency to commit suicide, drown in bathtubs, or suffer random tragic accidents.

Everything's settled, we're done, case closed, time to move on, turn the page, look forward, not back.

The questions never get answered.

My heuristic is that if the government isn't 100% forthcoming with information, honest in their search for the truth, or their official explanation makes no sense, we have to assume they're at least complicit.

Individuals are presumed innocent until proven guilty. The government must be presumed guilty until they prove their innocence. And they prove their innocence by releasing *everything* and letting the public comb through it.

This, of course, never happens.

Conspiracy Theorist

The media loves labeling anything that counters the official lie a "conspiracy theory" and anyone talking about them "conspiracy theorists."

As the saying goes on red pill X: the difference between conspiracy theory and reality used to be 18 months, now it's about 6.

It turns out that the term “conspiracy theory” was a deliberate CIA effort to discredit people who didn’t buy the Warren Commission’s ridiculous claims about the magic bullet invented required to frame the murder of JFK on Lee Harvey Oswald as a lone gunman.

From Lance deHaven-Smith’s book *Conspiracy Theory in America*:

The Rosetta Stone for understanding the origins and use of the conspiracy-theory label is the assassination of President John F. Kennedy. The conspiracy-theory label took form and gained meaning over a period of several years (or longer) in the context of efforts by the CIA, one of the world’s leading experts in psychological warfare, to deflect accusations that officials at the highest levels of American government were complicit in Kennedy’s murder. Although the Warren Commission did not use the exact phrase, it referred repeatedly to the “issue of conspiracy,” “questions of conspiracy,” and similar constructions, and it focused its inquiry on whether Lee Harvey Oswald had been acting on his own or instead had received help. The more compact phrasing, “conspiracy theory,” gained currency as a name pushed by the CIA for any and all theories that rejected the official account that Kennedy had been killed by a “lone gunman.”

The CIA’s campaign to popularize the term “conspiracy theory” and make conspiracy belief a target of ridicule and hostility must be credited, unfortunately, with being one of the most successful propaganda initiatives of all time. Although most Americans today reject the official (lone gunman) account of the Kennedy assassination, they also have doubts about conspiracy theories and those who believe them.

Pretty interesting, yes?

Again, *your* government used *your* money to gaslight *you* and label *you* for asking legitimate questions about the murder of *your* democratically elected president.

Something’s pretty fucked up.

So who's behind all of this?

The Blob

Think of “the blob” as “the man behind the curtain” from *The Wizard of Oz*.

It's a term coined by Mike Benz (follow him on X, he's a hoot). I used it for the shadowy force that controls our government and our media and so much more.

It involves three letter government agencies like CIA, FBI, DHS, NIH, and so on, international intelligence agencies, the military industrial complex, the medical industrial complex, The State Department, Mexican drug cartels, the Mafia, Ndrangeta, and other organized crime all over the world.

I used to believe the president's in charge and that it's a battle between Democrats and Republicans and maybe Independents and Libertarians.

It's so not.

My research suggests “the blob” effectively controls corporate media, social media, both political parties, Hollywood, the music industry, the Vatican, and more or less all important parts of the permanent state bureaucracy.

But who are the people who control the blob?

I don't know.

I'm not going to tell you that it's the illuminati or the Rothschilds or the Freemasons or the Jews or the Rockefellers. It might be all of those or none of those. I just don't know.

I don't think it's a single well defined set of people pulling all the strings. I think it's pretty amorphous, and a lot of it is just well aligned incentives and inertia. But some of it is absolutely intentional and malicious.

Exactly who it is and who's pulling the strings is less important than clearly seeing how it operates.

The blob keeps us sick, disoriented, and focused on things that anger and divide us, so that we spend our energy on bullshit drama and don't notice that they're stealing our money and our life force energy and effectively enslaving us.

The real battle is not Left vs Right, Democrat vs Republican.

The real battle is the people vs the blob.

That's the battle line.

When we fight each other, we're playing right into the hands of the blob.

The big question before us is, do we let the blob continue to control our institutions, kill millions, and impoverish and enslave large swaths of the population?

Or do we connect with each other, recognize we have the power, and together create a world of truth and integrity, of happiness, health, safety, and prosperity?

That's the question we need to answer.

But most people have no clue.

They think it's about this policy or that policy, or some slogan they heard on TV.

It's so not.

The Emperor

It's just like the story of the Emperor's New Clothes, a classic fairy tale from 1837 by Hans Christian Andersen.

In the story, an emperor who is obsessed with his appearance is tricked by two swindlers posing as weavers. They promise to make him the most magnificent clothes, which are invisible to anyone unfit for their position or

unusually stupid. The truth is they make no clothes at all. But the emperor, his ministers, and everyone else around him are so vain, have such fragile egos, and are so scared of ridicule they pretend to see the clothes to avoid being seen as incompetent or stupid.

When the emperor parades through the town in his new fancy clothes, people also pretend to admire the invisible outfit. Until suddenly, a child loudly exclaims: *“But he’s not wearing any clothes!”*

Only then does the crowd realize the truth.

Even so, the emperor, too proud to admit the deception, continues his procession as if nothing is wrong.

This story speaks directly to the red pill-blue pill question.

It’s as relevant today as it was when it was written 187 years ago! How little human nature has changed.

It takes so much courage to speak the obvious truth right before your eyes when you and everyone around you are shamed into compliance.

I wish to be like the child in that story.

It’s only appropriate that both its author and myself are from Denmark.

Let’s look under the hood at some more ways the blob operates.

The CIA

The CIA is a major part of the blob.

We don’t know a whole lot about the CIA. By design. It’s covert.

But we did learn some things during the Church Committee in 1975. That’s 49 years ago!

According to Wikipedia:¹⁶

The most shocking revelations of the committee include

***Operation MKULTRA**, which involved the drugging and torture of unwitting US citizens as part of human experimentation on mind control;*

***COINTELPRO**, which involved the surveillance and infiltration of American political and civil-rights organizations;*

***Family Jewels**, a CIA program to covertly assassinate foreign leaders; and*

***Operation Mockingbird** as a systematic propaganda campaign with domestic and foreign journalists operating as CIA assets and dozens of US news organizations providing cover for CIA activity, confirming earlier stories that charged that the CIA had cultivated relationships with private institutions, including the press. Without identifying individuals by name, the Church Committee stated that it found fifty journalists who had official, but secret, relationships with the CIA.*

So we know for a fact that the CIA has drugged and tortured unwitting US citizens as part of human experimentation on mind control. Oh, and they destroyed most of the documents to try and hide the truth from the citizens. Okay. That sounds pretty bad.

We also know they surveilled and infiltrated American political groups. Illegally, I might add. Including presidents and elected officials. Also not so great.

We know they assassinated foreign leaders. That also sounds fairly bad. JFK would not approve.

And we know they fucked with the media at home and abroad to make sure the media wouldn't mess with the CIA's ability to do their dirty business.

¹⁶ https://en.wikipedia.org/wiki/Church_Committee

And that's just what we know they did 50 years ago! What have they been doing since? Great question. Seems like we should know, but we don't.

Let's look into a few of these programs.

MKULTRA

Project MKULTRA is especially shocking. From Wikipedia:¹⁷

*The program engaged in **illegal activities**, including the **use of U.S. and Canadian citizens as unwitting test subjects**. MKUltra's scope was broad, with **activities carried out under the guise of research at more than 80 institutions** aside from the military, **including colleges and universities, hospitals, prisons, and pharmaceutical companies**. The CIA operated using front organizations, although some top officials at these institutions were aware of the CIA's involvement.[...]*

***Most MKULTRA records were destroyed in 1973** by order of CIA director Richard Helms, so it has been difficult for investigators to gain a complete understanding of the more than 150 funded research subprojects sponsored by MKUltra and related CIA programs.[...]*

*Some historians assert that one goal of MKULTRA and related CIA projects was to **create a Manchurian Candidate-style subject**. American historian Alfred W. McCoy has claimed that the CIA attempted to focus media attention on these sorts of "ridiculous" programs so that the public would not look at the research's primary goal, which was effective methods of interrogation.*

Whoa!

Illegal. Destroying records. 80 different institutions involved. Direct involvement and coverup by the CIA director. And developing killers who can kill on command with no recollection of their deeds.

¹⁷ <https://en.wikipedia.org/wiki/MKUltra>

In his fascinating book *Chaos*, Tom O'Neill traces the history of the Charles Manson murders. Not being from this country, I didn't know too much about them, but the 2019 Quentin Tarantino movie *Once Upon a Time... in Hollywood* was based on this event.

Charles Manson was the charismatic leader of a cult that ended up committing some really conspicuous murders. In O'Neill's investigation, it turns out Manson had ties to the CIA and that the whole thing was most likely part of MKULTRA as a way to both experiment with mind control through LSD and other drugs, and as a way to end the "summer of love" vibes.

Here's a passage from the book:

A few years earlier, the evocatively titled Operation Midnight Climax had seen CIA operatives open at least three Bay Area safe houses disguised as upscale bordellos, kitted out with one-way mirrors and kinky photographs. A spy named George Hunter White and his colleagues hired prostitutes to entice prospective johns to the homes, where the men were served cocktails laced with acid. White scrupulously observed the ensuing activities, whatever they were. The goal was to see if LSD, paired with sex, could be used to coax sensitive information from the men—something of a psychedelic honeypot experiment.

White so enjoyed the proceedings that he had a portable toilet and a mini-fridge installed on his side of the mirror, so he could watch the action and swill martinis without taking a bathroom break. He later wrote to his CIA handler, "I was a very minor missionary, actually a heretic, but I toiled wholeheartedly in the vineyards because it was fun, fun, fun. Where else could a red-blooded American boy lie, kill and cheat, steal, deceive, rape and pillage with the sanction and blessing of the All-Highest? Pretty Good Stuff, Brudder!"

Your government hard at work to keep you safe!

In 1949, at the Nuremberg trials that adjudicated the crimes of World War II, the United States adopted the International Code for Human Experimentation: "A person must give full and informed

consent before being used as a subject.” MKULTRA scientists flouted this code constantly, remorselessly—and in ways that stupefy the imagination. Their work encompassed everything from electronic brain stimulation to sensory deprivation to “induced pain” and “psychosis.” They sought ways to cause heart attacks, severe twitching, and intense cluster headaches. If drugs didn’t do the trick, they’d try to master ESP, ultrasonic vibrations, and radiation poisoning. One project tried to harness the power of magnetic fields.

Operated on a strict need-to-know basis, MKULTRA was so highly classified that when John McCone succeeded Dulles as CIA director late in 1961 he was not informed of its existence.

Your government remorselessly violating the Nuremberg Code. Good to know.

Three government investigations followed, all hobbled by the CIA’s destruction of its files. When records were available, they were redacted; when witnesses were summoned, they were forgetful.

First came the Church Committee and the Rockefeller Commission, each mentioned earlier regarding CHAOS and COINTELPRO. The Church Committee’s final report unveiled a 1957 internal evaluation of MKULTRA by the CIA’s inspector general. “Precautions must be taken,” the document warned, “to conceal these activities from the American public in general. The knowledge that the agency is engaging in unethical and illicit activities would have serious repercussions.”

Your government hard at work trying to hide what they’re doing so you never find out.

This kind of thing happens again and again.

Destruction of Evidence

After the Mueller investigation into Russian collusion of the Trump administration ended, no less than 27 phones used by the team were wiped before they could be reviewed.¹⁸

As long as government officials can get off free by claiming to have “accidentally” lost evidence, they’re going to continue to do so.

In my view, that should be cause for an instant jail sentence. I don’t care whether it was accidental or not. This is property belonging to the people, and as a steward of the best interests of the people you better take real good care of their property and be prepared to demonstrate that you are indeed worthy of their trust.

In the summer of 2024, it came out that Fauci and others at the NIH had learned from their so-called “FOIA lady” how to circumvent FOIA or Freedom of Information Act requests. FOIA requests are a critical way that the public gets to know what the government is actually doing for or against them. And in this case, Fauci and others were deliberately working to prevent the public from learning what they were up to.¹⁹

Further evidence shows that Dr. Fauci’s former-Chief of Staff, Greg Folkers, also utilized FOIA evading tactics by strategically misspelling words. This evasion tactic ensures that when the NIH searches its email server for key words that are responsive to a FOIA request, Mr. Folkers’s emails that contain the misspelled key word are not identified or produced as a responsive document.

They also used private email accounts and knew to not commit sensitive details to email, and to delete the emails should they slip up:²⁰

“[I] learned from our foia [sic] lady here how to make emails disappear after I am foia’d [sic] but before the search starts,” he [Dr.

¹⁸ <https://www.yahoo.com/news/least-27-phones-special-counsel-212933558.html>

¹⁹ <https://oversight.house.gov/release/wenstrup-investigates-nih-conspiracy-to-evade-foia-avoid-public-transparency/>

²⁰ <https://nypost.com/2024/09/30/us-news/nih-foia-lady-who-taught-fauci-adviser-how-to-make-emails-disappear-will-plead-the-fifth-to-house-covid-subpoena/>

David Morens, a former NIAID senior adviser to Fauci] wrote in a Feb. 24, 2021, email sent from his private Gmail account. “Plus I deleted most of those earlier emails after sending them to gmail [sic].”

“We are all smart enough to know to never have smoking guns, and if we did we wouldn’t put them in emails and if we found them we’d delete them,” Morens also said on June 16, 2020.

Again, that should be an instant jail sentence. It doesn't matter whether there was any underlying crime that you tried to cover up. The attempt to prevent the people you are paid to serve from finding out what you're up to is the crime. Alas, that's not how things are currently run. The people in charge get away with all kinds of crimes, and no one is holding them accountable.

Except when it's convenient for the “blob” to bring up some old crime, because it's time to get rid of that person, like what seems to have happened with NY Governor Andrew Cuomo, and is happening at the time of this writing with NYC Mayor Eric Adams.

I'm not saying that these people didn't do bad things. In the case of Cuomo, he killed lots of old people by forcing patients with COVID back into nursing homes. Old people being one of the top categories of people impacted by COVID.

And Eric Adams, I'm sure, is as corrupt as they come; I think it's hard to become mayor of NYC unless you are. But the timing of the allegations against him, right as he was about to go to DC to confront the Biden administration on their open border policies is suspicious to say the least.

Back to MKULTRA, though, another quote from *Chaos*:

[Sidney] Gottlieb's [head of MKULTRA] destruction of the MKULTRA files was a federal crime. It was investigated by the Justice Department in 1976, but, according to the Times, “quietly dropped.” His brutal courses of experimentation broke any number of laws, and his perjury that day did, too. But he was never prosecuted. He'd testified before the Senate only under the condition that he receive total criminal immunity.

As for those sixteen thousand new pages, they were mainly financial records, but a few more tantalizing documents found the CIA explicating its ambitions. “Can we obtain control of the future activities (physical and mental) of any individual, willing or unwilling... with a guarantee of amnesia?” they asked. “Can we force an individual to act against his own moral concepts?” And: “Can an individual... be made to perform an act of attempted assassination?”

All Them Lone Gunmen

Can an individual be made to perform an act of attempted assassination ... and can we guarantee that they have no memory of having done it?

That’s a great question.

Because when you look into the history of assassinations in the US, this is a pattern that comes up again and again.

Remember Jack Ruby, the guy who conveniently killed Lee Harvey Oswald before he could testify and tell us all how he was set up as the patsy?

Turns out that before Jack Ruby could testify in front of the Warren Commission, the commission that was tasked with getting to the bottom of what happened with JFK, Jack Ruby was visited in his jail cell by none other than MKULTRA operative Dr. Louis Jolyon West, also known as “Jolly.”

From Chaos:

After John F. Kennedy was assassinated in November 1963, West psychiatrically examined Jack Ruby, who’d murdered Kennedy’s assassin, Lee Harvey Oswald. Not long before Ruby was due to testify for the Warren Commission, West examined him alone in his jail cell. He emerged to report that Ruby had suffered an “acute psychotic break.” Sure enough, Ruby’s testimony before the commission succeeded only in making him sound unhinged. He could never fully explain why he’d decided to kill Oswald.

Was Jack Ruby a “Manchurian Candidate”? It’s plausible.

There's also Sirhan Sirhan, the guy who allegedly murdered JFK's brother and Attorney General under JFK, Robert F. Kennedy, or RFK. His son, RFK Jr., was running for president in 2024 before joining forces with Trump.

From a Washington Post article from June 5, 2018, headlined "Who killed Bobby Kennedy? His son RFK Jr. doesn't believe it was Sirhan Sirhan":²¹

Though Sirhan admitted at his trial in 1969 that he shot Kennedy, he claimed from the start that he had no memory of doing so. And midway through Sirhan's trial, prosecutors provided his lawyers with an autopsy report that launched five decades of controversy: Kennedy was shot at point-blank range from behind, including a fatal shot behind his ear. But Sirhan, a 24-year-old Palestinian immigrant, was standing in front of him.[...]

Sirhan's appeals have been rejected at every level, as recently as 2016, even with the courts considering new evidence that has emerged over the years that as many as 13 shots were fired — Sirhan's gun held only eight bullets — and that Sirhan may have been subjected to coercive hypnosis, in a real-life version of "The Manchurian Candidate."

See the pattern?

Sirhan had no memory of killing RFK.

He was subjected to coercive hypnosis.

Given the autopsy, he couldn't have possibly killed RFK.

Given the number of bullets fired, he could not have been the only gunman.

And yet he was convicted.

²¹ <https://www.washingtonpost.com/news/retropolis/wp/2018/05/26/who-killed-bobby-kennedy-his-son-rfk-jr-doesnt-believe-it-was-sirhan-sirhan/>

Lone crazy gunman.

Case closed.

Stop asking questions.

There's a parallel to the recent assassination attempts on Donald Trump. I haven't looked too deeply into them, but from what I've seen, they fit the pattern. Lots of questions. Lots of ties to the blob. And lots of obfuscation from the government and zero interest from the media.

If the government truly wanted to get to the bottom of what happened, they would investigate incessantly, share their data, and invite the public to help out. Of course, they never do that.

I highly recommend you read *Chaos* for yourself.

But it gets worse.

Operation Gladio

The book *Operation Gladio* by Paul L. Williams totally blew my mind.

The main claim of the book is that after the 2nd world war, a secret project was established to have agents stay behind in Europe to prevent Europe from falling to the communists.

However, the thing that stood out to me is the claim that in order to fund this operation, the CIA engaged in drug trade, starting with selling heroin to black people in NYC, and later expanding into cocaine and other drugs, as well as to other ethnicities and geographic regions.

In short, the CIA runs the world's drug trade, and they do it in collaboration with organized crime around the world.

Great! Your government at work for you!

In short, the CIA is two peas in a pod with the drug cartels and other organized crime around the world, and they happen to effectively be in

control of the world's most powerful military through blackmail of elected officials

That's quite the red pill.

However, it's well backed up by facts, both in this book and in other places.

Gary Webb was an investigative journalist who in 1996 wrote a series of articles in the San Jose Mercury News titled "Dark Alliance" about the CIA's involvement in the crack cocaine trade in LA.

He died in 2004 at the age of 49 from two gunshot wounds to his head. It was deemed a suicide. Another person critical of the blob who turned out to be suicidal. Curious.

Here's a few quotes from *Operation Gladio* claiming the US created ISIS:

Gordon Duff, senior editor of Veterans Today, alleges that the ISIS terrorists were organized in Jordan and Syria by Senator John McCain, US Major General (retired) Paul E. Vallely, and other military consultants. Vallely is a Fox News military analyst and the founder of the US Army Psychological Warfare School. Support for Duff's assertion comes from investigative journalist Aaron Klein, who has unearthed evidence that the ISIS forces are trained at a secret US military base in the Jordanian town of Safawi. This report has been corroborated by Der Spiegel, Germany's leading news magazine. Additional confirmation comes from Edward Snowden, the NSA (National Security Agency) whistleblower, who has produced classified government documents that show that Abu Bakr al-Baghdadi, the leader of ISIS, is a CIA operative.

Okay. So ISIS is another CIA operation. Why, though?

According to several news analysts, the purpose of ISIS is to create a state of "endless war" that will serve to exhaust Saudi and Iranian military resources and to bring about the dissolution of Syria and Iraq into small states that can be manipulated by the US-dominated money cartel, which seeks control of their natural resources. This thesis is supported by classified CIA documents that affirm that arms

for ISIS came, compliments of the CIA, from the arsenal of Muammar Gaddafi. The shipment of these weapons to ISIS in Syria was supervised in 2012 by David Petraeus, the CIA director who would soon resign when it was alleged that he was having an affair with his biographer.

Oh, so we can have endless wars and steal natural resources from countries around the world.

Maybe we should've taken Eisenhower's farewell address more seriously.

When the US military occupation of Afghanistan became precarious, the CIA worked with the Mexican drug cartels to develop poppy fields throughout the mountains of Mexico's west coast. By 2013, heroin and cocaine from Mexico—with a street value of \$3 billion—flooded Chicago. The drugs arrived by land, rail, and air, including 747 jetliners. When Jesus Vicente Zambada Niebla, a member of the Sinaloa cartel, was collared by Chicago police officials, he claimed to be a CIA operative under government protection. His trial was halted by federal prosecutors on the basis of the "Classified Information Procedures Act." The prosecutors claimed that Niebla's testimony would constitute a threat to national security.

Oh, so the CIA is doing drug trade in partnership with the Mexican drug cartels. Who also happens to be involved in human trafficking. And the Biden administration has been massively expanding border crossings. Interesting.

The book's subtitle is "*The Unholy Alliance between the Vatican, the CIA, and the Mafia.*"

According to the book, as the drug money started to roll in, they needed a way to launder it. The answer was the Vatican, whose bank has no oversight. He claims that the CIA has been in control of the Pope and the Vatican for a long time.

When Pope John Paul I became Pope, he issued a call for reform:

Nevertheless, reliable sources contend that the new pope was moved to action as he learned more and more about the inner workings of Vatican, Inc. According to author David Yallop, John Paul announced on September 28 his decision to remove Archbishop Marcinkus from the IOR [the Vatican Bank], to transfer Cardinal Baggio to the diocese of Florence, and to force Cardinal Villot into retirement. This contention is supported by declassified documents from the US Department of State and the CIA.[...]

The morning after John Paul made these alleged announcements, he was found dead under conditions that continue to baffle investigators. At 4:30 a.m., Sister Vincenza, following her morning routine, knocked at the door of the papal bedchambers and left a pot of coffee on a table in the hallway. When she returned a half hour later, she found the tray untouched. After knocking at the door and receiving no reply, she called out: "Buona serra, Papa." The room was still. Entering the room, she found the pope sitting up in bed with his eyeglasses half off his nose. His fingers were clutched around a file, and papers were strewn among the bed covers. As soon as she approached him, Sister Vincenza reeled back in horror. The pope's lips were pulled back in a macabre grimace; his gums were exposed; and his eyes appeared to have popped from their sockets.

And of course, there are lots of unanswered questions around the autopsy and the cause of death

The book closes with this:

From the time of its inception, Gladio was fueled by heroin. This reliance produced a plague that has spread throughout the civilized world. The illicit gains of the CIA from trafficking were originally washed in the Holy See. But the Vatican Bank became capable of handling the flood of revenue that poured into the Bastion of Nicholas V. New financial institutions were established to serve as laundries, including the Castle Bank and Trust in Miami, the Nugan Hand Bank in Sydney, and the Bank of Commerce and Credit in Karachi. But even these banks proved insufficient to handle the billions of dollars in ill-gotten gains, and so the dirty money began to

flow through major American banks, including Citibank, American Express of Beverly Hills, Manufacturers Bank, the Great American Bank, Chemical Bank, and Chase Manhattan.

The CIA's reliance on La Cosa Nostra also changed and the agency, by creating Gladio II, became compelled to forge new alliances with the Latin American cartels, the babas and Grey Wolves of Turkey, street gangs within America's inner cities, and the Albanian Mafia who emerged almost overnight as "the leading crime outfit in the United States."

And so Gladio goes on to advance the interests of an Anglo-American money cartel. It will persist on the winds of war as long as the affairs of men are governed by covetousness and greed. It matters not that a handful of people might draw back the curtain to reveal figures with bloody swords.

How big is the lie? Very big.

Operation Mockingbird

Mockingbird is the CIA project to control the media that we learned about during the Church Committee hearing in 1975.

It's described in *Operation Gladio* as well:

[...] the CIA, under Allen Dulles, initiated Operation Mockingbird in 1953. This operation involved recruiting leading journalists and editors to fabricate stories and create smoke screens in order to cast the Agency's agenda in a positive light. Among the news executives taking part were William Paley of the Columbia Broadcasting System (CBS), Henry Luce of Time Inc., Arthur Hays Sulzberger of the New York Times, Barry Bingham Sr. of the Louisville Courier-Journal, and James Copley of Copley Press. Entire news organizations eventually became part of Mockingbird, including the American Broadcasting Company (ABC), the National Broadcasting Company (NBC), the Associated Press, United Press International, Reuters, Hearst Newspapers, Scripps Howard, Newsweek, the Mutual Broadcasting System, the Miami Herald, the Saturday

Evening Post, and the New York Herald Tribune. With over four hundred journalists now involved, along with mainstream news outlets, the Agency could operate without fear of exposure.

And as we saw, Operation Mockingbird is not limited to just American media.

Did it end in 1975? Probably not. Most likely they only got better at it over the years.

We know from the Twitter Files that were released after Elon Musk bought Twitter, that the CIA and other blob agencies were deeply involved in censoring and monitoring communications on Twitter and other social media platforms.

In August of 2024, Mark Zuckerberg admitted that the government pressured Meta to censor content during the COVID-19 pandemic.²²

It seems highly likely that the blob is effectively in control of Meta and Google and all of their platforms, and probably others. And that they hate Elon precisely because he won't let them control X.

Whenever I travel to my home country of Denmark, I can't help but notice how one-sided the media is in their coverage of US politics. There's no Fox News, Rush Limbaugh, Breitbart, The Daily Wire, Candace Owens, Tucker Carlson, or Joe Rogan over there. People get their news from the corporate media, aka Operation Mockingbird, and that's the story they believe in.

Denmark is ranked as *the* least corrupt country in the world, and as hard as it is for Americans to wrap their heads around the level of corruption, I think it's even harder for Danes.

Nixon and Watergate

If the blob can assassinate a president and get away with it, what else can they do?

²² <https://www.pbs.org/newshour/politics/zuckerberg-says-the-white-house-pressured-facebook-to-censor-some-covid-19-content-during-the-pandemic>

They can oust one through lawfare as happened with Nixon.

Most people have heard of Watergate.

The official story is this: A US president, running for reelection, arranges a break-in into the headquarters of the opposing party to find stuff he can use to win. Nixon tried to cover the whole affair up, but was finally forced to resign because of the “smoking gun tape” where he admitted on tape that he was trying to cover it up.

Except we now know that Nixon was framed, and the real crook was John Dean.

The break-in did take place, and the burglars did get caught. But Nixon had no involvement or knowledge of it, nor did he try to cover it up after the fact.

Five out of seven burglars had ties to the CIA, which suggests the CIA might have been involved.

We also know that the famous “deep throat” who leaked information to “journalists” Bob Woodward and Carl Bernstein, was none other than Mark Felt, the associate director of the FBI. When Felt’s boss, FBI Director J. Edgar Hoover, died in 1972, Felt expected to be promoted as next in line. Instead, Nixon appointed L. Patrick Gray to the role. Was Watergate Felt’s revenge over being snubbed?

Bob Woodward himself is also very suspicious. He had essentially no career as a journalist before Watergate, coming straight from the Navy and the Pentagon, where he’d previously been exposed to classified information. He joined the Washington Post shortly before breaking the Watergate scandal. My guess is he was placed there as a reliable mouthpiece.

Geoff Shepard, who was working for Nixon at the time, and was the one who transcribed the famous “smoking gun tape,” has been studying the case for 50 years. Thanks to recently declassified documents, he has thoroughly documented that Nixon was indeed framed, making this another coup against a sitting, democratically elected US president. Shepard’s film

Watergate Secrets²³, as well as his book *The Nixon Conspiracy: Watergate and the Plot to Remove the President*, go into detail on this.

From the book blurb:

Shepard reveals the untold story of how a flawed but honorable president was needlessly brought down by a corrupt, deep state, big media alliance—a circumstance that looks all too familiar today. In this hard-hitting exposé, Shepard reveals the real smoking gun: the prosecutors’ secret, but erroneous, “Road Map” which caused grand jurors to name Nixon a co-conspirator in the Watergate cover-up and the House Judiciary Committee to adopt its primary Article of Impeachment.

A president who had just won in a 49 state landslide, with 520 out of 538 electoral votes, was ousted by the deep state.

One interesting bit: John Dean was Nixon’s White House Counsel, and was the person that we now know framed Nixon as being part of a coverup, which was what caused Nixon to resign. John Dean is still, to this day, a talking head on MSNBC and CNN. As is Bob Woodward. You see how the blob works?

Experts

Are you starting to see how many “experts” aren’t merely as impressive as they seemed when we were kids? I used to worship Bob Woodward. Turns out he’s a deep state fraud.

This might be a great time to revisit the famous episode where Richard Feynman simply and elegantly demonstrates the layers and layers of bullshit from NASA engineers when investigating why the space shuttle Challenger exploded.²⁴ Look it up on YouTube, it’s a masterpiece.

I bet at some point you’ve been part of an organization where you saw groupthink in action. Humans have an incredible capacity to just go along

²³ <https://watergatesecret.com/>

²⁴ <https://www.youtube.com/watch?v=raMmRKGkGD4>

with the consensus, even when their own eyes are showing them that it's obviously false.

In the 1950s, psychologist Solomon Asch conducted what has been dubbed the Asch conformity experiments.

A group of participants was shown a line and then asked to match it to one of three lines of different lengths. Only one person in the group was the actual test subject, while the rest were actors who were instructed to give the wrong answer on certain trials. The actors would unanimously claim that a clearly incorrect line (e.g., a line of different length) was the match, and the study observed whether the test subject would conform to the group's incorrect judgment or stick to what they knew to be true.

About 75% of participants conformed at least once.

This is how powerful the group mind and the desire to comply is.

Imagine what happens when the evidence is less clear, as it is today, where the media and our governments are intentionally lying, obfuscating, and confusing us.

Justice System

People on the right also have little faith in the justice system, which is why you see them shrug their shoulders at Trump now officially being a "convicted felon."

To the red-pilled right, it's just the same-old-same-old deep state going after the biggest threat to their decades-long corruption and grift.

I was watching a Tucker Carlson interview with a former FTX executive, Ryan Salame²⁵, who is going to jail for 7.5 years for donating to Republicans.

I'm no fan of FTX, but the story Ryan tells is incredible. He says that the government prosecutor offered him a deal where if he pled guilty, they wouldn't go after the mother of his children, with whom he was going

²⁵ <https://x.com/TuckerCarlson/status/1844100642979099054>

through a divorce. He took the deal to spare her, only to have them go back on their word.

General Michael Flynn, whom the deep state went after aggressively right after Trump got elected, has a similar story: they threatened to go after his son, which made him plead guilty to a crime he didn't believe he committed. In his case, the judge sat on the guilty plea long enough for Flynn to learn new information about his case, and he withdrew his guilty plea.

Most crimes do not go to trial. Defendants are warned that going to trial is going to be even costlier, and likely to result in a much harsher sentence. There's a legitimate concern that prosecutors and judges collectively want to punish defendants for insisting their case be heard in court.

Even if it does go to trial, a lot can be done in terms of selecting the right jurisdiction with a jury that's predisposed to support the prosecution. And there's a lot of leeway in which lines of questioning are allowed and which witnesses are allowed or not. Ryan from FTX also shares that people wouldn't testify in his defense, because they were afraid the government would go after them in retaliation.

In his book *Three Felonies A Day: How the Feds Target the Innocent*, Harvey Silverglate documents how there are so many felonies on the books that every person in the US unknowingly commits at least three a day, just living life.

That's exactly how a corrupt government machine wants things, because it gives them a tool they can wield against anyone who gets in their way anytime they want. Show me the man and I'll show you the crime, as the famous saying goes.

And if they cannot convict you, they can probably coerce you into pleading guilty to something you didn't do. And if they can't do that, they can still bankrupt you.

It's not a functioning justice system if the government can throw unlimited resources into prosecuting you, and even if you're totally innocent, you will go bankrupt and waste years of your life just trying to defend yourself, and you still might go to jail, because of the threats or the cost of fighting.

Even if they end up dropping the charges, you don't get your time or your money back. No compensation. Yeah, we ruined your life. Sorry, not sorry.

That's not a legal system. It's a shakedown racket. And it gives the government almost unlimited power to intimidate people into compliance.

And all that typically happens to the prosecutors if they go after someone on a fraudulent basis is they fail up: they get promoted to an even higher position.

In another interview on Tucker Carlson, Harmeet Dillon,²⁶ a lawyer who has known Kamala Harris for over 20 years, documents the case of David Daleiden, an undercover journalist investigating abortion clinics that were illegally selling aborted fetus parts.

According to Dillon, "Kamala Harris ignored the First Amendment and custom made the first prosecution of a journalist in California history." That was seven years ago, and no judge has been willing to pursue the case, so seven years later he still has this charge hanging over his head and he has to spend money to defend himself. He faces years in prison if convicted. And the abortion clinic was never prosecuted for their activities.

If this is true, it's quite the allegation, given how the Biden/Harris administration and the media has repeatedly accused Trump of going after journalists.

Bottom line is that people on the right don't have a lot of faith in the legal system, and for good reason. They believe a lot of judges are "activist" judges who are out to pursue their own political agenda, rather than honestly administer the law.

People on the left believe that the legal system basically works. Sure, there are some bad apples, but it's fundamentally sound, and it's run by good people who would never abuse it for their own political or corrupt ends. At least not on any meaningful scale.

²⁶ <https://x.com/TuckerCarlson/status/1844785347881840915>

The fact that Trump is now a convicted felon and that no fraud has been proven in the 2020 election means that the system is working.

It's the difference between the fairy tale version of how we've been taught the system is supposed to work, and then all the little details of how it actually works in real life.

Details truly matter. You can have the most brilliant laws on the books, but if they're not enforced honestly, they mean nothing.

Trust in Media

The other big part of the red pill worldview is a lack of trust in the media.

We've all heard the term "fake news." This is what that term implies: That the media is partisan and lying and have abandoned their fourth estate responsibilities as a check on power.

We *need* a shared understanding of reality to be able to work as a community and create our future together. And we need someone to hold powerful people accountable.

And we don't have that. At all.

There's a phenomenon dubbed the Gell-Mann Amnesia Effect. I bet you've experienced it. It goes like this:

You read an article about a topic you know something about, and you realize how little the journalist who wrote it knows about your topic. It's an oversimplification, misleading, or downright wrong.

Then you proceed to turn the page and read an article about some other topic you're not an expert on, and you promptly forget what you just noticed, and you trust that this article surely is telling the truth.

But of course it isn't.

I've had this experience many times. You probably have too.

After Trump got elected, I was seriously concerned about the survival of the US Democracy.

A thriving democracy depends on an informed citizenry, and so I signed up for a paid subscription to The Washington Post. Democracy dies in darkness, as their slogan says. Better shed some light.

I quickly learned the errors of my ways.

Article after article, I saw the same pattern:

There's some tiny bit of real data. They'll write a whole article of narrative, interpreting the thing. And then buried in paragraph seven is the real nugget of information that the whole article was based on. But when you go check out the source, it turns out that it doesn't support the narrative of the article.

Try it yourself. Read almost any article carefully. Ignore any adjectives, assertions, generalizations, loosely defined or undefined terms, and see what you're left with.

A Fun Game

I'll walk you through an example so you can see how this works.

Try to look beyond the Trump piece and just notice the machinations at work. Imagine it was Kamala or Obama or Trudeau or whoever your favorite politician is.

I just pulled a random headline from CNN.com today, September 20, 2024:²⁷

Headline: "*Trump leads, and his party follows, on vaccine skepticism.*"

What does that mean exactly?

What does "vaccine skepticism" mean exactly? Does it mean that you have questions about the value of some of the vaccines administered to children? Rejecting them all? Having questions about immunity from liability for vaccine manufacturers? What does it mean? That's not clear, but it's clearly bad.

What does it mean that he leads and the party follows?

None of this is clear. But okay, it's a headline.

²⁷ <https://www.cnn.com/2024/09/30/health/trump-vaccine-skepticism-partner-kff-health-news/index.html>

More than four years ago, former President Donald Trump's administration accelerated the development and rollout of the covid-19 vaccine.

Okay, nothing much here. Statement of fact.

The project, dubbed Operation Warp Speed, likely saved millions of lives.

This is an assertion, and one that I personally question. I think it's more likely that millions of people died because they were prevented from receiving known, effective treatments early on, so that an Emergency Use Authorization could be given to the COVID vaccines. So the exact opposite.

But a substantial number of Republican voters now identify as vaccine skeptics – and Trump rarely mentions what's considered one of the great public health accomplishments in recent memory.

What is a “substantial number”? What does it mean to “identify as a vaccine skeptic”? What's the implication of Trump “rarely mentioning” this? And the fact it was “one of the greatest health accomplishments in recent memory” is another assertion not backed by anything.

Note how they repeatedly state assertions as fact, to make it appear as if the question of the efficacy of the COVID vaccines, and vaccines in general, is a settled issue. It's not. Far from it.

Here's another article from yesterday, September 29, 2024.²⁸

Headline: *“Trump lambastes immigrants using false homicide claims.”*

Note the word “lambastes.” A very loaded word.

“Immigrants” itself is also value loaded. Are they legal or illegal immigrants? Is their status disputed?

²⁸<https://archive.is/20240930004247/https://www.washingtonpost.com/politics/2024/09/29/trump-false-claims-immigrants-homicide/>

And the claims are deemed “false” right there in the headline. The stage is clearly set.

Republican presidential nominee Donald Trump, in a speech that repeatedly painted a dark caricature of immigrants, seized on a recent report to claim falsely that thousands of immigrants with homicide records had been allowed to go free by the Biden administration.

“Repeatedly painted a dark caricature of immigrants”. Whoa! That’s strong. What did he say exactly? How many times did he say it exactly?

“Seized” is another one of their favorite words. It sounds dangerous, suspect, and manipulative.

Imagine they’d instead said something neutral, like “Trump, quoting a recent government report, raised concerns about immigrants with criminal records being allowed into the country and remaining free.”

Or, if they were Trump-friendly, they could’ve said: “Trump, quoting a recent government report, raised valid and reasonable concerns about some illegal immigrants with criminal records being allowed into the country and remaining free.”

Notice the addition of “valid” and “reasonable” and “illegal” to add support.

Same set of facts, very different narrative.

All of this really matters. Narrative is everything. These words bypass your mind’s defense mechanism, and seep right into you as truth. “Trump’s a bad guy who hates immigrants.” When there’s plenty of evidence to support the opposite. But that story is never told in the media.

Let’s continue:

“They’re coming into our cities and our small towns, here in Pennsylvania and all over the country,” Trump said in a speech that meandered widely and made several other unsupported assertions.

“These towns are petrified. Even if they’re not there yet, they will be there.”

Note the use of “meandered widely” and “made several other unsupported assertions”. Clearly painting a picture of Trump as off his rocker.

Trump cited a new letter from U.S. Immigration and Customs Enforcement to falsely suggest that more than 13,000 immigrants convicted of homicide had been let into the United States on President Joe Biden’s watch and then released. But allies of Vice President Kamala Harris and nonpartisan experts say Trump is badly misrepresenting the data.

“Falsely”. Again, they’re asserting the conclusion without backing it up.

Also note “nonpartisan experts.” Who are these experts? What are they experts on? What are their credentials? And what does it mean exactly that they’re “nonpartisan”? You can be nonpartisan and still part of the blob, because the blob is beyond party. It’s intentionally reinforcing an outdated, irrelevant left/right paradigm. Instead of trusting “experts” because someone claims they are experts and nonpartisan, can we just look at the facts directly?

The people he cited entered the United States over several decades, including during the Trump presidency. And while they are listed as “non-detained,” that means only that ICE is not detaining them; in many cases, they are being held by another agency, and are often serving prison sentences.

So now we’re getting somewhere. We’re hearing some of the pushback. We still haven’t heard exactly what Trump claimed, or what the letter says. Let’s keep going.

“The data in this letter is being misinterpreted,” a spokesperson for the Department of Homeland Security, which oversees ICE, said in a statement. “The data goes back decades; it includes individuals who entered the country over the past 40 years or more, the vast majority of whose custody determination was made long before this Administration.”

The spokesperson added, “It also includes many who are under the jurisdiction or currently incarcerated by federal, state or local law enforcement partners.”

Great. Now we’re hearing some details about the claim.

I looked to see if I could find the original statement from DHS. Nothing on dhs.gov, nothing on their official X account, nothing on YouTube. Not clear if it was a written statement or an oral statement, nor exactly when and how that statement was made. A “spokesperson” for the DHS doesn’t say much. Hard to determine what that statement is based on. I don’t trust the government on this.

Also, what does it matter that it also happened under Trump’s watch, or before? If murderers are indeed entering the country, and if the question of whether we should allow more or fewer people to enter the country without adequate vetting is a point of differentiation in this election, then it’s still relevant. Could we look at what’s true, and what exactly each candidate plans to do about it?

Can we now hear exactly what Trump claimed and what the letter says, so we can compare?

Not so fast...

Even so, Trump spent much of his two-hour speech on elaborate descriptions of the individuals purportedly roaming the nation, calling them “stone-cold killers,” “worse than any of our criminals,” “monsters,” and people who “have no heart” and “don’t care who they kill.”

“Elaborate descriptions” and some quotes. It’s not clear from the context who exactly he was talking about. If he is talking about members of Venezuela’s Tren de Aragua gang, for example, his descriptions sound pretty accurate. If he’s talking about regular folks with no criminal background, it’s obviously obsessive. So who’s he talking about? We need to know the context to judge the statements. Will we get it? We shall see.

But note how the way this is presented makes it seem like he's unhinged and cold and paints immigrants in a bad light with broad brush strokes.

Especially if that's the view you already have of him, because you've been told over and over again by the media that he's a racist, he hates immigrants, and he's "literally Hitler". If that's your view, then you'll see all of this as confirmation of what you already know to be true and just accept it all at face value. That's the point.

I have a friend in Venezuela who tells me the claim that Venezuela is emptying their prisons and sending the inmates to America is 100% true. Venezuela is safer than it's ever been, because all the criminals are gone. I haven't verified this statement further, but I trust my friend, and it sounds plausible. He's not particularly involved in US politics, he's just sharing what he's observing in his own country.

Sometimes statements that sound awful can actually be true. In that case, which is more awful? The saying of it, the fact itself, or the people who allowed it to happen?

The ICE letter, which has also been cited by other conservatives, was sent on Sept. 25 by Patrick J. Lechleitner, the agency's deputy director, to Rep. Tony Gonzales (R-Tex.), in response to his request for information on noncitizens who are on ICE's docket and have been charged with or convicted of a crime.

And here they actually link to the letter.²⁹ That's helpful.

So I'm guessing now we'll hear exactly what the letter says and how it compares?

Not yet.

While Trump focused much of his speech in Erie on immigrants, he hit on several other themes that have made regular appearances in his stump speech, including the notion that he would easily win the election if Democrats did not somehow rig the system.

²⁹ <https://homeland.house.gov/wp-content/uploads/2024/09/24-01143-ICEs-Signed-Response-to-Representative-Tony-Gonzales.pdf>

Wait, what? Now they changed the subject from immigration to election fraud? Note the use of “somehow” to make it seem preposterous and silly. “Several other themes that have made regular appearances” is patronizing.

Contrast that with this way of saying the same thing: *“Aside from immigration, Trump also brought up important topics like the need for a secure and trustworthy election process, something Democrats have systematically opposed.”*

Same set of facts. Completely different narrative.

Are you starting to see how the sausage is made here?

The “correct” opinions are constantly being assigned to you by the media.

Unless you do the hard work of actually reading the letter and listening to Trump’s speech or reading the transcript, then you have no idea what is really going on here. The only thing that’s clear is how the Washington Post sees it, and how you’re supposed to see it too.

And nobody has time to do this work.

We’re screwed!

Next, the article turns to Trump criticizing Kamala’s mental acuity. Given her performance, it doesn't seem like an unreasonable thing to bring up to me. Especially after four years of Biden, where his obvious cognitive decline was being hidden from the public by the media and his administration, including Kamala. Are we being told the truth about Kamala? What would make us believe we are?

I am going to quote this paragraph:

Harris since the beginning of the campaign has dismissed such comments as part of Trump’s longtime “playbook” of personal insults and derisive comments about individuals and groups. She has said that she is seeking to “turn the page” from Trump’s politics of putting people down to a new era of lifting people up.

Notice how this avoids addressing whether there's any truth to his statements. "Personal insults and derisive comments about individuals and groups". Some individuals and groups deserve to be insulted and derided. People lying and stealing from the American people. People cheating in elections, if indeed they do. Criminal gangs like Tren de Aragua, and people intentionally allowing them to enter the country, if indeed they do so. Which obviously Trump believes, and has reason to believe, they do.

But by stating it this way, we're again left with the impression that he's just unhinged and angry. But what if his anger is justified? After all, they've been going after him with everything they've got since before he took office. Maybe he's seen how the game is really played and it makes him angry?

Let's continue:

Few issues have become as heated during the campaign as immigration, an area where polls suggest voters trust Trump more than Harris. As Trump and his running mate, Sen. JD Vance (R-Ohio), have unleashed ever-harsher rhetoric about immigrants, Harris has sought to deflect criticism that she and Biden took an overly permissive approach to the issue that led to repeated scenes of chaos at the border.

Note the words used. "Unleashed," "ever-harsher," and "rhetoric". Versus "deflect criticism", "overly permissive," "repeated scenes of chaos at the border."

Another way to phrase the exact same set of facts could be something like this:

Trump and Vance have pointed to legitimate concerns about the serious problems caused by the flood of ever-more problematic illegal immigrants unleashed by the Biden-Harris administration's inscrutable and dangerous policy on the border, practically asking and even paying for millions of people, many of whom are criminals, to come to the US, completely unvetted and unsupervised. This is adding a significant financial, logistical, and law enforcement burden on local communities who have no say in the

matter, at the expense of tax paying citizens who have been here for decades and even generations. And it leads to important questions about election integrity, as some of these immigrants have been caught successfully registering to vote illegally.

Note the difference.

I'm not saying this is a true statement of facts, but I'd guess it's a fairly accurate representation of the view of Trump, Vance and many of their supporters. And it represents how the exact same publication might talk about the exact same set of facts if they were with Trump instead of Kamala.

See how it works?

See how powerful language is in shaping our perception?

The narrative just seeps right into our brains and settles there. And the more that same narrative gets repeated from multiple directions, and not seriously questioned, or alternative interpretations presented, the more it just gets to be taken as fact. That's just the truth. *Obviously!*

This is the core of the divide in America right now: we have been consistently fed a very specific, highly questionable narrative.

That's what's creating the divide.

When people come together to make sense of reality, they're very powerful. Crowdsourcing is a beautiful thing. The media and the "expert class" have no monopoly on truth, knowledge, or skill. In fact, journalists are often the least skilled, as we saw with the Gell-Mann Amnesia Effect.

Let's do a bit more of the article, just for fun.

Harris visited the southern border on Friday, stressing the enforcement-oriented approach taken by the administration over the past year that has led to a sharp drop in the number of border crossings. She also criticized Trump for urging congressional allies to torpedo a tough bipartisan immigration bill earlier this year.

See how gentle all the Kamala language is? “Stressing the enforcement-oriented approach” that “led to a sharp drop in the number of border crossings.” That seems like an admission that the number was too high, though. So why was the number high to begin with? How did that happen? They don’t go there, of course.

“Torpedo a tough bipartisan immigration bill.” Torpedo sounds bad. Trump clearly doesn’t want to shore up the border. Note how the bill is just declared to be “tough,” and “bipartisan.”

I just did a little research³⁰, and it looks like the reason they call it “bipartisan” is that it was negotiated by James Lankford, Republican Senator from Oklahoma, Christopher S. Murphy, Democrat Senator from Connecticut, and Kyrsten Sinema, Independent Senator from Arizona.

So one Republican was part of crafting the bill, hence it’s “bipartisan.” That’s certainly not a lie. It’s also a bit misleading.

Since the right worldview includes plenty of RINOs, Republicans in Name Only, who are Republicans on paper, but really are beholden to the blob, I bet it’s easy to find a single Republican that you can get to co-sponsor any bill so you can call it “bipartisan.” Especially since Democrats have very strong party loyalty, and the Republican party is split between MAGAs who are pro Trump and the RINOs who hate Trump.

But by saying the bill was “bipartisan” they imply that there was broad consensus, and that Trump did his usual thing and created chaos to suit his own political agenda. But is that what happened?

I have to admit I haven’t looked deeply into this (I have a company to build and a life to live), but a quick search turned up this relevant criticism from Ken Paxton, Attorney General of Texas, one of the states negatively affected by the Biden administration’s immigration policies :³¹

³⁰ <https://www.padilla.senate.gov/newsroom/news-coverage/la-times-california-sen-alex-padilla-convincing-colleagues-to-vote-against-bipartisan-border-bill/#:~:text=Senators%20voted%2050%20to%2043,for%20months%20starting%20last%20fall.>

³¹ <https://x.com/KenPaxtonTX/status/1754561231392793017>

The Biden-Senate immigration bill is complete disaster The open borders policies it enshrines would destroy our country.

In addition to encouraging nearly 2 million illegal aliens annually to enter the country, paying out over \$1 billion to the toxic NGOs that settle illegal immigrants all over the nation, empowering Mayorkas to abuse the asylum process on his arbitrary whim, and ending catch-and-release, this bill that gives Biden and Mayorkas everything they want does something far more sinister. It requires that legal challenges to these provisions be heard by the highly partisan Washington, D.C. courts. They know exactly what they are doing: Texas has been able to create major slowdowns to Biden's open borders doctrine because our Constitutional system allows us to sue the federal government in fair venues. What Biden, Mayorkas, and the Senate uniparty in the swamp want to do is PREVENT the Texas AG and all other state AGs from acting as a check on the federal government's tyrannical abuses of power. That is unthinkable. It is un-American. This bill is an unacceptable mess that no serious leader could even think about passing. #BorderBill

He also included this image of a passage of the bill:

15 “(j) JUDICIAL REVIEW.—Notwithstanding any other
16 provision of this Act, judicial review of any decision or ac-
17 tion in this section shall be governed only by the United
18 States District Court for the District of Columbia, which
19 shall have sole and original jurisdiction to hear challenges,
20 whether constitutional or otherwise, to the validity of this
21 section or any written policy directive, written policy
22 guideline, written procedure, or the implementation there-
23 of, issued by or under the authority of the Secretary to
24 implement this section.

I don't know the truth here, but it seems like very valid criticism that the article in the Washington Post completely ignores.

Again, if the Washington Post was truth seeking rather than partisan, instead of saying that Kamala *"criticized Trump for urging congressional allies to torpedo a tough bipartisan immigration bill,"* they could've said that she *"criticized Trump for pointing out what he saw as major flaws in the immigration bill."*

Or if they were on Trump's side, they might have said she *"was miffed that Trump correctly prevented the passing of a border bill from the Biden-Harris administration that would have been disastrous for America's ability to protect its own borders, possibly forever."*

Same set of facts. Very different narrative.

See the power of narrative? And this is just one article!

Let's continue.

He also falsely claimed that Harris prosecuted "her political opponents like me." At one point, Trump again baselessly questioned whether Harris had really worked at McDonald's, as he has done on several earlier occasions.

Note again how they just postulate that the claims are false. How can you say that? The way I see it, the Biden-Harris admin prosecuting their political opponents is exactly what happened. What basis does the Washington Post have to just state the opposite as fact?

Do you see how we're constantly being told to not believe our own eyes? When Kamala Harris makes a claim, it's left unchecked. When Trump makes a claim, it's stated to be false.

And then they bring in the McDonald's job thing. In the same paragraph! How is that related? One is talking about political persecution through lawfare, which is a big deal. The other is about questioning something she's said about her past. They put the two together to draw a false equivalency and paint a picture of a man who just says random shit "baselessly."

Oh, and by the way, how can they claim that Trump's question about Harris' work at McDonald's is "baseless?" As far as I know, we've never been able to corroborate that story. No employment records, no W-2 forms, no one has come out and said they were her colleagues or employer. Maybe she did work there and just doesn't have any records of it. Maybe she didn't and lied about it. Lying about this isn't the worst thing to lie about, but it is a curious thing to lie about, and it might point to a pattern of deception that's worth looking at.

And again, no evidence for their claim that it's "baseless."

Complete partisan hacks.

Can you see why the right distrusts the media?

After the rally, Erie County GOP Chair Tom Eddy said Trump's criticisms of Harris were designed to appeal to his most hardcore supporters, with the goal that they would then persuade undecided voters. "At these rallies, he's talking to his base," Eddy said. "And I think the hope is that his base will go out and talk to other people."

Now we have some person who claims to be able to read Trump's mind and tell us what his intentions were. Last I checked we don't yet have mind reading technology. Also, the fact that this person is a GOP Chair backs up my claim that "bipartisan" is a meaningless claim. He's probably another RINO. But WaPo readers have probably never heard this term, or think it's just another Trump smear for people who won't brownnose him or something

And by speculating about why he might say that, the article conveniently avoids addressing the truth of his statements.

Much of Trump's speech re-upped issues he has cited at other rallies. He recited a poem about a snake that he uses to speak on immigration. He recounted a shooter's attempt to assassinate him in Butler, Pa., saying the city had now become a "big tourist site."

“Lock her up,” the crowd chanted after Trump called Harris “stupid.”

He “re-upped issues he has cited at other rallies”? Really? Did you expect him to have completely new material at every rally? Do you know how many rallies the man does? And if he did, I bet the line would be that his rallies are all over the place and he keeps bringing up new stuff!

“He cited a poem about a snake.” There’s a link³² to another article about the snake poem. I’m going to spare you from going through that article. The point of it is that if you rescue a snake and take it into your house, it might end up killing you. Seems relevant when talking about letting criminal migrants into the country, but the way it’s presented here, it’s made to seem silly.

And again, in the same paragraph, they jump from reasonable concerns about immigration to the assassination attempt, which is a HUUUGE deal. But here, it’s being made out to be almost trivial. If there’d been an attempt on Biden’s or Harris’ life, would it have been glossed over like this? I doubt it.

“Lock her up,’ the crowd chanted.”

Stated just like that, there’s no mention of why they might feel that way. Could they have reason to believe she’s done something criminal while in office? Seems like a question worth asking.

He repeated his false claim that then-House Speaker Nancy Pelosi (D-Calif.) “turned down thousands of troops” ahead of the Jan. 6, 2021, attack on the U.S. Capitol.

Remember, they still haven’t told us exactly what Trump said, what the letter said, or how they compare. Instead they bring in other unrelated issues. And again just state as fact that the claim is “false.”

In this case, it looks like they might both be correct, but also misleading. On September 20, 2024, the House Administration Subcommittee on Oversight

³² <https://archive.is/xGX0j>

released a document citing the transcript of an interview with General Mark Milley and others regarding January 6.³³

In that, General Mark Milley clearly states that on January 3, President Trump asks for troops to be present to make sure things are secure.

[January 3, 2021] The President just says, ‘Hey, look at this. There’s going to be a large amount of protesters here on the 6th, make sure that you have sufficient National Guard or Soldiers to make sure it’s a safe event.’

[POTUS said] ‘Hey, I don’t care if you use Guard, or Soldiers, active duty Soldiers, do whatever you have to do. Just make sure it’s safe.’

Colones Earl Matthews of the DC National Guard:

“The D.C. Guard could’ve gone in right away. But the Secretary of the Army did not give us the approval.”

“There was concern about being anywhere near the Capitol because of perception that the military would be involved, that there would be militarization of the electoral process.”

Christopher Miller, Acting Secretary of Defense:

“The President commented that they were going to need 10,000 troops the following day... I interpreted it as a bit of presidential banter or President Trump banter that you all are familiar with, and in no way, shape, or form did I interpret that as an order or direction.”

“[On January 6, 2021] everyone was like, ‘Did you listen to the President’s speech?’ I’m like ‘The guy speaks for 90 minutes it’s like Castro or something.’ No, I’ve got work to do.”

³³ https://cha.house.gov/_cache/files/b/8/b8310e3b-5966-4ae5-bae8-330fc3a7705b/1CBF2FE8BF862BCB77CDA87CBCBAF473.dod-transcripts-one-pager-final.pdf

“I was cognizant of the fears that the President would invoke the Insurrection Act to politicize the military in an anti-democratic manner. And, just before the Electoral College certification, 10 former Secretaries of Defense signed an op-ed piece published in The Washington Post warning of the dangers of politicizing and using inappropriately the military. No such thing was going to occur on my watch.”

“There was absolutely -- there is absolutely no way I was putting U.S. military forces at the Capitol, period.”

“The operational plan was this, let’s take the D.C. National Guard, keep them away from the Capitol.”

No mention of Nancy Pelosi, but it does sound like Trump wanted the National Guard in there to protect the Capitol, but the DOD generals, who were no fans of his, didn’t want to do that.

So yes, perhaps the claim that Nancy Pelosi turned down the troops is false. I haven’t seen definitive proof of that, but regardless, it’s clear that someone disobeyed Trump’s order to ensure the National Guard was there.

You see how things are much less clear than the WaPo would lead you to believe?

Back to the article:

Even though Trump acknowledged that he is running against Harris, he repeatedly brought up Biden. He reminisced about his June 27 debate against Biden, claimed Biden was a better candidate than Harris and even surmised that “if she does really badly they’ll probably put him back.” Harris officially accepted the Democratic nomination in August, and there is no mechanism for installing Biden as the nominee.

“Acknowledged that he is running against Harris.” That’s such a weird thing to say. Why would he not acknowledge that?

“There is no mechanism for installing Biden as the nominee.” I love that they fact check him on stuff like this. Of course they’re not going to put him back. Trump is part standup comic. I’m no mind reader, but I’d hear that as a joke, maybe referring to the fact they swapped him out for Kamala just like that.

Trump even recalled the moment in their debate when the two presidents bickered about their golf game.

“The worst of all was when he said ‘I want to play him in golf,’” Trump said. “He wants to play me in golf. You ever see him play?” Trump then proceeded to imitate Biden. “That guy can’t play.”

And this is how the article ends. We still don’t know exactly what he said, what the letter said, how the two compare, or what the true number of criminal immigrants the Biden/Harris admin have let in. All of which would be great to know. But they’d rather make Trump look stupid. Because that’s their real business. Gaslighting.

What’s the Truth?

Would you like to dive into that together, since the Washington Post won’t do their jobs?

Let’s do it.

First off, the report, dated September 20, 2024, opens with this:

Thank you for your March 13, 2024 letter to the Department of Homeland Security (DHS). I am responding on behalf of the Department and apologize for the delay.

Talk about a delay! Six months to report these numbers. Seems like a long time. You’d think they have these numbers ready by now.

Continuing (highlights are mine):

U.S. Immigration and Customs Enforcement (ICE) recognizes the importance of its relationships with its law enforcement partners to carry out its mission.

*In recent years, however, as you know, **some jurisdictions have reduced their cooperation with ICE, to include refusal to honor ICE detainer requests, even for noncitizens who have been convicted of serious felonies and pose an ongoing threat to public safety.***

ICE recognizes that some jurisdictions are concerned that cooperating with federal immigration officials will erode trust with immigrant communities and make it harder for local law enforcement to serve those populations.

*However, “sanctuary” policies can end up **shielding dangerous criminals, who often victimize those same communities.***

That seems like an indictment of “sanctuary city” policies, and a support of Trump’s tougher stance on immigration.

*Despite the challenges of operating within **a broken immigration system**, and in the face of an **enormous workload** and **consistently limited funding**, DHS continues to enforce the law to secure our borders.*

***We are removing and returning record numbers of migrants** who are unable to establish a legal basis to remain in the United States, and prioritizing for removal those who present national security and public safety risks, and recent border crossers.*

***From mid-May 2023 through the end of July 2024, DHS removed or returned more than 893,600 individuals, including more than 138,300 individuals in family units.** The majority of all individuals encountered at the Southwest Border over the past three years have been removed, returned, or expelled.*

Why is there such an enormous workload and consistently limited funding? Is that a Biden administration policy? I don’t know, but it seems like something the administration should want to fix.

Removing and returning record numbers of migrants begs the question why they were there in the first place, and what we’re doing to keep them out. Maybe building a wall and implementing a “remain in Mexico” policy would help?

Removing or returning almost 900,000 individuals in a little over a year seems like a lot. A whole lot. That’s almost 60,000 per month, or close to 2,000 per day. How are that many people getting in that need to be removed or returned? And how many are not being caught and removed or returned? I’d love to know!

Your letter requests the number of noncitizens on ICE’s docket convicted or charged with a crime. As of July 21, 2024, there were 662,566 noncitizens with criminal histories on ICE’s national docket, which includes those detained by ICE, and on the agency’s non-detained docket. Of those, 435,719 are convicted criminals, and 226,847 have pending criminal charges.

Over half a million noncitizens with criminal histories that the ICE knows about? Again, seems like a large number to me. But hey, I grew up in a country with only 5 million people total.

There’s a paragraph about how they determine who to detain or not detain. You can find the doc and read on your own.

Then there’s a table of data:

National Docket Data for Noncitizens by Criminality and Most Serious Charge Category as of July 21, 2024

Most Serious Charge Category	Currently Detained		Non-Detained	
	Convicted Criminal	Pending Criminal Charges	Convicted Criminal	Pending Criminal Charges
Total	10,288	4,706	425,431	222,141

425,431 convicted criminals that are currently not detained by ICE seems like a large number.

And then they say this:

You also requested ICE’s current detention capacity. Under the DHS appropriations bill enacted on March 23, 2024, ICE Enforcement and Removal Operations (ERO) is funded at 41,500 beds through the rest of the fiscal year (FY), which is an increase from 34,000 in FY 2023.

So they have 600k+ possible criminals, and only 41,500 beds.

Now, remember what the article said?

Trump cited a new letter from U.S. Immigration and Customs Enforcement to falsely suggest that more than 13,000 immigrants convicted of homicide had been let into the United States on President Joe Biden’s watch and then released.

That number comes from the table here (stitching together the header with the relevant detail row):

Most Serious Charge Category	Currently Detained		Non-Detained	
	Convicted Criminal	Pending Criminal Charges	Convicted Criminal	Pending Criminal Charges
Total	10,288	4,706	425,431	222,141
Homicide	277	51	13,099	1,845

And this was the WaPo’s rebuttal:

The people he cited entered the United States over several decades, including during the Trump presidency. And while they are listed as “non-detained,” that means only that ICE is not detaining them; in many cases, they are being held by another agency, and are often serving prison sentences.

The spokesperson added, "It also includes many who are under the jurisdiction or currently incarcerated by federal, state or local law enforcement partners."

Fair enough. This still begs the question, what are these people doing in the US still? And how many exactly are currently incarcerated by federal, state, or local law enforcement? Do we even know?

Isn't the job of ICE to detain and deport non-citizens who commit murder and other crimes?

And what about the total number of over 600,000 criminals or individuals pending criminal charges who are still in the country?

If that's the number of noncitizens who have committed crimes, how many noncitizens are there in the first place?

Okay, so let's turn to what Trump actually said.³⁴

I downloaded the video and transcribed it so I could find the exact quotes.

In total, during her term, [...] she let in 13,099 convicted murderers. Some of them had murdered 10 people. Some murdered seven, one murdered six. What I'm looking at these, these are stone cold killers and they let in people that are worse than any criminal we have.

And these killers are stone cold monsters, and have so little heart, they have no heart. [...] And they don't care when or who they kill. They wake up the following morning. They don't ever remember. So it's just like a routine part of life.

And then he plays a campaign video from 2018³⁵ with a convicted criminal laughing about killing cops, saying his only regret is he didn't kill more of them.

³⁴ <https://www.youtube.com/watch?v=bI8rg91CYYk>

³⁵ <https://x.com/realDonaldTrump/status/1057728445386539008>

Here's what the article said again:

Even so, Trump spent much of his two-hour speech on elaborate descriptions of the individuals purportedly roaming the nation, calling them “stone-cold killers,” “worse than any of our criminals,” “monsters,” and people who “have no heart” and “don’t care who they kill.”

What they're saying isn't outright false, but it's far from accurate.

“Spent much of his two-hour speech on...” I collected all the portions I could find where he described the criminals, and it amounted to just under 50 seconds. Is that “much” out of two hours? You decide.

“Elaborate” descriptions is another one of those loaded words. “Trump briefly described some characteristics of the worst of the criminals in question” would be a more accurate and neutral way to describe what he did. But then, that wouldn't make him look evil, would it?

“Individuals purportedly roaming the nation” is another phrase that (a) doesn't make it clear he's talking specifically about hardened criminals, and (b) makes it seem like he's hallucinating.

The letter from the DHS doesn't say during what time period the criminals and possible criminals entered the country, whether they had a criminal history before they got here, or whether any criminal history was ever assessed.

It also doesn't say what “non-detained” means.

If the supposed statement, that I cannot find the source for, is accurate that these are numbers covering 40 years or more, and that non-detained could mean that they're in jail somewhere, then it looks like Trump misinterpreted the numbers. And, by the way, so did Senator Tony Gonzalez, to whom the letter was directed³⁶.

³⁶ <https://x.com/RepTonyGonzales/status/1839770041534787766>

Maybe ICE could have been more specific, given that it took them six months to produce a four page letter. Five pages if you count the cc list on page five.

The take-away from all of this is that:

1. The media works overtime to present a narrative that is consistently against Trump and the right-wing worldview.
2. They rarely do the kind of investigative work that I just did to even attempt to present the facts and get at the truth.
3. They focus on pointing out any errors in what Trump says, while obfuscating the real issue he's pointing to, in this case immigration and criminal noncitizens.

This is not a book about Trump. It's a book about principles.

And there's no question that Trump's strength is not accuracy. Something I don't love, since one of my core values is integrity.

However, the distinction I see is that Trump tends to be *directionally* accurate, meaning that while the details are incorrect, he is pointing towards something that is both true and relevant.

In contrast, in my experience, the Democrats, the corporate media, and the government are lying to obscure the truth.

There's a big difference.

As you start to pay attention, see if you notice the same pattern.

Hoaxes

Phew! That was quite the journey. I did this work routinely for close to a year I think.

In the end, I wasn't able to keep that kind of effort up while also building a software and a coaching business. No normal human being with a life has the time to do that. Which is why the techniques used by corporate media work so well.

But it is really worth the effort to do it for just a period of time, in order to learn all the tricks they use.

Another recurring pattern is the hoaxes.

I'm going to look at just one of the hoaxes, in an effort to demonstrate how it works.

My point is not to say "this is true," my point is to demonstrate the mechanics of how hoaxes work and how the media uses them to tell you what to think.

Even if you think "Calvin's off his rocker," understand that a big chunk of the country agrees with this. It's worth it to at least understand how they see the world.

The other side is not your enemy. It's your neighbor, your uncle, your aunt, your niece, your nephew, your sister, your brother, your parents, your children, your coworker, your barista, your local police officer.

It's worth understanding how they see the world, even if you disagree completely.

What's a hoax?³⁷ A hoax is a frequently spouted, officially accepted lie built around real events, but where what happened is twisted to mean the opposite of the truth.

Hoaxes are often easily debunked, but that doesn't matter, because they match a narrative that has already been planted in people's minds, and the media and the intended targets won't look up the original source and see what was meant. Hence they continue to work.

Kamala, during her debate with Trump, did quite the feat and managed to cram in a whole slew of hoaxes in the span of just two minutes and six seconds. Here's what she said:³⁷

³⁷ <https://youtu.be/4dOgWZsDB6Q?si=dYOajCIyVriJ0DOG&t=2821>

I was at the Capitol on January 6th. I was the vice president elect. I was also an acting senator. I was there. And on that day, the President of the United States incited a violent mob to attack our nation's Capitol. To desecrate our nation's Capitol. On that day, 140 law enforcement officers were injured. And some died.

And understand, the former president has been indicted and impeached for exactly that reason.

But this is not an isolated situation.

Let's remember Charlottesville—a mob of people carrying tiki torches, spewing anti-semitic hate and what did Trump say? “There were fine people on each side.”

Let's remember. that when it came to the Proud Boys, a militia, the President said, the former President said, stand back and stand by.

So for everyone watching who remembers what January 6th was, I say, we don't have to go back. Let's not go back. We're not going back. It's time to turn the page.

And if that was a bridge too far for you, well, there is a place in our campaign for you. To stand for country, to stand for our democracy, to stand for rule of law, and to end the chaos, and to end the approach that is about attacking the foundations of our democracy because you don't like the outcome.

And be clear on that point. Donald Trump, the candidate, has said in this election there will be a bloodbath if this and (sic) the outcome of this election is not to his liking.

Let's do inventory. We have

1. The Insurrection hoax
2. The Fine People hoax
3. The Stand Back and Stand By hoax
4. The Bloodbath hoax

That's impressive.

To understand hoaxes, think about the Nigerian prince scam. Why do scammers continue to mention Nigerian princes, even though everyone already knows about the Nigerian prince scam? Precisely because it self-selects for people who are gullible enough to go along with it anyway, either because they're so uninformed they haven't heard of it, or willing to suspend disbelief anyway.

The Fine People Hoax

Let's start with an easy one: The Fine People hoax.

The hoax says that after the Charlottesville riots in 2017, Trump said the neo-nazis and white supremacists were "very fine people."

Here's Biden announcing that he was running for president because of the Fine People Hoax:³⁸

Charlottesville is also home to a defining moment for this nation in the last few years.

It was there on August of 2017 we saw Klansmen and white supremacists and neo Nazis come out in the open. Their crazed faces, illuminated by torches, veins bulging, and bearing the fangs of racism. Chanting the same anti Semitic bile heard across Europe in the 30s.

And they were met by a courageous group of Americans. And a violent clash ensued. And a brave young woman lost her life. And that's when we heard the words of the President of the United States that stunned the world and shocked the conscience of this nation.

He said there were, quote, some very fine people on both sides.

Very fine people on both sides?

³⁸ https://x.com/greg_price11/status/1805333615443886576

With those words, the President of the United States, assigned a moral equivalence between those spreading hate and those with the courage to stand against it.

And in that moment, I knew the threat to this nation was unlike any I had ever seen in my lifetime. I wrote at the time that we're in the battle for the soul of this nation. Well, that's even more true today. We are in the battle for the soul of this nation.

So what did Trump actually say? Here's the relevant part of the transcript:³⁹

And you had some very bad people in that group, but you also had people that were very fine people on both sides. [...] You had people in that group that were there to protest the taking down of, to them, a very, very important statue and the renaming of a park from Robert E. Lee to another name.

And you had people—and I'm not talking about the neo nazis and the white nationalists, because they should be condemned totally—but you had many people in that group other than neo-Nazis, and white nationalists. Okay? And the press has treated them absolutely unfairly.

Now, in the other group also, you had some fine people, but you also had troublemakers. And you see them come with a, with the black outfits and with the helmets and with the baseball bats. You got a, you got a lot of bad, you had a lot of bad people in the other group too.

Trump was clearly condemning neo nazis and white nationalists, while also saying that there was a legitimate disagreement between fine people over tearing down the statue and renaming the park.

That is not how the media and the Democrats tell it, and yet, everyone who was there, and anyone who bothered to actually watch the video or review the transcript—all 2 minutes and 28 seconds of it—would instantly know the truth.

³⁹ <https://americandebunk.com/2024/06/29/the-fine-people-hoax/>

And yet neither Kamala or Biden or the journalists in the media have bothered to do so.

Or, worse and more likely, they have, and yet they continue to spread this hoax, because it's working, and they know that most people will never find out the truth.

The Insurrection

This is a big one.

Was January 6 an attempt at insurrection, was it a peaceful protest gone wrong, or something else entirely?

If you're certain it was an attempted insurrection, how do you know?

Would you have ever thought to use that word if it hadn't been fed to you over and over and over again by the media?

As I was writing this, I wanted to get to the bottom of it, so I went into detail about why the media claimed it was an insurrection. And I found it to be pretty weak sauce.

The argument comes down to the fact that Trump said “will be wild” about the Jan 6 protests, and that in his speech he said *“And we fight. We fight like hell. And if you don't fight like hell, you're not going to have a country anymore.”*

Yet, in the same speech he also explicitly called for people to *“peacefully and patriotically make your voices heard.”*

So in order to believe that Trump intended to cause an insurrection, you have to ignore “peaceful” and hear “fight like hell” and “will be wild” as implying physical violence, even though both could just as or more easily be heard as non-violent.

You can easily imagine “fight” and “wild” without violence. You cannot have “peaceful” with violence. You see the selective interpretation?

You also have to believe that he wanted to cause a violent insurrection, even though we saw earlier that he deliberately asked for the National Guard to be ready to prevent any violence.

But there's even more things you'd have to believe in order to believe Jan 6 was an insurrection:

- Trump supporters, the most heavily armed part of the US population, decides to conduct an insurrection by leaving all their guns at home
- You can take over the most powerful country in the world with the most powerful military ever to exist by trespassing unarmed in a government building
- Obstructing or delaying an official proceeding is enough to overthrow the government

But wait, there's more!

Remember my heuristic about assuming the government is guilty unless they're forthcoming with everything?

In this case, there was 44,000 hours of surveillance video that didn't get released until November, 2023, almost three years later. Over the protest of Democrats because "security concerns," which is one of those convenient catch-all phrases that sound good, but can be used for anything without having to provide any specifics. Like "sources and methods" in the intelligence community.^{40 41}

So what did this show? Well, 44,000 hours is a lot, and I haven't looked through all of it, but most of the clips I've seen show people peacefully walking through the Capitol, with Capitol Police quietly watching. There's no violence, no threat, no mention that they're not supposed to be there, no drama.⁴²

⁴⁰ <https://cha.house.gov/cha-subcommittee-reading-room-fe781e74-d577-4f64-93cc-fc3a8dd8df18>

⁴¹ <https://rollcall.com/2023/11/17/republicans-begin-releasing-jan-6-security-footage/>

⁴² <https://x.com/BehizyTweets/status/1725619557937631544>

There's no question that people in the front knew that they were breaking into the building.

But imagine being someone further back. If you've ever been at a large event, you know what that's like. You cannot see what's happening at the front. Suddenly the crowd starts moving in the direction of the Capitol. When you get there, you just follow the crowd into the building. You look around. The Capitol police are there waving you in. There's no indication that you're committing a crime, let alone an "insurrection". That's what they experienced. Now they're serving long jail sentences. Is that fair?

There's several other questions.

Why was the National Guard not deployed, despite Trump's request that they were, and despite the fact they were ready and wanted to?

Why was Ray Epps never charged? Ray Epps is a big guy in the crowd that is on video repeatedly saying "we'll go into the Capitol, into the Capitol," with the people around him pointing to him and chanting "fed, fed, fed, fed!" They knew what's up. Search for his name. You'll find countless clips of him.⁴³

What happened to him? Nothing. He's clearly instigating crime, yet he got a year of probation, and as far as I know we've never gotten a straight answer to whether he's an FBI asset. That information needs to be table stakes.

Speaking of feds (FBI agents or informants). I don't think we ever got a straight answer either to how many feds were in the crowd that day, and what they were doing. The latest article I could find was from the NY Post, dated September 19, 2023, with the headline *"FBI lost count of how many paid informants were at Capitol on Jan. 6, and later performed audit to figure out exact number: ex-official."*⁴⁴

⁴³ <https://x.com/RepThomasMassie/status/1451272067173736455>

⁴⁴ <https://nypost.com/2023/09/19/fbi-lost-count-of-number-of-informants-at-capitol-on-jan-6-ex-official/>

Crime Factory

This is important, because we have indications from other episodes that the FBI is in the business of fabricating crimes.

In his book *Terror Factory*, Trevor Aaronson makes the case that the FBI has “built a network of more than fifteen thousand informants whose primary purpose is to infiltrate Muslim communities to create and facilitate phony terrorist plots so that the Bureau can then claim it is winning the war on terror.”⁴⁵ I haven’t read the whole book, but if there’s any truth to this, that would be a big deal, and put into question a lot of what the FBI does.

The plot to kidnap the Michigan Governor Gretchen Whitmer in 2020 also involved FBI informants.

As I was researching, I found an article from the Daily Beast⁴⁶ with the headline “*The Right Is Rewriting the Whitmer Kidnapping Case.*” However, if you read the article, you’ll see all the hallmarks of activist journalism we’ve covered before. They’re quoting sources and making postulates without backing any of it up with facts or doing any actual journalism.

One statement stands out:

But her award to the Null brothers echoed a campaign of online commentary that cast the Whitmer plot as a hoax, even after most of its alleged participants were convicted or pleaded guilty.

They’re using the fact that some participants were convicted or pleaded guilty (we’ve seen how credible a guilty plea is already; these are poor people who can easily be intimidated by government prosecutors) as evidence that it’s not a hoax.

But that’s not how FBI-instigated plots work. They wouldn’t do them if they didn’t routinely get convictions. The allegation against the FBI is that these

⁴⁵ <https://www.amazon.com/Terror-Factory-Inside-Maufactured-Terrorism/dp/1935439960>

⁴⁶ <https://www.thedailybeast.com/the-right-is-rewriting-the-whitmer-kidnapping-case?ref=home?ref=home>

crimes would have never been conceived of if the FBI hadn't been there to goad people into them and provide the supplies.

Here's another quote from the article:

When two men were acquitted in the scheme, a GOP gubernatorial candidate running against Whitmer baselessly asserted that “the FBI conceived a plot to kidnap Gretchen Whitmer and preyed on Michiganders to push it along.”

Note the use of “baselessly.” Nothing to back up why it's baseless. As usual.

They're accusing the GOP gubernatorial candidate of doing exactly what they're doing! This is a straight up projection. Accuse other people of doing the exact thing that you're doing.

I'm not going to dive deep into the Whitmer case here. I don't want this book to be longer than it already is. The point is, there are credible accusations of the FBI being involved in fabricating crimes, and January 6 very well might be one of them.

There's also serious questions about a pipe bomb found near the DNC headquarters. Was that bomb planted by the FBI? We don't know for sure. But what we do know is that the FBI has been behaving very strangely in this investigation.

Revolver News and Thomas Massie have been on the case, and there are so many questions, including why the FBI has only released degraded video material of the person planting the bomb, even though higher quality video exists. And why the FBI had seemingly deleted the video by March 18, 2022, even though this was a high priority investigation.⁴⁷

Again, the assumption has to be that if the government is covering up the facts, they're complicit. How deep this goes we don't yet know. But it's all suss as hell.

⁴⁷ <https://revolver.news/2024/09/fbi-letter-to-dhs-ig-confirms-agency-deleted-j6-pipe-bomb-footage-by-early-march-2022/>

My best misconception on January 6 at this point is that it most likely was instigated by the government so they could use it to impeach Trump to prevent him from running again. That would be totally in line with past behavior, and I'm far from the only one who's arrived at this conclusion.

Their plan didn't work, but they did manage to imprison a bunch of regular folks peacefully protesting what they believed to be a stolen election.

The Stand Back and Stand by Hoax

The story here is that Trump, during the September 29, 2020 presidential debate with Biden, was asked if he would tell the Proud Boys to stand down.

Instead of doing that, he asked them to “stand back and stand by”.

The media claims this as proof that he refused to tell them to stand down, and instead used some kind of coded language to signal to them that he wanted them to be ready to attack.

Was it a truly sneaky “dog whistle” way to avoid denouncing them, or was it just clumsy wording?

You be the judge. Here's the official transcript:⁴⁸

WALLACE: You have repeatedly criticized the Vice-President for not specifically calling out Antifa and other left-wing extremist groups. But are you willing, tonight, to condemn white supremacists and militia groups and to say that they need to stand down and not add to the violence in a number of these cities as we saw in Kenosha and as we've seen in Portland.

TRUMP: Sure, I'm willing to do that.

WALLACE: Are you prepared specifically to do it. Well go ahead, sir.

⁴⁸ <https://www.debates.org/voter-education/debate-transcripts/september-29-2020-debate-transcript/>

TRUMP: I would say almost everything I see is from the left-wing not from the right wing.

WALLACE: So what are you, what are you saying?

TRUMP: I'm willing to do anything. I want to see peace.

WALLACE: Well, do it, sir.

BIDEN: Say it. Do it. Say it.

TRUMP: You want to call them? What do you want to call them? Give me a name, give me a name, go ahead who would you like me to condemn.

WALLACE: White supremacists and racists.

BIDEN: Proud Boys.

WALLACE: White supremacists and white militias.

BIDEN: Proud Boys.

TRUMP: Proud Boys, stand back and stand by. But I'll tell you what, I'll tell you what: somebody's got to do something about Antifa and the left because this is not a right wing problem this is a left-wing. This is a left-wing problem. . .

BIDEN: He's (sic) own FBI Director said unlike white supremacists. . .

TRUMP: This is a left-wing problem.

BIDEN: Antifa is an idea not an organization. . .

TRUMP: Oh you gotta be kidding.

BIDEN: ... not a militia. That's what his FBI Director said.

TRUMP: Well, then you know what, he's wrong.

*WALLACE: Gentlemen, gentlemen. No, no, no, we're done, sir.
Moving onto the next... [crosstalk]*

Seems like a clumsy choice of words to me during a heated portion of the debate. All three are talking over each other, Biden is interjecting multiple times.

Compare to what Biden said during the 2020 election:⁴⁹

We have put together, I think the most extensive and inclusive voter fraud organization in the history of American politics.

I kid you not. Joe Biden really actually said that!

Is this a Freudian slip? Just a gaffe? It for sure is way stronger than what Trump said about the Proud Boys, but the media has completely ignored it. Had Trump said something like this, the media would have pounced on it.

But since the media is part of the blob/Democrat machine, they ignore this Biden quote just like they covered up Biden's dementia for years.

It's important that you see how the media works, so you can spot and immunize yourself against the manipulation.

⁴⁹ <https://x.com/DiamondandSilk/status/1324082928490631169>

The Bloodbath Hoax

Here's what Kamala said during her debate with Trump again:

And be clear on that point. Donald Trump, the candidate, has said in this election there will be a bloodbath if this and (sic) the outcome of this election is not to his liking.

She's implying that he's going to instigate violence if he doesn't "like" the outcome of the election, just like he supposedly did on January 6.

Yikes! That sounds bad.

But where did this idea come from?

It came from a rally in Ohio on March 16, 2024, where Trump said this:⁵⁰

China now is building a couple of massive plants where they're going to build the cars in Mexico and think, they think, that they're going to sell those cars into the United States with no tax at the border.

Let me tell you something to China, if you're listening President Xi, and you and I are friends, but he understands the way I deal. Those big monster car manufacturing plants that you're building in Mexico right now, and you think you're going to get that, you're going to not hire Americans, and you're going to sell the cars to us? No. We're going to put a 100% tariff on every single car that comes across the line, and you're not going to be able to sell those cars if I get elected.

Now, if I don't get elected, it's going to be a bloodbath, for the whole — that's going to be the least of it. It's going to be a bloodbath for the country. That'll be the least of it. But they're not going to sell those cars.

So is he saying there'll be violence? Or is he using "bloodbath" as a metaphor about car production, the economy, and the job market?

⁵⁰ <https://www.youtube.com/watch?v=XGJwCUHVgc0>

It's not entirely obvious, but there's nothing to indicate he was talking about violence.

It's the same trick as with Jan 6 where they ignored the "peaceful" part and seized on "wild" and "fight".

But you know what one could do to be certain? You could *ask* him! "Mr. President, were you talking about physical violence, or were you talking about the economy?" My guess is he'd be very clear he wasn't talking about physical violence, and that would be the end of that.

But the media doesn't want that. What they want is to leverage these hoaxes so they can paint a particular picture of Trump to make him seem dangerous and scary and unhinged and "literally Hitler."

And it works, because, like with the Nigerian scam, the constituency they're targeting won't look up the original, think critically, or seek out alternative views. Just like I didn't for most of my adult life. We've got lives to live. The media exists to do their jobs and bring us the relevant news. Or that's what we thought.

Happy

Like I said at the beginning, I think we can all agree that we want people to be happy, healthy, prosperous and safe, with a healthy economy and a ditto planet. We want secure elections, secure borders, and an honest media that will hold everyone to account.

Let's look at what actually makes people happy.

You Live in Your Mind

One of my favorite spiritual teachers is Byron Katie. One of her core teachings is what she calls "The Work". It goes like this:

Whenever you notice yourself being tense or suffering, there's always a thought in your head causing this suffering. Identify what it is.

Typical examples could be "he snubbed me" or "they don't understand me" or "they rejected me because of my race" or "they don't allow me to be who I am" or "I'm too fat" or "I'm not going to have enough money".

Or in the case of politics, it could be "he's Hitler" or "they stole the election!"

Once you've identified the thought, you ask four questions and a turnaround.

I'll demonstrate with the thought "they don't allow me to be who I am." It's important that you do this in writing, since the mind is slippery.

1. **Is it true?** Is it true that "they don't allow me to be who I am"? Just a simple yes/no.
2. **Can you absolutely know that it's true?** Go a step deeper. Really wonder. Can I *absolutely* know it's true that they don't allow me to

be who I am? Again, a simple yes/no answer⁵¹.

3. **How do you feel when you believe the thought?** When you believe that they don't allow you to be who you are, how does that make you feel? What sensations do you notice in your body? Usually tense, tight, small, bad, etc., but really notice for yourself and put words to it.
4. **How would you feel if you couldn't think the thought?** If it just never popped into your head, how would that feel? Usually expanded, light, free, joyful, but again, notice for yourself.
5. **Turn it around as many ways as you can think of.** For example:
Opposite: "they *do* allow me to be who I am."
Them: "I don't allow *them* to be who *they* are."
Self: "*I* don't allow *myself* to be who I am."

For each turnaround, come up with at least three examples of why that's as true or truer than the original statement.

What I love about Byron Katie is that she bridges 18th century Scottish philosophy with spirituality. It's timeless. It's inarguable. Both my left brain and my right brain loves it.

When you stop living in resistance to what is, when you fully embrace the truth that any belief you have that the world should be different from what it is, is a lie that causes suffering, you end up with joy and freedom.

Joy and freedom is our natural state. It's our birthright. No one can take it away from us. Literally no one has the power to take your joy or your inner freedom away from you. Only you can let them do that.

It doesn't mean there won't be pain. But pain and suffering are not the same. Pain is what it is. Pain doesn't make the joy go away. Only the resistance to

⁵¹ If you're honest here, the answer will always be "no." David Hume taught us that. But it's important that you check in with yourself, so it doesn't just become an intellectual exercise.

the pain causes suffering. Only the thought that anything should be different than it is causes suffering.

But think about this:

We all are whole, complete, pure joy and freedom. That's inherent. It's who we are. No-one can take that away from us but us.

So that's exactly what we do. We take it away from ourselves. Unconsciously. And we're *so* good at it!

Unconsciously, we make up rules for ourselves saying that *only* when this, this, and this happens, will we allow ourselves to feel good again.

Until this happens, I'll make myself feel miserable.

When I have enough money, *then* I'll feel worthy or good enough.

When I've found my perfect mate, *then* I'll feel loved or safe.

When I get the perfect body I see in all the perfume ads, *then* I'll feel attractive, sexy and wanted.

When I become a Director or build a million (or billion) dollar business or have three kids or get that house or car or dog or go on that trip to Bali or become enlightened or open my heart or *then* I'll finally feel (fill in the blank).

This is how the mind works. Do you see it?

You're already whole and complete and perfect and in joy and bliss and harmony.

Then you make up a rule that says you can *only* allow yourself to feel *your true nature* when these conditions are met.

And then you keep stressing yourself to get there.

And the second you get there, what happens?

You celebrate for just about 12 seconds, and then you make up a *new* rule about *another* condition that needs to be met, and then you make yourself feel shit again.

It's absolute insanity, but it's how most of us live life.

But it gets worse. Because the reason that you have a rule that you will not allow yourself to feel this feeling until this or that happens, is because unconsciously you're afraid of letting yourself feel that.

As a kid, when I was happy, it would trigger my dad's anger, and that would terrify me. Unconsciously I learned that happiness equals death. Survival equals not being happy, at least on the outside. As an adult, I discovered that if someone pointed out to me that I was happy, I'd get sad. Instantly. I call these beliefs mind bugs.

So when I had another mind bug that said "when I build my dream business I can be happy" can you see how my unconscious mind *must* make sure I *never* build that dream business? Because if I did, I'd be happy, and happy equals death. And since our unconscious mind is about a million times more powerful than our conscious mind, it's going to win, every time.

Until we use our conscious mind to make our unconscious mind bugs conscious, so the mind bug dissolves, they will, as Carl Jung said, determine the course of our life and we call it fate.

So our mind bugs often make it *impossible* for us to feel what we think we want to feel, or to achieve what we think we want to achieve. That's big.

Falling in Love

Take falling in love. We probably all had the experience of falling in love.

And most have had the feeling of falling *out* of love too. Divorces are common.

What's happening here?

What happens is that we've disowned parts of ourselves.

As kids, all of us made a pact with our parents or other primary caregivers: I will be what I think you want me to be, in exchange for you keeping me safe.

Instinctively, as babies, we know that we're helpless, defenseless, completely dependent on the grownups. So we will morph ourselves into whatever we believe we need to be so we'll be loved, ie. taken care of, ie. safe.

That involves *not* being the things we believe we're not supposed to be.

And of course, this is all unconscious, and it happens before we have language.

This is why I love Body-SDS, the body therapy system from Denmark, because the body never lies, and through the body we can get to the deep unconscious stuff, and we don't even have to know the story! It just dissolves, and we find ourselves more free, more at peace, and more joyful.

When we fall in love with another person, two things must be present:

One, the person we fall in love with expresses the part of themselves that we have disowned in ourselves. We get to live out that part vicariously through the object of our attraction, and it feels exhilarating and exciting. This is why we say things like "you complete me." We're literally being reunited with our own disowned parts.

Two, and this is the rub: they must also represent the aspect of our caregivers that caused us to disown this part of ourselves. The critical aspect in them that judged us and made us feel wrong.

Why? Because it brings an element of danger to the situation. The danger is what arouses us. If it was all easy going, it wouldn't be exciting.

This is also why most relationships eventually get to the phase of "you're just like my mom/dad!" They literally are. If they weren't, you wouldn't have fallen for them!

I believe we're wired this way exactly so that we can work through these issues. It's an opportunity for you to heal your relationship with your own internalized critic, reclaim your disowned parts, and grow up to become a healthy, mature adult who can have a healthy, mature, functional relationship.

Or, you know, you could divorce their ass and hope for better luck with the next person. Only to discover you're the constant, and the new person reminds you of your ex! Choice is yours.

The point is, joy, wholeness, freedom ... they're there the whole time.

It's just that your beliefs, aka your rules or mind bugs, are keeping them away from you.

And all this while, you think it's other people doing it to you, and you want them to stop doing it.

When it comes to politics, this is still true. I can talk about how the blob is enslaving us, and I can have absolute inner joy and freedom at the same time. Because while they can exploit me financially, even throw me in jail or in the gulags, they cannot take my inner freedom or joy away unless I let them.

Relationships

Healthy relationships are a crucial part of what makes us happy, so I wanted to call special attention to this topic. Healthy relationships are crucial for physical health, too.

When you drive out of LA from Santa Monica towards Malibu on the Pacific Coast Highway, you'll see on your right the famous Getty Villa. It's an unbelievably beautiful and impressive estate owned by the late J. Paul Getty, an American oil tycoon, and one of the wealthiest people of his time. In today's dollars he'd be worth around \$30-35 billion.

He had five failed marriages and lived the last 18 years of his life alone. He said that he'd gladly give up all of his wealth for one successful marriage.

When it comes to relationships, especially that of a spouse or a life partner, this is probably the most challenging aspect of life. Like Ram Dass famously said, if you think you're so enlightened, go spend a week with your family. Relationships challenge us because they bring up all of our baggage.

As we just saw, when it comes to romantic partnerships, we only fall in love when the other person represents two aspects of ourselves at the same time:

1. An aspect of ourselves that we've disowned
2. An aspect that reminds us of the person that caused us to disown part of ourselves

Falling in love is a feeling of being complete. The reason we feel this completeness, is because the other person is fully expressing a part of us that we've disowned. For me in my first marriage, she was really good at being social and building critical relationships with people out in the world.

Early on, we were both enamored with a book titled *Information Architecture: Blueprints for the Web* by Christina Wodtke. She was in Silicon Valley, and we were back in Copenhagen at the time, and so Christina seemed like a far away celebrity. When we got word that Christina would be speaking at an event in Copenhagen, my former wife reached out to her and invited her to stay at our house. Christina accepted, and we built a friendship with her that eventually led me to start a business with her.

I, on the other hand, was totally introverted. I got really good at computers because I was scared of people. It's funny looking back on now, because I'm pretty social, and I'm a coach and mind debugger who works with people in the most intimate and connected way. But back then, that side of me was completely disowned, and I lived inside a little "den" I'd built inside my own mind. Because of this, seeing my former wife confidently go out and build these relationships was so attractive to me.

But the other aspect that has to be there is the aspect that reminds you of the person that violated you, that made you feel wrong. This is what creates an element of danger, which is required for that level of attraction. If it's all safe and happy, you don't get aroused in that way. The element of danger creates that uncertainty, that "does she love me, does she not?" element that keeps you on the edge, fully engaged.

For me, my first wife reminded me of the part of my dad that I felt wasn't able to see me or embrace my spiritual and emotional side. That's what kept this feeling dangerous and alive.

The purpose of a romantic relationship is to use our partner as an opportunity to heal. To reclaim the parts of you that you disowned, and to make friends with the part of you that is the now internalized violator. In my case, to realize that I am in fact very good with people and don't need the emotional safety of my "den," and the voice inside of me that dismisses me, the way I felt my dad used to.

When we heal in this way, we become whole, and we get to grow together into joy and love and freedom as a couple.

But most people end up bickering. They live their disowned part vicariously through the partner, and the partner eventually grows tired of this. And we start complaining that "you're just like my mother" or "you're just like my father." And then we break up, and we repeat the exact same pattern with a new partner.

And on and on it goes.

Just like it probably did for J. Paul Getty.

Because what was the constant in *all* of his relationships? Himself.

The opportunity in your romantic relationship is to be allies in healing your childhood trauma and overcoming the dysfunction of your family of origin. I think it's fair to say that most of us grew up in fairly dysfunctional families, and as Gay Hendricks once told me, the greatest accomplishment a human being can make is to free themselves from this dysfunction.

Another key part of a successful romantic relationship is to understand and acknowledge the difference between the sexes. Men and women are different, they need different things from each other, and they offer different things to each other.

My favorite teacher when it comes to this is Alison Armstrong. I highly recommend you check out all of her programs.

In Scandinavia, where I'm from, it's long been the belief that men and women are equal and should share equally in responsibilities around the house and in the workplace, and ... it just doesn't work.

People get so touchy about this stuff, but let me just state the way I see it. If you disagree, that's fine, but since this is my book you're reading, let me state my view, based on my experience.

Men and women are different.

We each have masculine and feminine energies that we can access at different moments, as needed. We can each develop either side more or less.

You can think of masculine as the energy that's focused, directed, and strategic. It has a goal, a strategy to get there, and it'll get super focused, put on blinders, and do what it takes to get there.

The feminine, by contrast, goes around in spirals or circles, is about the adventure, the experience, and isn't going anywhere in particular.

The masculine is the river banks. The feminine is the water.

Feminine love holds acceptance for who you are. Masculine love is committed to who you could be.

Both are awesome. We need both. Yin and yang.

Women can do most of what men can do, but they're wired to have more diffuse awareness where men are designed to be single focused, and they'll usually not be fulfilled living the way men do.

Men cannot do the most important things women can, such as getting pregnant and birthing a baby. On the other hand, women cannot do this without some contribution from men.

The beautiful thing is that we need each other to provide what we ourselves cannot. And when we do provide that to the other, both thrive.

Most men thrive best when they live primarily in their masculine. Most women thrive best when they live primarily in their feminine. Romantic relationships work best when there's polarity where one party is playing the masculine role and the other is playing the feminine.

For most of my life, I was very feminine. Some would call me a soy boy. I was weak, physically, and easily ruffled. I was an easy target for bullying because I took it personally and turned it inwards. I was not very physically active, instead focusing on my books and my computer.

For the first half of my life, I was very emotionally shut down. Later on in life, when I started to open up emotionally, I went even deeper into the feminine. Spirituality, feeling, visualization, lack of direction.

And the more feminine I got on the inside, the more I craved the feminine on the outside. I would wear leather jackets and chains and torn jeans in an attempt to feel more masculine. But I couldn't get my need for the feminine fulfilled because I wasn't the masculine polarity that would attract it.

It was only later when I started to really heal the wounded boy, to build my body physically, and to intentionally cultivate my masculine side, that I was able to find balance, and get my need for a feminine partner met.

Victim Mindset

I believe one of the more insidious forms of child abuse is to teach our kids that they are victims, that they're oppressed, the system is rigged against them, and there's nothing they can do about it.

That may sound shocking. Child abuse is a strong word. What if people really are oppressed? What if the system really is rigged against them?

It might very well be true. In fact, I believe the system is heavily rigged against *all* of us.

But if you believe that you're a powerless victim who will never get what you want, you'll stop trying. It'll make you argue for your limitations and your victim position. That's much worse than any rigged system.

When you're in the victim role, you're resigned to the way things are. And you don't want nobody to come and tell you otherwise. What's the use even getting clear on what I really want, or trying to make it happen? It's no use. It's impossible. The system is stacked against me. Might as well give up.

But what if the world isn't rigged against you? Or what if it *is* rigged against you, but you still have the power to overcome it, at least in part?

I think it's fair to say that the media and the justice department is rigged against Donald Trump. But while he may complain about it, he doesn't let that stop him. He keeps on going. It makes him stronger. I don't think it's a coincidence that he grew up going to the godfather of positive thinking Norman Vincent Peale's church to hear him preach every Sunday.

If you have "luckworthy goals", as my mentor Gay Hendricks so beautifully calls it, if you keep believing in yourself, and you put in the effort, both internally on mindset, and externally, taking action out in the world, then chances are pretty good that you can achieve your dreams. Even if the world *is* rigged against you.

But not if you give up before you even get started because you believed in your own victimhood.

What We Want from Our Government

Here's the rub when it comes to government and politics.

A lot of what we want our government and our politicians to do for us is about righting wrongs that live inside of us. Wrongs that nobody outside of us have the power to right.

We want our government to make us feel safe, loved, accepted, whole, complete, wanted, joyous, happy, good enough, and all the rest of it.

We want our government to fix our outer circumstances so we can finally feel the feelings we wish to feel but that our own mind bugs won't allow us to feel.

Ain't never gonna happen.

It's all our own making that we don't already feel those feelings, and nothing in the outside world is going to change that.

It cannot.

And yet, this is often what we want the government to do for us.

We believe the lie that I can only be happy when "x" happens.

Getting money. Getting a degree. Getting out of debt. Getting "health" "care". Being seen, understood, respected, valued, accepted, validated.

And we want "the government" to make that happen for us, not realizing that we're the *only* ones who can give us the feeling of safety, completeness, happiness, abundance, and bliss we ultimately want, because we're the ones that made the mind bug that separated us from it in the first place.

It's crazy, but this is how our mind works.

You and Your Mind

Which leads me to a distinction I picked up from Peter Crone, a wonderful mind architect aka spiritual teacher that I've been following, worked with, and learned a lot from.

He says your mind is the space within which you live.

If you have a lot of clutter in your room, that dictates how you can move through that room.

If you have a lot of clutter in your mind, that dictates how you can move through life.

Do you have a lot of false or negative beliefs or mind bugs about yourself or the world around you?

Do you have a lot of old unprocessed feelings that you're afraid of feeling?

These are going to dictate how you move through life.

You live inside your mind.

Everything in your life is a projection of what's going on in your mind.

Everything.

You can only see what your mind lets you see. We saw this when we talked about David Hume.

If you believe you're lucky, you'll look for lucky coincidences... and find them.

If you believe you're cursed, you'll find evidence to support that.

People say "I'll believe it when I see it," but the reality is that you can only see what your beliefs allow you to see.

First you have to believe, *then* you'll be able to see it.

Filters

We all have some very core beliefs that are unconscious, that get installed way before our brains are fully developed, and which shape our entire world.

Peter Crone calls them contexts. I like to think of them as mind bugs or filters.

You may have seen me wearing yellow glasses. They're blue light blockers, but I also just like how they look. They go well with the yellow in my personal brand colors.

The point is, when I wear yellow glasses, it changes the color of everything I see. If I was born with these glasses, and had never experience not wearing them, that would be how the world looked to me. I wouldn't know anything else was possible.

That's how these mind bugs affect us.

Mind bugs are core beliefs about ourselves, such as:

- I'm not wanted
- I'm not enough
- I'm not safe / I'm in danger
- I'm not loved / I'm not lovable
- I don't matter
- I'm wrong
- I'm not special
- I'm different
- I'm bad
- I don't belong
- I'm not free

Notice how some of these contradict, for example one person may believe that "I'm not special" and another may believe "I'm different" and both may suffer.

As a coach, one of the things I help my clients with is identifying these core unconscious beliefs. Because once they become conscious, they stop having power over us.

When we look closely, we start to see how ridiculous it is to think "I don't matter." Who gets to determine that? Matter to whom? What does it even mean to not matter? It's nonsense.

After you become aware of it, the thought will still pop up from time to time, but each time you notice it, it gets weaker, and it stops having power over you. When you fully internalize that the thought is not true, you're free.

You live inside your mind, and to the extent your thoughts cause suffering, you live in a prison of your own mind. Each time you question a painful thought, you take another step into freedom.

When I coach business clients, they usually come to me thinking they're dealing with some strategy and tactics question, but it always comes down to the beliefs in their minds. But only every time.

That's what makes it so fun and rewarding. You don't just solve this one business problem. You unlock new freedom in all areas of life, instantly. And the business problem usually sorts itself out right after.

Healthy

I am not a doctor, I don't play one on TV, and you should not take medical or any other type of advice from me. Refer to the legal disclaimer at the start of this book.

With that out of the way, let's start with this important question:

What creates disease, and what creates health?

A popular phrase is that disease comes from being in a state of dis-ease. I believe that is true.

The body is naturally healthy, but due to the stress of living, over time it gradually breaks down.

How fast it breaks down depends a lot on what we do with it.

Stress is by far the greatest cause of disease. And stress is just another word for fear. Our minds have incredible power to make us sick or healthy.

When you live in a state of fear, your body will activate the sympathetic nervous system, which is your fight or flight response. When in fight or flight, your body is not doing the processing necessary to take care of itself. It needs rest and activation of the parasympathetic nervous system to heal and recover.

Your body also needs healthy stress. Exercise. Cold showers. Deep breathing. Your body gets stronger by healthy stress.

Another source of dis-ease comes from our environment. The food we eat, the things we drink, the air we breathe, chemicals from drugs, whether prescription, over the counter, or recreational, chemicals that get in contact with our skin, EMF and other sources of radiation... all of it can either contribute to healing or to disease.

Conventional Western medicine like drugs and surgery cannot heal. At best they can mask symptoms. But the underlying disease is still there, it's

probably still getting worse, and eventually it's going to show up some other way.

My belief is that the symptoms show up wherever the body happens to be weakest, but it has little to do with the underlying cause. Western medicine is so focused on symptoms, they'll treat each symptom individually, and avoid looking at the whole person.

Dr. Joe Dispenza has through his work demonstrated the likelihood that disease starts in the quantum field around us before it manifests as disease in the physical body. Work the field, and the disease doesn't happen. That's a very interesting idea, though obviously a threat to the medical cartel.

My mom had a friend, Palle Gad, who was a surgeon specialized in mastectomies. He told me how he'd noticed that all his patients had the same psychological pattern: resentment towards their own femininity, as well as resentment towards men. This made him change careers from surgeon to psychotherapist, so he could help the women *before* the breast cancer manifested, which he did until his passing.

He taught me that there's always a psychological and spiritual component to disease, and if we're not addressing this, we're just skirting around the issue.

Remember how the medical industry, our media, and we as a society never take the placebo effect seriously, even though it is *the* most documented effect in all of medical science. It's demonstrable proof that the mind can create or heal disease. Why aren't we all-in on harnessing it?

The fact we're not is borderline criminal, and yet another proof of how The Emperor's New Clothes is everywhere.

Elements to Health

If you want health, you must address the sources of dis-ease.

Here's a list of elements that are critical for health. I'm not claiming it to be exhaustive, but it's a good start:

1. Question all beliefs that create fear and stress in you

2. Remove toxins from your environment as much as possible
3. Stop putting harmful substances in or on your body
4. Consume healing natural foods and supplements to support your body in healing & detoxing
5. Move and exercise daily
6. Breathe deeply and calmly, mix up your breathing patterns
7. Get plenty of sleep, rest, and recovery
8. Find purpose and meaning in life
9. Cultivate a healthy social life

If you do these, your body will naturally heal.

And none of these require a doctor or a “health” insurance.

Health Care

The “health” “care” system is a complete misnomer. It’s not about health, and it’s not about care.

All incentives are aligned towards getting people sick, ideally with chronic illnesses, so the system can keep you just alive enough for them to suck as much money out of you as possible, for as long as possible.

Getting kids sick with diabetes and other metabolic diseases is perfect!

Everybody profits when you’re sick. Nobody profits when you’re healthy. And it shows in the outcomes.

The US medical industry currently makes \$4.5 trillion per year, or 18-20% of the total US GDP. And yet the US population is sicker than ever and sicker than most other developed countries. Makes you think, eh?

The purpose of a system is what it does.

The incentives are all screwed up.

If they mandate a vaccine that happens to make you sick, they profit and you suffer.

If they give you a drug that has “side” effects, they profit, and you suffer. As we’ve talked about before, “side effects” is another sleight of hand. They’re just effects they don’t want you to pay attention to. They’re listed on the insert. It’s a good idea to read them and to believe them.

Note how most medical diagnoses are just descriptions of symptoms. Restless leg syndrome. Chronic Fatigue Syndrome. Irritable Bowel Syndrome. Mast Cell Activation. Migraine. Tinnitus. On and on and on. They just describe symptoms, because they don’t know why they happen. Slow clap!

They have no real understanding of the root causes or how to cure them. They just know to name and mask symptoms. And we’ve been brainwashed that this is somehow “health” “care.”

What it really is is sick leeching.

They do not have your best interests at heart, and they do not know what really causes disease or healing.

All you can trust them to do is make you sick and make money off of you.

The purpose of a system is what it does.

Death by Medicine

Medicine is the third leading cause of death in the US. It’s called iatrogenesis, death by medicine, and it’s way more prevalent than you think. You cannot trust the healthcare industry with something as important as your health.

In his book *Deadly Medicines and Organized Crime: How Big Pharma Has Corrupted Healthcare*, Peter C Gøtzsche documents extensively the depth of the corruption in the medical industry.

From clinical trials, to medical journals, to doctors, regulatory capture, to intimidation, threats, and violence, he lays out the rot in the medical racket. It’s sickening. Literally. It makes you want to throw up reading it, and it makes you and me sicker and them more profits

Peter Gøtzsche, by the way, is a perfect example of the Gell-Mann Amnesia Effect. He's written a whole book about the fraud in the medical industry, and then when the media writes about Trump, he believes they're telling him the truth. Go read the comments to his X posts where people are schooling him on this, they're a hoot!

Psychiatric Drugs

Psychiatry deserves a special mention. A friend of mine was very anxious as a kid, so his parents took him to the doctor, and he was prescribed anti anxiety medication. No discussion of how maybe his parents and the dysfunction in the family had contributed to his anxiety. *No, it couldn't possibly have to do with us parents! It's the kid that's broken! Drug the kid!*

It's a travesty. If kids are broken it's because we grownups broke them with psychology, malnutrition, toxins, energy, vaccines, something. But we did this and we must own it.

Another friend told me he'd been a guinea pig for western civilization's pharmaceutical companies. It breaks my heart. Kids don't need drugs. They need love and healthy boundaries.

Tony Robbins has demonstrated many times that he can cure people from depression at his events. Depression, anxiety, and whatever other mental disorders people suffer from, are an unconscious pattern they play because it meets an unconscious need. Break the pattern, and the behavior stops. End of story.

This is not to minimize the pain people are in. But the treatment they're getting is making it worse, not better. I want to see them be free and healthy.

I will never buy into the idea that there's some weird chemical deficiency in the brain and therefore we need to take a drug to correct it. If that were true, why is there an explosion in people on psychiatric drugs all of a sudden, and why do people not seem to get truly well on these drugs?

I think it's a lie fabricated to profit off of people's suffering and silence anyone who speaks up about the gift. And yes, it pisses me off.

I believe your body knows how to produce all the chemicals it needs, if given the right conditions. The medical scientists working with Dr. Joe Dispenza have pointed towards this. You don't need any pharma chemicals in your body. Reject them all. Own your health. This is my unprofessional opinion, and I'm sticking to it.

Your Body as a Barrel

I heard Dr. Thomas Rau, from BioMedicine International, an actual medical doctor, explain disease with a metaphor that makes a ton of sense to me.

Think of your body like a barrel filling up with toxic sludge as you slowly poison yourself with processed foods, fearful thoughts, toxic metals like mercury, lead, aluminum, and others, fluoridated water, EMF, chemicals in deodorants, sunscreen. Compound that by not breathing and moving enough for your lymphatic and other circulatory systems to clean your body of toxins, and not giving your liver and kidneys and other organs enough of a rest to do their work of cleaning up after you.

Eventually, the barrel fills up and starts overflowing. The overflow manifests as some symptom. What it really is is just the weakest, most exposed system in your body that breaks down.

But instead of identifying the pervasive state of dis-ease in your body, the doctors will zoom all in on the symptom, give it a label to sound like they know what they're talking about, and prescribe a drug or surgical procedure to mask the symptom.

And it might alleviate the symptom for a while, but then the drug or the procedure has "side effects," and eventually the toxic sludge that's still slowly trickling into the barrel that is our metaphor for your body will start overflowing again, causing another symptom to pop up.

And then they'll treat that. More side effects. More toxic sludge. More symptoms. More drugs and surgeries. And on and on it goes.

Pain is just another symptom. It's a signal that something's not right. By prescribing Oxycontin or other pain meds, you're just masking the symptom.

This whole symptom treatment madness is like taping over the indicator on your car dashboard that says you need to change the oil.

It doesn't solve the problem. It only hides it. And out of sight, the problem only grows bigger.

How do we not see this? It's common sense.

Fever too. Fever is healthy. It's the body's way of clearing out an infection. By taking a drug to lower your temperature, you're interfering with the natural healing process.

As with most things in life, health is simple, but not easy.

And again, you don't need the government, doctors, or health insurance to be healthy.

Physical Trauma

The one thing that Western medicine is good for is physical trauma.

If I'm in a car crash and my skull is cracked open, I'd want a great surgeon to do what they can to put it back together.

Although I will say that so far, every single encounter I've had with doctors and nurses, even for things like a broken bone in my ankle, or stitches after almost chopping off the tip of one of my fingers, or being in a mountain bike crash, they've been practically useless. That might just be my bad luck, or it might be an indication of something broader. Maybe I'm just being naive thinking they'd be helpful in the case of a car crash.

I personally don't have health insurance, and I'm grateful that the US doesn't force me to fund a fraudulent "health" "care" system through my taxes or the individual mandate like Obama tried to do.

I only wish the government would get out of the business of “health” “care” entirely.

I’d love to be able to buy a health insurance that only covers things like car crashes and falls, but in New York State where I live, you are not allowed to buy that unless you also buy a “regular” “health” insurance, which I refuse to get because I do not want to subsidize the fraud. But our legislators are obviously not working for us people. I’m a big believer in free markets, so long as they’re actually free and effective.

The bottom line is this: your health is entirely within your power to influence, though not control.

What you do to improve your health is your business.

How your body responds is God’s business.

That’s as good as it’s ever going to get.

COVID

We need to talk about COVID. Yes, I know. We all want to put it behind us. But it showed us so much about how the medical industry operates.

COVID red-pilled a lot of people, especially health conscious people. So many of the policies simply didn’t make any sense if you trusted your own eyes, ears, and thinking ability.

By the time COVID rolled around, I’d already done my deep dive into how the media operates and developed a healthy skepticism of the government.

I’m not a “public health expert” but I do know a thing or two about problem solving and health.

If you came into this with nothing but critical thinking skills and basic understanding of viruses and statistics, how would you approach the situation?

You'd actively engage doctors to experiment with treatments, and set up central, global databases for doctors to share their findings in real time.

Instead, they tried to prevent doctors from prescribing well known drugs like Ivermectin that have been used safely for decades. Why would you do that if you wanted to save lives?

You'd share all the data, properly stratified by anything that might be meaningful, so all doctors and lay people could do analysis and identify trends.

You'd notice early on that COVID mostly killed very old people and people with comorbidities, and focus the vast majority of your effort on them. Everyone else can live normal lives. They'll be fine.

You'd be super clear about what you're tracking.

For example, Infection Fatality Rate (IFR) is way more critical than Case Fatality Rate (CFR), because CFR only counts the number of known, recorded cases. But many people got infected with no symptoms, or they stayed home and never told anyone, so our case numbers were way underreported.

How do you find the number of infections, then? You'd conduct random antibody samplings. This not only lets you assess the critical IFR, it also tells us how fast we might be able to get to critical herd immunity.

By April 2020, 20% of New Yorkers already had antibodies.⁵² And after May of 2020, I never saw another randomized antibody study.

What else?

Since it was clear that vitamin D and good health was an important factor, you'd encourage people to get outside and stay active. You'd keep the gyms open and, if anything, close the liquor stores. Alcohol makes you more likely to get sick.

⁵²<https://archive.is/20200423182935/https://www.nytimes.com/2020/04/23/nyregion/coronavirus-antibodies-test-ny.html#selection-829.0-854.0>

You'd definitely not require people who already had antibodies to take the "vaccine."

None of the things on this list require "experts" or "scientists" or "doctors" to figure out. It's simple logic. This is why many right wingers don't trust experts. They're often blinded by what they know or by their agenda, or simply trotted out to lie to our faces.

And this is how the system works: The lie is so big that most people simply won't believe it. We're taught to trust experts and authorities, to believe that this is all much too complicated for your feeble little brain to figure out. And the corruption is spread across so many institutions from government to media to corporations to universities to NGOs.

It's wild.

And while the proof is all out there, it's so overwhelming and confusing that most people just give up and ignore it.

Vaccines

I'm still trying to figure out what the end game was with the COVID vaccines.

If you had the best interests of the people in mind, you'd never ever mandate a completely new and untested drug built on a new and untested mRNA platform. Remember, we don't have long term safety studies, because it's new!

And now we never will, either, because after the trial concluded, they vaccinated the control group! They vaccinated the control group!

That might seem minor, even like the compassionate thing to do. "Hey, we know it works, we should give it to everyone."

But it's borderline criminal, because without a control group we have no way to track long term consequences with the rigor of a trial. We will never know for sure what the long term effects are.

You think this is an accident? I don't.

The purpose of a system is what it does.

By the way, Pfizer is on the books as having paid the largest healthcare fraud settlement in history at \$2.3 billion. Yeah, let's totally trust that company with a new untested product forced on billions of people!

Did you know that in the clinical trial for the Pfizer vaccine, total mortality was actually *higher* in the vaccinated group than in the control group. It's true. Most people don't know this. The vaccinated group saw 21 deaths, vs 17 in the placebo group. But some of the vaccine deaths were conveniently ignored because they were not "considered related to vaccination."⁵³

In other words, 24% more deaths in the vaccinated group than in the control group. Hm...

They may be correct that they were unrelated, but given that this was a brand new platform with no long term safety studies, how could they know for sure? Was the public informed? And how could they go through with the mandates, given this data?

I'm going to have to go all caps here.

We know for a FACT that MORE people died WITH the vaccine than without it. DIED.

We can argue about *why* they died, but it's a fact that they did. It's right there in Pfizer's own data.

And yet we STILL pushed, bribed, coerced, and in many cases FORCED people to take this shot?

How is this not a HUGE scandal that dogged journalists in our fourth estate are digging into every single day? How are people not in jail for this?

⁵³ <https://www.fda.gov/media/151733/download>

What the actual fuck? Sorry, not sorry, for the strong language.

Some of the deaths that were considered unrelated were due to heart attacks, strokes, and other cardiovascular conditions. That is *very* interesting, since the CDC, the FDA, and the EMA have now officially determined that myocarditis and pericarditis are in fact linked to the Pfizer COVID vaccine, so at least *some* of those deaths probably *were* related to the vaccine.

But they wanted the vax out, deaths be damned.

The purpose of a system is what it does.

My belief is this is all intentional. They knew it was harmful, or at least they knew they had no way of knowing it was safe. And they vaccinated the control group to make sure the data could never prove it.

Do you really believe the people who did this are concerned for your health?

Lying Data, Lying Stories

They pulled so many tricks with the data that most people weren't aware of, and that the media never reported on, because they too are paid by the medical cartel. I've seen numbers saying up to 30% of cable news ad revenue comes from big pharma. They know which side their bread is buttered on. They're not impartial.

It's well documented that between the first and second shot of a two-shot COVID "vaccine," your immunity goes *down* for a week or two before going up. That means that after your first shot, you're *more* likely to get COVID.

To make the vaccines look better, they then lumped case stats for people who'd received just one shot together with people who had gotten no shots, thus artificially inflating the numbers for unvaccinated and lowering the numbers for vaccinated.

They also counted "deaths *with* COVID" rather than "deaths *from* COVID" and incentivized hospitals to inflate numbers for hospitalizations and deaths from COVID to make the disease seem more dangerous than it was, which they then used to scare us all into accepting cruel lockdowns.

Why were they so aggressive in censoring dissenting data and opinions on COVID and vaccines?

Why did they lie about where COVID came from, pretending like it came from a bat market, when Fauci and others knew from the start it came from the Wuhan Lab? I'm pretty sure that's documented now, after the "FOIA lady" store broke in August 2024. If we had a functioning media, it wouldn't take independent citizens to get there. But we don't.

Why, why, why, why ... so many questions.

Why did COVID happen?

Why did they lie about it?

Why did they let so many people die unnecessarily?

Why did they push the "vaccines" so hard?

What Really Happened with COVID?

To me, the inevitable conclusion is that the blob wanted a pandemic, they wanted lots of people to get sick and die, and they wanted to force the vaccine on as many people as possible.

Was it just for profit? I don't think so. The total revenue from COVID vaccines is "only" about \$150 billion. Yes, that's a lot of money for you and me, but given that they printed trillions of dollars during the same period, it's not that much money in the big scheme of things.

So what was it?

I don't know.

I wish we had a media that would dig into this, but we don't.

Here's my best misconception to date. I'm not saying it's the truth, it's just the narrative that best fits the facts I've seen. I wish our media would do an honest validation of each and every claim here. I want to know the truth.

Every president we've had since JFK has been effectively chosen by the blob, save for two: Nixon, who they got rid of by framing him for Watergate, and Donald Trump.

Trump wasn't supposed to win. But he did.

They blob sprung into action with warrantless wiretapping on his campaign, the Steele Dossier, framing Michael Flynn, the Mueller Investigation and much more.

As the 2020 election was approaching, Trump looked unstoppable. The economy was great, unemployment was way down, no new wars. Despite the consistent negative media coverage, re-election looked almost certain.

So they decided to release COVID. I cannot prove it was released, or that it was released for this reason, but that's my belief. The timing is just too convenient. They'd been working on this virus for years through their illegal gain of function research in Wuhan in partnership with the CCP, and they had it ready to go.

They prepared the media by running the infamous Event 201 at Johns Hopkins, which, as I understand it, was all about controlling the public narrative and getting people to accept harsh remedies, not about how to actually make people, you know, not die. I could be wrong. I didn't watch the whole thing. This is what I've heard, and I think a lot of people believe this, whether it's true or not.

Releasing the virus accomplished many things at once for a lot of powerful people, not just getting rid of Trump.

Fauci and Birx, who were no fans of Trump, effectively took over essential parts of the government for a while. They greatly blew up the fear of COVID by manipulating the numbers as we've seen. They made sure no effective treatment was allowed until the vaccines could be launched, cruelly allowing many to die needlessly and alone.

This exaggerated fear of COVID was used as an excuse to change voting laws across the country, particularly in favor of mass mail in ballots, which would make it easier to steal the election.

The COVID lies were used as an excuse to put most people under house arrest using the “boil a frog” strategy of incremental steps. “15 days to slow the spread,” which Deborah Birx has now shared in her book *Silent Invasion* was an intentional lie to get people on board with the idea of longer lockdowns, something they’d never accept outright.

The lockdowns also facilitated the greatest transfer of wealth probably in history. Small businesses were forced to close, trillions of dollars were printed, stock prices went through the roof, and FAANG, Walmart and other big corporations rolled in cash. Most of the stimmy money ended up going straight to those companies.

Gyms had to stay closed, though, because health!

Lockdowns destroyed Trump’s great economy, which allowed the media and Democrat narrative to be about how bad the economy was at the end of his term.

So yes, I believe COVID was intentionally released to the world to achieve a number of objectives, not least of which was to make sure Trump did not get re-elected.

It was just too convenient for too many people and institutions, so they all played along. And millions of lives were destroyed in the process, because you are never their concern.

If you haven’t yet read RFK Jr. 's book *The Real Anthony Fauci*, do yourself and everyone a favor and read it. It’s dense, but so eye opening, and with lots and lots of footnotes. I’ve read it twice.

Toxic Food

Okay, enough COVID. Let's talk food.

In his excellent book *The Dorito Effect*, Mark Schatzker documents how our natural cravings are carefully calibrated over thousands of years to make us eat the food that contains the exact micronutrients that our body needs.

A strawberry contains vitamin C, vitamin E, vitamin B6, biotin, folate, niacin, pantothenic acid, riboflavin, thiamin, calcium, potassium, magnesium, phosphorus, copper, boron, iron, iodine, manganese, molybdenum, zinc, omega-3s, histidine, isoleucine, leucine, phenylalanine, threonine, tryptophan, valine, and fiber—along with anywhere from three to five thousand known plant secondary compounds, including ellagic acid, lutein, zeaxanthin, and beta-carotene, and three hundred or so aromatic compounds, about eighty of which we can pin down.

Your body craves strawberries, because it knows that the strawberry has the exact micronutrient you're deficient in.

But when we fuck with artificial flavors, we fuck with the body's ability to tell us and get what it really needs.

If your body needs a specific nutrient from strawberries, and you feed it a garbage fat free sugar laden "strawberry" yogurt that's never even been in within a ten mile radius of an actual strawberry, the flavor is now so realistic your body thinks it's getting a strawberry with all the nutrients that involves.

When the nutrients don't arrive, it'll crave more. And more. Which makes us overeat and fat.

It's no accident that Americans are fatter and sicker than ever before. We're fed literal garbage and they have the audacity to call it "food."

Vani Hari, aka the Food Babe, has been documenting this for years. There's thousands of toxic chemicals that are known to make people sick that are banned in Europe, yet allowed in the US.

And the same exact product from the same exact producer will have a nice, clean list of ingredients in Europe and a litany of toxic chemicals in the US.

What the hell?

How are we putting up with this? We need to wake up.

If this isn't proof that your politicians and government officials and leaders of industry and media do not give a damn about you, at all, what proof would you need to see?

We need to stop fighting each other and realize that our neighbors, our uncles, and our coworkers are not our enemies. They're our allies. And together we have the power to create the world we want to live in.

You sensing a theme here?

The secret to a healthy diet is simple.

In the words of Michael Pollan: *"Eat food. Not too much. Mostly plants. Avoid edible food-like substances."*

Bottom line here is that our current system is designed to make and keep you sick, health is your responsibility, and your body knows how to heal itself, given the right conditions.

Reject the notion of socialized or taxpayer funded medical care. It's nothing more than a blob scam to steal your money and your health. I dare anyone to prove me wrong. I just don't see how you can make a corrupt, broken system better by forcing people to pay into it with a threat of violence. How? Seriously!

Prosperous

We want people to live a life of prosperity, a life where we have access to the resources we need when we need them.

Some years ago, I heard Gay Hendricks say something that really stuck with me as just the truth:

You'll never have enough money to buy all the things you don't really need.

And you'll never have enough time to do all the things you don't really need to do.

As we saw, we all fall into the trap of thinking that if *only* we had this or that material thing, *then* we'd feel ... fill in the blank. Good enough. Okay. Safe. Worthy. Loved. Whatever it is.

It can be a house, a car, money in the bank, a flat screen TV, a spouse, a lover, a child, really anything.

The Dream Car

For me, it was a car. A BMW Z4. I dreamt about that car for over ten years.

In 1999 I moved to the US and got a job for a software company named ArsDigita. They had an office in Berkeley where they had a BMW Z3, that I got to drive when I visited.

It was such a great car. I loved it. Driving up and down Highway One along the California coast with my hot girlfriend. It made me feel so powerful, strong, free, masculine. I'd arrived. I'd made it. I was the man!

After moving back to Denmark, I dreamt of that car for years. In Denmark, I started a business, and for the first couple years it went really well. But then I started to struggle financially. In Denmark, cars are marked up by about 180% in taxes and registration fees, so buying my dream car was way out of my reach. New, it would be around \$220,000 US *after* you've paid the world's highest marginal tax rates. Impossible!

When I was finally able to get back to the US in 2011, one of the first things I did was buy a used BMW Z4, the current model of the same car.

Space gray! So fast! So beautiful!

I remember driving down Highway One with my new hot girlfriend, with the top off, slowly passing two young guys on their skateboards. One yelled out “nice car!” The other yelled out “nice girl!”

I felt on top of the world!

Every morning I’d walk out of the motel we were staying at (we were pretty broke, despite the fancy car ... the car was part of an investment for my E-2 visa application). I’d go down to the car and just take in the beauty of that thing.

Every time we came out of a restaurant and were walking towards the car, I’d look around the parking lot and confirm that there was no other car in the entire lot that I’d rather own than mine. It was so cool, so sleek. I was beaming. I felt like a million bucks.

Then one morning, exactly two weeks to the day after I took possession of the car, I came down the stairs from our motel room, and something really strange happened: nothing!

I looked at the car, and I didn’t feel that jolt of electricity shoot up through my body.

“That’s weird,” I thought, and I went back up to the room, and back out and down the stairs.

Same thing.

No jolt.

I blinked and looked at the car again. And it was ... just a car!

A nice car. A beautiful car.

But just a car.

A piece of metal on wheels that would transport me from place to place.
Making nice sounds, feeling good to drive.

But it was still ... just a car.

It completely shook me.

I'd dreamt of this motherfucking car for over ten years! I finally got it. And the feeling lasted for just *two damn weeks!* Come on, man!

I figured it wouldn't last *forever*, but could it have at least lasted for a year? A month even?

Two weeks. That's all I got.

Money Only Solves Money Problems

It taught me a really important lesson: No material possession will ever fill up an emotional void. It cannot. It can mask it for a short time. But emotional voids need to be filled from the inside, not the outside.

When it comes to prosperity, this is a really important thing to keep in mind. It's a feeling. Money has little to do with it.

We think that we will be happier when we have more money. We think we will make other people happy by giving them more money. We won't.

Billionaires are often among the most miserable people in the world.

I'll never forget an email I got in 2010. I'd started blogging (remember blogs? they used to be a thing!) about my personal growth journey, and this guy named Eric from San Francisco randomly emailed me one day.

He told me his story of how he'd co-founded a mobile social gaming startup, and they'd done really well, to the point where they'd now received an acquisition offer for \$300M.

And yet he was more depressed than he'd *ever* been in his entire life.

Why?

Because his entire adult life he'd fantasized about and worked towards this day. The big payday. The big exit. Make a truck ton of money and be set for life. Sip margaritas on the beach. You've made it. You've arrived!

And now that it was within reach, he realized he was still stuck with himself.

All of his feelings, all of his fears and insecurities, his low self esteem. They were all still there. The money solved none of this.

And now he was even worse off, because his previous *strategy* for how he *thought* he was going to solve these problems had proven to be a mirage.

And that freaked him out.

Problems + strategy = hope.

Problems + no way out = misery.

Money only solves money problems.

They don't fill your emotional void.

You can *use* them to *help* solve emotional problems. You can buy books and therapists and coaches and go to events. But you're the one that has to do the actual work.

Like my mentor Gay Hendricks says: Money can buy you a ticket to outer space. For a mere \$450,000, Richard Branson will take you there. But no amount of money will take you to inner space. Others can help, but you have to make the journey yourself.

So when it comes to wealth, we have to put it in its proper context. It's about a feeling of abundance. Of having faith our needs will be met.

In 2014, I went to Burning Man, and one of the things I remember is the phrase “the playa provides.” It means to not worry about having your needs met and to trust that when you need it, someone will provide it for you.

Whether that is indeed “true” or not, believing it makes you more open to seeing and receiving opportunities for others to provide for you. Just like people who consider themselves lucky are more likely to be lucky because their eyes are more open to the luck that’s available to them, which in turn makes them more lucky.

How to Build Wealth

Now that we understand the role that wealth rightfully plays in life, let’s look at how to create financial wealth.

And as is often the case, the answer is simple, but not easy.

You make money by providing value to other people in a form that they’re willing to pay for.

That’s the foundation of everything.

The question to ask yourself is: how can you use all your talents and skills and gifts to provide as much value for other people as possible, in a way that feels effortless to you, that brings you energy and joy, that makes you feel alive and gives your life meaning and purpose?

This is the big question, and the answer will naturally change over the course of your life.

In the beginning, you need to acquire skills.

You go to school, you read books, you let your curiosity lead you to study topics on X, YouTube, and other online platforms, you find other people with the same interests and learn from and with them.

And you get a job. A job is often the fastest way to learn. My first job out of college was for a US-based company named ArsDigita, the company that had

the BMW Z3. My first day at work was with Branimir at the Siemens office in Zagreb. Long story.

I learned more actually useful skills in the first two weeks with Branimir than I did through five years of computer science at university. Seriously.

Minimum Wage

This is why I think minimum wage actually hurts young people who want to enter the job market.

Because at the beginning, you simply might not have the skills to make you worth \$12 or \$15/hr or whatever the minimum wage is. I'm sorry, but it's a fact.

Instead of getting a job at \$5/hr or \$10/hr so you can learn and increase your skills to make you worth \$12 or \$15 or \$20 or \$30 or \$50 or \$500, you're shut out of the job market altogether, and it's up to you to study on your own. With no pay. And we know most won't do that.

Meanwhile, it incentivizes companies to automate the lowest paying jobs. Once built, a machine has no sick days, needs no overtime, there's little turnover, no training, no unions. It's much better for the employer.

So even though we institute minimum wage out of compassion, it ends up hurting the people we want to help.

Same as affirmative action and other ways we meddle with the market.

It's a pure "hero" role in the drama triangle. It makes you feel good at the expense of the very person you wanted to help.

You're unknowingly sacrificing the weakest among us so you can feel like a good person.

I'm not judging you. I know you *want* to do good. But we have to do things that are actually good, not just things that look or feel good.

Please. Let's do better.

Marketable Skills

I was fortunate to acquire the highly marketable skill of programming early on in life. My dad taught me. He taught my brother, too, but I was the one that really caught the bug, where my brother more caught the bug of playing computer games with his friends. We'd sit in a room, him and a friend or two on their Amiga computer, and me alone on my PC, writing software.

But most people won't have a specialized skill like that, and so they need to find some way to trade time for money. Store clerk, waiting tables, warehouse packer, handyman, assistant, whatever.

The purpose is not just to make money. The much more important purpose is to acquire skills that increase your market value. Follow your passion and your curiosity. Do you want to be a leader, a technician, a communicator? There's a million different directions to go.

The important thing is to find something you're naturally passionate and curious about and pursue that. Something you'll want to study on your own time. If you haven't found it yet, keep looking.

If you feel depressed or hopeless, then that's the first thing you need to address. It's solvable. The solutions are out there. Look for them.

This is you investing in yourself. You'll continue to invest in yourself for the rest of your life, so better get to it.

Financial Freedom

Eventually you'll want to get out of the game of trading your time for money.

You can do this by starting a business, by getting into a royalty agreement, by getting equity in a business, or by saving and investing the money you earn from your work.

No matter how much money you make, you'll want to get in the habit of saving. Take a percentage of your income, and immediately put it into a savings account, ideally in another bank, so you never see it. Every once in a while, you transfer that money into some form of investment.

The goal is to accumulate enough money that an annual return of 5% will pay for all of your living expenses. At that point, you have achieved financial freedom. As long as you keep expenses in check, you'll never have to worry about producing an income again.

If you live on \$10,000/month, that's \$120k/year. That means if you have savings of \$2.4M, then you can live off of the return alone, so long as your expenses stay below \$10k/month.

If you live on less, it's obviously a lot less.

Why 5%? Because that's a return that you can typically get with a very low risk, such as treasury bonds or money market accounts.

We have to make sure this is attainable for everyone.

I've far from been a great steward of money myself, which is why I'm so passionate about making sure as many people understand the game as possible. Nobody really taught me how this works.

I used to dream of having so much money I'd never need to look at a budget ever again. Then one of my friends sold his company for \$200M and talked about the importance of having and staying within a budget, and I realized that I'd been lying to myself. There will never be a time where you want to not live with a budget for your personal finances. Get used to it and learn to love it. Discipline is freedom, not punishment.

Risk Profiles

All investments involve a risk and a potential return. There's often but not always a correlation between risk and return. There's also a question of timelines.

Stocks have over long enough periods of time always performed well. It'll go up and it'll go down, but if you invest in an index fund and you don't sell, you will historically have done well over the long term. Past performance is never a guarantee of future returns, but it's all we've got, as we haven't yet learned to see into the future with certainty.

The younger you are, the more risk you'll typically want to take, because you won't need the money for a while, so you can ride out the downs in the market, and you have time to make up for it if you do incur a loss. As you get older, you typically want to take less risk for the same reasons.

The magic of investing lies in compound interest.

If you can get a 7% annual return, as is typical for the stock market, when adjusted for inflation, after ten years, your return is not 170% (10 years x 7%) but rather 197%. You end up with almost double your money in ten years. That's pretty good. The higher the return, and the longer you stay in, the more it compounds.

Math Never Lies

This is the path of wealth creation. No amount of wishing it to be different will change this.

Find a way to scale your income independent of your time. Build up enough savings that you can live off of the returns.

When I hear about families that wouldn't be able to pay their mortgage or buy food if they lost their paycheck, I feel empathy. That's terrifying.

It's also their responsibility. They're simply living beyond their means. If they had more money, I bet they'd spend that money too. It's a mindset.

If you're living off salary income and you don't own a business, you have to find a way to save money. It doesn't matter how little money you make, it doesn't matter how little you save. Even if it's just a dollar a month. Get in the habit of saving.

Instead of it feeling like denying yourself this nice thing you want, think of it as investing in yourself. It's self love.

Money Mindset

Poor people are poor because of their beliefs, not because of a lack of money. The mindset is what causes the lack of money.

Giving a poor person more money doesn't change their mindset. It will not make them rich. They'll find a way to spend the money, and they'll still be poor. It's a mindset issue. Trust me, I've been there.

The unconscious belief might be that I'm not worth having money, so I need to give it away as fast as I can. I've had that for most of my life.

It might be that I need something I don't have (and maybe can't afford) in order to feel good enough or to fit in or to feel safe. I have that too.

It might be a belief that you're broken somehow, and having this thing would fix it. I've been there too.

You might have a belief that being rich is bad and that money is the root of all evil, and so of course you'll want to get rid of it.

No matter what the set of beliefs, the beliefs are what causes your financial situation. Address the beliefs, and the wealth will start to build.

I'm not saying any of this to shame poor people or because I don't have compassion. I do. I'm saying this from a place of love.

In order to solve poverty or inequality, we have to look the real problem straight in the eyes.

It's not their fault that no one has told them this straight and no one has taught them how to master money. But it is their responsibility to address it.

Just like your health can never be the government's or your doctor's or anyone else's responsibility, so your wealth can never be anyone else's responsibility, either. It's yours.

And that's powerful. It means you're the creator of your life, the author of your life. It puts you in a position of power, not victimhood.

Feel the power. Own it. That's freedom.

Why Welfare Never Works

The problem with any welfare program is that they always implicitly incentivize the exact outcome that they're looking to address.

Take the SNAP program, aka food stamps. To be eligible, you currently have to make less than \$3,000/month and have assets below \$2,750. Sounds compassionate and good. We don't want people to go hungry.

What we've just done, though, is to create an incentive for people to make sure they don't earn more than \$3,000/month and to not save or invest.

How is that a good thing?

I get that we want to help people in need. But when you create a government system like this, it has to have fixed rules, and it will be managed by people with no emotional investment in the people that receive the money.

The government's management of the program will be inherently inefficient and wasteful. You have to pay administrators to administer it. They'll do it imperfectly. It all adds to the waste.

So for every dollar you take from one person to give to another you're now wasting some of it and incentivizing the recipient to stay needy.

What if instead we reduced the government budget to, say, less than 10% of the total economy, and let individuals handle this? Humans are naturally compassionate. Churches and other religious institutions have always been great at providing for the needy. Local organizations of all kinds too.

But then, instead of a nameless faceless wasteful bureaucratic organization running it by taking other people's money by threatening violence, which is what taxes are, it could be people voluntarily donating their time and money or food or other items to take care of the needy.

An added benefit is that now there would typically be a real person there with a real relationship to the recipient who could look after their true

interests and support them in becoming independent of the need for assistance.

The purpose of helping others is to free them from the need for help.

Not to keep them enslaved and needy.

Normal people can and must take care of themselves.

Let's make people normal again :)

Safe

What does our government need to do in order to make us safe?

Safety is both a fact and a feeling.

For factual safety, we need the government to defend the nation against foreign invasions, and to protect us from each other. The military and border patrol does the first, the police is responsible for the second.

Emotional safety is important, too, but like with happiness, it's not a job for the government. That's on us.

Policing

I think most normal people would agree that we want the government to prevent others from harming us, murdering us, and taking our stuff.

However, the waters have been muddied a bit lately.

I think it's part game-playing hidden from most of the public, and part a conversation we can have about values and what we want the laws to be.

I've seen a lot of reports of Soros-funded District Attorneys who will not prosecute criminals. This means the police will arrest someone for committing a crime, and that person is put right back on the street. The criminals commit crime after crime, and nothing happens to them. The police get frustrated, because they cannot do anything if the criminal is not prosecuted. The citizens get harmed, either physically, or because their stuff gets stolen.

I've seen reports that in many drug stores in San Francisco, even something as pedestrian as toothpaste is locked away, because criminals just come in and take it. This is partly because of Soros DA's, partly because a law that says stealing anything under \$950 cannot be prosecuted. It's not like the criminals can't do math. They know that so long as they stay below that level, they can steal, and nothing will happen.

Who's paying the price for this? Businesses pay, because they lose inventory. Even though they're insured, these losses will be baked into the cost of

insurance. Consumers pay, because they will have less choice, it's more of a hassle to buy stuff, they'll have to pay more to cover the cost to the businesses, and they'll have to travel further as stores close because they cannot survive the added cost given their already low margins.

How is it fair that businesses and consumers pay for the theft of criminals? It is of course not fair at all.

I think we all agree in principle that theft is wrong and should be illegal.

So why do we let it happen?

I think for a couple of reasons.

I think some people feel bad for the thieves. They think the thieves are just poor, unlucky people who have gotten a little bit behind, and if they can just be allowed to take some clothes and some toothpaste, they'll be okay.

Some people in power obviously want the crime. In NYC in the 1980s, crime was way up. Rudy Giuliani came in and enabled the "broken windows" approach where he'd prosecute even the smallest crime like riding the subway without paying, and crime went way down.

The reason it was called the "broken windows theory" is that if you leave a car on the street, it can sit there for a long time untouched. The moment someone breaks a window, though, in 24 hours, the car is stripped apart. Crack down on small crime, and it trickles up.

We're doing the opposite right now, and it has to be intentional.

The purpose of a system is what it does.

Why do they want this? A theory on the right is that when there's high crime, people demand tougher measures from the government. High crime becomes a way that you get the people to demand a police state. Which is what the blob wants. Total control. Total tyranny.

There's a term called anarcho-tyranny, which is a combination of anarchy and tyranny: You let criminals commit crime and act overly oppressively against law-abiding citizens.

This looks exactly like what we're seeing in NYC. Jose Alba who was sent to Riker's Island for defending himself against an armed robber. Daniel Penny is currently on trial for manslaughter after defending himself and innocent subway riders from a violent attacker. The DA is the same Alvin Bragg who has gone after Donald Trump in NY.

Even if you feel bad for the criminals, letting the crime go unpunished seems like a poor strategy, for at least two reasons.

One, the victims of the crime are not the reason for the criminal's troubles, so why should they pay the price?

Two, teaching people that stealing or committing crime is a way to solve their problems is not setting them up for long term success. Crime is never a good career path.

Even if it never lands you in jail, living out of integrity like this will cause emotional and energetic harm.

Let's teach people how to be prosperous and creative without committing crime.

Integrity is always the answer.

Wars

I'm talking about wars extensively in other places. I just want to reiterate that there's no evidence that America's long list of overseas wars does anything to make Americans safer or better off. Quite the contrary.

I agree with JFK that the government's job should be to keep us *out* of wars, and to let other nations live how they want to live.

I don't think it's the job of America to be the world's police.

I also think it's obvious if you look honestly that today's US is the world's thug, not the world's police.

Borders

I believe we can all agree that we need secure borders.

We need to have rules for and control the flow of people coming into our country.

We can argue what the rules should be, and that's a completely legitimate conversation, but it shouldn't be a free-for-all.

I also think most of us can agree that we want the government and the media to be honest and transparent and tell us the truth about what's happening at the border. Don't sugarcoat, don't exaggerate, just tell it like it is, so we know. Like JFK said.

I think we can agree that we don't want criminals, terrorists, and human traffickers to freely enter the country. They can stay home where they are, thank you very much.

We also want to make sure we prevent drugs and trafficked children from entering the country.

And we can probably agree that we want some combination of merit-based and humanitarian immigration.

In merit-based immigration, we get to set criteria for who we think would best contribute to our economy and our country.

In humanitarian immigration, we help people who are being persecuted or with other special needs.

We won't ever get 100% secure borders, but every policy can either take us closer to a secure border or further away. The more steps we take to make the border more secure, at a fair cost, the more secure it will be.

Immigration is Good

I think everyone agrees that immigration is a desirable thing, as long as the right rules are applied.

I also think everyone agrees that immigrants or migrants, whether legal or not, aren't bad people just by the fact they're migrants, or because of their skin color, religion, or country of origin.

I think we can also agree that we shouldn't treat immigrants, especially illegal immigrants, better than citizens who've lived here and paid their taxes.

We also don't want the government to use immigration as a way to intentionally change the outcome of elections by placing migrants who they believe will vote for them over the other party in swing states where they can determine the outcome of critical future elections.

And yet, I, along with most people on the right, believe this is exactly what's happening. And the government is lying, thousands of NGOs and individuals are profiting from this, and the media is covering it up.

That's wild.

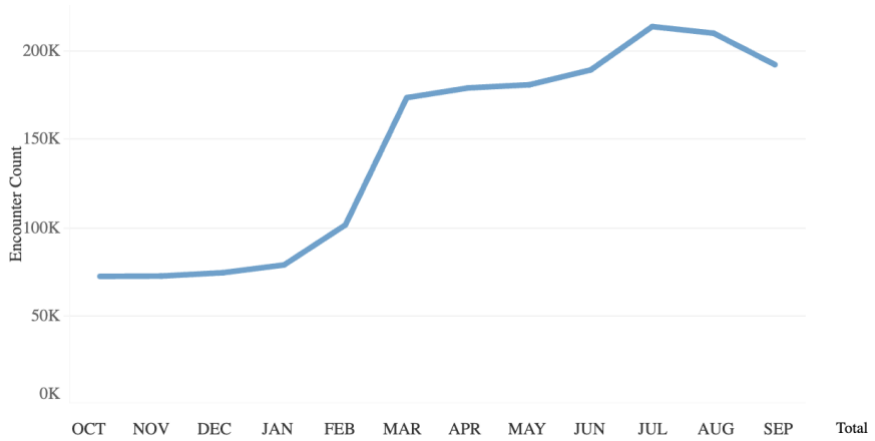
Immigration Cabal

I watched James O'Keefe's documentary *Line in the Sand* the other night, and it points to a deep rot in our immigration industrial complex.

Migrants, drugs, and unaccompanied children are streaming across the border, being transported all over the country, and border patrol isn't effectively stemming the tide. And I don't think it's their fault.

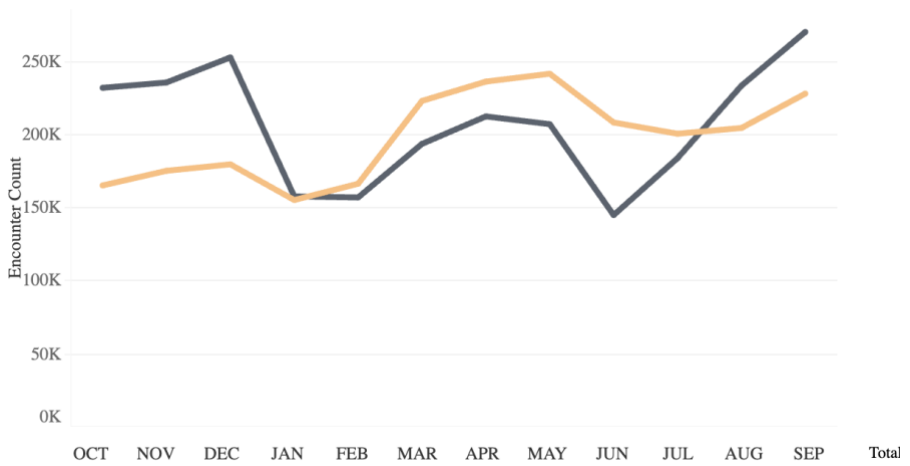
If you look at the official CBP statistics, border encounters along the southwest land border⁵⁴ were up dramatically immediately after Biden took office. Here's FY 2021, which starts October 2020:

⁵⁴ <https://www.cbp.gov/newsroom/stats/southwest-land-border-encounters>

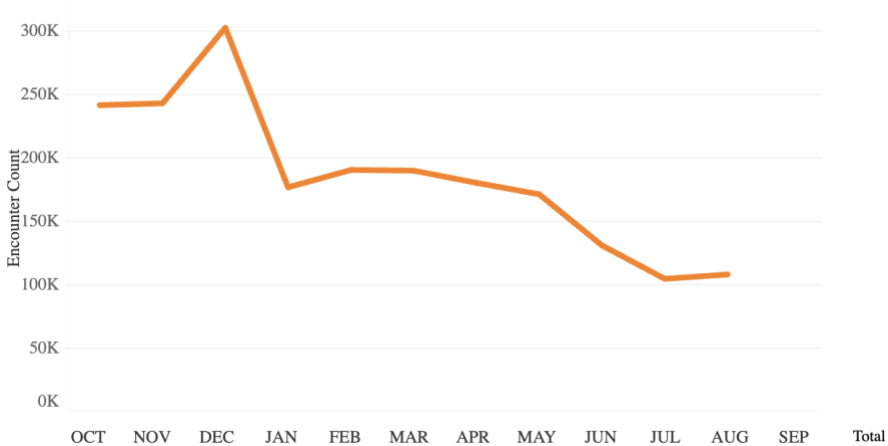


See how that shoots up right after Biden took office January 22, 2021?
Curious!

It remains high trough 2022 (lighter) and 2023 (darker):



Then, as the election approaches, it drops down again. Here's 2024:



If you didn't know better, you might think this was intentional. They wanted a lot more people to enter the country, so they reversed Trump's border policies through executive orders, told the world that the border was open, and floods of people showed up.

Then as the election neared, because they knew it was unpopular, they cut it back from the crazy highs, so they could claim that they “*have seen illegal immigration reduced by half,*” as Kamala said recently.⁵⁵

Half compared to what? Oh, you mean compared to *after* you dramatically increased it? Definitely not compared to during the Trump years, because as we can see it's still at least 60% more than it was then.

This is a classic way to lie. It's not an outright lie, but it's also not truthful. And the media will run cover.

Another question that I don't know is, are these the right numbers to look at? What does “border encounters” mean exactly? How are they counted? How accurate are the numbers? What about all the people who are never encountered? Are we intentionally avoiding “encountering” people to hide how many really enter? Does the “southwest land border” leave out any important stretches of the border where other migrants cross, or is it the entire land border with Mexico? Did anything change in how we count these numbers?

⁵⁵ <https://x.com/CatchUpFeed/status/1844172299949236348>

As COVID taught us, we cannot trust our government or our media to present numbers honestly. “With COVID” vs “of COVID,” infection fatality rates vs case fatality rates, counting people as “unvaccinated” after they received their first of a two-shot vaccine, which we know lowers their immunity. On and on, our government is the biggest purveyor of misinformation. They’re working hard to avoid transparency.

I don’t trust them to tell the truth on immigration. A lot of people on the right feel the same.

Using Immigrants to Subvert Democracy

The big claim of Elon Musk, Donald Trump, and others around them, is that the Democrats are using illegal and questionable immigration to subvert democracy and turn America into a one party nation, like what happened with California after the 1986 amnesty.

One of the stories that have made the rounds lately was an article from MarketWatch with this data table⁵⁶:

State	Unauthorized migrant population	Percent increase since 2021
Georgia	45,747	401%
North Carolina	32,681	446%
Pennsylvania	25,721	241%
Arizona	24,563	734%
Nevada	15,931	562%
Michigan	13,162	775%
Wisconsin	10,768	467%

I know these migrants aren’t entitled to vote in the 2024 election, and probably not the next one either.

⁵⁶ <https://www.marketwatch.com/story/illegal-immigration-surge-has-cost-these-swing-state-taxpayers-billions-study-says-cffadea1>

But we do know that Harris promises an “earned pathway to citizenship.” She hasn’t detailed what that means, but let’s say that over 5-10 years, these migrants become naturalized citizens, and let’s assume they vote Democrat by only a margin of $\frac{2}{3}$ to $\frac{1}{3}$, then it would be enough to solidify a significant margin of victory.

State	2020 margin	Unauth. migr.	2/3rd Dem	$\frac{1}{3}$ Dem
Georgia	11,800	45,747	15,249	22,873
Arizona	10,500	24,563	8,187	12,281
Wisconsin	20,700	10,768	3,589	5,384
Nevada	33,600	15,931	5,310	7,965
Pennsylvania	80,500	25,721	8,573	12,860
Michigan	154,000	13,162	4,387	6,581

Given how small the margins are in some of these states, you can see how this could effectively swing the elections for decades to come. Especially if the Democrats keep allowing migrants to bring their families and providing them with handouts to buy their loyalty.

I don’t know how accurate these numbers are. Might be a complete fabrication. To be honest, if the number of 8 million border encounters indicates that a total of 8 million migrants entered during the Biden admin, that would be 160k average per state. But in reality, they’re probably not evenly distributed. I’m guessing there are fewer in Alaska and Hawaii, for example. In that light, these numbers look low.

There’s also the question of how many people have entered the country that we have no idea of because they were never encountered in the first place.

My point is not to argue about the specifics. My point is to point out this is a legitimate concern on the right, and I think we can all agree that this is not a fair way to play the game of politics. Importing new voters because you don’t like the ones you have. That’s not how we do things.

And I think we can all agree it’s the job of our government and our media to be 100% transparent and honest about what’s happening.

And the fact that all of these migrants have come here, and that we don't know the true number, or how many are criminals, or the amount of drugs, is a massive problem in itself.

I'd argue it's intentional.

The purpose of a system is what it does.

Humanitarian Immigration

People on the left believe that people on the right are inhumane, that they call immigrants "animals" and "rapists" and "criminals", and that the right is racist.

I think those people on the left are being misled.

We all want a humane immigration process.

But what *sounds* humane and what *is* humane isn't the same thing.

It sounds humane to let people come here. They're suffering. They have no economic opportunity where they are. Maybe there's crime or cartels. Let them come here. They just want a good life.

But it's not so clear. The trip here is grueling. There's rape and death. Children are trafficked. The Biden admin has lost track of at least 300,000 children.

Is this really what the people want? I doubt it.

How many of the countries they come from are broken because the US has been undermining them and propping up corrupt dictators for decades so they could exploit their natural resources?

We cannot realistically house all eight billion people in the world in this country. Not even half. Or a third.

Wouldn't it be a lot better to support them in creating healthy, thriving societies in their homelands?

Every country is led by people. Those people are not powerless pawns. They can choose their own future, but only if they realize their neighbor is not their enemy, if they come together with honesty and compassion and integrity and decide the future they want together.

2% of a population involved in nonviolent civil disobedience is enough to topple a regime. The Soviet Union fell.

People have power.

They can do this.

So can we.

Just Doing My Job

One of the things that James O’Keefe shows in his documentary *Line in the Sand*, is how many individuals and non-profit organizations profit off of the current flow of migrants.

Some powerful people are pulling the strings, yes.

Most people involved are just doing their jobs.

This brings us back to the central theme of this book: Integrity.

We’ve created a culture of prostitutes. People who just go along with the madness, even though they know it’s wrong.

“Everybody does it.”

“What can I do?”

“I’m just doing my job.”

We’ve become a society of cowards and prostitutes.

I’m not saying this to shame or guilt. It’s been done to us intentionally.

I'm saying it to make you face reality.

We can do better.

We must do better.

A Thriving Economy

Next thing we can probably agree we want is a thriving economy.

Let's start by taking a look at how markets work.

Something that's come up a lot lately is the idea that some evil opportunist businessmen are "price gouging" and "overcharging" and exploiting poor consumers. They just decide to raise prices for no good reason, and that's why groceries or hurricane supplies are so expensive!

Let's take a moment and understand how markets and prices work, because it's important, and most people don't get it.

Even though I studied economics as a minor in college, it wasn't until I read Thomas Sowell's book *Basic Economics* that I fully got this. It may sound like a drab thing to get through, and it is quite a tome, but it actually reads beautifully and I recommend everyone read it. If I had it all my way, it would be required reading for every citizen, either as part of their school curriculum or as part of a green card or naturalization process. If it were up to me, any person must read this book and pass a test before they're allowed to vote.

Here's what you need to understand.

There are things, there are people making things, and there are people who want things.

The people making things usually buy other things, make something else out of them, and then sell those new things they just made.

When you have scarce resources such as beachfront property, New York City apartments, or milk, how do you decide who gets how much of which thing?

Probably a lot of people want the beachfront property in Malibu or that New York City apartment by Central Park, but there's only so many to go around. Who gets them?

Raw materials like milk could go to producing cheese or butter or café lattes or cream or just be consumed as plain milk. But how much should be allocated to each kind of use? And maybe it varies by season or geography or temperature or other factors.

That is the big problem, and how you solve that determines the quality of life of everyone involved.

In the Soviet and other plan economies, you appoint some sort of committee to decide. They look at all of the things that are needed, and all the raw materials that go into them, and then they plan which goes where.

This is very inefficient, since they have to know *everything* that's happening in the *entire* economy in real time, in order to make the best decision. This is obviously impossible.

Inefficiency is people getting more of something than they need or want, while others are getting less. It's a hard problem to direct all of these things to the right places at the right time, and it's certainly not something that a committee can do properly, no matter how talented and well meaning and numerous it is.

Moreover, when it comes to the beachfront property in Malibu or the fancy New York City apartment right on Central Park, who gets them in a plan economy? Typically someone who knows someone. It becomes a game of politics.

So if that doesn't work, what's the alternative?

The alternative is to use one of the most ingenious devices ever conceived of. An invention so brilliant that it solves this problem almost perfectly, and so simply it's hard to believe. An innovation that you've certainly heard of, been aware of for most of your adult and teenage life, and yet may never have fully appreciated.

What is this magical invention of which I speak?

It is ... a price!

Price

A price?

Yes, a price.

Say more ...

Certainly. I will.

The price is how we get to say how much something is worth to us.

As people become willing to pay more for cheese, more of the milk will be allocated towards making cheese, because the cheese makers see more demand, which makes their prices go up, which makes them willing and able to pay more for the milk.

If demand for cheese craters, then cheese makers will have to lower their prices, or shift their production to other goods that people are willing to pay more for, which can be made with the same equipment and labor and maybe even the same raw materials.

If demand for cheese and people's willingness to pay for it continues to stay high, then more people will start making cheese, which will increase supply and thus lower prices once again.

The Free Market Economy

The thing to understand about a free market economy is that nothing is static. It's constantly changing. Consumers change behavior in response to taste and environment and price. Manufacturers enter and leave the market, and change the mix of goods that they produce, or the way in which they produce them all the time.

By the way, I don't like the term "capitalism". That term was popularized by Karl Marx as a way to denigrate the free market system.

In reality, the free market system is a human centered system. It's designed around individual agency, the power for individuals to make decisions for themselves.

The alternative is to have other people, namely the government, make decisions *for* them.

I believe people are best equipped to make decisions for themselves, even when they make the “wrong” decision. Because that way, at least they have the chance to learn to make better decisions over time.

A free market system works so well precisely because each individual actor makes their own decisions based on what they think is best for them given their circumstances. We don't need any central planning. It's entirely decentralized.

And it works because of the price. Think of the price as information. It's either a buyer saying what they're willing to pay for something or a seller saying what they're willing to sell something for. Buyer and seller get to negotiate and settle on a price for the transaction. Or not.

Price Fixing

This all breaks down the moment you start messing with the prices.

I know. It's so tempting.

Rents in New York are too damn high! We need rent control! Landlords are greedy bastards. Damn them!

What happens when you artificially lower prices through rent control?

Two very predictable things happen. But only every time.

One, people consume more than they otherwise would. People own bigger apartments than they need. Couples keep both their apartments instead of letting one go. Maybe they keep a second home in the city that they rarely use and don't rent out. Because at the lower rent, they can afford to. If the rent was at a fair market value, they'd rather save the money.

Two, the people who provide housing will build less and maintain it less well because the additional investment won't pay off.

So you get a double whammy: Consumption goes up. Inventory goes down.

The market becomes less flexible, more rigid, and prices still stay relatively high, because there's not as much inventory as there would be otherwise.

It never works well.

Price Gouging

Another example is the price gouging example we opened with. When there's a natural disaster or some other special circumstance, prices on essentials like gas or generators go up dramatically.

I saw stories about people selling generators at 2-3x the regular price following a storm. Are these people evil price gougers, just regular old opportunists, or are they providing a valuable service?

Well, it's a free country, so people are free to choose to buy them or not. Oftentimes, the fact that they can charge that much more is what incentivizes people to drive through dangerous territory to a neighboring town to buy those generators, and then schlep them back to where they're needed. If they couldn't charge a premium, they just wouldn't take the risk.

They risk not just personal injury, but also that the generators get damaged during transport. I bet if that were to happen, the people that were interested in buying the generators probably wouldn't be lining up to compensate them for their loss. People love to hate on entrepreneurs when they make a profit, but they don't have an equal amount of concern for the losses and risks incurred by those same entrepreneurs.

When there's a shortage of gas, it's actually best for everyone if prices are allowed to rise according to demand. Why? Because then more of the available gas will remain at the gas station for people who really need it to buy. If the price was lower, that same amount of gas would now be sitting in the gas tanks in people's parked cars, where it does no good.

There's enough for everyone, but only if people don't take more than they need. Freely fluctuating prices are what ensures this.

Root Causes

Price is not an indication of the level of greed or generosity of the entrepreneur. It's a critical piece of information that allows millions of individual actors to achieve the optimal outcome for the whole by each person making the best decision for themselves, given the circumstances.

Artificially lowering the price of something doesn't magically make more of it available, just as artificially handing out more college degrees doesn't make people more qualified.

But just as we saw with medicine, we're obsessed with symptoms instead of root causes.

If you think the prices are too high, identify the root causes.

Ask yourself:

- Are there barriers to entry for new producers?
- Are there too many regulations, driving up the cost of production?
- Are there incentives for consumers to buy more than they need, or hold onto things they've already bought? Maybe there's uncertainty about the future of the market, or an expectation that price is going to rise further.
- Are there unnecessary restrictions on acquiring raw materials at good prices?
- Are we doing things that make it harder for producers to upgrade their technology to make it cheaper to produce?

If you want to solve a problem, you have to identify what the real issue is and address that. But only every time.

Why Don't Politicians Get This?

This begs the question: if price controls never work, and the reason why is so easy to understand that even a 7-year old gets it, why do politicians keep doing it?

I think the answer has multiple parts to it.

First off, most of them really are not the brightest bulb in the box. They don't think things through very much. If it sounds good and it feels good, it probably is good.

Thinking about second and third order consequences takes a level of mental sophistication that most people frankly aren't capable of. And not because they inherently don't have the capacity. Simply because they've never been taught or trained to do so.

If you *think* you're dumb, you're going to act dumb, which makes you effectively dumb. Not inherently, but in practice. The mind is very powerful, as proven by every single double blind clinical study. This is why I love helping people recognize that they're way smarter than they think they are.

Second, most of their voters are also not that bright. Same thing. Ooh, it sounds good, it feels good, it must be good. And that's as far as it goes.

Third, I think some politicians are quite calculated. They understand that the more the government regulates, the more power they have. The more laws are on the books, the more bargaining chips they have with their donors. The more confusing and complicated the rules are, the more they can hide favors and loopholes.

Being calculated and being dumb aren't mutually exclusive—you can be both.

Fourth, I think most of them could care less about the wellbeing of the people subject to their leadership. For them, it's just another career, a way to make money and feel a sense of power.

Why did the bank robber rob the bank? Because that's where the money is. Why do politicians become politicians? Same reason. They control the biggest budgets, and it's very easy to skim a good chunk off the top.

It's unfortunate that this is where we're at. And this is why raising a generation of men to be leaders with integrity is my life's mission. It's the only way this changes.

Back to the beachfront property in Malibu. Who gets it? In the Soviet system, it's somebody who knows somebody. In a free market economy, it's whoever is willing and able to pay the most. Which probably prices it out of reach for the vast majority of people.

Fairness

But isn't that unfair?

Shouldn't everyone have access to this beautiful beachfront property?

In an ideal world, perhaps so. But in the real world, there's eight billion people, and a much smaller number of beachfront properties in Malibu. According to ChatGPT, there's a couple hundred. So we have to allocate them somehow.

In a free market economy, the way that you earn money is by providing value to other people that they're willing to pay for. The amount of value you provide times the number of people you provide it to is how much money you earn. And now you get to decide how you want to spend that money. Some people *really* like beachfront property in Malibu. Others couldn't care less. Those who are willing and able to pay what's being asked will get it. Simple. Clean. And fair.

The only way you would think that's unfair is if you believe that access to making money is not equal, and that you have a better idea.

Of course some people are better positioned to make money than others. It could be that they're smarter. Or have skills that are in higher demand. Or they're born in a country with a better education or legal system. Or they're born to parents who treat them better. Or that their interest happens to be in

a higher earning area. Their passion is for business and finance over studying gender relations in 17th century Ghana, or something.

Of course there's going to be differences. Every person is different. Every person's purpose and mission in life is different. Everyone's journey is different. The idea that we should all be the same is absurd.

If you really *really* want to make a ton of money, and you dedicate the next 20 years of your life to studying everything you possibly can about making money, and you use all of your charm and street smarts to endear yourself with the best mentors there are, chances are you'll do quite well.

Complaining about how some people have it better leads nowhere. Focusing on what you want and what steps you can take today to get there, that will always get you somewhere.

Like Zig Ziglar said, you can get anything you want in life if you just help enough other people get what they want.

Get busy figuring out what other people want, and how you can help them get that.

That's the path to that beachfront property. If that's what you want.

When Markets Break Down

Markets can be corrupted. There's no question about it. It's happened a lot.

Since our governments are so large, have so many rules, and control such a massive part of the economy, and politicians and government actors are so easily corrupted, it's easy for corporations and others with money to buy influence.

We saw the OxyContin example before. When the agency that's intended to regulate the industry is controlled by the very industry they're there to regulate, it's called regulatory capture. It's everywhere. Regulators are cheap.

When there's this much money in the industry, we need really strict laws and punishments for people who do anything out of line. The problem is that it can be hard to prove.

Which is why the only real solution is integrity. You're either a prostitute or you're not. Most people in these jobs are. By design.

Externalities

Another failure of markets are externalities. This is a fancy term for things companies do that others have to pay to fix. Pollution is the classic example.

We absolutely need to account for externalities. And it isn't exactly rocket science.

As we discover these externalities, whether it's water, air, EMF, waste from used products, disease caused by using or being around their products, we have to define and measure them, assign a cost to them, and charge the company what it costs to fix it.

That way it'll be accounted for in the price of their offers, and that takes care of that. Simple.

It's only when the regulators that are supposed to regulate this get captured by the industry that this doesn't happen. Then they can get the government to close their eyes to, for example, the fact that chronic disease has exploded in the US, and we don't know why. Clearly something changed, and whether it's vaccines or EMF or air pollution or water pollution or something else, it's a big f'ing deal. But because regulators are captured by industry, and because that industry profits immensely from people's chronic illness, it's allowed to continue.

Again, integrity is what's called for.

There are other ways markets can fail, and they can all be addressed simply. But not if the government is corrupt.

Inflation

You may have heard that inflation is a hidden tax. It is.

The way it works is that as the government prints more money, that doesn't magically make more of the stuff that we use money to buy. So the price of everything simply has to go up.

You have a thousand widgets that people want, and a thousand dollars in circulation. The widgets are a dollar each, and things work out.

Now add an extra thousand dollars to the circulation. In the beginning, the person who has that extra money (the government) has it good. They can buy many more widgets with all their new dollars.

But eventually, as the new dollars make their way through the economy, those widgets are now two dollars each. The people who saved their dollars are screwed. Their dollars now buy only half what they used to.

This is exactly how printing money causes inflation, and it's why there's been massive inflation as Biden added about \$7.5 trillion to the economy.

I'm not sure if you're feeling all that money in your wallet, but I suspect not. That money went *somewhere*, just not to you or I. We're the ones paying for it, though, at the grocery store and gas pump. That's how the system works.

Like I said, whoever gets to spend the money *first* stands to gain from printing it, because at the point that they spend it, prices haven't yet gone up. But as the money moves through the economy, prices must go up, because supply and demand remain the same, but there's more money in circulation. It's inevitable.

Since the government prints the money, they stand to gain the most.

People who own assets also gain, because the real value of assets remains constant while the purchasing power of the dollar goes down, so you need more dollars to buy the same house or stock. That's why you see the markets go up when the government prints money.

The rest of us lose. Our savings and income buys less stuff. It's effectively theft.

Small business suffers too, because we have to pay our people more, which requires us to charge more from customers, something we don't like to do, can be hard to do, and will probably make us lose customers. Eventually, we have to pass on the costs to the customers, but in the meantime, we're likely to eat it. At least that's what a lot of us are doing.

The Fed

Let's talk about the federal reserve bank. It's quite the story!

In *The Creature from Jekyll Island*, G. Edward Griffin documents the disturbing history of not just the Fed, but central banks throughout the world.

Did you know that the Fed is not a government institution? It's a private bank, owned by 2500 member banks. It was created by Congress, has congressional oversight, and a mandate to promote maximum employment, stable prices, and moderate long-term interest. But it's a private institution.

Ron Paul has long sought to end the Fed. I'm with him. I think it's one of the main ways that the blob steals our money, and it's a major cause of wars. In the book, G. Edward traces the Civil War, the Communist revolution in Russia, WW1, and WW2 all back to central banks and the Fed as a way to make countries take on more debt. When a country is at war, it needs more money than it has. That money is borrowed. That means it has to be paid back, with interest. The bank profits off the interest. Banks want war.

Every single US dollar in circulation is borrowed from the Fed, with interest. Every single one. The Fed collects interest on all that money.

I haven't done enough research to fully wrap my head around this, but if it smells like a duck and it walks like a duck, it's probably a duck. My gut is with Ron Paul. End the Fed.

What Happened in 1971?

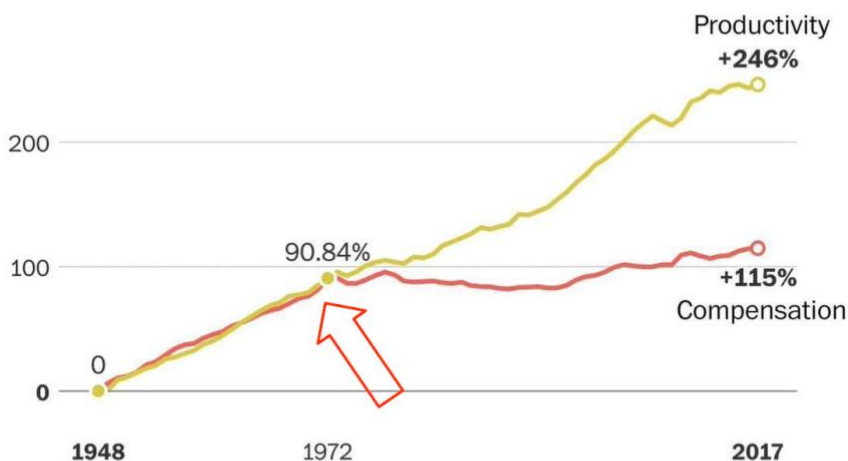
As I was writing this book, I talked to my neighbor on the couch at my local coffee shop. I'm here every morning when they open at 6.30am to secure the corner spot. I'm 2.5 hours in right now.

We exchanged information, and he sent me the site

<https://wtfhappenedin1971.com/>.

Go check it out. It's fascinating. Here's the first graph you see on the site:

Growth in productivity and hourly compensation since 1948



Note: Compensation includes wages and benefits for production and non-supervisory workers

Source: Economic Policy Institute

So what did happen in 1971?

Nixon ended the gold standard.

The gold standard was the rule that you could convert dollars into gold at a fixed rate of \$35 per ounce.

What happened immediately after?

Crazy inflation.

Interesting, huh?

Gold is a rare commodity. By tying the price of dollars to gold in this way, you couldn't print more dollars than you had gold to back it up. If people lost faith in the dollar, they could convert it to gold and store it that way. If they really wanted to, they could use gold to trade.

After 1971, the dollar became what's called "fiat currency." That means it's not tied to anything. It's just whatever value we assign it. It's a collective hallucination. As long as people believe in the value, it has value. The second they stop, it's done for.

As I understand it, it's why the US needs all the military bases and make sure oil is traded in dollars, to make sure the dollar continues to have value to people. It's backed not by gold, but by military might.

Gold, by contrast, has real value. Besides being used to make jewelry and luxury items, it's also used in dentistry, medicine, electronics, aerospace, energy, and nanotechnology. It's a real thing people want for its own sake.

Fiat currency has no real world use.

That's the big difference.

So getting off the gold standard was a major key to making sure the blob could manipulate financial markets to suck as much money as possible out of the system.

Since you cannot convert the dollars to gold, and every business in the US is enforced by law to accept US dollars as currency, and you can only use US dollars to pay for taxes, you gotta have it if you want to live here. And in most places around the world you need oil.

This is also why crypto is gaining in popularity and why it's so dangerous to American financial dominance.

Bitcoin is also fiat in the sense that there's no real-world value to a Bitcoin. But in contrast to the dollar, it's designed to prevent inflation. There's a fixed number of Bitcoins that can ever be created. That means the buying power of Bitcoin is guaranteed to go up over time. Assuming people continue to buy into the hallucination that it has any value at all, like they do with the dollar today.

Reserve Currency Status

For now, the US has the power to effectively levy a tax on the rest of the world by printing money, thanks to its reserve currency status. At least that's my understanding.

When the US prints more money, the US government and the blob gets the benefit, and the entire rest of the world who has to trade in dollars pays the price.

It's a brilliant system. For them. For as long as it lasts.

For the rest of us, it sucks.

Were the reserve currency status to be lost, however, the US and its citizens would be SOL.

Of course, by that time all the people who made bank while it lasted will live in their gated communities on an island somewhere, or maybe in Qatar next to Hamas' leadership.

The US debt is now so massive it'll be almost impossible to ever pay it back. At least the way things are currently going.

The US will have to default on its loans, and the economy will collapse. The roughly half of the population currently depending on the government for their income through salaries, contract jobs, welfare payments, and subsidies, would be done for. Toast. Good luck. The rest of us would also be in deep trouble, of course, as the economy collapsed.

And a US collapse would take the rest of the world down with it.

Of course, no-one wants that. China is not going to call in its chips, knowing it would collapse the US economy, while China itself is completely dependent on the US economy. So that helps keep the grift going. For now.

But at some point, things have to break. Maybe the BRICS countries find out they'd do better without the US messing with them and pull the plug. This is all just wild speculation. I have no clue. I'm not sure anyone does.

Operating Systems

I do think it's possible to reverse course, pay back the debt, and get back to a world of integrity, both on an individual and national level. But it's going to require a massive cleanup on aisle one!

We would have to cut back dramatically on government expenses. I'd say by at least 90%. That will leave a bunch of people out of a job, so we need to accommodate for that. But that's better and cheaper than keeping the current system going.

We'd have to remove regulation and red tape and get innovative as all hell. I think if we stopped the corruption machine, unleashed the creative power of the people, and restored a culture of integrity, we'd be there in no time. A new golden age would be a reality. That's the vision this book lays out.

Compare North Korea to South Korea. Same people, two very different operating systems.

In North Korea, there's little light, food, innovation, or freedom.

In South Korea, there's prosperity and freedom.

Same people. Different operating systems.

Or compare NASA and Boeing on the one hand, with SpaceX on the other. Same talent pool, some sources of capital, same physics. One is way more successful than the others. Different operating systems.

Our operating system in the West right now is not quite as bad as North Korea. But it's nowhere near what it could be.

Human operating systems *really* matter.

That's why I've made it my business to construct and open source operating systems for everything based on the best knowledge currently available to humanity. Business. Health. Mindset. Companies. Societies. This book is me laying out some of those pieces.

Slow and Expensive

Some years ago I took my kids to see the Empire State building, and what I learned blew my mind.

The building was built in just 410 days from when they started digging the foundation on March 17, 1930. till it was fully plumbed and wired and open to the public on May 1, 1931.

410 days! That's less than 14 months!

The Freedom Tower, by contrast, the tower that replaced the World Trade Center buildings destroyed on 9/11, took eight and a half *years* to build. From April 2006 till November 2014.

That's 3,112 days. Over seven and a half times as long.

The cost to build the Empire State Building was \$41M. In today's dollars it's \$6-700M.

The Freedom Tower cost \$3.9 billion. That's 5.5x the cost.

So 76 years later, with all the innovation in materials, techniques, cranes, and machinery we have now that they didn't have then, it still takes 7.5x longer and costs 5.5x more than it did then.

That's utterly insane.

What the fuck is wrong with us?

We should be getting better, not worse.

Something is truly messed up with our operating system, and I think it's intentional.

The purpose of a system is what it does.

The bigger the government, the more regulation, the more the blob can suck money and energy out of the system. We're all paying the price, but because it's mostly out of sight, we don't even think about it.

I can see the Empire State Building from my living room windows, and it's a daily reminder of the insanity. And just like with the placebo effect, it's hiding in plain sight, and most people are completely oblivious to it. Or they notice, and they shrug their shoulders, thinking there's nothing they can do.

But they're wrong. We can do something. And it takes less of us, and fewer of us, than we think.

This isn't just about the building. This is about a broader trend. When *everything* is this much slower and more expensive, we're all worse off. Because collectively, we're all paying the price with our life force energy.

Patrick Collison, co-founder of Stripe, the payment tech giant, wrote a brilliant blog post titled *Fast*⁵⁷, where he details a whole list of these examples.

The drain on all of us is insane. It's hard to wrap our heads around.

But like Jeff Bezos said, your margin is my opportunity.

Translation: all of this corruption and ineptitude is our opportunity to create the world we want to live in, a new golden age.

LFG!

⁵⁷ <https://patrickcollison.com/fast>

A Thriving Planet

People on the left think that people on the right don't care about the climate. Trump withdrew from the Paris climate accords, he wants to allow fracking, and the right are climate change deniers who just don't give a damn about our future!

People on the right believe politicians are using climate change as an excuse to grab more power and levy more taxes. If they truly believed in climate change, they wouldn't fly private to their fancy conferences and buy beachfront property, and banks wouldn't finance those properties.

People on the left believe that "the science is settled" because 97% of scientists agree.

People on the right don't "trust the science", especially when it's being confused with groupthink.

People on the left believe that we can accurately measure the temperature of the earth over time.

People on the right are not so sure.

People on the left want more windmills and solar panels and electric cars.

People on the right point out that windmills, solar panels, and batteries use a lot of rare earth elements and other elements, the mining of which causes considerable harm to the environment.

People on the left tend to be scared of nuclear power because of the fear of meltdowns like Chernobyl and Fukushima.

People on the right are excited about fourth generation nuclear which cannot melt down, and which can use waste from previous generations of nuclear reactors as fuel.

People on the left feel there are too many humans and if only there were fewer of us, the planet would be in better shape. And meanwhile, those of us

that do live here need to conserve water and energy, fly less, drive less, eat less meat, and take other measures to reduce our carbon footprint.

People on the right think there's a fine number of humans, although the birth rate across the West is too low, and the planet can easily sustain more humans, so long as we're smart about how we use it. As for carbon footprint, since we've got all of India, China, Brazil, and other countries that want to catch up to the living standard of the West, reducing our carbon footprint is not going to do much. Innovation is the only way out.

People on the left fear that we're a few years away from a climate catastrophe where irreversible damage will be done and humanity is doomed. Since it doesn't look like the right is willing to act on this, it might not be worth having children, because they'd be born into a terrible world.

People on the right think that's nonsense. They point out that all models are flawed and easily manipulated, and that just a few decades ago climate alarmists warned of a new ice age, before it became global warming and now climate change because they just don't know what they're talking about.

The bottom line is that we all care, and we need to have honest conversation and research and learn from each other. Name calling and fear mongering is not helping.

Trusting Ourselves with the Truth

Here's my take.

I too want a planet that can sustain life forever. A planet that gets healthier and healthier every year. That's clean and beautiful. Where animals and plants can thrive right alongside humans. Where we work in harmony with nature and its ecology, not against it.

I remember 25 years ago when my fellow countryman Bjørn Lomborg hit the global news with his research on climate change.

His research concluded that the fears were way overblown, that there were both good things and bad consequences to global warming, and that the vast sums of money in expenses and lost productivity that it would cost to reduce

our carbon footprint enough to make a difference could be much better spent on mitigating the consequences or unrelated efforts to combat poverty, disease, and death.

One of my good friends who worked for McKinsey at the time told me that while he agreed with Lomborg's conclusions, it was dangerous to say out loud, because if you didn't scare people, they'd never act to make changes.

I thought that was a morally wrong argument then, and I still do.

It reminds me of this quote from JFK:

"We are not afraid to entrust the American people with unpleasant facts, foreign ideas, alien philosophies, and competitive values. For a nation that is afraid to let its people judge the truth and falsehood in an open market is a nation that is afraid of its people."

We must trust the public and each other with the truth. We cannot accept living by lies.

That means not shutting down viewpoints and facts we disagree with by labeling.

We need to bring together the very best minds to solve whatever problems there are.

I've spent quite a bit of time listening to different voices and thinking about this, and to me certain things are clear.

Human beings are resilient, creative, innovative, and when their backs are against the wall and the smartest among us are allowed to come together and innovate, we can solve anything.

The best instrument for doing that is private business. Set the incentives right, and the private sector will deliver.

Good Data

Measuring the temperature of the earth is remarkably complicated. We've been using direct measurements since the 1800s, satellites since the 1970s, and proxies like ice cores and tree rings for older data.

All of these are flawed, and in order to get to the actual numbers we have to make a bunch of assumptions, all of which are just our best misconceptions so far. I'm not saying we shouldn't try, but we should recognize that the numbers are not "the truth".

How reliable is a time series of temperature since the 1800s, even if you measured the temperature in the exact same spot? Cities are hotter than rural areas, so as a city grows nearer the location of the measuring station, that's going to cause the temperature to go up, even though it's not the temperature of the planet as such that rose, just the heat glow from the city.

How do you aggregate temperature data from all these different spots across the globe to arrive at a global temperature? A lot of assumptions go into that.

Satellites don't actually measure the temperature directly, they look at other signals to arrive at a number. How accurate are those?

I'm not saying we cannot know at all, I'm just saying that it's way more complicated than we think, and I don't trust the media or scientists who believe that consensus is science.

I trust the scientific method.

Science vs Scientists vs Scientism

The scientific method is a way of learning about the world. It's awesome.

We observe, we formulate a question, we establish a hypothesis, which must be falsifiable, we conduct experiments, then gather data and analyze the data in order to draw conclusions about our hypothesis. Then others replicate the same experiment to see if it holds up, and if it does, then this becomes the prevailing theory, or misconception. It's not true. It's just our best theory or misconception, until a better one comes along. Science is never settled.

(I'd believe that when it comes to paranormal phenomena, we need a different process, but that's a story for another book. If you're curious, read *Extraordinary Knowing* by Elizabeth Lloyd Mayer.)

Scientists are people. Like any human, they're flawed. Humans are susceptible to social pressure and confirmation bias. Most people don't want to rock the boat, cause a ruckus, or do something that might jeopardize their way of life. They just want to fit in, provide for themselves and their families, and have a good life.

Scientism is the term I use for the dogma of Science. You could also call it "The Church of Science." It's the belief in Science as our new God, as a source of unassailable dogma, a mysterious entity that tells us The Truth, never to be questioned, so we mere mortals don't have to hurt our pretty little brains with these complicated matters. Trust the Science. Whatever you do, do *not* do your own independent research or thinking. You're not qualified, mere mortal.

But thinking is hard, integrity is in short supply, the desire to comply is strong, and people everywhere fall prey to it.

There's a crisis in science right now. From Google:

A 2015 study found that fewer than half of 100 psychology studies could be replicated. The average effect size in the replicated studies was also only half of the original studies.

A 2012 study found that researchers could only replicate six out of 53 cancer biology studies. A separate study found that reproducibility rates in cancer biology were as low as 11%.

A 2018 study found that only about 62% of 21 social and behavioral science papers could be replicated.

Most scientific activity right now is being funded by organizations that have an interest in a particular outcome. If they don't get the outcome they want, the study won't get published, and neither will the data. There's a lot of pressure to provide the "correct" answer.

This isn't science. This is just abusing the veneer of a white lab coat to defraud people. It's no better than the snake oil salesmen. And it's rampant, especially in medicine, psychology, and social studies.

And personally, given how much money is at stake, I wouldn't trust climate science much either. The combination of all the reporting feeling like activism, and past predictions having failed, makes me very skeptical. It's just the way my brain is wired.

You won't make me believe stuff by exaggerating and obfuscating and fear mongering, like my McKinsey friend recommended. Only by telling the truth, like JFK advocated. I think there are quite a few others out there like me.

A really important principle in real science is to celebrate the outliers, the contrarians.

It takes guts and critical thinking to go against the mainstream consensus.

You might never get another grant. You might never get another job. It can be career ending to go against what the higher-ups want.

So just like we need to celebrate and protect whistleblowers, we need to do the same for scientific contrarians and muckrakers.

We're doing the opposite. That's concerning.

CO₂

CO₂ is the big villain in climate change. It's a bit more complicated than we've led to believe, though.

Historically, temperatures rise first, then CO₂ rises. The claim is that the temperature rise triggers release of CO₂, which then triggers the greenhouse effect, causing temperatures to rise even more. It compounds.

If the release of CO₂ causes a compounding effect, why don't temperatures spiral out of control?

The answer is because of counteracting processes: orbital changes, enhanced carbon uptake by oceans and ecosystems, and negative feedback loops like ice-albedo effects. These eventually slow and reverse warming, leading to cooling phases like ice ages.

The climate is always changing due to forces way beyond our control.

Some but not all of the changes we've seen are most likely due to human activity. How much we can't know for sure, we can only model and estimate.

CO₂ also has benefits. It's plant food. Vegetation thrives on more CO₂. And that vegetation becomes a carbon sink, absorbing more CO₂, still. It's not likely to be able to absorb all the CO₂ we've added, but it needs to be included in the calculation.

CO₂ is currently at 420 ppm. Before the industrial revolution it was up to 280 ppm. At 10,000 ppm, people get headaches, so we obviously don't want to get there.

There are also lots of technologies being developed that suck CO₂ out of the air. There's a lot more that can be done here.

I'm not saying CO₂ isn't a problem to deal with. I'm just pointing out things aren't as black and white. We need to move past our childish desire to Disneyfy everything into heroes and villains, finger pointing and blame.

And any mitigation effort will have costs. Sometimes they're crazy high, not just in direct costs, but also in lost productivity gains.

Most of the increase in CO₂ comes from our need for energy like heat and electricity that we use to not freeze to death, not get too hot, keep the lights on, and power all of the machines that do all the amazing things we've gotten accustomed to.

Alex Epstein makes the moral case for fossil fuels in his books *The Moral Case for Fossil Fuels* and *Fossil Future*. I find his arguments quite convincing. The essence is that burning fossil fuels is by far a net good, in the

way it raises the standard of living and saves lives. And with the extra productivity, we can easily afford to mitigate any downsides.

In fact, the only reason we have the luxury of worrying about climate change is because of the incredible progress thanks to fossil fuels.

Sources of Energy

Personally, I'm fine with burning fossil fuels for now, and I trust that humanity will find better sources of energy in the future.

I'm not a huge fan of wind and solar, for several reasons. The harmful environmental effects of mineral mining is one. The fact that the devices don't last that long, and then need to be discarded. The fact that they're not reliable—they only work when the wind is blowing and the sun is shining. Which means we need fossil fuels or batteries as backup. If I had to pick one, I'd go with solar over wind.

But what I'm more excited about is fourth generation nuclear and zero point energy.

Nuclear

Fourth generation nuclear seems like a slam dunk. I think the fear of nuclear power has always been way overblown. I remember back in elementary school, probably around 1980, there was a demo against nuclear power in Denmark. I didn't get it then, and I still don't get it now. Nuclear releases no CO₂, and produces energy around the clock.

Yes, there's nuclear waste and the risk of meltdown. Nuclear waste is manageable, but a meltdown is obviously terrible. But I think if we hadn't gotten scared and pulled back on nuclear power four decades ago, we'd long ago have innovated our way out of that. The technology is well known, it's just been hobbled by way too much regulation.

I believe it's time to get serious about nuclear energy again.

Potentially they could even be made small enough that every home and car could have its own nuclear reactor that would be safe and clear. Seems like a

promise worth pursuing. Not by the government, thank you very much. But by getting rid of overly restrictive regulation so entrepreneurs and innovators can get after it. There's a lot of money in energy.

Zero Point Energy

And then there's zero point energy. I honestly cannot tell if it's far fetched and not practical, or it's a solved problem currently in use by our government, but hidden from all of us because of the massive implications it would have on our economy and power structures.

I lean towards the latter, as you'd probably expect given my worldview.

Zero point energy was first introduced by the German physicist Max Planck in 1911 as part of his work on blackbody radiation. He initially described it as "residual energy" present in a system even at absolute zero.

According to Richard Feynman, even in a seemingly empty vacuum, there is a constant fluctuation of virtual particles appearing and disappearing, representing a sea of energy that is present everywhere, even at absolute zero. He described this by saying that *"one teacup of empty space contains enough energy to boil all the world's oceans."* That's a *lot* of energy.

The idea is that if we can figure out how to tap into that energy field, we can have all the energy we need, with no environmental harm, and at very low cost. It would completely turn our world upside down.

Ashton Forbes is an independent researcher who has dove deep into the mysterious disappearance of flight MH370 in 2014, and he believes there's evidence there that it involves secret zero point energy capabilities that the US government has.

I've seen other stories of people who developed zero point energy technology, only to die under mysterious circumstances.

What's the truth?

I believe that zero point energy is real. Max Planck and Einstein both said so.

I believe that having access to practically unlimited, free energy through the zero point field would completely upend the world. The blob would not want that.

I don't know if zero point energy is practical as a source of energy today, anytime soon, or ever. That's the big question.

But if it was, the implications would be massive.

Oil, coal, natural gas, and other fossil fuels would be worthless, as would all of the infrastructure built around them, like drilling platforms, refineries, gas stations, pipelines, and so on.

A lot of countries in the Middle East would find themselves a lot poorer and with a lot less power. The petrodollar would be worthless. I'm assuming that the US owes a lot of its stronghold over the entire world to its control of energy. If energy was freely available, would the empire collapse? I can't tell, but it seems like it would shake up things quite a bit.

If it was indeed possible, you could see how the US government would want to keep it under wraps. Whether they'd be able to is another question.

I don't know what the deal is, but the potential is massive.

What to Do About Climate Change?

Assuming that there is a real, human caused effect on the climate, I think we should continue full force on innovation and productivity growth through energy, even if it increases CO₂ in the short term.

I trust in human ingenuity to solve any crisis we face. Always bet on humans.

Let's go all-in on nuclear power and zero point energy technology and see how far we can get with those.

Let's also leverage solar today, since it already exists.

And let's develop cost-effective technologies to suck CO₂ out of the air.

The important part is to find ways to do all of this without the government trying to run it. Anything the government runs turns into corruption, graft, and waste. This is too important for the government to fuck up.

We need to construct incentives so entrepreneurs and innovators can step in and solve the challenge.

The good news is that brilliant people like Elon Musk already are. That makes me very hopeful.

The answer is not to put limits on productivity growth. The answer is to have even more productivity growth so we have the extra bandwidth to innovate.

Let's make new products that are so compelling that people desire them over the alternative. I own a Tesla. I don't care that it's electric. In fact, I'm a bit concerned about the EMF effect on my body when sitting on a massive battery. But I'm willing to live with it, because I don't drive all that much, but more importantly, it's the best car ever built. Driving a BMW or Mercedes feels so last century in comparison.

That's how we solve climate change.

Ecology

But climate change isn't the only part of a healthy planet.

Dan Barber is a chef in New York. In 2010 he did a TED talk about how he fell in love with a fish⁵⁸. It's well worth watching.

In it he describes the difference between two worldviews when it comes to growing our food and our relationship with nature.

One is an industrial fish farm where the fish are crowded together and fed ground up industrial chicken waste like feathers, blood, and bone meal. Yikes!

⁵⁸ <https://www.youtube.com/watch?v=4EUAMe2ixCI>

The other is Veta la Palma in Spain: A sustainable fish farm that operates within a natural ecosystem. Instead of feeding the fish, the farm creates an environment where the fish feed themselves naturally by maintaining a balanced ecosystem. The fish are healthier, and the system supports a wide range of wildlife.

They taste a heck of a lot better too.

And I bet they're a lot better for you.

I don't understand how we don't understand that humans and our environment evolved together.

Respect nature. Work with nature. Respect the plants and animals that we eat. Treat them with respect. Cook them with love. Eat them with calm and gratitude.

And take care of our local environment. Pick up the trash on the street.

Honor and respect the fragile ecology of mother Earth. Learn everything we can about it. But don't ever assume you know everything or that you know better. We're not Gods. Don't play one on TV.

Secure Elections

Secure and trusted elections are a major part of what our government needs to provide for us. And our current one is failing.

The president controls the most powerful military in the world. The US exerts a powerful influence in every corner of the planet. Congress controls a six trillion dollar budget. There's so much at stake that we have to assume that bad actors will try to influence our elections at all levels.

Local poll workers who see an opportunity to give their preferred candidate a nudge without getting detected. Ballot harvesting. Ineligible people voting.

All kinds of things could happen, and we have to assume people will try.

And that's not even counting foreign disinformation campaigns, media and tech companies censoring or running cover, or big events or announcements intentionally being pulled forward or back to influence the election. Those are harder to prove and tackle.

When it comes to the election itself, the assumption that elections will be attacked means two things in my mind:

1. We need a rock solid mechanism for voting that makes it hard to cheat and easy to audit.
2. It's up to the government to prove that the result is valid. It's not up to the campaigns or individuals to sue to prove fraud happened.

I think we can all get behind that.

Nobody wants the Lance Armstrong situation where the team that's the best at cheating wins.

At least I hope so.

If You Wanted to Cheat

Say you were a nefarious actor who wanted to cheat in US elections.

How would you do it?

You'd make sure fraud was easy to do and hard or impossible to prove.

You'd want an election process that makes it easy to sneak in illegitimate ballots that are impossible to identify after.

A process where you can selectively apply the rules depending on which way the county is leaning, without any way to prove this after the fact, is perfect.

For example, in an area you know will vote mostly for your opponent, you can be stricter about throwing out ballots that don't fit the requirements, maybe even sometimes discarding entirely valid votes. And in counties that vote overwhelmingly for your preferred candidate, you can be more lenient or skip the checks entirely. And you'd want this kind of fraud to be very hard to prove.

You'd make it hard to verify if every voter was eligible to vote, so you could have a crowd of ineligible people to vote for you.

You'd want voting machines where an audit is impossible, so they can be manipulated without detection.

You'd set the expectation ahead of time that the outcome cannot be known for days, giving you enough time to produce the extra ballots to create outcome you want.

You'd shame and silence anyone questioning the result or pointing to issues with the election.

You'd make sure lawsuits didn't go to trial, so you can avoid going through legal discovery or looking at evidence.

That would be the smart thing to do ... *if* you wanted to cheat, that is.

But nobody would do that, would they?

The 2020 Election

So let's jump straight onto the third rail: The 2020 election.

We've all been told over and over again that it's case closed. It's time to "turn the page". To "look forward, not back".

And of course, that's exactly what we'd expect to hear from someone who successfully stole the election.

You may think Biden won fair and square. That's fine.

But the fact is that 78% of Republicans (2021 CNN poll) and 28% of all Americans (2021 YouGov poll) said they didn't believe Joe Biden's win was legitimate.

That means it's something we cannot just dismiss. And continuing to label them "election deniers" and repeating the slogan that "there's no evidence of widespread election fraud" will not do the job.

We need a path to unity and healing as a nation.

We need to be able to trust elections.

We need a trusted process that allows us all to come together after an election and say "that was a fair fight, you won, you get the next four years, we wish you the best of luck, and I'll see you in the next election."

In 2016 according to YouGov, 35% of Democrats believed that Trump's election was not legitimate.

This is not a Democrat problem.

It's not a Republican problem.

It's an "all of us" problem.

Margin of Victory

In order to win in 2020, Trump would have needed to flip just three states:

- **Arizona:** Biden won by around 10,500 votes.
- **Georgia:** Biden won by around 11,800 votes.
- **Wisconsin:** Biden won by around 20,700 votes.

That's a total of just 43,000 votes.

Or 21,500 if you were to flip votes from Biden to Trump.

Three more swing states went more decisively for Biden yet were still pretty close:

- **Michigan:** 154,000 votes (2.8%)
- **Nevada:** 33,600 votes (2.4%)
- **Pennsylvania:** 80,500 votes (1.2%)

I don't know if the election was fraudulent.

But there's a few things I do know.

History of Fraud

First, fraud is never zero. We don't know exactly how much there is, but we know it's not zero. The US has a long history of alleged election fraud.

According to ChatGPT:

Large political machines, like Chicago's Democratic machine under Mayor Richard J. Daley, were known for manipulating elections through fraud. Tactics included miscounting ballots and busing voters from precinct to precinct.

Ballot stuffing was a common method of fraud in the early 20th century, and election officials would sometimes spoil or discard ballots that were cast for opposition candidates.

One of the most infamous alleged instances of election fraud occurred in Illinois during the 1960 presidential election between John F. Kennedy and Richard Nixon. Some claim that fraudulent votes in Chicago, controlled by the Daley machine, helped Kennedy narrowly win Illinois, which was critical in securing his overall victory. However, investigations did not definitively prove widespread fraud.

Although not fraud in the traditional sense, the controversies surrounding the Florida recount in the Bush vs. Gore election raised concerns about voter disenfranchisement and ballot integrity, especially with issues like “hanging chads” on punch-card ballots.

So fraud and allegations of fraud are not new, and we have to assume that some happened. The question is how much.

The Laptop

We know that the Hunter Biden laptop story was censored across social media and not covered by any mainstream media outlet except for the NY Post. The contents of the laptop, which any journalist could have gotten a copy of if they'd wanted, and which had been in the FBI's possession since December 2019, made it pretty likely that Hunter Biden had been collecting the money for Joe Biden's business of using his role as Senator and VP to sell political influence.

To discredit the story, 51 people in the intelligence community signed a letter saying that it...⁵⁹

...has all the classic earmarks of a Russian information operation.

We want to emphasize that we do not know if the emails, provided to the New York Post by President Trump's personal attorney Rudy Giuliani, are genuine or not and that we do not have evidence of Russian involvement -- just that our experience makes us deeply suspicious that the Russian government played a significant role in this case.

⁵⁹ <https://www.politico.com/f/?id=00000175-4393-d7aa-af77-579f9b330000>

That letter was used by the media and Joe Biden to dismiss and censor the story without actually looking at the facts until after the election. In March 2022, the NY Times finally acknowledged the laptop was real, but by then it was too late.

You can see how some people don't trust the media, the FBI, or the intelligence community much.

Could the laptop story have changed 21,500 votes across these three states from Biden to Trump and caused Trump to win? It's definitely possible.

Election Law Changes

We also know that the laws were changed in favor of mail in ballots, and that mail in ballots make it harder to prove fraud.

With in person voting, you actually have to get people to the polls and vote themselves. You can't go into the booth with them. You can't coerce them to vote one way or another.

With mail in ballots, you can collect all the ballots and envelopes and organize the voting for people. Heck, if you wanted to, you could even fill them out on other people's behalf, and either forge their signatures, or get them to sign it for you.

The only way you "know" that the person who's eligible to vote was the person who actually did vote is by comparing a signature on the envelope with the one on file with the voter record. Some states require notarization or witnesses, but most don't.

Once the ballot is taken out of the envelope, there's no way to ever audit the verification piece, which means that if a batch of questionable ballots were intentionally let through, we can never correct for that to find the true result.

So if you were to be a bit more lenient with the signature verification in counties that you know vote overwhelmingly Democrat, that would get the job done.

Again, it's just 21,500 votes that would need to be flipped.

But you could also be more enterprising.

Millions of Fake Ballots?

Just today, October 14, 2024, I saw a story⁶⁰ from Patrick Byrne of The America Project and author of *The Deep Rig: How Election Fraud Cost Donald J. Trump the White House, By a Man Who did not Vote for Him*, claiming that at least 10 million ballots that he knows of were printed extra by legitimate ballot printers, filled out for Joe Biden, stuffed in envelopes that were signed, and then slipped into the regular mail flow to be counted as legit votes.

He's been pursuing the case for years, trying to get the official records from USPS, but they've been withholding and obfuscating and changing their own record keeping rules to keep the story under wraps.

I'm not saying this is true.

I am saying it's possible, and we have no way of knowing for sure. Nor do we have a media or government who we can trust to investigate this fully.

Voting Machines

Then there's the voting machines.

During the 2004 election, I was back in Denmark, and one of my employees was an American who was very much into politics, and on the Democrat side like me. He taught me about Diebold voting machines, and how the CEO of Diebold—who was a big Republican donor—said he was “*committed to helping Ohio deliver its electoral votes to [Bush]*.” And indeed Bush did win a narrow victory in Ohio which was crucial in helping him win in 2004.

I was incensed. I hated Bush. He was a war criminal in my mind. Still is.

⁶⁰ <https://x.com/PatrickByrne/status/1845275341742395467>

As software engineers we both agreed there's a few things you absolutely need in order to have verifiable elections when voting machines are being used.

One, the software needs to be open source.

You want all the programmers all over the world to help identify any vector of attack or any potential cause of fraud or skewed results. The only way to put people's legitimate concerns about the code at ease is to give everyone access to read the source code, and have a way to ensure that the code running on the machine is indeed the code the public can see.

Two, there must be a paper trail.

The machine must print a paper ballot that shows exactly how you voted, which the voter can verify and then drop it into a ballot box. That way, if there are any questions, we can go back and count the physical paper ballots and know for sure.

If we don't have those, then election machines are wide open to fraud, and we simply have no defense. As a software engineer, I'm here to tell you just how easy it would be to mess with the numbers if the software isn't open source.

We should be able to agree that's a problem.

No Evidence

One of the media and the government's favorite tropes is "no evidence."

They use it with everything, including elections. "No evidence of widespread voter fraud."

First off, "widespread" is one of those fungible words that sounds meaningful but in reality has no useful definition. It allows you to hide anything.

If it means "across all 50 states" or even "throughout each state where fraud is alleged" then that's not what's being alleged. It's a strawman.

What's being alleged is targeted fraud in a few select precincts that allowed them to produce enough fake ballots or selective application of rules to push Biden over the edge.

The margin was razor thin.

But more importantly, "no evidence of" doesn't mean no evidence exists.

It just means they haven't seen any.

It could be that they didn't look. It could be they looked in all the wrong places. It could be they looked the other way even as someone waved the evidence right in their faces.

All of these things happen all the time, and the media and the government love to use that phrase "no evidence of."

It sounds so honest but it's pure deception.

Look out for it. Now you know.

Is It Knowable?

Bottom line is that whether an election was stolen or not is currently not knowable.

We have to assume this is by design.

The purpose of a system is what it does.

Some people want hackable elections.

Why? Obviously so they can cheat.

Who?

Who do you think?

The ones who claim there was fraud? Or the ones who call anyone who questions the result “election deniers”?

Think about this, too:

Lots of people were told repeatedly and genuinely believed (and still do) that Trump was America’s Hitler, was a serious threat to democracy, would jail his opponents, use the military against them, and would never let go of power ever again.

If you believed for certain that Trump was America’s Hitler, and you had the opportunity to fudge the election a little bit in a way that would be hard to prove, would you do it?

If you trusted that the media and the courts and the legislature would have your back.

If you see yourself as a moral, decent human being on the right side of history, it’s not a far stretch to think you would.

In short, we know some people had means (elections that cannot be audited) and motive (“Trump is the next Hitler”).

It’s not a far stretch to think it happened.

Did it swing the election for Biden?

I think so, obviously.

But we cannot know.

By design.

To me, that’s the only thing that matters.

Every sane person in the country wants secure elections.

If our leaders wanted secure elections, we’d have them.

Someone with a lot of power benefits from them not being secure.

How to Secure Elections

Aside from open source software and paper ballots on election machines, I'd argue for in-person voting on election day with ID in hand.

Make it a Holiday. If you don't care enough about democracy to get your ass down there, you don't get to vote. Unless you're overseas or disabled or whatnot. We can make exceptions for that.

To me, the benefit of secure elections completely outweighs any downsides there. It's that important that we can all trust our elections.

And then, if the system breaks down, and the election result is disputed, as it has been by both parties throughout the years, what do we do?

Open source all the data, all the video tape, and get all media institutions and the public involved in finding any wrongdoing.

We go into all-out fact finding mode. Let's get all the data on the table and find out what really happened.

If any fraud is found, we instantly hold people to account.

We don't wait for the losing campaign to sue. It's not up to some private actor with standing and funding and rock solid proof to go to the courts.

It's up to the government to prove that the result was legitimate. By releasing *everything*.

The public is really smart, and they have a vested interest.

Let them have at it. Let's root out all the cheaters for good.

Of course, none of this ever happens.

In the case of 2020, according to Wikipedia: “*Nearly all the suits were dismissed or dropped due to lack of evidence or lack of standing, including 30 lawsuits that were dismissed by the judge after a hearing on the merits.*”

Lack of standing means we’re not going to look at it because the entity filing the suit doesn’t have a horse in the race.

That’s fine, that’s how the courts work. You must have standing.

But the government and the media are allowed to conduct their own research. And the government can share all the data so the public can help out too.

But they didn’t, and they won’t.

Because we don’t have secure, auditable elections.

The purpose of a system is what it does.

A Small, Efficient Government

My vision is a small, efficient government that does only the minimum necessary that cannot be done by private actors.

Milton Friedman is an economist who has inspired me a lot.

He breaks down the four essential government functions to these⁶¹:

1. Border & military: Defend the nation
2. Police: Protect citizens against abuse and coercion by other citizens
3. Laws: Define the rules of the game we play, eg. private property
4. Justice: A mechanism for adjudicating disputes about the meaning of the rules

That's it. That's all the government needs to do, and by extension, that's all the government *should* do.

Everything else is better done by private citizens.

What about a fire department? That could be private too. If you want protection from a fire department, shop around for one. Maybe it comes bundled in with your insurance.

What about health care? Well, we've already seen how well that works when the government meddles with it.

This vision is obviously a radical departure from where we are today.

What About All the People?

If we did drastically reduce the scope of government, what would we do with all the current government employees, contractors, and welfare recipients?

Great question. We'd obviously need to have a transition period. We wouldn't want to just dump them on the street. That would be inhumane.

⁶¹ <https://x.com/elonmusk/status/1844676809327358407>

I think for a large number of them, just continuing to pay them a decent salary but having them stop doing any work would be a major improvement for everyone. That's always an option.

This is not an indictment of them. It's an indictment of the system they're operating within. Remember: same people, different operating system, vastly different result.

But I also believe that people want to be useful. So let's help them find good jobs or start businesses. This doesn't have to be something the government does. With all the money that citizens would get to keep, I bet a bunch of them would be happy to contribute to organizations that did coaching or job training to help former government employees and welfare recipients get going.

And all the extra money in people's pockets, combined with all the reduction in regulations, would unleash a wave of innovation, entrepreneurship, productivity improvements, and additional demand that would create so many new jobs that I believe most would quickly find something new to do.

They'd probably have to get used to working in a private company that has actual customers to be responsible to, but I'm sure they'll figure it out fairly quickly. It feels good to do something you know makes a positive difference to people.

My Platform

If I were running for office, this is the platform I'd run on.

My vision for politics is to create a well-reasoned, logical, practical, simple set of guidelines for how to govern a city, state, or nation, and open source it. Any society that wants to adopt it in whole or part is welcome to.

Just like an open source project, we can share our experiences and submit “patches”—ie. proposed updates—to the source document. And if it's agreed that the update is generally valid, then the source document may be updated.

The idea is to derive from a clearly outlined set of values, and then logically arrive at each element. And each element will have to be validated by reality, including their second, third, and fourth order consequences, and beyond.

The goal is to arrive at something that's simple, clear, and sound, and will stand the test of time, like the US Constitution has.

The Platform

I'm just going to present a very rough list of bullet points to give you an idea. You may disagree with some of these principles, and that's okay. This is precisely the kind of conversation we need to have.

Immigration Policy

- It's not our job to solve problems in other countries. It *is* our job to not *make* problems in other countries (or our own).
- The best way to help people around the world is to be a great example, and to open source our findings about how individuals and nations thrive, knowing that everyone has the power to do what we're doing.
- Therefore, immigration policy should be designed to do what's best for us. Who do *we* want to bring in? Under which conditions? We define the rules, and stick with them.

- In order to enter the country legally, you have to at a minimum be in good health, be able to support yourself financially, and also contribute to our nation in some way.
- We may in addition to this also add provisions for humanitarian based immigration at our own discretion. Still with criteria, rules, and limits.
- Anyone who breaks the rules will be sent back at their own or their families' expense and prevented from entering again.

Economic Policy

- Price is the magic invention that allows a market to efficiently allocate scarce resources where they can do the most good. We never interfere with prices. No rent control, price control, none of that. Ever.
- Never allow money to buy influence into policies that govern how markets function. That's a recipe for big players to squeeze out smaller players and upstarts. We want healthy competition, because we understand that's how we all get better together.
- When the market isn't producing the desired results, we identify the underlying root cause and solve that. For example, maybe we have put too many restrictions on innovation or competition?

Education

I'm not sure this is a government function at all, to be honest. Possible state level if at all. If so, here's my list.

- Make sure everyone learns some basic skills and foundational principles:
 - Reading & writing in at least 2 languages.
 - Reasoning and logic, deductive and inductive thinking
 - Meditation and connecting with a self beyond your thoughts
 - Thoughts and beliefs, and how to notice and question them
 - Conscious vs subconscious mind
 - Feelings & how to feel them without identifying with them
 - Learning and retention
 - Math

- The scientific method
- Problem definition, and how to come up with and evaluate many different possible solutions
- Innovation and play
- Health, diet, toxins, and the principle of giving the body optimal conditions to heal itself
- Movement and breath
- Music and art
- Entrepreneurship and business
- Economics
- In general, we want to instill the joy of learning and growth, not kill it
- All government mandated education listed above is offered to everyone, child or adult, via a voucher that you can use to purchase education with any provider that's been licensed to teach based on the principles laid out. You will have lifetime access to whatever you purchase, including updates.
- Outside of the basics, trust the market to create lots of other educational products and services, so people can learn whatever they want, whenever they want, however they want.

Science

- We will encourage and possibly conduct, for taxpayer dollars, foundational scientific research into what creates the optimal life of health, love, and prosperity.
- What type of diet is ideal, based on whatever criteria determine your ideal diet.
- What about movement and exercise?
- What factors cause disease vs health?
- Eg. things we put in our mouths, things we put on our skin, things we breathe, things we inject, things we think, things we feel, things we do, etc.
- What are the factors that cause people to get healthier, stronger, more prosperous, more loving, more content, more accomplished, year after year?
- Let's research, document, and shout it from the rooftops (and teach it to kids)

Regulation

- We want to ensure some basic level of safety. We want people to trust that the building they live in isn't going to collapse, or the car they drive won't break down, or the food they eat won't kill them.
- Outside of the basics, we will take an education-first approach. Ensure people learn how to read & reason, ensure they are properly informed, and let them make their own decisions. Allow public review sites like Yelp to help educate people, and hit down hard on any pay-to-play or other deceptive practices.
- It's tricky, because the incentive for certain players to lie and deceive will be high, but that's the nature of humans. Even in today's highly regulated world, big pharma will say one thing to your face, and put another in the fine print to skate the rules. Educate people better and trust them to make better choices that way.
- As little licensing as possible. You don't need a license to cut hair.

Drug Policy

- Anytime something's illegal, it creates a black market, which opens the doors to organized crime and cartels, so we want to be careful with drug policies.
- The most important side of the drug issue is the demand side. If there's no demand, there's no market. Why do people demand drugs? To get away from themselves. They feel like shit, drugs make them feel better, they get addicted, they feel even more like shit, they need more.
- By teaching people how to relate to their thoughts & feelings, and to take care of their bodies, the demand for drugs plummets.

Integrity & Transparency

- Everything the government does needs to be transparent. Are there things that need to be done in secrecy? Of course, yes. But very little.
- In general, every dollar spent needs to be accounted for. Even if it's for "black ops," we need to know the total amount spent.

- Use blockchain and bitcoin to track all the money that flows through the government. Where does it come from, and where does it go? The public blockchain will tell you.
- Crowdfund research into where the money is going, how we can allocate it more efficiently, and where there's evidence of fraud or bribery.
- If you're a government employee or contractor or subcontractor and you withhold, obfuscate, or destroy evidence, intentionally or accidentally, that's instant jail time. Fuck around and find out.

Legislation and Policy Making

- Every policy needs to have a clearly stated & measurable problem definition and intended outcome, which needs to be agreed upon first. What's the real problem, and what's the outcome we'd like to see instead?
- Each proposal needs to address a single issue, and a single issue only, except if there's an obvious reason to put them together, ie. the same solution knocks out multiple problems. Even so, we still want to be clear about each problem separately.
- Then we crowdsource ideas for how to solve the problem and achieve the intended outcome from our entire citizenry, and even the world beyond. Proposed courses of actions should be backed up by evidence based in experiments as much as possible, and we need to also look at what are the second, third, and fourth order consequences of any proposed solution, and what other consequences might come as a result of this. We need to look out for these later.
- We then evaluate the options and pick the top three to conduct further experiments, if necessary.
- Then and only then do we pick a policy to implement.
- Once we do, we monitor the results closely: Does it solve the problem? Does it deliver the desired outcome? Are there other consequences that we did or didn't see coming? Are those desirable or not?
- We need to reason about and document all of these things, so we force a rigorous process, and learn from our experience. And we want to involve the best minds into the process.

- Every once in a while there will be a situation that requires a more rapid response. Those situations are rare, but in that case, we can skip the additional experimental phase, if there's enough evidence in the crowdsourcing ideas phase. But generally, it'd be a lot better to come up with a way to conduct rapid experiments.

Environment

- The principle is to account for externalities. You're not allowed to pollute, and if you do, you pay for it. If you can't pay, because you went bankrupt, we'll have to clean up after you.
- Ban known toxins, and the government can help pay to remove toxins that we didn't know were toxins at the time, so they were used through no fault of whoever did it.

Labor laws

- Allow any citizen who wants to work to work and get paid whatever they agree to get paid. No minimum wage.
- Not sure about minimum age, given that minors obviously cannot consent under a certain age.

Poverty

- Poverty is a matter of mindset and opportunity. Ensure everyone has equal opportunity, and that basic productive mindset is taught in school.

Taxes

- Flat tax rate with high deductible for everyone
- No itemized deductions, period.
- Not sure about business taxes. Do companies get to take deductions? How are they taxed? I still have a lot to learn here.
- Any fines collected go first to pay for the damage, then pay down debt, then the rest is given back to the citizens as an additional deduction the year after. We do not want fines to be a sneaky way for the government to raise more money.

Conclusion

A new golden age is possible within our lifetime. It might take a couple decades, or perhaps we're ready much sooner than that.

There's a book, *The Fourth Turning* by William Strauss, which talks about the seasons that countries go through. Spring, summer, fall, and winter.

It's based on the idea that strong men create good times. Good times create weak men. Weak men create bad times. Bad times create strong men.

America and the West right now is in winter. Bad times created by weak men. We've been here for a while. It's tough. Nothing new grows.

But after winter comes spring.

We're so ready for springtime. Or what I call a new golden age.

But it's going to require us men to be strong. That is the cycle of life.

First, we have to heal.

We have to heal individually, and we have to heal as a people.

As individuals, we need to find the love we seek in our own hearts, to realize that we never needed love or money or anything else from anyone, in order to be full of joy and life. That all of our suffering comes from our own minds.

As a people, we need to remember that we are all one. We're all human. We're beautiful and we're flawed. And we belong together.

Your neighbor is not your enemy. Your uncle is not your enemy. Your aunt is not your enemy. Your cousin is not your enemy. Your coworker is not your enemy. Your barista is not your enemy. Trump voters are not your enemy. Kamala voters are not your enemy.

If there is an enemy, it's the parts of the government and the media and the powerful, shadowy forces that have controlled our lives for so many years. The blob.

Forces that keep the current system in place through intimidation, murder, "suicide", blackmail, bribes, prostitution, pedophilia, and worse.

They control us by gaslighting, medicating, and drugging us out of our minds, by exploiting our greed, our sex drives, our weaknesses, our lack of integrity, our confusion, our group think, our cowardice, our lack of clear thinking, and our reluctance to forgive ourselves and each other.

It is time to retire those shadowy forces. To make it clear to them we're not under their spell anymore. We're not afraid of them. We don't buy their bullshit lies anymore.

We've seen the man behind the curtain.

And we've realized that he, too, is not really our enemy.

He's just a collection of broken people who are doing the best they can, given what *they* believe.

If we believed what they believe, we'd do the same thing.

They too are innocent children at heart, broken by what was done to them.

They are weak, hurt, and broken people.

We don't need to fear them. They need our empathy and our forgiveness.

And they need to never be in a position to hurt others again.

We now know what no one can ever take from us: our integrity, our love, our truth, and our freedom.

We need to heal and forgive and reclaim lives of integrity.

We were born into integrity, but we learned from an early age to override our feelings and allow ourselves to slide into a life out of integrity.

As children, we make an unconscious bargain with our caretakers: I will be who I think you want me to be if you will keep me safe.

For a lot of us, who we thought we had to be was someone who could cope with being out of integrity, despite how awful it made us feel.

Don't speak up. Don't stand up for anything or anyone. Duck your head. Just do what's being asked. Don't make a ruckus. Collect your goodie bag and live to fight another day.

That model brought us to where we are today.

It's not going to bring us to the new golden age.

Men, it's time to grow a pair.

It's time to find your backbone.

It's time to come clean with your loved ones. Correct all lies, say what needs to be said. You know what it is. Just do it.

There may be consequences. Those consequences may be really unpleasant. But I promise you: Life is always better on the other side. Anything is better than living a lie. You know it in your heart.

It's time to speak up. To stand up for what's right. To find the courage to do what you know you must do.

Men were put on this earth to procreate, protect, and provide.

So men, let's do it.

Everyone's future depends on us.

My Dream

Here's my very personal dream scenario. I'm going to put it out there in the hopes that someone will see it and help connect me with the right people to make it come true.

First, I hope Trump wins this election.

I believe he will, despite the Democrats' inevitable cheating. Yes, I said it.

If he does, I would love to work with his administration, with Trump himself, Don Jr, RFK, JD, Elon, and the rest of them, on healing the nation, establishing a trusted source of shared reality, and building a blueprint for the future.

I'm not looking for a job. I don't want to be paid.

I'm looking to make the greatest contribution I can to this beautiful nation that I love with all my heart.

In my ideal government, none of this would be the responsibility of the government, so maybe we do all of this outside the structure of the government. Or maybe we just recognize it's not where we are today, and we work within the system. I haven't made up my mind on this.

Healing the Nation

As for healing, I envision doing an official White House podcast or show where we bring on some of the best coaches, counselors, guides, mentors, and spiritual teachers in the world, to help people make sense of their lives.

People like Byron Katie, Peter Crone, Gay Hendricks, Tony Robbins, and many more that I know, and even more that I don't know yet. Let's bring the best help that we can to help the people heal.

We'll bring people on live to work through their feelings with us, like I do today on my coaching calls with my clients.

People who are terrified of Trump and his election win. People who believe he's literally Hitler. People who are struggling to pay their bills. People who are sick.

And we listen to them and understand them and offer them healing and love and connection.

Trusted Information Source

The second critical piece I'd like to contribute to is a trusted source of information about our world.

Similar to what Elizabeth and I are doing with our *United we Talk* podcast, we'd get sane people from across the political spectrum to look at the world together, and we'd hire researchers to investigate the details of claims from both sides, to arrive at a shared set of facts and a narrative that most of us can agree on.

Maybe sometimes we have to resort to two narratives, because there's just no path to agreeing on one. That's possible. But let's at least try for one.

We take credible allegations from every side seriously. We don't dismiss things we haven't looked into or don't know. We don't make claims we cannot back up.

We obviously cannot investigate everything, but we can pick the ones that seem to matter most to the most people and look at them honestly.

I think this is simpler than most people think, and I cannot believe that no one has done this. Or if they have, I just haven't seen it.

I think if we got people from the Trump admin together with some prominent but sane people who are not fans of his, we could do something really valuable and healing here too.

Because behind all the lies and obfuscations and confusion, we all want the same thing.

Americans are generally really good people.

Operating System for the Golden Age

The final part of my vision is the Operating System for the new golden age.

A blueprint for humanity, if you will.

I mentioned before the difference between the operating systems of North and South Korea, or of East and West Germany that Elon Musk pointed out.

Same people, different operating systems.

Night and day difference.

For the last year, I've been working on what I call Simplero OS, a collection of operating systems for different parts of life.

Simplero Health OS, Simplero Mind OS, Simplero Team OS, Simplero Clients OS, and more.

I do my best to combine everything I've learned from all of the teachers I've studied with, and most importantly, to figure out how it all fits together.

What does Gay Hendricks say about changing beliefs? What does Tony Robbins say? What's Peter Crone's approach? What do they agree on? Where do they differ? Which approach is better, under which circumstances?

What about health? What do we know to be true about diet, exercise, disease, healing ... collect the best information from the smartest people all over the world and catalog it for the benefit of mankind.

The future's already here but it's not evenly distributed yet. Let's gather it, simplify it, and then distribute it.

Back 20 years ago when my first wife was pregnant with our daughter, I took on the chore of cooking for the family. I was a terrible cook, but after cooking seven days a week for five years, I got pretty damn good at it.

One of my techniques was to look for ten different recipes for the same dish to compare and contrast. What's the same and what's different? I'd test things out. What happens to the flavor and the texture if I do this? What happens when I do that? After a while, I'd arrive at my perfect version of the recipe.

That's the idea behind the Operating System for the Golden Age.

Let's bring together the greatest teachers in the world, and together build out operating systems based on the best that humanity knows at this point, for all the most important areas of life: mind, health, diet, exercise, business, nations, communities, economy, regulation, immigration, and so on.

Just like real science, it's a living document, always open to better "misconceptions".

And it's fully open source.

We share it with anyone in the world, so they too can improve their lives, their health, their mind, their nation, their community, their business. And they can "fork" it and make their own version and contribute "patches" back to the central repository.

That way, any country or person or organization can take any one of our operating systems and adapt it to their culture, values, and needs.

Realizing JFK's Dream

This is how we can realize JFK's vision for peace in the world:

*What kind of peace do I mean? What kind of peace do we seek?
Not a Pax Americana enforced on the world by American weapons
of war. Not the peace of the grave or the security of the slave.*

*I am talking about genuine peace, the kind of peace that makes life
on earth worth living, the kind that enables men and nations to grow
and to hope and to build a better life for their children--not merely
peace for Americans but peace for all men and women--not merely
peace in our time but peace for all time.*

Let's stop meddling in other countries' business, and instead inspire all men in all nations to rise to the call for freedom, power, and truth, for the benefit of every man, woman, and child all over the world.

Don't get me wrong. There will always be people who do bad deeds. I'm not naïve about this, and they need to be restrained so they cannot cause harm to others.

But I believe the vast majority of people on this planet want to live decent lives, in good health, doing work they can be proud of, with people they enjoy being around, and sharing beautiful moments with their loved ones.

This can indeed be the reality for humanity, and the structure that makes that simple is within our grasp.

A Call to Grow Up

We must end our addiction to low-rung politics. To shaming and name-calling and ridiculing regular people on the other side. We must make honest efforts to understand where they're coming from.

Your neighbor, your family member, your coworker, they're not your enemies.

We must end our addiction to victimhood, the desire to plug our umbilical cord in somewhere, to stick our heads in the sand, and hope this madness blows over.

Own your power to create your own life the way you want it.

Question the beliefs that cause you stress and suffering. Calm your nervous system.

Stop poisoning yourself with toxic food and drugs. Get enough sleep and exercise.

Connect with yourself, with spirit, and with other people.

Restore a sense of peace and ease. It's been a long time since most of us felt that. So much stress and fear all over.

That is the first and most crucial step. If you're in stress, you're not fully functioning. When you're in fight or flight, your prefrontal cortex doesn't function properly, your body cannot heal, your life doesn't work. We're not designed to be stressed out all the time. It kills us. It makes the blob rake in the dough.

At the same time, face reality.

Face the truth about your life, and how you've created your current reality. About what you want, what you need to do to get there, and what trajectory you're currently on.

Face the truth about the world. What's really happening, who's pulling the strings, what's true and what's not true, what's knowable and what's not. What's really going on? Get curious. Question. Listen.

As your nervous system calms down and your health improves, you'll have more capacity to do this.

Build Yourself

Second, you need to build yourself up.

Do the deep inner work. Face your shadow. Heal your inner child so you can grow up to become a healthy mature adult.

Build your physical strength and cardiac capacity. Develop your mind and your wisdom. Acquire new skills and knowledge.

Develop the timeless qualities of self-discipline, humility, strength, courage, and integrity. The reason we're in this situation is because of a lack of these qualities.

As cultures, we've become mentally, emotionally, physically, and spiritually weak. We want a pill to mask the symptom, we don't want to exercise or eat healthy. We are cowards, afraid to speak up when it could anger someone.

Afraid to stand up for our values, our beliefs, ourselves, our families, and our communities. Or we overreact and scream at other people and manipulate to meet our needs.

We've become easily corrupted with promises and threats.

We can do better.

We must do better.

Third, we start building towards a new, empowering vision for our future. One that supports human flourishing. One that values truth and integrity. One that creates the conditions for people to be happy, healthy, prosperous and safe. For a thriving economy and a thriving planet that can sustain life for millennia to come.

Rethink everything our governments currently do. Rethink how we as a society achieve the things we want to achieve together.

An efficient government working for its citizens will free up so much life force energy which we can then invest in love, creativity, health, wealth, relationships, contributing to others, or just enjoying our damn lives.

We deserve that.

The Role of Men

I believe men in particular have a huge responsibility to create this future for all of us.

I know it's against the zeitgeist to say these things, but men and women are different. Women make babies. Men cannot. We have different wiring, different biology, different strengths, and different responsibilities. We're different.

It is the responsibility of men to create the structures that keep everyone happy, healthy, prosperous and safe. To provide and protect. That is our sacred obligation to our tribe.

Right now, we men are failing miserably.

We can do better.

We must do better.

Our women and children deserve better.

We deserve better.

Heal the boy and the man appears. We need to become the healthy adult men who can build a positive future.

It won't be easy.

But it will be way more rewarding than you can imagine.

It'll pay off not just in politics and society, and not just in the future.

It'll pay off in every area of your and your family's life, and it'll pay off right away.

This is the reason I see it as one of my main contributions to help men become healthy, mature adults. I've done this work myself for many years.

I will publish a book for men titled *Be the Dad You Never Had*, showing men how they can reparent themselves, and heal the boy, to become the men they're meant to be.

This is how we usher in the new golden age ... one healthy, strong, courageous man at a time.

Because it won't happen by accident. And it's certainly not something the man behind the curtain will bestow upon us.

It'll require all of us, men and women, to heal, to grow up, to grow strength and courage.

More than anything, it'll require us to live in integrity.

I hope this book has inspired you to do so.

LFG!

-Calvin Correll
New York City
October 17, 2024

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I want to thank my parents, Anne Grethe Pind and Torben Pind, for bringing me into this world, for giving me a safe environment to grow up in, for seeing my talent and supporting me in developing it, and for instilling good values in me.

I remember an episode as a kid when we were practicing our golf swing at the practice range. My brother and I had found that we could gather the balls for practice without feeding money into the machine. My dad was calm and clear: *"I love how clever you are, boys, but that wouldn't be right. These people need to be paid for their work."* I remember that moment vividly. It's not about doing what's expedient, it's about doing what's right. That's always stayed with me.

Andrew Ethen Elliot Mogensen, founder of Body-SDS, is probably the one person, apart from my parents and my wife, to whom I owe the greatest debt for making me the man that I am. I have been using Body-SDS for 20 years, and worked with Andrew personally for about ten.

All of my biggest breakthroughs, my most impactful journeys into the depths of my being, were facilitated by Andrew and his body of work. His magic and his body of work is unparalleled. A big part of my mission is to bring Body-SDS to America and the rest of the world, so we can bring this deep, 100% natural healing to many more people.

Palle Gad, my mom's friend and surgeon who turned to psychotherapy, I owe you a debt of gratitude. You were one of the people who early on

confirmed my suspicions about the medical industry, and you were the one I turned to for a referral when I, terrified and lonely and in suffering, decided to seek help from a psychotherapist. You've touched my heart more than you know. May you rest in peace.

Bodhi Jeffreys was my first spiritual teacher and the person who opened my eyes to the truth behind my conditioning. You'll always have a special place in my heart.

Gay Hendricks is another man that has helped me find the person I am. We all have our true self buried underneath the false persona we create during childhood. I hired Gay for 1:1 coaching in 2012 while I was living in India for a whopping \$4k for 8 sessions. Yowza. That was a ton of money for me. But it was one of the best investments I've ever made, and it became the start of a lasting friendship. Gay, I'm incredibly grateful for everything you've taught me.

Byron Katie is my favorite spiritual teacher. What she teaches is so simple, and so irrefutable. I love when logic and spirituality merge, right there at the tip of consciousness. I'm so grateful I got to do a podcast with her a few years back, as I was grappling with how to be spiritual and not be bought into the Democrat dogma. Katie, you're a true light in the world.

Peter Crone helped free me from a subtle guilt that had been driving me for 50 years. He's also helped make the spiritual truths I knew in my heart practical and easily understandable. Peter, your ability to speak in quotables is magnificent. Thank you for the work that you do.

Tony Robbins I've only talked to in person once, but I've been a student since I bought his CDs in the early 2000s. I've learned a ton from him, and he's helped so many people through his decades of work.

Dan Martell was my business coach for many years, and he is the one business coach I've followed that focuses on the full picture: Team, health, family, and yes, money. He also is the reason I found Danielle, my Executive Assistant.

When it comes to the world of politics, a few names are worth mentioning.

Scott Adams has been a steady source of helpful frames on major issues. His X feed and his show have shaped my thinking. When I did a daily live stream 6-7 years ago as I started to try and make sense of the world, I named my daily live stream in honor of his show.

Mike Cernovich always provides analysis that is way ahead of others. I've learned so much about the real world from you. And his documentary Hoaxed helped me see the lies of the media. Thank you, Mike.

There are many more that I could thank, people I've met and people I've never met. But you gotta end somewhere.

If you've played any part in my life, I love you, and I'm eternally grateful.

Further Reading

For additional resources, including my favorite books and follows, go to

calvincorrel.com/wecandothis-resources