

Cult Psychology

Cult Psychology - How Cults Work - Part 1

▶ Cult Psychology - Part 1 - How Cults Work

Why is this topic important?

- You are likely to join a cult if you're resonating with Leo's teaching.
 - This will inoculate you against ever joining a cult
 - More importantly there are many broad epistemic lessons to be learned from this definition
- Or have a friend / family join a cult
- You can become a cult leader

What are cults and how do they work?

There's the loose colloquial usage:

- Some ideological system that you don't agree with.
 - Not really what a cult is.

The more technical definition:

- Hierarchical structure or a pyramid scheme. An authoritarian power structure, like a monarchy that the leader builds for himself.
- Narcissistic and charismatic leader
- Doing it for very low consciousness reasons.
- Cults are often started by zen devils.
(https://www.youtube.com/watch?v=z2B_e24UJi8)
 - Mystical states are not embodied. Still has an ego and shadow remaining. Still very immature as a teacher and leader. And the level of development Spiral Dynamics wise is quite low. Stage red or stage orange. It's a half-assed version of spirituality.
 -
- What function does a cult serve?
 - "It's an egoic distraction created by the leaders ego in order to not fulfill his full spiritual journey." to not let yourself spirituality develop
 - "The devil loves to co-opt legitimate spiritual insights, teachings, and techniques and to use those towards his own devilish purposes."
 - Devil = ego = selfishness. (<https://www.youtube.com/watch?v=rVcxlamwO5g>)

- Having a few enlightenment experience doesn't make you immune to self-deception or misleading others.
(https://www.youtube.com/watch?v=Xi_K402KU0A&t=1s)
-
- Cults are not all bad
 - "The cult always lures you in with genuine spiritual insight and self-improvement techniques, which are valid! But what it does is it twists them around. A cult is a mixture of genuine spiritual teachings and insights and self-improvement techniques and toxic narcissism, egotism, hierarchy, authoritarian pyramid structure, the leaders shadow, and then heaps of ideology. And this creates this very toxic brew which can lead down a very dangerous road if you're not careful."
 -
- On the surface they will seem very appealing.
 - You don't know you join a cult when you join a cult.
 - "The way that a cult really works is that it tries to create a reality distortion bubble. A collective fantasy. A group of people come together and create an ideology such that they don't have to actually do spiritual work but they can just coexist in this bubble of self-deception. And each one of the people in the group reinforces the self-deceptions of all the other people and so it feels to them as though they have awakened. But really they haven't and they actually become very blind, very unaware, to all of the egoic self-deceptions that are running within this collective fantasy and they're constantly having to fight the external world to maintain their fantasy."
 -
- Falsehood always has to battle the truth because in the end truth always wins out.
 - Every cult eventually self-destructs because every cult is ultimately false.
 - A psychological con job that you play on yourself and then infect others with it unwittingly.
 -
- "A cult doesn't just want to use you for your money, although of course it will, they also want to use you to control your mind."
 - "The ego gets off on the power, the authority, the status that it builds, the self-righteousness that comes with being part of a cult."
 -
- "The default tendency is that for a person in their 20s or 30s is that these immature leaders will start a cult, even if they don't want to they will fall into this trap unwittingly."
 - It takes a lot of self-awareness to understand the epistemic issues at play.
 -
- Cults range in size from tiny to giant.
 - From 4-10 members to one family to hundreds and thousands.
 - They're going to actually want to infiltrate political parties, organizations, universities and take the leverage of power.
 -

- A cult is all about self-survival at all costs. This is the collective ego.
(<https://www.youtube.com/watch?v=wDj6LBW55aU>)
- Different types of cults:
 - Religious cults, new-age cults, educational cults, self-improvement and psychology cults, political cults and commercial cults like MLM schemes and labor trafficking rings.
 - Since the cult is purely interested in self-survival it's going to go about it using any means necessary. This means it will use a combination of these pillars.
- A very common misconception is to equate religion with cults and cults with religion. Firstly because cults can be secular. Generally speaking the difference between mainstream religion and a cult is that the mainstream religion is not run to serve one authoritarian individual. Also, a mainstream religion does not physically hold you from leaving the religion whereas a cult will.
- Use a lot more mind control techniques than mainstream religion.
- Also, mainstream religion has ethical standards and checks and balances unlike a cult.
- Communes are not strictly speaking cults.
 - Usually not a hierarchical and authoritarian pyramid structure. Much more like a flat network rather than a hierarchy.
 - Generally they also don't have a rigid doctrine. Maybe some values like love, and peace, and equality and fairness for all.
 - Usually honest about their agenda. They don't try to conceal or have a secret political motive.
 - Generally don't use mind control techniques to manipulate you.
 - Generally expell power seekers and narcissists.
 - Don't spend a lot of time and money on recruiting.
 - Generally won't hld members captive.
 - Generally pose little danger to society.

Examples:

*You can google those and look at their Wikipedia pages. But watch out, they are manipulative and will modify their Wikipedia pages to make themselves look better and try to convince themselves that they're not cults. You may disagree with the list, especially if you are a member.

Scientology

Unification Church / the Moonies

Hare Krishnas

Mason Family

Fundamentalist strains of Latter Day Saints and Mormonism

Wahabism

Al quida

Boko Haram

ISIS

Suicide Bombers

Terrorism

- Not a religious problem or islam problem, terrorism is a cult problem.
- They could be Islamic cults, but terrorism also comes from white nationalist cults and other kinds as well.

Om Shin Riko

Railian Church

Heaven's Gate· Seventh-day Adventists

Jamestown

Branch Davidians

Jehova's Witnesses

Children of God

Arian Nation

LaRoche Organization

Rajneeshpuram (Osho's Commune)

- Osho considered a legitimate enlightened master
- Not going as far as calling him a cult leader
- But he definitely let it get way out of hand
- But his right hand liutenant Sheila was a "cult leader"
- No spiritual work
- In it for power, approval and materialistic aquisitions
 - Documentary "Wild Wild Country":
(https://www.youtube.com/watch?v=hBLS_OM6Puk)

Transcendental meditation

- Can be effective
- But the way it's structured is rather cult like

... thousands more, just in the US alone.

- Most cults probably have 20, 30, 50 members and no books written about them.
- There's a spectrum, some of them are crazier than other or have less spiritual techniques than others.

Strictly speaking Ideology alone doesn't make a cult.

Don't really classify as cults under the strict technical definition:

The alt-right, incels, libertarians, KKK, mormonism, Islam, Christianity, Freemasonry, AA, pickup, Burning Man, the US Army.

Many of these organizations are very ideological and behave in many cult-like ways but generally speaking they're honest about their agenda, you can leave when you want, they don't really charge you much for anything, and they don't try to mind-control you.

Do not confuse corruption within an organization for it being a cult.

Typical luring tactics of cults:

- Very sneaky recruiting tactics.
- You won't know you're joining a cult.

On a uni campus with a stand with cookies and brownies and providing free lectures.

"Are you interested in improving your life? Come to one of our free lectures or free trainings."

"Our organization helps disabled people and the sick and hungry children and abused animals. Come to our meetings and we'll show you how to contribute in a positive way in our loving community."

- First meeting is great, then seconds, ...
 - They're not open about the agenda.
 - You don't know the leader yet.

They lure you in with legitimate self-help techniques ...

- That's the hook that sucks you in.

They're sophisticated in Psychological Analysis.

- They analyze what kind of profile you are as a human being

Four categories:

Thinker / Feeler / Believer / Do-er

- They'll pitch their cult to you to match one of those (HOOK)

Thinker

The cult leader present to a thinker (scientist, logician, philosophical type) all these sophisticated models and theories and maps and draw on white board, ... with scientific evidence and studies (though they could be made up)

Then after you joined you'll do the same thing to recruit other thinkerso

Feeler

For a Feeler (often feminine women) Want love, sense of community, joining a family, wanting to be helpers

Buttons pushed: Hugs, showered with praise, your new family, ...

Believer

Life is about serving a sense of larger purpose (often SD stage Blue)

Appealing to faith (Muslim, Christian, Hindu, ...)

Really easy to hook

You align the beliefs with what their ego wants to hear

Will be used to proselytize to others (e.g. speeches to others to convince them)

Do-er

Action oriented person, entrepreneurial, hands-dirty, doing.

"Hey, there's so much to do. We need to run marketing campaigns, build housing, ... Come and I'll give you all this work to do and you'll be the manager and you'll be organizing stuff."

Might not buy into the philosophy, nut gets hooked as well.

Where do cults recrute?

Schools and universities

- People in their early 20s are very vulnerable, idealistic, inexperienced and immature
- Especially 'cause they don't know about epistemology or how the mind works
 - Luckily for them they have no money.

At seminars, workshops, lectures, campus events

Nursing homes, retirement centers

- Cults love praying at the elderly
- They go towards the end of their lives, are alone, lack purpose... and also have savings/pensions/houses.

Parties, dances, raves and burns

Meditation and Yoga classes

Clubs

Clinics, Rehab

Bible groups

Study groups

Grassroots organizations

Sales schemes, sales seminars

Weight-loss programs

Ads and posters around town and campus

On the street cold-approached

Why are Cults Appealing?

They feed off the minds ideological nature (Ideology and Paradigm lock) and exploit it.

- "Oh, but I'm too intelligent to ever fall prey to joining a cult."
 - You're not. It doesn't have to do with intelligence or IQ.
 - Your mind still has these self-deception mechanisms within it which can be easily activated when you know what you're doing.
 - Your mind is still always ideological, it always loves to cling to perspectives. In a certain sense intelligent people are even easier to delude since all you have to do is appeal to their intelligence.

Cults love to prey on the emotionally vulnerable.

- Especially when feeling depressed or lonely, or you got a divorce, or illness, or substance addiction problem. Or just feeling stuck in life and have no sense of purpose and direction.

- That's when you're most vulnerable to being recruited.
- So common, it's pretty much most people.

Offer valid spiritual insight / shortcut to enlightenment.

Offer an easy sense of life purpose.

- Opposed to doing the hard work yourself and figuring it out over the years and building it up.
 - Episode "Trap of the toxic life purpose" (https://www.youtube.com/watch?v=6Ti0fl_TUUo)

Our epistemic education is so poor and we're not taught about any of these ideas in school and university.

Offers psychologically:

- Security
- Status
- Friendship
- Love
- Family
- Community
- Meaning
- Purpose
- Financial support
- Spiritual connection
- Approval
- Feeling special
- Identity (esp. When you don't liek your old)
- Escape from responsibility and work
- Legitimate wisdom

= Hits every button you have = basically what you want = very appealing (why you listen to Leo in the first place o.o)

Cults often have fake Front Organisations

List of all the characteristics that define a cult: (45:55)

- The cult makes you totally dependend on them for financial & emotional support (quit your job & leave your friends) [live there/friends/sex/approval]
- Undermine your ability to think independently (hyper-conformity)

- Replace old identity with a spiritual identity/awakened person
- Focused on acquiring power for it's top leaders (usually)
- Most members are true believers (delude themselves, then you)
- The cult is always losing people, so it needs to recruit new people (Recruitment)
- The leader (generally) believes that he is the messiah, the chosen one, the one to save mankind (*special*) (oftentimes legitimate mystical experiences) -> ego takes over
- The lieutenants under the leader are oftentimes underdeveloped, power-hungry, materialistic, fearful, greedy.
- Almost always: its mission is portrayed as benevolent.
 - Sense of confidence, direction, motivation
- If you join you'll think of yourself as the saviour of mankind and that you have a special place in history.
 - Pseudo-Life Purpose (conformist Life Purpose, Materialistic Inspired, Mankinds demise)
- No internal checks-&-balances (small monarchy)
- Totalistic Ideology (try to sell you one perspective which proports to solve all of life's problems with this ideology)
- Blends doctrine with reality. "Doctrine becomes reality." [Concepts] -> Opposite to spirituality [Direct Experience]
- Almost always push a dualistic view of the world. (Battle between good and evil. The cult representing the good.)
- Spends lots of time demonizing certain parts of society. Other people, races, groups = external enemy -> distraction.
 - Fights the "lesser Dschihad" instead of the inner/greater Dschihad.
- Tend to engage in a lot of black & white thinking, us-vs-them.
- Reduce complex issues to cult clicés in order to prevent you from thinking independently.
 - Often done through: jargon language.
 - Words & labels for outsiders & insiders. (Derogatory, negative connotations, simplistic VS positive)
 - Radical simplification of entire worldviews (no thinking). Example: Social Justice Warrior (SJW)
- Squash all diversion points of you (like Tyrants: censorship, no free press, no criticism, no humiliation -> outlaw comedy)
- The cult seeks to monopolize the Truth -> ego
 - Mystical experiences interpreted as validation for their beliefs -> used for justification.
- Justifying any means towards reaching their ends.
- No ethical qualms or standards. Believe often they're above the law.
 - Lying, cheating, stealing, black mail, rape, murder, violence becomes acceptable. "For the greater good!"
- Apocalyptic overtones to help motivate action.
 - Sense of impending doom
 - World ending

- Capitalism collapses
- Environment is collapsing
- All unstable

= usually 4-5 years (not too soon and mind can deal with that timeframe)

- Spin and reframing techniques.
- Sophisticated and subtle psychological mind-control techniques.
 - Chanting, mantra, prayer, affirmations, singing, visualization, meditation, hyperventilation, fasting, sensory deprivation -> bastardised and misused. i.e. visualize how good the cult is. (originally legit for improving life)
- Designed to save the cult.
- Appeal to low-consciousness emotions for manipulation and motivation. (Fear, guilt, shame)
 - "public confession of sins" + tape recorder (blackmail) ... if you leave/not donate/...
- Tries to destroy your self-esteem. ("You can't survive without us.")
- Gaslighting (Blame the members for the sins of the cult)
 - Or: Media criticises cult. Instead of: "Yeah, we deserve some." -> "No, it's the media who is the evil one."
- Oftentimes trains to suppress negative emotions and feelings.
 - To reject all criticism of the cult.
- Suppressing negative thoughts.
- Enforce extreme conformity [through praise & punishment] (Everything done as a group). Eat, meditate, sing, recruit, shop...
 - Have a partner from the cult with you 24/7
- Indoctrination and training camps in far away places. (Oftentimes) -> Brain Wash
 - Isolation from your environment -> Retreat in the mountains or desert for example.
 - Change your name, the way you dress, what you eat, what time you wake up... new fake identity that serves the cult.
- Keep a tight schedule
 - Too busy to think or ask questions.
- You recruit other members -> You convince yourself it's good.
 - "If they preach something passionately it's because they themselves don't actually believe deep down the thing they're preaching. They have doubts and haven't done the work to embody it."
- Teach you to ignore your inner heart and inner voice.
- Teach you to stop paying attention to your perceptions -> the only thing grounding you to reality.
- Love Bombing for Recruiting
 - Shower of love, praise and approval.
 - "Honeymoon for some weeks to reel you in."
 - They don't really love you. The ego isn't capable of love.
- Members of the cult will be in denial that it's a cult.

- Asked to live in group housing (incl. cameras and microphones)
 - Monitoring and blackmail
 - Long hours of work with little or no pay.
 - Loose and careless polygamy and multiple wives. (for leader)
 - Oftentimes physical abuse and threats of violence if you don't comply or try to leave.
 - Very irresponsible leadership. (oftentimes shady background of the leader) [research background of people you're following]
 - Charge exorbitant membership fees. (Tiered system of courses, books, seminars, trainings for 1000s/10.000s \$)
 - Slowly boiling a frog in water. Deprives of all assets (cars, houses)
 - Manipulate relationships with friends & family (dead giveaway)
 - Demonized:
 - The unawakened ones
 - The ones who don't understand us
 - Ask you to quit career or education (-> dependency on the cult)
 - Get a solid career going! Pay your own bills!
 - Information control
 - Prevent exposure to news, internet, books, telephones...
 - Control who you can date and marry
 - Control your children (indoctrinate them to get you)
 - Don't give you freedom to leave the organisation (dead giveaway)
 - Suddenly plant phobias into your mind that blossom into larger phobias:
 - That you'll never be happy, never going to find love, never going to awaken, never find enlightenment, never find purpose, never support yourself, never progress.
 - Pain associated with thinking about leaving. (although door may be open)
 - Discourage health, fitness, diet and proper medical care. (after you become a liability to them they kick you out if you're lucky)
 - Demonize and **harass** ex-members
 - manipulate their public self-image (massive PR-campaigns)
 - Beware of cults in the future. **Cults will be formed online...**
-
- Blind self-preservation.
 - How to leave a cult... (1:31:00)
 - You don't know you're getting sucked into any of this stuff until you're really deep in it and it's too late.
 - You're gonna be a few years into the cult until you're going to be like "Maybe I joined a cult."
 - Even then you're in denial about it.
 - Epitome of what the ego does: blind self-preservation.

How to leave a cult

- You need to educate yourself
 - Read some books about cults and how they work and how to escape
 - 3 books on Leo's book list, from ex-cult members who escaped
 - Or other books
 - The information provided in this episode is not enough if you are actually in a cult
 - As reading the books, realize:
 - There are many recovery options available
 - People you can call
 - Counselors
 - Cult Deprogramming Experts to help you understand how to take back our life and old identity
 - Research the cult you're in. If it's a large one, you can
 - contact ex-members
 - Get some advice
 - Solidarity
 - If in a small cult, it'll be difficult to research your specific cult. (Probably no wikipedia page and no documentaries and books written about it.)
- After the research:

Make sure you admit to yourself explicitly:

"I AM IN A CULT."

"I'm sure I'm in a cult."

Important

Otherwise you'll still be in denial about it.

Now you know you have to leave

- Don't think you can somehow make it work, "Just a little longer."
- It's not a sustainable situation
- You gotta leave, the sooner the better.
 - Yes, some cost and pain
- Before leaving:

Make sure you forgive yourself for having joined that cult.

- Don't lay on the guilt
- Don't tell yourself "How could I've been so stupid for joining this cult? Why wasn't I more self conscious and self-aware? Why didn't I understand epistemology."
- It's common for people to get sucked into this kind of stuff.

- You just weren't properly educated and that's okay -- our education system is very dysfunctional right now.
- **Love yourself for who you are, for who you were, for the good that's inside of you.**
- Don't let them rob you of your self-esteem
- **Remember to listen to your heart and start thinking independently**
 - Research stuff for yourself
 - Ground yourself in your perceptions and in your Higher Self (Inner Voice)
 - Spend time alone thinking and self-reflecting as much as you can
- **Try to reclaim your old identity**
 - Go back to the old name you were using
 - Old style of dress
 - Old way of speaking
 - Old friends
 - At least for now
 - All of those identities whether old or new one, it's all fake ego identity anyways.
 - At least the old one was more healthy than this cult one (the one just designed to serve them)
 - Then work to improve that old identity
- **Just walk out and leave**
 - Oftentimes it's just as simple as walking out and leaving
 - Getting into the car and leaving
 - Change cities, change states, change countries
 - Whatever you gotta do
 - Cut it off cold turkey (= von heute auf morgen, ohne Übergang, abrupter Entzug)
 - Cut off all the relationships with people in that cult
 - Your friends
 - Even if family members
 - *At least until you can get back onto your own feet.*
- Remember: **Nothing bad will happen to you for leaving**
 - Not inherently
 - Cult could be after you for whatever reasons
 - You're not gonna be depressed or suicidal or any kind of nonsense they programmed you with
 - By leaving you're gonna be restarting your life
 - The most optimistic and hopeful thing you can do
 - By leaving you finally have a foundation upon which you can do real personal development and spirituality (on your own, not dependent of a cult)
 - Doing those techniques for real and not as part of a cult, you see the power of those and how they can transform your own life.

- Hope and optimism
 - All of those issues can be addressed (without a cult; faster on your own)
 - :)
- **Do some self-esteem exercises**
 - Chances are if you're in a cult you have low self-esteem
 - Recommended: Nathaniel Branden's self-esteem sentence completion exercises
 - In his books or courses
 - (.. Online: <http://nathanielbranden.com/sentence-completion-i?mobile=1>)
 - Full Audiobook: (<https://www.youtube.com/watch?v=mfFUVnwCNVY>)
 - Do some of those for a year or two -- will help you get back on your feet
- **Make a serious study now, after having left the cult of epistemology and metaphysics**
 - Not as dogma or ideology
 - Becoming more self-conscious of
 - The self-deception mechanisms of the mind
 - How Ideology Works
 - How beliefs work
 - How Paradigms Work
 - What Reality is [How To Discover What's True - A Deep Inquiry]
 - Self inquiry
 - Start questioning all your beliefs
 - No sacred beliefs until everything is questioned away and you purify yourself through this process = how you truly free yourself and truly become happy
 - In that process you will also deprogram all of your cult brainwashing
 - You have cult brainwashing in your mind and also mainstream cultural programming that's brainwashed you as well

In Part 2

Seeing how what we see in cults exists everywhere in society.

A Warning:

Right now in the 21st century we're entering a new era -- the "Internet Age", the "Social Media Age".

Leo predicts a rise in cult in cult activities over the next 50 years because there'S still so many easy ways

to exploit search engines, social media, Wikipedia pages, YouTube in order to draw people in.

A lot of cults these days are getting started on YouTube. So watch out who you're following, what kind of

people you're listening to. Be very careful, there's a lot of movements now that are pseudo cult-like:

- the Alt-Right,
- RedPill,
- This Incel phenomena with Jordan Peterson
- Some people who follow Sam Harris (the new atheism stuff)

... a lot of very dogmatic stuff which poses itself as not-dogma.

Watch out for those self-development and spiritual teachers that you're following.

Really assess them carefully.

Be careful with those online forums that you can get into, these social media rabbit holes, 4chan rabbit


holes, reddit rabbit holes ... **because this is how cults will be started in the 21st century: ONLINE** -- not

probably through a brick and mortar front organization, but a sort of online front organization.

Your ego will weaponize all of actualized.org.

(The end of the video also addresses why actualized.org isn't a cult.)

- **Cult Psychology - Part 2 - The Big Picture**

 Cult Psychology - Part 2 - The Big Picture

"Man, it has been well said, thinks in herds;
it will be seen that they go mad in herds,
while they only recover their sense slowly
and one by one."

— Charles Mackay

- Broader epistemic implications
- Cult dynamics are everywhere in modern society and throughout history

-

No clear boundary where cult ends and mainstream society begins. It's a spectrum.

Use both lenses:

- Cult: Yes/No?
- Cult: Degree/Parts...

-

Humans create reality bubbles / fantasy bubbles that let them survive.

- Truth ≠ the right bubble
- Truth may be a meta thing (How mind creates bubbles, Why mind creates bubbles, Why's a view from outside the bubble...)

-

Cult Dynamics

- Stereotyping, Judging, De-Valuing Outsiders

- Gets a life of it's own + Becomes **Addictive & Contagious**
(Parent/Friend judges -> You may align = caught the virus. #Infected.)
 - **Oversimplifying the other** group and demonize them
 - **Ascribe bad motives to others**
 - You construct stories, the "other" doesn't exist.
 - **Ridiculing and Humiliating** the other group (without understanding other perspective)
 - Bellitling, strawmanning
 - Cliché, Label (Stupid, Feminism, Capitalism, Terrorism, Socialist, Racist, Fascist)
 - Fail to consider their perspective, partially valid viewpoints
 - Less depth; not consider your limits/ partial false views
 - Smokescreen for looking at your own positions
 - Smokescreen for looking at **other interpretations**
 - Closed Mindedness
 - Projection
 - Claims to **absolute Truth & Denial of Relativity** (who didn't realise it)
 - ** Don't demonize these dynamics:
- These are survival dynamics of the mind
 - What is held as the absolute truths of <insert group> ? (or yourself)
 - Sense of absolute self-righteousness and certainty
 - Tend to present 1 worldview that solves everything
 - ** Encourage Multiperspetivalness in yourself.
 - Ego wants to monopolize (-> like a cancer)
- ** Try running a business that isn't monopolistic (higher conscious)
 - Love to **emotionally manipulate and control people**
 - Intimidate, Charm, Seduce, Withhold Approval & Love, Shower With Disapproval, Ridicule, humiliate, Squeeze/Pressure/Leverage Them into Impossible Position
 - **Dead Giveaway** of Low Consciousness: Desire to control people
 - Manipulation of Lower Emotions: Fear, Anger, Hatred, Guilt
 - Very **Materialistic and Pragmatic** (in an odd sort of way)
 - Religion:
- Physical Heaven, Physical God, pragmatic way of recruiting, running the organisation like a business
 - **Marketing** through **stimulation** of fear, greed and vanity. Controversy, Polarisation, Clickbait. (To Push your Buttons)
 - In business, YouTube
 - Government demonising Japanese = Demons, Fangs, Claws
 - **Lust for Power, Money, Sex, Fame, Love, Meaning and Purpose**
- How much does < ____ > lust after those things?

How much is < organisation > fueled by those things?

- **Heightened Sense of Self-Importance** and Belief in a **divine Mission**
 - Justifies any means
- ★ **Pride**
 - Taking pride that you are part of the good guys
- Tend to **split off** and form new sub-cults and sub-groups & then **demonise the old ones they left**
 - Establishing sense of identity by drawing boundaries to/ attacking where you came from (Riots towards parents, groups, ...)
- Drawing lines (often: projections of your own shadow)
 - ★ It's **okay to split off**. It gets pathological when **you demonize**.
 - The bigger group tries to not let the split happen.
 - Told to ignore your own perceptions
 - **Every** enterprise
 - Science = rejection of 1st-person phenomena
 - **Fear that world is coming to an end** + sense of urgency to take action

- **Spiral Dynamics**

Stage Blue:

- Moral Fabric of Society is Unraveling.
- All those Social Justice Warriors and gay people and minorities

Everything is going to become vulgar.

... This is going to destroy society.

God's gonna punish us. Armageddon.

Stage Orange:

- Fear of economic Collapse
- Terrorists get a hold of nuclear weapons.

Those crazy religious people

(Without them society would be perfect)

Science would bring us to salvation

Stage Green:

- Global Warming
- Ecological Collapse
 - Sense of Urgency -> rallye a group against it
- + shared ideology

"Your theory of how the world is going to end says something about you."

A.I. going to destroy the world?!

-> says something about your level of consciousness

Highest Level: Don't give a fuck. :D

- Create a **sense of Identity** through being a **good rule keeper**
 - Don't underestimate this dynamic
 - Some people love **keeping the rules** (military, police, firefighters, religious moralists)
 - Sense of I.D. -> "I'm the good one,
- "I'm the righteous one."

Notice how <you> do that.

- **Loyalty and Favoritism over Competence**
 - Does <your boss> tend to prefer competent people or those who are most loyal to them?
 - Low Consciousness favors loyalty and Favoritism over Competence
-
- **Indoctrination Camps and Trainings**
- To how many have you gone to and **with which organisation?**
 - School, Sunday school
 - Business school, trainings
 - Indoctrination of the Youth
 - Overwork as Indoctrination Technique

- - Exploitation of Workers
 - **Overwork** as Indoctrination Technique

- U.S. Army Bootcamps

Fraternities (Hard Ceremony)

Law Firms

Doctors

That conditioning will run you.

"No questioning western medicine...", too busy.

Just writing prescriptions. No time to check. Blindly believe.

- - Keeping a **tight schedule**
 - Not time for deep self-reflection
- deep concentration

deep thinking through

- - Keeping up with memorisations, tests, workload, extracurricular.

- - Sophisticated **PR (Public Relations) Campaigns and Fake Front Organisations**

- The devil needs a fake front.

- People in PR-Campaigns think they're just making a living, not seeing the devilry they're masking.
- Marketing.

- - **Double Speak & Euphemisms**

- Language that calls something the opposite of what is actually is.

Cheating -> not cheating

Stealing -> Donating/Helping

Leaching -> Contributing to them

- **Obedience to mechanical rules and norms**
- ★ **Impossible Ideals**
 - Ruins your self-esteem -> more susceptible to cult/religion/business/parents/< ___ >
- Seeking **comfort in Certainty & Authority** (Politics, Sports, Actors, Celebrities, YouTubers, ...)
 - New father figure you never had (no hard work, he has the answers)
 - Worship them (can choose them)
- Addiction: Surrendering to a Leader

Human beings tend to please father figures

Leader - Follower - Dependency, as though you're following <Leo>. No want to disappoint on both sides.

- **Believe leader can do no wrong.**
- Blaming Whistleblowers
 - **Unwillingness to Admit Wrong-Doing**
 - Rejection of criticism and feedback
 - Avoid responsibility -> whole appeal of a cult
 - /_\ Notice where you see Pyramid structures that need **constant growth to sustain it.**
 - Pyramid Scheme like
 - Capitalism
 - Wall Street
 - Universities
 - Most organisations
- People try to position themselves at **the top of the pyramid and try to leach off of it.**
 - ★ Not saying hierarchies are wrong.
- People build these pyramid schemes in order to leach off of them, and maybe you're doing the same thing.
 - **Information Control, Secrecy, Lack of Transparency.** (super common)
 - Trying to conceal your own agenda
 - Lack of open lines of communication
 - Withholding information
 - Restricting Contact with Outsiders (1:33:42)
 - Hanging out only with people you agree with

- Do you 'have' Diversity?
 - Notice in your life!
 - Non-Compete-Agreements
 - **Deny and Excuse** any **collateral Damage** that their Actions cause.
 - Secretary of such an organisation
- Become conscious where you fit in in the collectives you are part of and what you are doing.

Contributing to -> the world you want

-> the world you don't want

- Crusading / The lesser Djihad
 - Externalising your spiritual work
 - Making your Life Purpose the defeat of other people
- ** Make sure your life purpose isn't predicated on the defeat of somebody else or some other organisation!
 - **Sexual Manipulation, Abuse & Irresponsibility**
 - **Not Acknowledging the Importance of Balance**
 - Take a good thing too far:
- Converting entire world to your religion (some good insights)

Cult Dynamics: Characteristics of all Human Behaviour

Examples:

Quote from the Beginning:

"Man, it has been well said, thinks in herds;

it will be seen that they go mad in herds,

while they only recover their senses slowly

and one by one."

— Charles Mackay

Wrap Up:

Cult Dynamics: Characteristics of all human behaviour

- Origins of all religions
- Crusades
- Conquest of the New World (Cortez, Columbus, Magellan)
- Spanish Inquisition
- French Revolution & Reign of Terror
- European Witch Mania
- Slavery, Racism, Ethnocentrism, Nationalism, KKK
- Marxist Revolution in Soviet Union, China, North Korea, Vietnam, ...
- Naziism, Anti-Semitism
- Mysogony, Anti-Feminism
- Current Capitalism in U.S.
- Military-Industrial-Complex
- Big Pharma
- 60s Hippie Counter Revolution
- Crackdown of ^ That Revolution
- Stock Market Bubbles
- Trump, Alt-Right, Fox News, Alex Jones, ...
- Russian Manipulation Campaigns / Disinformation Campaigns
- (Exploitation of Cult Dynamics in the U.S., Ignorant Citizens)
 - Fads (Beanie Babies, Pokémon, Bitcoin, Fidget-Spinner)
- 17th century Dutch Tulip Mania
 - Terrorism & Suicide-Bombing
 - Homophobia
 - Social Justice Warriors, Socialists (Too much of a good thing becomes a bad thing.), Marxists
 - TYT, Majority Report (demonize & polarize)
 - Academia
 - War Time Propaganda
 - North Korean Indoctrination <- Crazy, Extreme, Sci-Fi :P
 - Various Scientific & Philosophical Schools
- (School vs School)
 - Incels, Pickup, Red Pill, Jordan Peterson stuff in media (= online cults)
 - New Atheism (Sam Harris, Richard Dawkins, their fans)
 - The Occult, Magic, Witchcraft, New Age Subfields
 - Nationalism , Patriotism
 - Celebrities, Stars
 - Western Medicine

- Cultural Traditions like Baptism, Female Genital Mutilation, Animal Sacrifice, Human Sacrifice, Honour Killings
- Worshipping of various Gurus, Leaders, Presidents
- Social Media (Super Bowl, World Cup, Money & Advertisement)
- Gender Roles (instilled through cult dynamics)
- Hair Styles, Uniforms, Suits, High Heels, Fashion

- What constitutes Luxury

What constitutes standards of Beauty

- Gangs
 - Abusive Relationships (-> cult-like Families)
 - Polygamy
 - Indoctrination through Television and Advertising
 - Anti-Vaccers
 - Online Forums
- You need to ground this work.

Ground it in your everyday experiences.

Years of carefully, patiently observing everything.

- Intellectual Understanding
 - Look outward. See how you're doing it.
- The real work.
 - Results
 - Education
 - This stuff is teaching against a lot of problems.

i.e. foundation of democracy

... how authoritarianism is present in any ego + implications

... conscious of your own self-biases

... see bigger picture

Hijacking Cult Psychology (Business, Politicians, Intellectuals, Money, Fame, Power)

Opportunities to display devilishness...

See yourself doing it. See the temptations.

Notice the devil alive within you.

- Be able to see cults.
- Be able to see Cult Dynamics within society and yourself.
 - Stop calling this stuff bad. This is how maya works.
- Necessary, Inevitable aspect of life, reality, universe.
 - Like a law of physics
- "You don't get mad at gravity, don't get mad at cult dynamics."

Some of this stuff may be unavoidable.

It can be mitigated.

Running a mad science experiment on yourself, on your own mind.

An intimate process.

Teaching yourself how to live.

Figure out ____.

You can figure it out.

Like

Ultimate Purpose

- Enormous rewards for 1000x hours of work.

You can't be lazy and sit back.

#1 Enlightenment

Life Purpose #2.

After Enlightenment you can use your insights in your Life Purpose and it becomes #1

