

A BBC documentary, Prof. Philip Zimbardo and Sheena McDonald

1. “us” and “them” (the mirage of self)
2. obey orders (mindlessly ~ human automatons)
3. do “them” harm (instill fear)
4. ‘stand up’ or ‘stand by’ (fear control)
5. exterminate the opposition (destroy diversity)

What is most interesting is that the steps 1 and 2 seem to be a consequence of confusing factual(real) and fictional(imaginary) information. Once can only divide in “us” and “them” then blindly obey if they first confuse the real and imaginary.

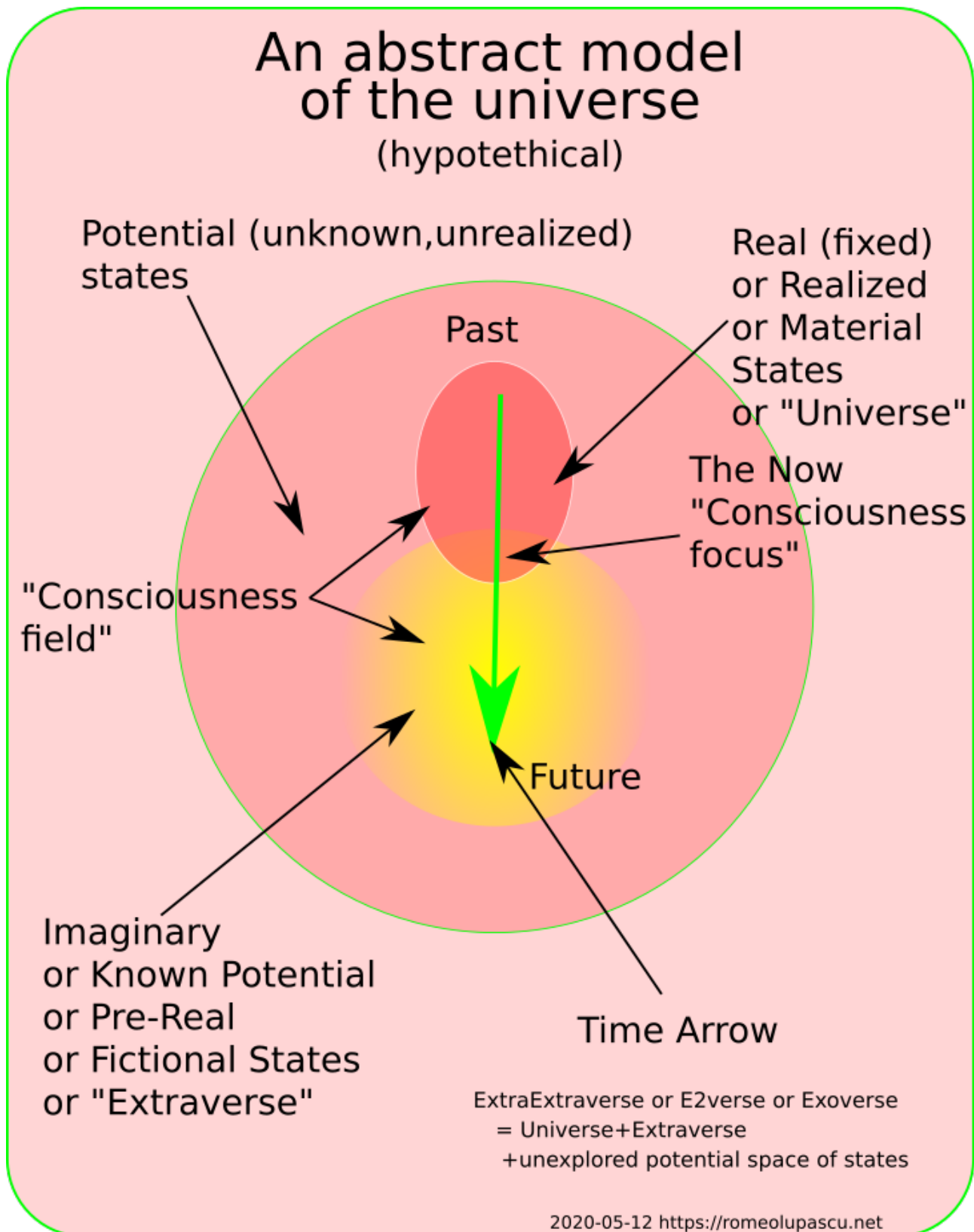
See more about this subject in my articles:

[Real Fact](#)

[Fact Fiction and the Truth](#)

[Fact Fiction and BS](#)

More, as we start to better understand the place we are part of, what we call real, universe life consciousness we should realize that we are but temporary parts of a much larger consciousness fields spanning the Exoverse.



## What is the Exoverse



Each of us is a small drop existing for a short time before returning back to the whole  
The last three steps are directly linked to our abilities as individuals to be Self-Reliant.

On Self Reliance see [“The Nautilus Project”](#)

Please watch this documentary at least few times a year!

This will be time well spent!

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