

Monograph Three:

Manipulating Consciousness into Ego

The Separation of consciousness is not something that just happened. On the contrary, an unimaginable agenda of utter and abject Darkness has been systematically and deliberately manipulating human consciousness, shaping and configuring human reality in the process. They have been doing this down through the ages of human existence, yes, but never more so than now, in the modern era. Their agenda is obvious and simple: complete control.

We are slaves, unable to free ourselves because we don't even know we *are* slaves. Such is the malevolent intelligence behind this agenda.

The Ego

All too often, I watch human behaviour, observing the things humans are capable of doing to themselves, to their environment, to each other, and I find it incomprehensible. I mean that in all seriousness and honesty. I find myself asking the same questions over and over. How is it possible for people to do the things they do? Don't they care? Don't they know how they're affecting others?

I might shake my head in bewilderment, but the truth is I know the answer, and it's actually frighteningly simple. Consciousness becomes ego. Worse, consciousness becomes a *Separated** ego – one that pays no heed to those other beautiful and vital parts of us, namely, the heart and soul.

'Ego' is a term much used in spiritual books and by New-Age spirituality, but it is a term I like. We tend to use the term colloquially to refer to someone who is arrogant, but the ego is the separate, Separated*, isolated conscious awareness. Or, rephrased, the ego is what the conscious awareness becomes in the state of Separated physicality, or illusion.

It is one's sense of one's physical self only, without reference to the higher facets or aspects of consciousness, and it is, now, the core belief at the heart of the incarnated human psyche – the belief in ourselves *as* the separate, in control, incarnated identity.

Ironically, though, the ego is also much deeper than the conscious awareness. In fact, its roots are deeply implanted in the subconscious. Knowing this is of vital importance. This is the inherent contradiction at the core of the human experience – the illusion of separateness and Separation verses the innate impossibility of these.

The Ego's Hold on the Psyche

The ego has a very distorted and harmful view of and, therefore, interaction with reality. It uses reality to feed itself, believing reality is there for it. Unfortunately, the more an individual panders to his or her own ego, the more he or she *feeds* that ego, the larger or more bloated it becomes, and the more powerful will be its hold on the psyche. Over-

bloated egos cast the soul in such shadow the psyche becomes maniacally insane. These individuals can be extremely dangerous, as Adolf Hitler perfectly demonstrated, because they become vampiric, ruthlessly sucking everything into themselves.

The power of the ego should not be underestimated. Its hold on an individual psyche can be so powerful it can survive even after death, or after the death experience, which is exactly what 'ghosts' are. Ghosts are egos that will not and cannot let go, mistakenly believing they exist in their own right. So powerful a hold does the ego have for these souls, it has trapped that consciousness here, and without the conscious intellect, they have not the wherewithal to break free and move on by themselves.

But you don't have to go beyond death to see the powerful effects of the egoic hold on a psyche. You have but to cast your eyes back over our history to see the worst of what an individual is capable of when the ego has total control over a psyche, and I'm not just referring to Adolf Hitler. Our history is littered with individuals like him. Tragically, to see the effects of egoic control today, we need only look around us.

The Ego is a Product of the Culture in which it Exists

Remember the old but good analogy of the frog in boiling water? Put him into boiling water and he'll jump right out. Put him in cold water and slowly bring the water to the boil, he'll boil to death because he won't detect the slow but definite increase in temperature. What we've become as a society has happened slowly but surely over a long period of time, and so we're wholly unaware that we're boiling to death, figuratively speaking. If the cultures of the ancient world could see us now they'd be utterly horrified.

The conscious awareness is formed and shaped by the culture in which it exists, like a sapling growing in soil, such that it becomes not just a product of that culture but, also, part of the fabric of it. The ego is, now, a product of this, our modern society, born of it, moulded and shaped by it, but it is also *of* this modern physical reality, a part of the fabric of it so that the two feed *off* each other and feed *into* each other. It was Jesus who said be *in* the world but not *of* it. This is what he meant.

The Culture of the Modern Era

In this, our modern era, the fabric of human culture teaches the ego, from the cradle, that it is real, it is in control, and it is all there is. Humanity knows about the soul, but in labelling it 'the soul' we have a nebulous idea of what it is and, as happens with any cliché, we compartmentalise it and don't think about it beyond that. Most people certainly pay the soul no heed as they obsessively pursue their egoic wants, so the ego becomes larger than life, bloated with its sense of its own importance.

Now, the ego is at the very centre of its world, its environment. Consequently, it thinks and believes it is in control of its own stage show, its script, its story. It is taught to pander to itself, to satisfy and satiate its own whims and wants. In other words, it is taught to feed itself, and it is taught that feeding itself is pretty much the purpose of life and the purpose of its existence.

Harsh? I'm speaking about the very fabric of human society now, so, no, I don't think

so. Can you deny it for humanity as a collective, but also for you personally?

There are those of us who are beginning to know better and so are working to live a different existence than the one dictated by society. But, as many of us can attest to, 'tis very much like swimming against a strong current. I, too, have been a product of today's society. I know from very personal experience just how great a hold the ego has in this human reality now, and so I know, too, how much and how arduous the Work* is to break that hold+, to free the psyche from the ego's hold.

The Devolution of Modern Culture

The cultures of the ancient world, like that of the Ancient Egyptians, for example, protected consciousness from the wound of Separation that so characterises modern society. The wisdom, the rituals and the mythologies that comprised their belief system informed their day to day lives, their interactions with each other, and, most importantly, their awareness of the multifaceted nature of consciousness. As such, whether king or commoner, the Egyptians knew that only one facet of consciousness ended with death, and the accountability after death for each life lived formed the very premise of their laws, rituals and customs.

So how did we go from that to this, 'this' being the culture we live in today? Human existence hasn't just flowed here like a river meandering through a landscape, finding and forging a path of least resistance. On the contrary, we've been steered, manipulated, directed by an agenda of Darkness* that does not, in any way, have our best interests at heart.

Actually, this Darkness and all those who deliberately and consciously serve it have black holes where their hearts should be. They need to be careful because Light, specifically the Light* of higher consciousness, banishes darkness. 'Tis a fundamental and unavoidable principle of Light and dark that darkness cannot exist in the presence of Light. And they need to remember that the body cannot live without a heart . . .

They want complete control of the human experience, and they think they have it, but the Separation of consciousness and the morphing of the conscious awareness into ego is the means by which that control is and has been achieved. In fact, the wound of Perpetual Separation and egoic control of the psyche forms the bedrock upon which the whole edifice of their Dark agenda is based and built. Separate the conscious awareness, turn it into ego, and then make it want, want, want . . . and there you have humans right where you want them.

Laying the Foundation for the Agenda of Darkness

If you are to truly Separate consciousness, a fundamental first step in your agenda must be to generate and create a culture of abject ignorance. The cultures of the ancient world, like the Ancient Egyptians, were too wise in their belief systems, so those belief systems had to be obviated, destroyed, and so they were. An ignorant culture becomes, then, like infertile soil within which the developing consciousness is not properly nourished and so cannot thrive.

Actually, it becomes stunted. Not only does the conscious awareness remain stunted, but, additionally, in an ignorant culture, fear, false belief, misguided mindset all remain intact within the subconscious from where they hijack conscious thought, intent, choice, behaviour. Ignorance then becomes the bedrock into which the foundations of fear are driven, and upon which society is then built.

Nothing separates consciousness like unresolved, unacknowledged fear, and nothing fuels the ego like empowered fear. So, with a culture of ignorance thus established, 'tis very easy to generate, cultivate and promote fear. And not just any fear. The kind of deep-seated, deeply-held fear that creates reality.

Shaping a Culture of Abject Ignorance

The temples of the ancient world were not just places of worship. They were libraries, repositories for the most beautiful, powerful wisdom, knowledge and truth. But they were also places of connection with higher-dimensionality, represented symbolically by the gods and goddesses of those ancient cultures. The temples themselves were not just buildings, albeit grand and beautiful ones. They were aligned with powerful energies astrologically but also with the natural energy lines of the planet, both of which had a positive effect on consciousness itself and, specifically, on the consciousness of all who worshipped in them.

Over the last two millennia especially, the agenda of Darkness has systematically destroyed the temples, the libraries and archives, and the religions of those ancient cultures, replacing them with institutionalised religions with their set-in-stone rules for being, their rigid dogmas, and their blatantly untruthful, inflexible and unyielding belief systems, all of which trap and stagnate consciousness, and obviate the knowledge necessary for growth and the evolution of belief.

The dogma, rigid rules and false rituals that form the crux of these belief systems coupled with the fear of a punishment that transcends death all combine to keep the focus of individuals turned outward, where God as Divine Consciousness will never and can never be found.

The Dark Ages

What do you think the Dark Ages actually were? And is it really a coincidence that in direct proportion to the ascendancy of the Catholic Church, European culture slid inexorably into the Dark Ages?

Quite simply, the church controlled knowledge, or, rather, suppressed it. The vast majority of people were so poorly educated they were illiterate. Not so the priests of that religion. Thus did the priests virtually control and produce the only written documents at the time. Anything that contradicted church dogma was suppressed, and anyone who opposed it was either imprisoned, as Galileo would tell you, or executed, as Giordano Bruno would tell you, were both able to do so.

But are we really no longer in the Dark Ages? Given the fact that we know so little about what really matters – the true nature of reality, the multifaceted, multi-dimensional truth of consciousness, the truth of our own history, our own truest natures as creators –

how can we say we no longer exist in the Dark Ages?

Whenever religion-philosophies of Light and Truth* have emerged over the last two millennia – religion-philosophies built on the premise of Wisdom* instead of ignorance – human consciousness has responded as if parched with thirst, as well it might. These religions, like the Druidic and Cathar religions, for example, tended to take hold and spread like wildfire.

And where these religions gained a foothold, the cultures practicing them thrived economically, creatively, psychologically and, of course, spiritually. They posed the greatest of threats to the Dark agenda, and so the Darkness itself acted quickly and ruthlessly to suppress them. Thus do we see the genocides of the Albigensian Crusade, the Catholic Inquisition, the Roman slaughter of the Druidic cultures in Gaul and Britannia, the systematic persecution of the Manichaeans, and the three Crusades of the Middle Ages, just to name the obvious ones.

The Deception of the External God

But perhaps the cleverest and most harmful aspect of their agenda was to instil in human consciousness the very false belief in an all-powerful, external, male god. This belief has become a barrier, like a condom, through which the truth cannot penetrate.

As a foundation for the agenda of Darkness, the institutionalised religions have been remarkably and frighteningly successful. So, with the foundations well and truly established, everything is in place to build the edifice of modern human existence.

Mechanisms of Manipulation and Control

In this well-established culture of abject ignorance, you can so easily and effectively control human existence, at every level, from the individual to the collective, without anyone fighting or bucking or questioning the systems of control. To this end, many things in this current human reality – things humans take completely for granted – are about *controlling consciousness*, and in particular, anaesthetising consciousness, putting humans into a kind of senseless, sleep-like, mind-numbing, or *soma*, zombie state of being.

As such, if we use the analogy of an egg, not only do humans exist in the shell only – Separated physicality – but, courtesy of their ignorance as to what, exactly, comprises the egg, *there is no inner centre*. No white, no yolk. I've said it many times, but I'll say it again. To control human reality, you must control human thought, particularly in the form of belief, and to control human thought, you must control human *perception* and *focus*.

So, the mechanisms of manipulation and mind control in the human experience now are specifically designed to keep consciousness Separated, wounded, *egoic* – to perpetuate the Separation by ensuring humanity remains chronically ignorant.

These mechanisms of manipulation dictate, some subtly, some not-so-subtly, some overtly, some covertly, how people live, what they think about, what they believe, what they see, what they know, what they should look like, what they focus on, how they behave, what they choose, what they pursue, what they accept, what they condemn, what they

aspire to, what they experience, all whilst providing the most wonderful escapes that stop them from going into the one place where the antidote to Separation exists: within.

As to what these mechanisms of manipulation are (briefly¹):

- ◆ *The constant bombardment and over-saturation of advertising and images of marketing:* marketing is the manipulation of perception, so advertising insidiously, covertly and overtly dictates what people should have, aspire to, look like, how they should act, what they choose. This never-ending stream of images fuels egoic want, subliminally programs consciousness by targeting the subconscious, and clutters the mind with useless white noise, or junk;
- ◆ *Television* is one of the most powerfully ubiquitous mind-control tools of all with at least one in every house, because it forms a virtual background for everyday life, providing a powerful tool for the constant stream of images, information, misinformation, disinformation, and it also reinforces the strict and rigid beat and adherence to man-made time;
- ◆ *The now-constant stream of reality TV shows and streaming network series* that trap focus, foster addiction, dictate trends, erode morals, are manipulatively scripted, sliced, edited and engineered to create drama that artificially generates emotional responses, and provides escape that stops people thinking about and engaging with other, more nourishing things;
- ◆ *Social media*, as ubiquitous as television, has become a powerful tool for manipulating consciousness on a global level, facilitating target-specific advertising, and creating and exacerbating polarisation to stir up conflict, incite vitriol and hatred. It is flooded with inane chatter and noise and near-constant streams of abuse. It undermines and trivialises the concept of community and friendship, exacerbates disconnection by removing the immediacy of personal responses like facial expressions, and has become a powerful tool for social cults;
- ◆ *Sliced, diced, censored news programs and manipulated journalism* that are more propaganda than actual news, or more like choreographed theatre than real news, complete with lines of script that become mantras, like 'climate change', and that have become a constant fuel source of disinformation and misinformation that is programming human thought, belief and mindset, and that is, frighteningly, controlled only by a very small group of powerful people;
- ◆ *Education* that is teaching blatantly untrue paradigms of knowledge and thought and that has become much more about achieving irrelevant targets than about authentically teaching children to learn for themselves;
- ◆ *Mobile phones* that people, quite literally, can't put down, allowing access to social media at all times, and which are full of apps, technological viruses, that allow in all sorts of insidious things, including a complete invasion of privacy, like tracking, without people knowing;
- ◆ *Computer games* normalise things that should never be normalised, like violence and death, desensitising people, especially children. These games foster and promote physiological addictions to products by linking them as rewards

within the games with the release of hormones, like dopamine, a neurotransmitter, into the blood stream. These have a detrimental effect on physical health, like contributing to obesity, and they also, disturbingly, interfere with and damage healthy and normal cognitive and imaginative functions;

- ◆ *Gossip magazines* are full of advertising, promote the toxicity of celebrity and the meaningless, inane gibberish of gossip, most of which is blatantly and obviously untrue, and also promote digitally-altered, unrealistic and unattainable images of women thereby perpetuating damage to the feminine psyche (and, as a result, feminine sexuality);
- ◆ *Celebrity* or, rather, the toxicity of celebrity. The setting of trends is not as innocuous as it seems at first glance. When young girls start to get implants in their asses so that they look like caricatures of themselves just because one particular celebrity has an oversized ass, you know you have a problem. Trends that must be kept up with at all costs rob those who are susceptible of their sovereignty, their personal power, and perpetuate the damaging illusion of not being acceptable, worthy or good enough as they are. And then, there is the culture of prostitution around celebrity – people massively self-compromising, willing to do anything, just so they can have their little bit of fame (a fact that is very-much muddying the integrity of the Me-too movement);
- ◆ *Alcohol* or, more aptly, alcoholism, which has become the norm, is erosive and corrosive at every level of society, damaging to health, and it has become a crutch in the modern era;
- ◆ *Wealth*, particularly the obsessive pursuit of money and the emphasis placed on it. Money sucks the soul out of a thing, any thing . . . everything;
- ◆ *Hollywood's movies* are full of special effects that bedazzle the senses but are substanceless. These are used to great effect to manipulate mindset and perception, set trends, control thought, program human consciousness. *And* the development of this particular industry – Hollywood – was done so with this exact malevolent intent in mind. Accordingly, the CIA not only has a very strong presence in Hollywood, it controls it (see Monograph Ten for more detail);
- ◆ *Recreational drugs* are erosive and corrosive at every level of the human experience. They are mind-altering, damaging cognition (our means of processing and interpreting and interacting with our environment), altering the personality, triggering psychosis, disconnecting individuals from reality, and, of course, they're highly-addictive;
- ◆ *Pharmaceutical drugs*, many of which achieve the same outcomes as recreational drugs, like anti-depressants;
- ◆ *Chemicals in our food and water* that actually affect consciousness by polluting, in particular, and for example, the pineal gland, and interfere with the endocrine, digestive, immune systems in the body, and foster addictions, particularly addictions to sugar, all of which have dire ramifications for physical and psychological health;

- ◆ *Gambling* made easy, accessible and trendy, but which facilitates a haemorrhage of money, fostering addictions that erode personal sovereignty;
- ◆ *Vaccinations* that, by government decree, have become mandatory thereby robbing parents of their right to refuse, or choose, and that have physiological side-effects that hinder development and affect cognitive function;
- ◆ *Mortgages* that take a lifetime to pay off so that people become slaves to them;
- ◆ *Government decrees and laws*: in times of war, like the war on terrorism or the fight against COVID-19, government laws and decrees allow for the introduction of absolutely-unacceptable things, like facial recognition software, satellite tracking and CCTV cameras, without question or accountability. And once the situation is over and these things are no longer justified or justifiable, they are not removed;
- ◆ *Terrorism* is a massively-manipulated and deliberately-generated issue that is made out to be black and white when, in fact, there are many shades of grey in between. This has become a very handy tool for fear-mongering, stirring up hatred and outrage, divisively polarising populations, allowing governments to implement all sorts of police-state strategies. Terrorism is also used as a 'sleight of hand' technique, focusing the population a certain way whilst other things are accomplished; and many things can be done under the guise of terrorism so that terrorists are blamed for things they actually played no part in;
- ◆ *Religion*: already covered;
- ◆ *Cults*: not just religious, but political and social as well. These are dangerous traps that psychologically and spiritually wound and brutalise, and, tragically, social media is perpetuating the social version.

The Agenda of Darkness: Turning the Conscious Awareness into Ego

In our modern world, there is nothing to stop the ego in its tracks. On the contrary, the ego is spurred on, encouraged, fed, and so from the outset or onset of a human life, has free reign.

In other words, human reality is completely configured in such a way now as to facilitate egoic empowerment and entrapment, providing the toxic, ignorant soil – the culture, the environment, the pursuits, focuses, goals, ambitions, trends, choices and behaviours – within which the human ego thrives and becomes over-bloated on its own sense of its own power and importance.

It is *from* this physical, material reality that the ego sources its power, and it is *in* Separated physicality that the ego is seemingly powerful. It is nigh on impossible to see beyond such an ego, and it is, therefore, incredibly difficult to see anything through eyes other than those of Separated physicality.

So, turning the conscious awareness into ego is not difficult at all. Society is doing the job very effectively for every child, or new consciousness, born, now. It's very clever because once you set it up it becomes a self-perpetuating, self-sustaining dynamic.

Only one thing can break the hold of it, or the deeply-entrenched pattern of it: healing the wound of Separation. Then, we will begin to see what is going on here through newly-opened, newly-informed, knowledgeable eyes. The systems of control and the mechanisms of manipulation will be rendered ineffective. We will be able to take back control of human consciousness, the whole human experience, and our reality.

* Author's Note: I deliberately use capital letters to denote higher-dimensional concepts and to distinguish these from the common, lower-dimensional use and definition of the words.

+ See Monograph Five: The Transformation of Consciousness and Monograph Six: Breaking the Hold of the Ego for more detail on the Work involved, and required, to heal the Separation of Consciousness.

1. More detail and a more thorough exposé on the mechanisms of manipulation, including their effects on consciousness, are provided in *The Metaphysical Transition*, currently unpublished (expected publication 2021).

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