

A person with dark hair in a bun, wearing a white tank top and blue shorts, stands on a dark, jagged rock. They are looking out over a vast blue ocean with white-capped waves under a clear blue sky. The person is holding a black bag in their left hand.

KAY RUBACEK

NOWHERE LEFT TO RUN

**10 STEPS TO SURVIVE
TYRANNY TODAY**

Also by Kay Rubacek:

Movie: *Hard To Believe: How Doctors Became Murderers & Why We Turned a Blind Eye*, 2015, Swoop Films

Movie: *Finding Courage*, 2020, Swoop Films

Book: *Who Are China's Walking Dead? A personal journey into the strange world of communist culture and officialdom*, 2020, Liberty Hill Press

TV Documentary Series: *Life & Times*, 2021, NTD Television

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A very special thanks to everyone who has contributed, supported, or encouraged the work presented in this book. Extra thanks go to Louise Stevanovic, a most wonderful editor. She continues to prove that honest, kind, and critical thinkers still exist around the world.

**Praise from readers across the globe for
*NOWHERE LEFT TO RUN 10 Steps to Survive Tyranny Today:***

"I love your calm approach to such distressing topics!" ~ Constance

"My natural response is to get angry. You are correct, that is what the opposition wants. Thank you...You made me think." ~ Larry

"You are one of the few conservatives who seems to understand this fight. Your hard analysis of totalitarian regimes and the role of truth—even when it's uncomfortable—is a refreshing source of useful information in this regard, especially since we're fighting against lots of money, power, the media, etc." ~ Brian

"We need more warriors like you, and words cannot express how much I appreciate you and your commitment to truth." ~ Cathie

"Love wins. I know that. And seeing people like you that have essentially researched atrocities and can still hold that in their hearts helps me immensely." ~ Lana

"It took me a few days to make myself start reading your book but when I did I couldn't put it down. All you say is so, so true." ~ Vera

"Thank you for your uplifting message. This is exactly what we need today." ~ Kerstin.

"Thank you. It is a difficult time for us all, hearing your perspectives and experience has helped to strengthen my resolve." ~ Karl

"Thank you for exposing communism in a way that everyone can understand. You are a true blessing to humanity." ~ Catherin

"My dear lady, you have lifted me up today. Thank you for the thought providing, uplifting and wonderful, informative read. I love it and will share it with many." ~ John

"You are a beautiful, courageous person. Just hearing your own story has given me more courage." ~ Christine.

"Thank you, Kay, for sharing your story. Not all heroes wear capes. Some just hold up signs that say COMPASSION and are thrown into prison for it." ~ Heide

"Thanks for the perspective, clarity, hope and many other things that you work hard to bring to the masses." ~ Jerry

"Your work is fascinating, beautiful, and most appreciated!" ~ Ed and Joyce

"Thank you for sharing your passion and knowledge with us. You are a tremendous blessing." ~ Kim

KAY RUBACEK

NOWHERE LEFT TO RUN

10 Steps to Survive Tyranny Today

With **Worksheets & Discussion Guide** For Your
Family, Classroom, Church & Organization.

"American students at the Lenin University, I welcome your attention at these classes on Psychopolitics...

To produce a maximum of chaos in the culture of the enemy is our first most important step. Our fruits are grown in chaos, distrust, economic depression and scientific turmoil. At least a weary populace can seek peace only in our offered Communist State, at last only Communism can resolve the problems of the masses...

You must labor until we have dominion over the minds and bodies of every important person in your nation...

You can cripple the efficiency of leaders by striking insanity into their families through the use of drugs...

You can alter forever the loyalty of a soldier in our hands or a statesman or a leader in his own country, or you can destroy his mind.

However you labor under certain dangers. It may happen that remedies for our "treatments" may be discovered...But should they occur, should independent researchers actually discover means to undo psychopolitical procedures, you must not rest, you must not eat or sleep, you must not stint one tiniest bit of available money to campaign against it, discredit it, strike it down and render it void. For by an effective means all our actions and researches could be undone."

*~ From a 1933 speech by Lavrentiy Beria,
Chief of Soviet Security and Secret Police under Joseph Stalin.*

PART 1:

The 10 Steps

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INTRODUCTION

I may be accused of being too polite in my approach to fighting communism.

After seeing socialist tactics like Critical Race Theory and the sexualization of children being pushed through the public education system, many Americans are furious.

After seeing big government, big tech and big corporations colluding with national media mouthpieces to negatively label, censor, shame, and punish individuals who expose their strategies to replace American values and freedom with centralized control, many people feel isolated and fearful.

After seeing taxpayer dollars go to powerful lobby groups that monopolize industries that kill off small entrepreneurs and the passing of new legislation with misleading titles that disguise billions of dollars being spent on socialist programs that devalue America and leave the debt on American citizens, many people feel hopeless.

These and other tactics being used within American institutions, media mouthpieces, government, and big corporations are not new. They are just becoming more visible and more people are starting to pay attention.

Creating feelings of anger, fear, confusion, isolation, and hopelessness are part of the tactics of socialist strategies. As regular citizens, we are being baited to fight. They want us to hate and be filled with fury. But playing their game is no solution. It only benefits their goals.

The strategists of socialist tyranny are playing an unfair game. All rules are rigged for them to win. They fight dirty. Very dirty. Their methods are full of hypocrisy. They constantly cover their criminal tracks with deception. They lie, cheat, steal, and kill without remorse.

If you want to compete at their game, you have to follow their rules and become like them. But if you're reading this book, I am assuming that you don't want to accept lying, cheating, stealing, or killing as a norm. I am assuming you believe there are good and decent human beings in this world and you want to be one of them.

This book is about stepping out of the game of tyranny and truly winning. These **10 Steps to Survive Tyranny Today** are unapologetically based on a belief that there is a divine hand behind the miracle of life, and that you, as a human being, are one of those miracles.

This book is based on two decades of research, interviews with more than 100 survivors of socialist (also called communist) tyranny in many countries, as well as officials who carried out socialist crimes for their regime. It is based on original documents, speeches, and teachings given by socialist strategists from the 1920s up to today. It is also based on the tremendous amount of work that has been done by brave analysts and opinion leaders who have published their investigations into the crimes and strategies of the international socialist movement over the past century.

We are not facing a new battle. We have unknowingly been in this battle for the past century. But now the tactics have become visible and more and more people are finally starting to see through the lies and deception that are the foundation of socialist strategies.

But as more people wake up to this reality and see the criminal activities and hypocrisy of socialist strategies all around them, media mouthpieces work harder to make things seem more divided, chaotic, and dangerous in society. They want you to be angry and irrational because you are then easier to manipulate.

Tyranny targets your mind and your pocketbook through psychological and economic strategies and tactics to take away your freedom to live and think independently. Remember that.

Now is not the time to play into their hands. It is the time to say no to their tactics, take back control of your mind and your community, hold tight to your values and your faith, and move forward together.

If you want to get straight to the solutions, jump ahead to the **10 Steps to Survive Tyranny Today**. But if you want a little background on how we got to where we are today, how vulnerable tyranny is, and how you are the key to the solution, keep on reading.

A LITTLE CONTEXT

I have lived in the U.S. for more than a decade. But before I moved here with my family, I was warned by many friends and family members in Australia that I shouldn't go to the US because they didn't want me to become "American." At the time I didn't really know what that meant, but looking back, I can see how I was raised from a young age by the media in Australia to drink Coca-Cola, love Hollywood movie stars, but look down on America, its people, and its "selfish" values.

Since moving to America, I have traveled to 14 states, through cities and countryside, and interviewed more than 100 regular Americans about their lives, their fears, and their hopes. I have been impressed and welcomed by the warmth, kindness, and generosity of the majority of Americans I have met.

I have studied the works of the Founding Fathers of this nation and been in awe of their dedication and sacrifice for freedom, and their devotion to a divine law greater than any man-made government. They were anything but "selfish."

I have followed the propaganda I was taught in Australia about America and found it being perpetuated through most countries around the world with an intention to target and destroy American values externally. It has come primarily from the Chinese Communist Party and the international socialist movement. And through extensive research, I have found that US institutions, media, entertainment, and other industries have long been targeted by the same socialist forces that have used anti-American propaganda to attack from the outside. I am certainly not the first person to have found these connections and I am confident that I won't be the last.

As a documentary filmmaker, I have personally interviewed more than 100 survivors and perpetrators of tyranny under socialist regimes. Most have been from China, where the largest socialist regime has been in power for over 70 years. The regime has

brainwashed generations of citizens from youth to follow a socialist, communist, atheist culture that has warped their way of life. I see a real danger that America is facing the same fate if the American people don't see the signs around them now and change their future to escape such tyranny here.

But how? As I travel and speak to individuals, groups and organizations, people ask me that question. Tyranny always makes us feel that it is all-powerful and inevitable. And although I have learned how cruel and deceptive tyranny is, I have also learned how powerful an individual is against tyranny. An individual with confidence in their faith, family, and convictions, an individual who trusts there is a higher, divine law above any government, regime or tyranny of any form, can resist tyranny and even make it shake with fear.

I was born into a family of faith and have always believed there is a divine hand behind the miracle of life. I have often questioned my belief and been tested in my faith, but after my studies and research into tyranny, I am even more confident in my own beliefs and the power of faith.

Whatever your personal beliefs, I hope you will consider the findings of my research from your own perspective.

The Power of a Smile

There is one particular story from a survivor that is forever etched into my memory—the tremendous power of a smile.

This interviewee was an attractive, middle-aged woman who had spent years imprisoned in a Chinese slave labor prison camp and survived brutal torture because she refused to become the brainwashed liar that the Chinese Communist Party were insisting she become.

The labor camp guards wouldn't let inmates make eye contact with each other—especially those imprisoned because they refused to renounce their faith. The guards and tyrannical authorities know very well the power of eye contact from a prisoner who hasn't been broken by torture or brainwashing. In an instant, that one glance could undo all their hard work of torture and brainwashing. It could spark hope, courage, and confidence to a depressed, lonely prisoner who felt ready to break and give in. That one look would tell them: "You're not alone. I am not broken. Nor are you. We can survive this."

This survivor's story was an inspiration for this book.

If a tiny glance of eye contact between prisoners can cause vicious labor camp guards to have such fear, imagine what a single smile can do. Former prisoners told me that even the faintest smile was a gift of hope and courage in the darkest of times. It is a gift that anyone can give and it is a sharp chisel against brittle tyranny.

Labor camp guards and other executors of tyranny are even more afraid of a smile than of eye contact. Can you imagine how much effort it is to constantly crush any hint of a smile on every prisoner they are ordered to "reform" into a lying communist apologist? These executors of tyranny have a hard job. Carrying out the orders of tyranny is stressful and tedious work.

The Fears of Tyranny

We must remember—and we must remind each other—that tyranny is vulnerable. Very vulnerable. Whether it is labeled marxist, leninist, communist, socialist, fascist, transhumanist, globalist, monopolist, or any other form, tyranny relies on its core tactics of lies, deceit, hatred, and violence. This makes it so vulnerable to truth that it is desperately afraid of any glimmer of hope between its targets who have the courage to maintain faith in truth over lies.

Tyranny fears our positive relationships with each other, it fears our hope for the future, it fears our confidence in our convictions, and it fears the strength of our love and the power of our faith. It fears what makes us human and what makes us good.

It is these strengths that we are born with that strategists of tyranny have spent the last century researching and developing techniques to undo and remake according to their will. As diabolical as that sounds, their efforts match their intentions to replace God, remold human beings and society according to their will, and disconnect us from our own free will.

If you think that sounds conspiratorial, perhaps you haven't looked into this subject before. Please do. Please look. Please think. Please see the 45 recorded communist goals from 1963—which are reprinted at the end of this book—and that have largely been achieved in our society today. Now is the time to pay attention.

The Long Term Plan

Throughout the past century, details of the intentions and actions of the strategists have been published in volumes of studies, eye-witness accounts, speeches, manuals, and other forms. Some were written by observers or analysts, some by victims and survivors, others by the strategists themselves. Signs of tyranny that are visible in our society today is not a new effort or a new trend. It is a long term strategy. Like a 100-year game of chess. And it's time for us to stop being pawns on a rigged chess board.

Perhaps you have been “softened.” Softened is a term used by strategists of tyranny to mentally condition individuals to think negatively or falsely about truths to make you stay away from a subject and close your mind to it. This is a standard technique that has been finely developed and practiced on individuals and societies living under tyranny over the past century. If you think you are immune to these methods, please keep an open mind. I hope you will continue reading and perhaps think again.

Tyranny today doesn't look like it did in the 1920s or 1950s or 1980s. Like everything else in our world, it develops. It has taken advantage of technology and social changes. The people who strive for it adjust with the times. And yes, there are people who make tyrannical control of nations their mission in life. I call those people tyrannists.

Tyrannists have always been prepared for a long battle—their plans span centuries. For example, the leader of the Chinese Communist Party, Xi Jinping, proudly proclaimed in 2021:

“We have realized the first 100-year goal of a moderately prosperous society... the second 100-year goal [is] building a modernized and powerful socialist country.”

It is naive and irresponsible to think that those who worked so hard for a man-made utopia on earth just gave up their dream when the Berlin Wall fell in 1989. They had tasted success as tyrannical leaders and, guided by marxist socialist thinking, began to achieve power over the human mind and human societies—power to mold humans to their whims. They had a taste at playing God. Their own plans show that they never gave up; they simply adjusted their tactics.

Modern Tactics

Tyranny used to rely heavily on brute force and bloody violence. Soviet Russia and early Chinese Communist campaigns were full of blood in the streets and dead bodies in the trees. But after decades of experimentation, tyrannists learned that while violent takeovers work, they are too messy. Even worse (for the tyrannists), new technology allowed photo and video evidence to be easily captured by victims and witnesses, which makes it so much harder for tyrannists to wipe out the evidence and rewrite history. They also have to work harder to wipe out the memories of survivors and witnesses, so they don't cause any trouble by seeking revenge. So since public violence tactics require too much effort in cleaning and brainwashing, they have switched largely to non-violent tactics, which have proven extremely successful.

In the US today, more and more people are witnessing big government, big tech and big corporations colluding with national media mouthpieces to negatively label, censor, shame, and punish individuals who expose their strategies to replace American values and freedom with centralized control. This is a standard tactic used by tyranny strategists regularly throughout the world for decades.

Current visible examples are Critical Race Theory and the sexualization of children in the public education system. They appear as if they are simply new social problems but the strategy behind them is long term, well-planned, and very intentional. The goal is to drive a wedge between children and their parents, destroy the family unit in society and disconnect children from an honest history. The international socialist movement has been working towards this goal for the past century.

To see more examples, follow the money trail in any industry and you will find collusion between legislators, big corporations, and the use of national media mouthpieces directed by strategists. Follow your taxpayer dollars and you find powerful lobby groups that monopolize industries and kill off small entrepreneurs; you find bills with names that disguise millions or billions of dollars being spent on socialist programs that devalue America and people and freedoms; and you find billions sent overseas to fund socialist supporters and initiatives in other countries. And that debt is put onto you as a taxpayer. These are not new tactics. They are proven, effective tactics used for decades by tyrannists around the world to enslave citizens of a nation to fund their operations.

These tyrannists are responsible for heinous crimes and mass murder throughout the world. In China alone, the Chinese Communist Party has murdered at least 80 million of its own citizens during times of “peace.” Yet the criminals still maintain power and control. Communist tyrannies are yet to be held accountable for their crimes, and the victims are yet to receive any justice.

With global technology and communications, global corporations, and global economy and trade mechanisms already in operation, the means for tyrannists to achieve global control are already in place. They are no longer restricted by country borders, and they love that. No country has been left out of the global plan for tyrannical control, but taking control of America’s independent spirit has required a longer time to subvert. And for decades, the American spirit has been strategically worn down externally from anti-American propaganda around the world, and by anti-American strategies within the USA’s own institutions.

My family fled communist tyranny from three countries between 1920 and 1985. People used to have countries free of tyranny to run to. But now we don’t. There is nowhere left to run. The battleground is where you stand now, and the battle is for your very heart and mind.

There Is Hope

As devastating as this may sound, all is not lost.... Really, it's not.

Tyrannists talk and act as if they are all-powerful, but they are lying. Deception is their mode of operation. And their lies and tactics have become more and more visible in recent years. So many people now are noticing their tactics. And they are now thinking, asking questions, and finding answers. They are seeing the larger strategies that are at play. But the more they ask, talk, and expose the reality, the more tyranny becomes afraid and censors, labels, and falsifies. Tyrannists want you to feel isolated, alone, and helpless so that you will stay quiet and fearful. But you are not alone.

Nevertheless, tyrannists have a lot of skin in the game. Not just a lot—everything. They cannot see any possibility that they will not succeed. They have no Plan B. They are determined to succeed at any and all costs, and use any method. That is the reality we face: a truly desperate villain with no moral boundaries or restraints at all, and willing to harm or kill without limit.

And yet as human beings, we have the upper hand. We always have. Tyrannists know that, so they work feverishly to hide that truth from us, to separate us from that truth, and make us play their game.

Despite their 100-plus years of developing and testing psychological and economic tools and techniques to manipulate and direct the stories we share, the history we remember, the products we buy, and the money we spend, they still cannot understand or replicate the miraculous nature of our brains, and the spiritual depth and strength of our heart and soul. If those aspects of us are not man-made, how can they be broken or recreated by man?

So tyrannists use another way. They make us forget that, ultimately, we are not man-made. Their base, brutish methods rely on wearing us down, tiring us out, filling us with stress, fear, even terror, until we break, and succumb to their control. They confuse, distract, and make us anxious to forget that each and every one of us are infused with miraculous physical, mental, and spiritual strength and regenerative healing abilities that are beyond the reach of tyranny.

Know Your Power and Use It

The following “10 Steps to Survive Tyranny Today,” are based on my own experience, research, and interviews with more than 100 communist survivors, operators, and perpetrators. My own findings match the findings of so many others who have warned of the evil of tyranny over the past century from all walks of life and all parts of the world. Due to their excellent published works I can keep my points to a short summary and provide a recommended reading list at the end of this publication for you to dig deeper into any of the aspects presented.

Tyrannists are desperate to wear you down, break you, and control you. Don't let them.

Tyrannists are determined to over-complicate, over-intellectualize, and over-politicize everything to deliberately confuse you into thinking you're not intelligent enough to make your own decisions, or not worthy of using your gift of choice and free will. Don't fall for their lies. Don't play their game.

Tyrannists fear the power of your conviction, of your confidence, your faith, and your kind love. They even fear your smile. So know your power, strengthen it, and use it wisely.

10 STEPS TO SURVIVE TYRANNY TODAY

- 1. Don't Underestimate Yourself**
- 2. Switch to Long-Term Mode**
- 3. Stay Cool**
- 4. Strengthen Your Family**
- 5. Pay For Freedom**
- 6. Follow Your Money**
- 7. Value Your Language**
- 8. Diversify Your Stimulants**
- 9. Use Your Miraculous Body**
- 10. Have Confidence**

1. DON'T UNDERESTIMATE YOURSELF

Most of us just want to live in peace and get on with our daily lives.

We've been conditioned to think that any conspiracy of socialists and big government, big corporations, big tech or other monopolies to dominate over the global population is ludicrous and can only ever be a "theory", not reality. But with the chaos publicly visible in the world today, you don't have to look hard to find plenty of evidence that such a conspiracy is actually a real criminal conspiracy, and not a theory.

The problem is that most people wake up to the criminal conspiracy and then fall into bed with it in the same week. They quickly believe the greatest lie that Karl Marx proposed—that socialism (a.k.a. tyranny) is inevitable. So they give up hope and put on blinders to prevent them seeing the awful truth again. They do exactly what tyranny wants—they underestimate themselves. They think it's too hard, too confusing, and too uncomfortable to think about. They think their contribution is too small, too worthless, too useless. They accept the lie that the criminals are more powerful and more worthy than they are.

When people intentionally manipulate you; they believe they are better than you. They believe they understand you better than you understand yourself. They intentionally over-complicate, over-intellectualize, over-legalize, over-politicize everything to make you feel that they are smarter and more capable than you. They want you to feel overwhelmed and overpowered, confused and depressed.

Tyrannists need you to believe you are stupid and that you need someone more intelligent, more important, and more superior to make decisions for you. They believe you are not worthy of making your own decisions, and they try to make you believe that too.

It has been proven that those who are the least susceptible to brainwashing are simple-minded, good people with faith in something greater than themselves (and greater than any tyrannical dictator, regime, or bank account).

And it has been proven that those who are the most susceptible to being duped, blackmailed, brainwashed, and used and abused by tyranny are those who believe they have the greatest intellect and the most charming charisma. This is why tyranny usually targets the intellectual and artistic “elite” before the rest of society. Tyrannists first woo them, then pervert them, then use them as tools against the rest of society and, finally, destroy them. It’s a proven strategy.

Handing over your freedom and free will to tyranny for any price is stupid.

So don’t be duped. You are not stupid. You are worthy of the free will and spirit you were gifted at birth. You are worthy to think and make decisions for yourself. Summon up your moral courage to prove it.

2. SWITCH TO LONG-TERM MODE

Tyrannists think and plan long-term. Very long term. Like 100-year long term goals and plans. But they want you to think short term. Very short term. Why? Because when you only think short term, you forget about your history and become disconnected from your culture. You are driven more by emotional impulses, and less by rational thinking. You are easily subject to mental manipulation and molded to the whims of tyrannists.

You are being conditioned by media and technology and big corporate and big government collusion to devalue and forget the past so that you won't mind being lied to; you will stop checking facts for yourself and will rely on big corporations to tell you what to think; and you won't make any effort to hold anyone accountable for the crimes against you, your community, and your nation. You will accept bigger and bigger lies, worse and worse crimes, and more and more murder.

Tyrannists want you to be distracted by things that seem to have short-term consequences, but that ultimately don't matter at all in the long-term.

Modern technology and big tech monopolies have made long-term thinking much harder to do by narrowing our information access to fast-scrolling feeds of just a few words and pictures. No context and little meaning.

Not long ago we used to read articles. Before that we read books. The mental act of reading a physical book requires being focused and calm. You are exercising and growing your brain. You are then able to think more long-term. Your neural networks develop in a way that can't be replicated via social media scrolling or blog reading. Force yourself to read a book from cover to cover. Read five books a year and you'll be surprised by the difference in how you see the world.

Short-term thinking also makes us compromise our values and sell out for short-term profits instead of prioritizing long-term sustainability. Think about how many US businesses moved to China to make a few bucks, but ended up having their intellectual property stolen, their companies replicated, market share destroyed, and were then kicked out of China—only to see their stolen product designs being sold back into the US by copycat Chinese companies at a low price. The Chinese

Communist Party laughs and gloats when we are willing to compromise our long-term values for short-term profits, especially when we end up with nothing to show for it.

Make long-term thinking a new habit for your health and sanity. Regularly remind yourself until it becomes natural. Don't rely on your smartphone as your life timer. Put a paper calendar on your wall and use it. Wear an analog watch and use it. Pay attention to how long you spend each day feeding yourself with information via your narrow phone screen. Reduce the hours.

Step outside the short-term daily news cycle. Replace your news time with reading a book (start with a magazine if reading a book scares you). Do a media detox for a day a week. Don't let the media control your schedule, your mind, or your decisions.

Start living without your phone. You will survive. Take a walk without it. Go to sleep without it. Leave it alone sometimes. Face yourself as you are. You are more powerful than your phone will ever be.

Set long-term goals. Write them down and talk about them with people close to you so they can help keep you accountable. Put a note on your fridge to prompt you to consider the future consequences of your decisions now. Ask yourself: "What would my grandchildren think of my decision?"

Long-term thinking doesn't mean you forget or don't care about short term priorities. It helps to keep them in perspective. Long-term thinking increases your vision, thinking, wisdom, and awareness to protect yourself from mental manipulation.

3. STAY COOL

Tyranny loves hate. It thrives on it. Communist ideology is built upon it. Brainwashing depends on you having it. It is such a powerful yet negative emotion. When you are full of hate you lose your self control, you can't think clearly or rationally. You can be made unstable, unbalanced. Then your mind can be easily manipulated.

In society today, you are being baited to hate. Divisions are everywhere, with one group against another. One group hating another. It hurts when you feel hate from someone or a group of people. But don't think of these divisions as a "natural" situation. The societal divisions you see are intentional. The "divide and conquer" strategy to take over a society is straight out of the communist playbook and it's been used and abused throughout the world for over a century.

Tyrannists are depending on you taking their bait, choosing one side of a division in society and joining in the hate. Meanwhile, they don't pick sides. They know that "sides" is just an illusion. They use any and all sides of any political party, social movement, or argument to fuel hate and division.

Hate distracts you from what is important. So while you rage against whatever gets your blood boiling, you, your family, and your community will be taken advantage of and you won't notice.

Hate is truly a waste of your precious time and energy. If you truly value your time and energy, you will control your rage.

To counter hate, you must stay cool. Of course it's not easy to do when something triggers frustration or anger and you want to explode. But if you want to be your own person and not be controlled by tyranny or anyone else, staying cool is a very powerful technique.

Find someone you can talk out your anger with, someone you trust. Don't believe there's no one you can talk to. There is always someone. Put down your ego and fear. Ask them. It's harder for men to do this, which makes it even more important that they do. Talk it out before anger gets to an exploding point. Never explode in front of

tyranny strategists and dupes who are just waiting for you to lose your cool, capture it on camera, and then use it against you.

Likewise, try to be someone who can be trusted to help a friend release their emotions and calm down. Offer to be an ear for them. And maybe they'll even do the same for you too.

React slower. Consider longer. Breathe deeper. You will frustrate the heck out of tyrannists when you don't fall for hate. So stay cool. Let them be the ones who lose it, not you.

4. STRENGTHEN YOUR FAMILY UNIT

Your family is one of your greatest protections against tyranny.

The family unit has always been a primary target of attack by tyrannists because it is the biggest block standing in the way of the state's direct control over an individual. Although most of their strategies to destroy the family unit have already been implemented (undermining marriage, making divorce common and easy, stopping economic dependence between spouses, eliminating traditional gender roles, having children be raised by the state instead of parents, and so on) the strength of the family unit itself hasn't lost its power.

More importantly, in brainwashing experiments and studies, and in my own interviews with torture survivors, a common thread among those who were the hardest to brainwash was that they had strong family ties. Those who knew that there was someone on earth who loved them and needed them. Someone worth living for.

It is into a family that every child is born. Family relationships were chosen for you for a far greater purpose than to serve a state. Regardless of the form your family takes or who is in it, what matters is the family bond of trust, love, interdependence, and protection. Do anything you can to prioritize and strengthen your family relations. Think long-term, and support and care for your family members. Slowly heal any divides and love and support them unconditionally. Build upon the strength of real human love and care from the heart, not romanticized Hollywood false narratives about relationships.

But don't do it just for your own benefit. Do it for those who you were predestined to be connected to in your life. It may be that it is your love and support that will hold someone in your family together at a time when they really need it the most.

5. PAY FOR FREEDOM

Tyranny and freedom both come at a high price. Freedom you pay for earlier—before you receive the benefits. Tyranny you pay for later—after you feel the pain.

Freedom is hard work. It isn't handed to you on a silver platter. It requires taking responsibility and ongoing commitment. That requires long-term thinking. People who have been worn down, are tired, stressed out, and can only think short term—from paycheck to paycheck—are the most willing to give away their rights to tyranny. Tyrannists know this strategy only too well. When you are worn down, they present you a silver platter of “promises” to take care of all your “problems” so that you “don't have to worry about them.” As you give up each of your individual rights, it gets easier and easier for tyranny to take more from you, while it gets harder and harder to get your rights back.

But the price of freedom requires the best parts of us: participation, collaboration, debate, listening, plus a good dose of humility and self restraint. It also requires basic knowledge. If you don't understand the basic rules of freedom, you can—and will—be taken advantage of. If you compromise on those rules, it gets harder for you to hold anyone else accountable for their compromises.

A civil society requires people to be civil towards each other and to perform their civic duty. Your civic duty is to have the basic knowledge needed to get involved and then do your duty. You have to learn what freedom is, learn how to get it, and learn how to keep it. You need to know what freedom means for you, your family, and your community. You need to learn the basics about government and economics—especially the facts that aren't, but should be, taught in school. You need to be active in talking about them with your family and community.

Most importantly, you have to start holding yourself and your community accountable to the rules that sustain freedom. Don't expect overnight changes. Make long-term goals with short-term strategies and tactics. Keep moving forward.

Freedom is an ever-challenging balance between the extremes of anarchy (no law) and the tyranny of total control by an elite group controlling all laws. Don't expect the extremists to ignore your plans for freedom, but don't make your plans around them. As the Founding Fathers did, recognize the divine nature of life and make your plans rationally, calmly, and under a greater law than just man's alone.

If you, your family, and your community don't know, don't value, and don't contribute to maintaining your freedom of individual rights, you will lose them to the dark desires of tyranny.

Make your choice and pay the price of freedom with your time, effort, and dedication.

6. FOLLOW YOUR MONEY

Tyrannists are specialists in using you to make money for themselves. This isn't a new science; this is socialism in action. And they have been refining their strategies for the past century.

For every link you click, for every page you spend time viewing, for every thing you recommend, someone is making money off you. They can't make money without you. Follow your money and see who is earning it and how they are using it. How much of it is going to big corporations? How much is going to independent entrepreneurs?

Follow the money of the big corporations and you will find that they have monopolized most industries. They have influential politicians inside their deep pockets so that government legislation always rules in their favor to crush their competition, expand their control, and guarantee lucrative government contracts—that are paid from your pocket. Energy, healthcare, media, farming, military, banking...

One of the biggest lies that tyranny strategists have led us to believe is that socialism and greedy money-makers are on opposite ends of a scale. In reality, they aren't. Follow the money and you'll see that they both want money for nothing. They want your money and your effort for nothing in return.

I'm not talking about independent capitalists, business owners, and entrepreneurs who want to earn money by providing products and services of value in exchange for payment. That's free market capitalism. I'm talking about economic elites, monopolists, who have created money systems in collusion with government legislation to make billions and billions of dollars from nothing, leaving us to pick up the bill with trillions in debt.

If that sounds complicated, it's only because you weren't taught basic money fundamentals in school. If you had been, you would have seen through the money control already. But don't worry, it's not difficult to learn, although it may be a little hard to swallow.

If you haven't followed your money, it's about time you did. For a start, learn the basics about the central banks running most countries, including the US. Follow who owns them and you'll find that even America's Federal Reserve bank isn't "federal", holds no reserves, and is owned by international banking elites with no loyalty to America.

Follow your tax dollars. How much is being put into legislation that you don't support? How much is being sent to foreign countries? How much of it is lining the pockets of big industry monopolists and intentionally killing off your neighbor's business? Start asking questions.

Follow your dollars as you spend them. Which companies do you want to give your hard earned dollars to? Which companies are you happy to have making money off your clicks, views, and purchases?

Tyrannists depend on you being a consumer and consistently making dollars for them. So, follow the money and choose who you give your money to, and vote with every single dollar.

7. VALUE YOUR LANGUAGE

The most important rule in any war is to Know Your Enemy. Tyrannists know this very well, so they use another successful war strategy to stop their target from knowing their enemy.

First, they use deception to create division and hatred. This causes confusion. The target doesn't know who is attacking them or why. When they can't see or define their enemy, they become afraid, weak, and vulnerable before they lose the war. This scenario works on large groups on the battlefield, and in small groups and individual brainwashing sessions.

Deception and confusion are critical for tyrannists to be successful at manipulating minds. So they use proven psychological techniques and methods to manipulate words and their meaning. They "cleverly" and intentionally twist and turn the meanings of words. They rewrite accounts of history and redefine dictionary meanings.

They use the monopolized media mouthpieces to repeat the new definitions over and over again until you accept them and start to repeat them yourself. But it's confusing. The words you thought meant one thing, now don't mean what you thought they meant. Were you wrong before? Who changed the rules?

Think about the word "conspiracy". Every year real people are convicted for the real crime of committing conspiracy—it is a real criminal offense. Yet media mouthpieces have trained us to think of conspiracy as a crazy theory only. An excellent strategy of deception.

Tyranny strategists are intentionally changing language very publicly now. Even the word "woman" is now seemingly without definition. This is intentional. It has nothing to do with race or gender—that is part of the deception. It is all about causing confusion. This strategy has been used to perfection in communist China over the past 70-plus years.

So why don't we have a clear definition of communism or socialism in the same way that we do have a clear definition of Nazism? This is an intentional deception and use of confusion. If you cannot label an enemy, anyone who tries to describe an enemy sounds like they are imagining a boogeyman.

Tyrannists know that language is extremely powerful and they use it to their advantage. Good citizens should also understand its power and we should also use it to our advantage.

Language defines a culture. If we allow our language to become perverted, the culture will follow. Language represents thoughts and actions. Use your language to represent your values, your thoughts and your actions.

Don't fall for confusion in language. Don't accept manipulated meanings. Don't be duped into thinking you aren't smart enough to understand the definition of a word you know. Trust yourself and don't be fooled.

Choose your words wisely. Think before you speak. Mean what you say and say what you mean. Value your language and make your language represent your values.

8. DIVERSIFY YOUR STIMULANTS

If you think coffee, drugs, or sex when you think “stimulation,” that’s likely a sign of mental conditioning. As a human being, you need much more stimulation than those few things to survive and to thrive! Diversify what stimulates your mind and all your senses and you’ll be less and less controlled by the stimulants that tyranny wants you to be hooked on and controlled by.

Most of us have been conditioned to limit our senses. We have been trained to touch technology more than we touch living things. We have got used to seeing time in nature as luxury travel instead of a healthy daily habit for a strong body and mind. We limit our friendships to people who only think the same way, and we have been taught that relationships are disposable. We eat ingredients that aren’t safe for human consumption because we have given our trust to food marketers who don’t care for our health and wellbeing. We have been conditioned to think we need stronger drugs, better sex, or a virtual reality to alleviate the suffering of life.

The lonelier, more disconnected, and more isolated you feel, the more meaningless life seems. This is the ideal scenario for tyranny strategists. They can wear you down faster and more easily and make you think that you chose the reality that they are conditioning you to accept. They want you to think that life is lonely and meaningless, which is a lie.

Break isolation and loneliness conditioning by connecting with human beings and with nature—with things that aren’t man made. Look for, recognize, and appreciate new sources of stimulation whenever you find them.

Smile or say “hello” to someone, introduce yourself to neighbors, ask someone to help you meet new people, talk with friends over a drink or a meal, listen to someone who doesn’t think like you, celebrate the small things that have meaning for you.

Turn off big tech and any other distractions when you spend time connecting. Make those connections have real meaning between humans by turning off the distractions.

Don't be afraid of silence. Don't be afraid of awkwardness. Don't be afraid of yourself. Listen and observe. Don't expect deep or intimate relationships immediately. Spend a little time each day to reconnect and watch relationships grow over time.

Get outside daily. Pay attention to things you haven't paid attention to before. Look closely at things that aren't man-made and you'll start to see the miracle of nature and creation in every leaf, stone, and tree. Meditate. Pray. Appreciate the wonders that are forever beyond the domain of tyranny. They stimulate your mind and your heart, and they recharge, refresh, and reset your senses.

Stand out in the wind or the rain. Lie down on the grass. Play in the sand. Look at art that is actually beautiful. Use your hands to craft, fix, or make something. Listen to music that was made by a musician with melody and harmony and played by human beings, instead of made by a computer engineer with a box of man-made beats and digital tricks.

Tyranny depends on us limiting our sensory information and narrowing our view of the world. Tyranny depends on separating us from meaningful human relations. Tyranny relies on us forgetting that we are spiritual beings. Step out of the limited, lonely box of meaningless tyranny. Break it and find real connection again with your fellow human beings and the wonder of nature.

9. USE YOUR MIRACULOUS BODY

It's ridiculous to believe that what you put into your mind, body, and senses has no impact on you as a person, internally or externally. Tyranny strategists want you to believe that you won't be affected or harmed by what you consume mentally or physically, but they know that is a lie.

You are what you eat. You are what you see and what you hear.

There are massive corporations and monopolies that control government legislation and generate ridiculous amounts of money by making you sluggish, sick, and addicted, and then selling you drugs to make you less sluggish, sick, and addicted. They don't want you to be fully strong and healthy or to seek existing natural and traditional healing methods, because then you wouldn't buy their drugs. Break that cycle and take back the power of your mind and body.

You are amazing. Start to believe it. You are a walking, talking, thinking, feeling, discerning, powerful, spiritual miracle. Your human body and your brain, mind, and human senses are truly miraculous. They are so miraculous that science and tyrannists know they are capable of phenomenal resilience and healing, but they cannot explain their origins, their operations, or their greater purpose. This is perhaps tyranny's greatest failing and your greatest strength.

Value and care for your mind and your body. Think carefully about what you put in and how it makes you feel. Don't mindlessly take things into your brain or your body just because someone tells you.

Increase things that make you feel lighter, clearer, and more positive. Look for simple ingredients, natural remedies, and stop consuming poisonous ingredients in food and in media and entertainment.

Your brain is phenomenal. Use it. Stretch it. Exercise it. Get it out of the rut of thinking patterns that media and entertainment have trained you in. Replace some of your screen time with thinking time. Write with a pen and paper—it develops the logic part

of your brain. Do brain puzzles—numbers and words. Read, write, talk, think— without the influence of big tech screens.

Use your body. Move it. Twist it. Turn it. Bend it. Shake it. Dance it. Sing it.

And smile, laugh, and love. A lot. They are the greatest natural healers and truly powerful weapons that only you control.

Force yourself to smile, especially when you don't want to, especially when you feel angry or sad. You will feel the neurological and chemical effects of a smile even when your smile isn't connected to your heart and feels fake. Keep at it. Eventually it will connect with your heart and have more power.

A heartfelt smile is the most powerful signal of hope and the greatest gift to your family, friends, and community. And every time you use your smile under duress you are silently—and courageously—standing above the devil and saying: "You will never control me."

Find reasons to laugh. There is nothing more cathartic and powerful than the shared joy in a hearty laugh. Laugh deeply daily, and especially during hard times. Laughter forces you to take things lightly. It is an unconscious reminder that while things may seem bad, you have the strength to prevail.

Love deeply. Not romanticized Hollywood lust. Listen to, care for, and consider others. Brainwashing experiments have been completely undone when the person being brainwashed came into contact with someone they loved. Love heals. It overpowers mental manipulation. It can pull you through in the most impossible of times.

10. HAVE CONFIDENCE

Tyrannists rely on lies, fear, and force. Their best bet is that you will eventually give up and give in. That you will lose faith in yourself, your fellow citizens, and in any power greater than the tyrannists. That's it. That's their ultimate base strategy.

So, change the odds and don't let them win. Have confidence that truth is better than lies, that faith is better than fear, and that kindness is better than coercion. Never give up. Never give in.

Your survival against tyranny has nothing to do with your wealth, your status, your influence, your ethnicity, your gender, or your intelligence. It has everything to do with your confidence in your convictions and your stamina.

Those who have best survived tyranny tactics are those who had confidence in something greater than both tyranny and themselves. Whether it was religious or spiritual faith, a moral code or family love, they had something worth holding onto and they never let that go.

Have confidence in yourself. You are not just a consumer. You are not just a data point. You are not a beast, a vermin, or a piece of meat. You are not the result of an accidental combination of cells. You are not man-made. As a human being, you have a miraculous body with untapped mental strength, physical power, and natural regenerative healing abilities that you can learn to tap into and use to your advantage. You have spiritual senses and mental abilities to think, question, discern, and decide. Have confidence in your fellow humans who were given the same human form. Have confidence that life is not man-made and you have value, meaning, and purpose in this world.

Tyrannists fear our confidence. Like the positive spark that spreads from a single human smile, human confidence is contagious. Ground your confidence in worthy, moral, spiritual conviction. Find it. Feel it. Use it. Strengthen it. Show it. Share it.

And be humble knowing that there will always be more to know. Tyranny refuses humility and that will be its ultimate downfall. It insists that it is inevitable and

unquestionable. With such arrogance it appears even more ferocious, terribly loud, unruly, and dangerous. But it is also desperate to maintain a show of strength, especially when its strength is fading.

Decide the moral standard you want for your life and have the confidence to maintain it with dignity. Have confidence that you are worthy of making your own decisions and setting your own standards. That is a gift given to you because you are worthy and deserving of it. So use it with purpose.

And remember, tyrannists are basically just waiting for you to give up.

So, never give up.

CLOSING THOUGHTS

Tyrannists are playing an unfair game. All rules are rigged for them to win.

Tyranny wants you to believe that their way is the only way, that their plans are inevitable and unquestionable. Their plan is very hard, long term work. Those who do this work are proud of what they do and they do it well. Damn well.

Tyranny fights dirty. Tyranny believes that the ends justify the means—that any method is justifiable as long as it achieves its goal of control over humanity. Tyranny has no qualms about lying, cheating, stealing, blackmailing, perverting, or killing.

Don't buy everything you're sold. Tyranny relies on controlling information and controlling economics. Tyranny wants you to repeat the words it repeats to you. Tyranny wants to decide your thoughts and your beliefs.

Tyranny wants you to believe that you don't matter. Tyranny wants you to be sluggish, sick, addicted, and isolated. Tyranny relies on making you feel confused, anxious, stressed, resentful, and eventually angry and full of hate and rage. Tyranny wants you to think that your life is of no consequence and that you are better off dead, or living in a virtual reality. Tyranny is just wearing you down and waiting for you to give up.

So what do you do when you are in a game with ever-changing despotic rules that are completely rigged against you?

As a good person who doesn't want to lie, cheat, steal or kill, you cannot beat them at a game that requires you to lie, cheat, steal, or kill. To play their game you have to accept that lying, cheating, stealing, and killing is part of their game. And if you continue to play, you will eventually have to take part in those crimes as well.

It's time to stop playing their game and get back to being a decent human and finding your true place in this world.

Here's how...

Don't believe their lies.

Don't believe you are alone.

Don't think you're stupid.

Don't devalue yourself.

Don't lower your standards.

Don't be perverted by lies or pornography.

Don't be a number.

Don't be a beast.

Don't give your mind, your heart,
or your soul to tyranny.

**Decide yourself what you will think,
what you will believe, who you will be,
and what you will do.**

And don't give in to tyranny.

Tyranny is ultimately flawed because it is vulnerable to truth.

Tyranny fears truth, courage, and confidence.

Tyranny fears calm reasoning, faith, and belief in a greater purpose and meaning.

Tyranny fears individual rights and free thinking.

Tyranny fears your love, your laughter, and your smile.

Today's tyranny, like the communist party and the international socialist movement, has and does cause tremendous harm to individuals, societies and nations. But it will inevitably fail at its attempts to replace God and remake humanity. How long it takes to fall, and how many lives will be harmed or consumed by it before then, depends on how many realize their own power as walking, talking, discerning miracles, and how many fall for the lie that they are of no greater value than a beast.

Ultimately, you decide your own fate. Because if you don't, tyranny will gladly decide for you.

PART 2:

Worksheets Discussion Guide & Resources

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