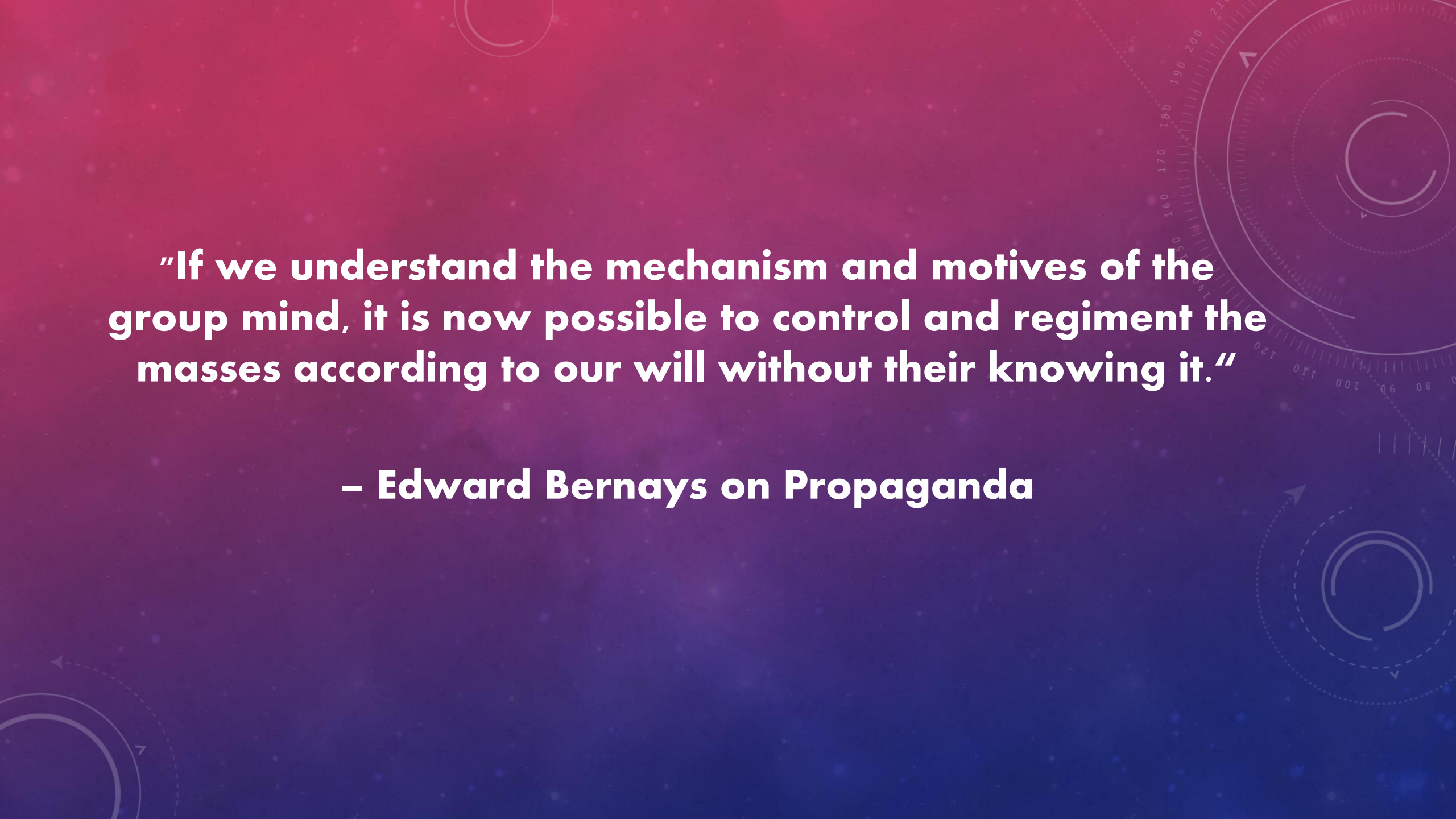


**“There’s a war on for your mind”**

**-- Alex Jones 1999, infowars**

## **COGNITIVE MASS PROGRAMMING**

5TH GENERATION WARFARE, CONCEPTS AND COUNTERMEASURES



**“If we understand the mechanism and motives of the group mind, it is now possible to control and regiment the masses according to our will without their knowing it.”**

**– Edward Bernays on Propaganda**



# Fifth generation warfare is being waged on us as we speak

## Full spectrum dominance

US Department of Defence, 2000  
'Joint Vision 2020'

## Cognitive warfare

NATO's 6th domain of operation



- **1GW:** Line-and-column tactics, 17th to 19th centuries
- **2GW:** Industrial age warfare with artillery and trench strategies, World War I
- **3GW:** Maneuver warfare using tanks and aircraft, World War II's Blitzkrieg
- **4GW:** Proxy-armies, guerrilla and asymmetric warfare, Late 20th-century
- **5GW:** Emerging warfare characterized by cyber warfare, information warfare, and a blurring of the lines between war and peace.

**“While actions taken in the five domains are executed in order to have an effect on the human domain, cognitive warfare’s objective is to make everyone a weapon.”**

**“The brain will be the battlefield of the 21st century, humans are the contested domain”**

**– NATO, 2020**



# Exploitation of vulnerabilities in the human operating system



## PSYCHOLOGY

- Sigmund Freud
- Carl Jung
- Victor Frankl
- Robert Cialdini
- Conformity experiments
- MKULTRA / KUBARK
- ...



## VULNERABILITIES

- Need for meaning
- Need for atonement
- Group conformity
- Bias for authority
- Bias for simplicity
- Ingroup favoritism
- Need for reciprocity
- ...



## MANIPULATIONS

- Dehumanisation
- Symbolism
- Ungrounding
- Discrediting
- Isolation
- Create synthetic scarcity
- Alice in Wonderland
- ...

# HOW TO RUN A MASS PSYOP

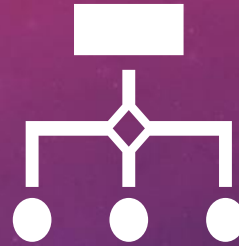
observe



orient



decide



act



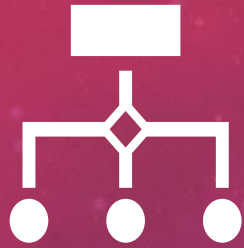
manipulated reality



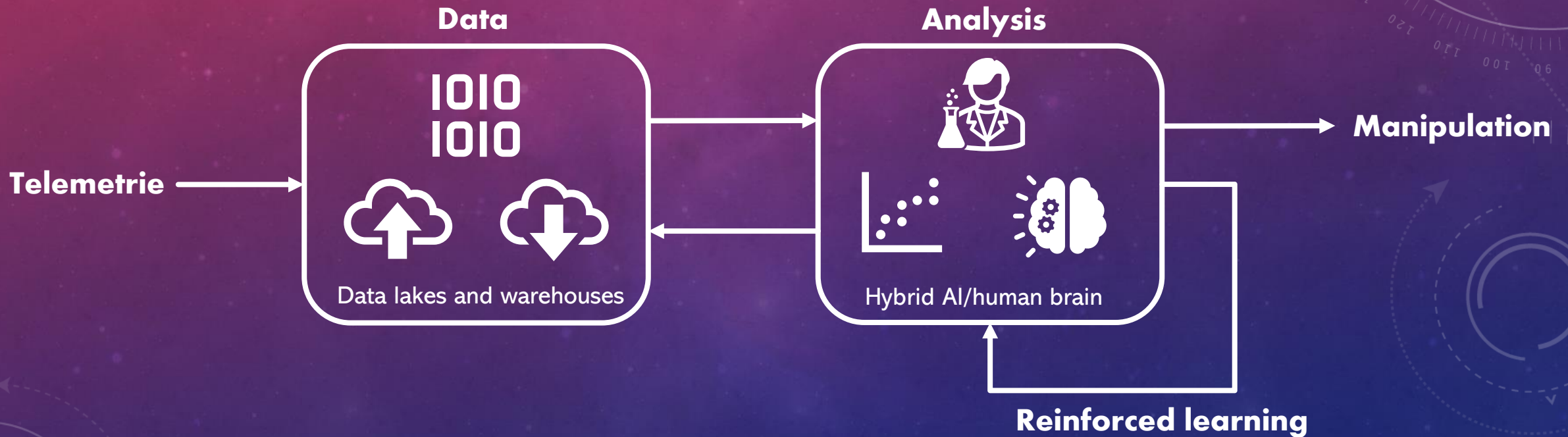
**Observe: collect data from which collective and individual emotions en sentiments can be deduced**



- Website trackers
- Online conversational platforms
- Personal health trackers
- Platform and application telemetry
- Sensor telemetry
- Proximity detection
- Phone, car, smartdevice tracking
- Check points, camera's, gates
- Bioimplants
- EM patterns + deep learning
- Biometrics
- ...



**Orient and decide: analyze data on behavioral trends and profiles, and choose next manipulation**







# Act: operate the weapons of choice to manipulate reality or alter perception



**Fake science, models and consensus**



**Platform algorithms**



**Influencers, fact checkers and experts**



**Trolls and bots**



**Fake news**



**Personal devices**



**Medicated air, water, food**



**Bio hacking**



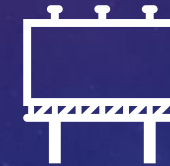
**Deep fakes**



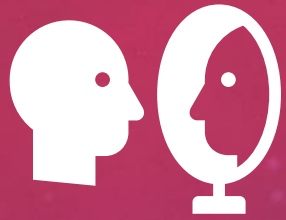
**MSM**



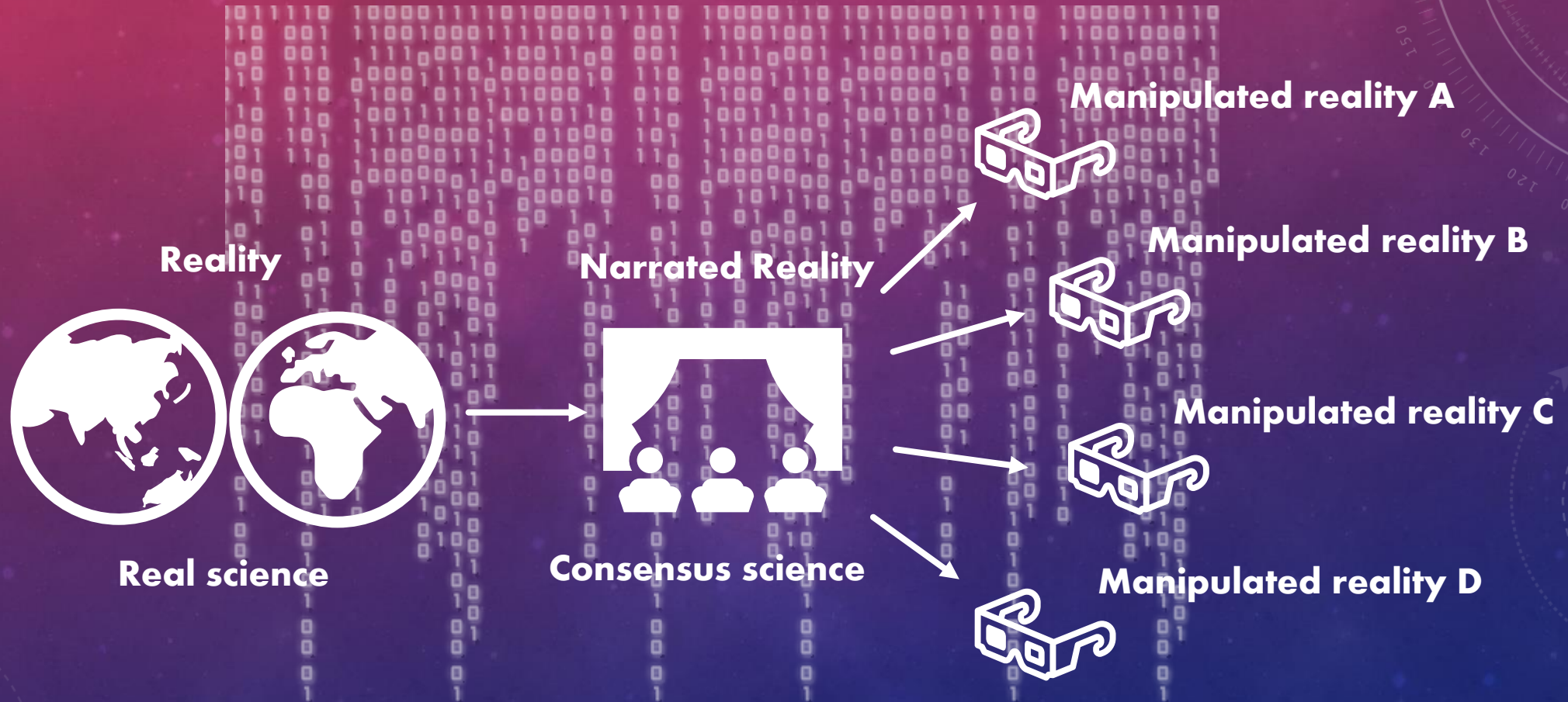
**EM waves**



**PR campaigns, Films, series, magazines**



**Manipulate: present individuals and groups with each their own manipulated reality**



# HOW TO DEFY A MASS PSYOP

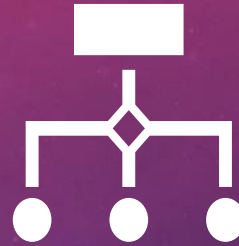
observe



orient



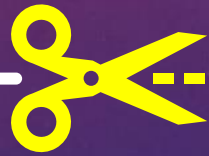
decide



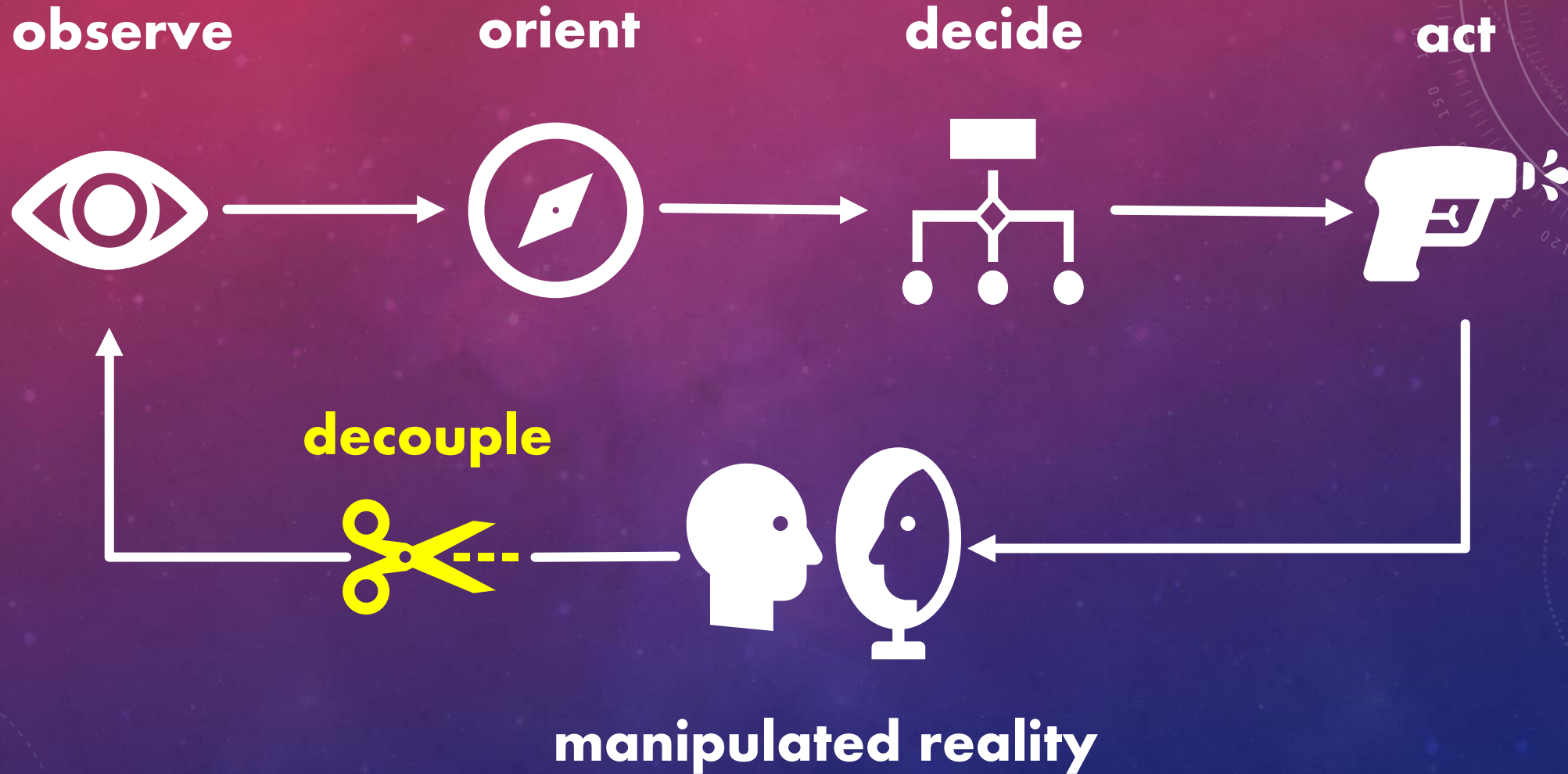
act

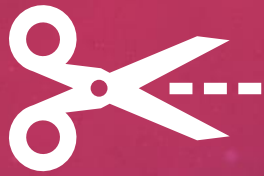


decouple



manipulated reality





## Decouple: base yourself by finding intrinsic meaning and purpose

The solution cannot be technological as technology will always win and can also be a force of good. Technology is neither good, nor bad, nor is it neutral.

The solution cannot be external as it makes us dependent on evil people.



### Spirituality

- Belonging and connection
- Knowledge and wisdom
- Autonomy, mastery and purpose
- 3D to 4D to 5D
- Education and informedness



The background features a gradient from red at the top to blue at the bottom, overlaid with a field of small white stars. On the left side, there are several technical diagrams: a large circular scale with numerical markings from 140 to 260, and several smaller circular diagrams with arrows indicating clockwise or counter-clockwise rotation.

# APPENDICES

NOT FOR PRESENTATION

# PSYOPS BASED ON SIGMUND FRUED'S THEORY

**Subliminal Messaging (Id, Ego, Superego):** Use messaging that appeals to basic desires to bypass rational thinking. *Example: Use emotionally charged imagery in propaganda to stir feelings of fear or desire.*

**Psychosexual Manipulation (Psychosexual Development Theory):** Instigate situations that reignite unresolved psychosexual conflicts. *Example: Spread scandalous information about a public figure that taps into these conflicts.*

**Dream Manipulation (Dream Analysis):** Influence perceptions by manipulating interpretations of dreams. *Example: Promote interpretations of common dreams that align with the psyops objectives.*

**Projection Operations (Defense Mechanisms):** Provoke the projection mechanism to create conflict. *Example: Depict an out-group as possessing negative traits that the target population fear they might have.*

**Transference Manipulation (Transference Theory):** Encourage negative or positive feelings towards specific individuals or groups. *Example: Portray a leader as a nurturing figure (positive transference) or an opponent as threatening (negative transference).*

# PSYOPS BASED ON CARL JUNG'S THEORY

- **Propaganda campaigns (Archetypes):** Use universally resonant themes/symbols to stir emotions and shape perceptions. *Example: A campaign might use the "hero" archetype to present a political leader as a savior figure, instilling hope, and trust in the population.*
- **Disinformation campaigns (Individuation Process):** Misdirect individuals towards false or divisive identities through misinformation. *Example: A disinformation campaign might propagate false narratives about a religious or ethnic group, sowing division and conflict.*
- **Psychoanalytic profiling (Personality Types):** Tailor psyops tactics to specific personality traits. *Example: Introverted intuitive types might be targeted with online propaganda that appeals to their introspective nature and desire for deeper understanding, while extroverted sensing types might be targeted with vibrant, action-oriented propaganda.*
- **Gaslighting operations (Shadow):** Undermine individuals/groups by bringing unconscious fears/insecurities into the open. *Example: A campaign might amplify fears about immigration or economic instability, making a group question their perception of safety and stability.*
- **Psycho-social manipulation (Synchronicity):** Manipulate perception of reality by making unrelated events appear significantly related. *Example: An operative might coordinate seemingly related events or leaks of information that lead a population to believe in a nonexistent threat or conspiracy.*

# PSYOPS BASED ON ROBERT GIALDINI'S THEORY

**Reciprocity Psyops:** Create a sense of obligation by giving something valuable. *Example: Distribute free resources to create an obligation to support a certain policy or leader.*

**Commitment and Consistency Psyops:** Leverage people's desire for consistency by getting them to commit to an action or belief. *Example: Solicit signatures for a cause, then use this commitment to ask for support on more controversial issues.*

**Social Proof Psyops:** Create an illusion of widespread support for a behavior or belief. *Example: Inflate the number of supporters of a cause to give the impression of a broad consensus.*

**Authority Psyops:** Use authority figures to lend credibility to messages. *Example: Include endorsements from presented experts or leaders to enhance the credibility of a campaign.*

**Liking Psyops:** Use likable personas or figures to disseminate messages. *Example: Employ a likable spokesperson to promote a certain view or product.*

**Scarcity Psyops:** Create a sense of urgency or value through scarcity. *Example: Emphasize the time-limited nature of an opportunity to induce immediate action.*



# PSYOPS BASED ON VIKTOR FRANKL'S THEORY

**Search for Meaning:** According to Frankl, the primary motivation in a person's life is the will to find meaning. In the context of psyops and 5GW, this can be exploited by manipulating or constructing narratives that provide a sense of purpose or mission. For example, extremist groups often recruit individuals by presenting a grand narrative where the recruits play a crucial role in a cosmic struggle.

**Existential Vacuum:** Frankl suggested that a lack of meaning can lead to an existential vacuum, characterized by feelings of emptiness and alienation. Individuals experiencing this vacuum may be particularly vulnerable to psyops and PR campaigns that promise to fill this void. This could range from marketing campaigns that associate products with fulfillment and purpose, to political propaganda that offers a sense of belonging and direction.

**Freedom of Will:** Frankl emphasized that individuals have the freedom to choose their attitude in any given set of circumstances. This principle can be exploited by framing choices in a way that influences individuals to make decisions that serve the interests of those conducting the psyops. For instance, choices may be presented in a way that plays upon fears or desires, encouraging decisions that align with a particular agenda.

**Life Transitoriness:** The concept that life is transient and every moment is significant can be exploited by creating a sense of urgency or crisis. This can pressure individuals into making quick decisions without fully considering the implications, a tactic often used in both warfare and advertising.

# PSYOPS BASED ON CIA/MKULTRA EXPERIMENTS

- **Drugs and Hypnosis (MKUltra):** Manipulate perceptions and behaviors using substances or suggestive techniques.
- **Isolation and Sensory Deprivation (KUBARK):** Isolate individuals or groups from reliable information to create confusion and fear.
- **False Flag Operations (MKUltra):** Stage incidents to appear as if conducted by other entities to manipulate public opinion.
- **Fear-Based Manipulation (KUBARK):** Induce fear and anxiety to make a population more malleable.
- **Discrediting Tactics (MKUltra and KUBARK):** Spread rumors or false information about individuals to damage their credibility.
- **Alice in Wonderland Tactics:** Create confusion and a sense of instability to make individuals more susceptible to manipulation.

# PSYOPS BASED ON CONFORMITY EXPERIMENTS

- **Normative Social Influence:** This refers to the influence of other people that leads us to conform in order to be liked and accepted by them. It plays a significant role in Asch's conformity experiment, as participants often conformed to avoid the discomfort of disagreement or the fear of social rejection.
- **Informational Social Influence:** This mechanism refers to the influence of others that leads us to accept information from others as evidence about reality. If a situation is ambiguous, individuals tend to rely on the responses of others to form their own responses. This concept can also be seen in Asch's experiment, where participants may have doubted their own judgment in contrast to the group's.
- **Obedience to Authority:** Stemming from social hierarchy and power dynamics, individuals often follow orders from an authoritative figure, even if they contradict personal beliefs or ethics. This psychological mechanism is demonstrated in Milgram's obedience experiment. The desire to comply with authority can stem from a fear of punishment, respect for authority, or the assumption that the authority is more knowledgeable.
- **Deindividuation and Role-Playing:** When individuals are in a group or playing a role, they may feel less personally responsible for their actions, leading to behaviors they might not normally engage in as individuals. This psychological mechanism is prominent in Zimbardo's Stanford Prison Experiment, where participants conformed to their assigned roles as prisoners and guards, engaging in behaviors they normally wouldn't.
- **In-Group Favoritism and Out-Group Discrimination:** Individuals tend to favor those within their own group (in-group) while discriminating against those in other groups (out-group). This mechanism of social identity and group bias underpins the behavior observed in Sherif's Robbers Cave Experiment.
- **Diffusion of Responsibility:** This occurs when individuals are less likely to take action or feel a sense of responsibility when surrounded by others, as they believe someone else will intervene. This psychological mechanism underlies the Bystander Effect.

# OTHER KIND OF PSYOPS

- **Confirmation Bias Exploitation:** Confirmation bias is the tendency to interpret new evidence as confirmation of one's existing beliefs. A psyops campaign could selectively present information that confirms pre-existing beliefs to reinforce a certain narrative.
- **Echo Chamber Creation:** This involves creating or manipulating social or media environments in such a way that only certain perspectives, ideas, or beliefs are reinforced, thereby polarizing views and promoting a specific agenda.
- **Gaslighting:** This is a form of psychological manipulation where individuals or groups are made to question their own perception, memory, or sanity, often through consistent denial, misdirection, contradiction, and lying, in an attempt to destabilize them and delegitimize their beliefs.
- **Disinformation and Fake News:** This involves creating and spreading false information to deceive, confuse, and influence the perceptions of target audiences.
- **Divide and Rule Tactics:** This strategy involves causing division among the members of a unified group so that they are easier to manipulate and control.
- **Overloading Information:** Flooding individuals or groups with excessive information to create confusion, disorientation, and fatigue, leading to easier manipulation.
- **Bandwagon Manipulation:** Utilizing the desire of people to join a collective cause or to be on the "winning side" to manipulate their actions and beliefs.