



My

OPTIMAL RESPONSE



**A strategy to avoid being
conned**



Is the news really the news? Is the documentary unbiased? Are the advertisers putting one over on me? Is the teacher correct? Is the study funded by someone who will gain from changing the results? Is the goal social orchestration?



I won't let storytelling, NLP, memes, emotional manipulation, appealing to my need to bond or to be right sway my ability to perceive correctly



By Tantra
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My

OPTIMAL RESPONSE

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Check my impulse

1

Immediately - WAIT
before I commit to an
emotional response,
belief, or action

.....

Check in

2

Pay attention to how my
body and environment
are affecting my current
responses

.....

Adjust

3

Stablize blood sugar,
neurotransmitters,
hormones, stimulation,
noise, temperature, etc.
if possible

.....

Slow Down





My

OPTIMAL RESPONSE

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Think for myself

4

Disengage my automatic
belief in an "authority"
figure

.....

Don't hide

5

Express emotions to be
able to remember new
and old facts better

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Background check

6

Research funding,
associations, schools,
and front organizations
related to the relayer of
the message

.....

Don't Trust
Blindly



My

OPTIMAL RESPONSE

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Ask why

7

If it's information that questions the official version, ask: why am I defending the status quo?

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Ask a different why

8

Or - am I trusting it only because it's alternative and questioning the official version

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Am I trustworthy?

9

Can I trust my gut instinct because my vagus nerve and microbes are balanced?

.....

Question in
Layers

.....

My

OPTIMAL RESPONSE

What does he hide?

10

Does the messenger promote anything elsewhere that has an agenda such as a Counterintelligence ploy

Who benefits?

11

Does the messenger provide proof from statistics, original quotes, and are they biased?

Is he savvy?

12

Does the messenger naively trust and include any mistakes or dubious sources?

The Sourcerer's
Sources



My

OPTIMAL RESPONSE

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Control heartstrings

13

Do I believe it because of the emotional story included? Did that event happen or was it manufactured?

.....

Expand vision

14

Do I believe it because of similar events? Did they happen?

.....

Undermine

15

Look for "debunking " (key word) of the event being real and being accurately portrayed

.....

Don't be Swayed





My

OPTIMAL RESPONSE

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Look away

16

What might the news be diverting attention away from?

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Cause and effect

17

What laws, wars, surveillance, etc. would the story help promote?

.....

Consider the context

18

What else is going on in the world that would make this event important for swaying public opinion?

.....

Don't be Goaded





My

OPTIMAL RESPONSE

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Herd instinct?

19

Do I want to believe to fit in with the masses rather than be myself?

.....

Priority?

20

Do I want to believe because it's simpler and truth isn't worth my time?

.....

Comfort driven?

21

Do I want to disbelieve because it's too disturbing to embrace?

.....

Be Honest with
Myself



My

OPTIMAL RESPONSE

What do I want?

22

Would believing feed my ego, superiority, sense of my morality, world-view, financial stability?

Not the first time

23

Have I reminded myself how often people and organizations lie effectively and how often I've believed it?

Clear headed?

24

How much are anger, fear, attraction, fantasy, and desire for continuity, and being right influencing me?

Digging Deep

My

OPTIMAL RESPONSE

Am I affected?

25

Are celebrities, attractive, tall, cosmetically enhanced people delivering the message?

Research fakery

26

Look deep into the search engine results using words like "scam," "hoax," "disinfo," "fake," "fraud," "lies"

Disinfo crowd?

27

Vet people appearing with that presenter on radio shows and conferences, looking for disinfo agents

Scamwatch

My

OPTIMAL RESPONSE

Withheld or changed?

28

Have I seen undoctored photos, video, police radio, official documents like birth and death certificates?

Studio production?

29

Have I seen on-location scenes or greenscreen? Real video events or scripted ones?

Crowd control

30

Were the public demonstrations what they said they were and were the demonstrators paid?

The Devil's in
the Details



My

OPTIMAL RESPONSE

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Knock'em down

31

Has an author made false claims and bought Amazon reviews, Facebook and Twitter followers?

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Social engineering

32

Has the messenger ever worked for Intelligence admittedly or in front groups or cults?

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Faith or fact?

33

Is the messenger acting out of religious or New Age belief rather than rational proof?

.....

Consider the
Source





My

OPTIMAL RESPONSE

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Basics

34

Have I checked the company out on Better Business Bureau and Yelp?

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Fluff

35

Does the sales pitch consist of telling me why I need it, how great it is, what he'll tell me, how I feel now and will then?

.....

Frenzy-time

36

Has the marketer dramatically raised the price earlier to say prices are slashed now?

.....

Art of Persuasion





My

OPTIMAL RESPONSE

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One of us!

37

Does it feel impolite to point out issues in a group created by the marketer?

.....

Sketch

38

Does the product or service require me to keep buying more, or problematic, services and products?

.....

Beware

39

Do products require surveillance, data mining, modification to my accounts, posting for me, social security #?

.....

Don't be Trapped



My

OPTIMAL RESPONSE

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It's fiiiiiiiiine

40

Have I been put in a
trance by music, voice,
visuals, lack of sleep or
food, sugar, blissninnies?

.....

Zoom

41

Is the speaker overly
active, expressive and
enthusiastic, and
expecting that of the
audience?

.....

Only the best

42

Does peer pressure
seem like it would put
me in an elite,
priviledged, sexy clique?

.....

Crowd Power

.....

My

OPTIMAL RESPONSE

Anything but that!

43

Am I afraid of being called a conspiracy theorist?

Gotcha

44

Do I buy the meme that Intelligence agents are incapable and people can't keep secrets?

Really?

45

Is material "channeled" and thus impossible to prove? Does it remain vague, with only info known at the time?

It Ain't Easy



My

OPTIMAL RESPONSE

Back up

46

Do any statements include assumptions as the premise?

Agenda time

47

Were the messengers schooled at Stanford? Did they attend Esalen, or other known CIA hotbeds?

Hmmm

48

Do they require suspension of disbelief and overlooking illogical leaps, unbelievable accents?

Say What?



My

OPTIMAL RESPONSE

Never enough

49

Is the marketer using scarcity and a ticking clock to make me buy on impulse?

You're special

50

Is the marketer tricking me with a cheap item that's really aggressive upselling advertisement?

Over the top

51

Is the marketer asking continually for enthusiastic responses like typing "yes!" in the chat box?

Tricks of the
Trade

My

OPTIMAL RESPONSE

Oh no!

52

Do they sell me survival gear and gold stocks I'll want if I fear everything they tell me to fear?

Skullduggery

53

Do they pry my secrets?

Plenty more

!

Read the free site [The Engineering of Society](#) for more analysis, explanation, examples, and suggestions

Trick and Treat



My

OPTIMAL RESPONSE

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If I do all these things with everything I hear on the news and memes and make no assumptions about cultural icons being what they are portrayed as, I'll be better informed than most people and can help spread truth

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If I look into at unbiased studies for statistics and am not swayed by what's presented to me as part of a money/power agenda, I'll make better choices for myself and loved ones

.....

If I'm not goaded into supporting selfish wars and coups, voting for lying politicians, or buying unhealthy products that create disharmony, I'm empowering myself to make a difference

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<http://engineeringingsociety.blogspot.com/>

