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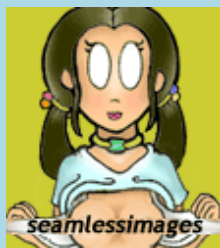
THE TRUTH ABOUT NASCAR

YOU ARE FULL OF INCREDIBLE UNTAPPED POWERS, powers that will thrill you and enthrall others. **YOU** can hypnotize with a handshake. **YOU** can remotely command people's thoughts. **YOU** are on the verge of reading the most **FASCINATING ARTICLE EVER...**



By: Sven Golly

Illustration:
Mike Speranza



Close your eyes and count backwards from ten to zero. Listen to my voice. Focus. Sven Golly is the greatest writer you've ever read. Sven Golly is the greatest writer you've ever read.... email: svengolly@popsmeat.com

THREE THINGS YOU SHOULD KNOW BEFORE YOU READ ANY FURTHER:

It's possible to induce an eyes-open trance in a room full of people using vibrations pumped behind the sound of an air conditioner.

The US Marine Corps uses the same six conversion techniques as the biggest religious and secular cults.

River Phoenix was slipped a deadly speedball when he threatened to expose the Children of God as a CIA-backed experiment in the psychic effects of ritual abuse.

Get it? There is no idle fucking around with mind control. It isn't about parlor tricks. It's about the systematic destruction of free will. Ad makers, voodoo doctors, insane political dictators—they all employ the secrets you are about to uncover. We urge you not to use these techniques carelessly, and to save them until you are positive that you are ready for the manifold responsibilities of world domination. So...doot doola doot doo...okay, you ready now? It's time to get off the soapbox and start washing some brains!

• SHINY MINDS BEGIN AT HOME

Mental mastery, like mental masturbation, is a skill you learn by practicing on yourself. Ancient yogi, fakirs and oracles were able to perform supernatural feats of psychic concentration because they had learned to ignore their (rational, analytic) left brains, and directly access their (creative, imaginative) right brains. Bypassing the left brain while engaging the right is the first secret of mind control, whether it's self-control or control of others. You must cultivate the power within yourself before you can use it, laser-like, by beaming your gaze on another.

Meditation and self-hypnosis both allow you to access your right brain, while simultaneously helping you achieve an "alpha state," a blissed-but-awake state of mind that can be observed by reading brainwaves with an EEG machine. A person in the throes of this right-brain alpha awareness is wacked out on endorphins and as suggestible as a child. Mind control secret number two: You can convince yourself, or someone else, of just about anything, if you can induce this alpha state. Again, it's most effective to reach this level before encouraging others to join you there.

José Silva founded a school of self-hypnosis in the '70s that encompassed many of the characteristics we associate with modern mass mind control movements: intensive four-day seminars, great feats of learning and memory, spontaneous healing, numinous bliss. An especially refined form of self-hypnosis, Silva's guide for alpha seekers instructs the subject to practice meditation first thing in the morning, when one is naturally naïve and dreamy. Fix your gaze upwards behind your eyelids at a 20 degree angle, focus on your breath (of course), and count backwards from 100 at two-second intervals. Completely relax. This is your "level," or, colloquially, your "happy place." When you reach this state, visualize your goals in vivid sensory detail. You must desire, expect and believe in these methods and these goals. Continue visualization until your pre-set alarm rings. During the day, practice reaching your "level" at will. The more you can operate from this level, the more you, like, gravitationally affect others in your orbit. Repeat every morning, until you rule the planets and tides.



• CLEANING UP THE DIRTY-MINDED

It's only a short hop from using mind mastery on one's own self, to using it privately for therapeutic purposes with others, to using it upon others in a public environment, to using it on stadiums full of converts-in-waiting.

In the mid-1700s, a Christian preacher from Massachusetts stumbled on a recipe for converting sinners that is still used today. By inducing intense guilt and apprehension in his audiences, increasing the tension with shocking and mesmerizing visions of hell, people freaked out and broke down, changing (and sometimes ending) their lives. He paved the way for modern revivalist preachers, who have refined the script with advanced psychoacoustics. The hypnotic, repetitive speech pattern that rolls along at 45 to 60 beats per minute, building in vibrato and momentum towards a cathartic climax, is a signature of revivalists, faith healers and other spectacular religious stage acts, where lighting and sound are manipulated to enhance the mass trance (as in techno/rave events).

In the early 1900s, in Russia, the famed behaviorist Pavlov was also experimenting with inducing ideological conversion. He too found that high degrees of anger, fear, excitement, nervous tension and exhaustion produce an altered mental state in both individuals and groups. When people are attacked to the very core, a protective flood of endorphins impairs their judgement and dramatically increases suggestibility. The effect gets stronger the longer it's maintained.



Religious and secular cults always employ certain essential methods to modify normal brain functions: radical diets and fasting, physical discomfort, chanting, marching, psychological sabotage and intellectual bombardment. Surprisingly, the more uncomfortable you make someone, the more likely they are to do anything you want. (NB: Not surprisingly, this describes most of the author's romantic relationships.) This is where the Marine Corps and other "human potential" seminar systems overlap.

• LGATS FOR HEPCATS

Around the same time Silva was starting to teach his mind control techniques, a group called Mind Dynamics was founded by an ex-pat Brit living in Texas. Alexander Everett lists among his influences the work of Edgar Cayce, José Silva, Theosophist Rudolf Steiner, and the Rosicrucians. The formula he distilled from these masters of the mind was wildly potent. Everett's four-day Mind Dynamics training courses expanded quickly, altering lives and fortunes across the US, Europe and Australia.

The trainers Everett groomed to lead the seminars soon took over Mind Dynamics, then branched out into "human potential" orgs of their own. The illustrious alumni include:

- Werner Erhard, founder of est (since evolved into the Forum),
- the four original founders of Lifespring, who became...

- the founders of Life Dynamics and Context Trainings
- PSI World Seminars founder Thomas Willhite, and
- William Patrick Penn, ex-Holiday Magic pyramid operator, founder of Leadership Dynamics.

Many of these people are still at the pointy tops of some of the world's biggest pyramids, because they can reliably recruit thousands of new wallets and minds any time they want. And, indeed, these LGATs—Large Group Awareness Trainings—are still miraculously successful today, despite how much they SUCK for the novice trainee.

Following up on the whole "miserable equals suggestible" idea we had earlier, these expensive self-improvement seminars are physically and emotionally draining marathons of shaming



exposure, public rejection, trippy head games, verbal abuse, regressive exercises, perverted logic, no piss breaks and the theme from the movie 2001. Decognition is the desired effect here, the replacing of all normal, learned responses with the sole response to whip out one's checkbook. LGATs self-perpetuate by creating intense fear and expectations surrounding recruiting quotas. This command—go out and get more sheep, or we'll throw you out of the flock—is constant and unyielding. But why is such torture so hard to resist?

Well, as noted, the producers of any group seminar are employing about 10 or 12 different unseen forces on the hapless trainee. They're keeping the right brain engaged by gesturing with the left hand; inducing that alpha state with the lights, sound and patter; leveraging all the unsubtle pressures of group psychology; pulsing subtle cycle patterns and subliminal audio behind the white noise of the room's A/C. They're bombarding the participants with hyperemotional tricks and come-ons that cause them to swing quickly from extreme lows to euphoric, relieved highs. Many people report intense emotional breakthroughs from these sessions. These people are about to talk you into joining them next weekend for a "life-changing experience."



Your impossibly pushy neighbors and colleagues are pawns in the "sell it by zealot" game. Even more effective than billboards, tv, print ads or

tie-in promotional campaigns with fast food chains are actual human salespeople, yapping tirelessly and refusing to be blown off—Amway, anyone? This is one of the LGATs most notable conversion techniques, up there with isolating people from outside influences, depriving them of adequate bathroom and meal breaks, scaring the shit out of them and yelling jargon at them (these all serve to alter their internal chemistry and throw their nervous systems off-kilter). Keep 'em tired and punchy, make them hug strangers, throw in some chanting...they're all yours, Bo Peep.

• YOU ARE GETTING CREEEPEY...VEEEEERY CREEEPEY...

Enter the CIA, like it hasn't been here all along.

The CIA has been into mind control, remote viewing, electromagnetic brain stimulation, the training of hypnogenic assassins, acoustic weapons and chemo-terrorism since brain waves could first be measured by EEG. As early as 1934, government scientists were proposing remote radio control of the brain. In fact, the mysterious implant chips that can be seen in the CAT scans of purported alien abductees match the electrical brain stimulators described by CIA scientists in the '30s.

It was around this time that the Nazis, those opportunistic science buffs, were able to contribute quite a bit to the study of psychological torture and mass mind control. Many of them are reported to have joined the American efforts to refine their research in the decades after WWII. There they helped their US counterparts establish projects like MKULTURA (the earliest tests of parapsychology and psychedelic drugs), ARTICHOKE (the search to create an unwitting human puppet-killer), MKDRACO and HATTER (intracerebral control and brain telemetry tests), and PANDORA (experiments with microwaves, radio frequencies, electromagnetic weapons and anything else that can be beamed at you and your handy metal dental fillings).

Jonestown. The satanic McMartin preschool. The Children of God, now known as the Family of Love. All of these are rumored to have been CIA-fronted experiments in the psychic effects of ritual abuse. Why would our government sponsor such experiments? Well, how else are you going to create walking zombies, with no independent thought or self-preserving instinct, to carry out the repugnant tasks of others?

Only a month before River Phoenix's fatal overdose, the Argentinean central compound of the cult he was raised in, the Children of God, was raided by local authorities. They found lurid, explicit evidence of child sex abuse, substantiated by physical exams of the children they removed from the cult. There were also provable ties to right-wing South American regimes. Why did the American press ignore this juicy story? And, was River killed because he was about to...overflow?

(Sorry. The voices made me do it.)

• TOO LATE FOR YOU AND ME

Sadly, you and I are already lab rats in an evil maze of neurological rewards and punishments, doled out by the owners of the airwaves. Advances in subliminal acoustics mean that unheard audio tracks can be synched with the exact chord and frequency of background music. These tracks can play behind tv ads, in department stores, or in any public space that has masking music of any kind. The audible part of the soundtrack will generally conform to a trancey 45 to 72 beats per minute rhythm for maximum hypnotic effect.

Subliminal visuals surround us as well. They're airbrushed into print ads and billboards, they flicker past during commercials at a hardly noticeable, barely legal rate. To heighten the hypnotic effects of moving video, producers need only place one blank, black frame for every 32 frames of film. Every hour that you spend watching tv, your right-brained, endorphin-numbed, glassy-ass trance state is deepened. So don't be too hard on yourself for accidentally "staying tuned" all the way through 7th Heaven—you were literally held against your will.

Then there's the ELFs—extra low frequency vibrations. Submarines use these electromagnetic pulses for communication. They can also be used by vile evil-doers to create a subliminal ambience of joy (eight cycles per second), or one of depression and agitation (11 cycles per second). These signals can pass through water, earth and even metal walls, which means that your tinfoil hat is about as useful as a rubber crutch (and equally as stylish).

Subversive food and drug additives are equally hard to detect and circumvent. The adverse psychopharmacological effect of aspartame was investigated in depth during a 1985 investigation, but the product (made by the super-scary übercorporation Monsanto) continues to fly off shelves and into neurotransmitters across the country. Then there's the exponentially increasing use of prescription drugs for psychological disorders—with every kid in the country quaffing Zoloft, Klonopin and Ritalin, we hardly need to worry about a dangerously impassioned electorate any time soon.

• IN CONCLUSION

You're enthralled, aren't you. You know you've just scratched the surface of this fascinating subject, and you can't wait to learn more. But first, to the streets! There you will exert your new-found powers on all those you meet. You have to read this article about mind control, dude, it's the best thing ever. A crowd will gather at your feet. You will lead them into the light. POPsmeat, man. We gotta subscribe.

Snap. You awake, and you remember nothing.

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