Twitter Thread by Abir Ballan

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Fear is being used to subdue you and make you compliant.
How can you untangle yourself from the tentacles of fear?
How can you regain freedom over your life and your mind?
1/n



“In the totalitarian regime,...the doubting, inquisitive, and imaginative mind has to be suppressed. The totalitarian slave is only allowed to memorise, to salivate when the bell rings.” 2/n
Source 1: https://t.co/gTVyiQfKaB
(Pavlov's dog- classical conditioning experiment)



"human beings, already being quite smart, need to be dumbed down. You won’t disobey an order if you lack the cognitive ability to question it." 3/n
(Source 1)

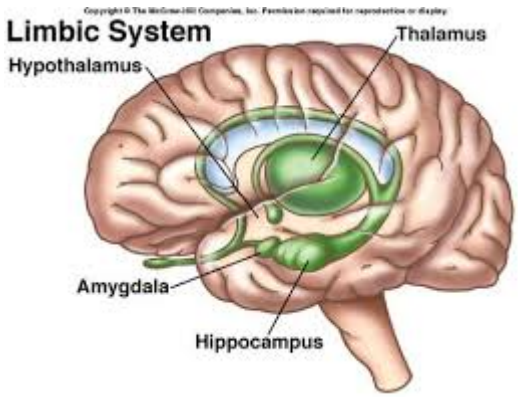
How do you dumb down humans?
"the common denominator for increasing suggestibility is switching off executive function in the prefrontal cortex – disabling the superego, the conscience, the internal monologue." (Source 1) 4/n



How can you switch off the frontal cortex?
By activating the amygdala: the fear centre. This tiny little red dot, part of the limbic system. 5/n



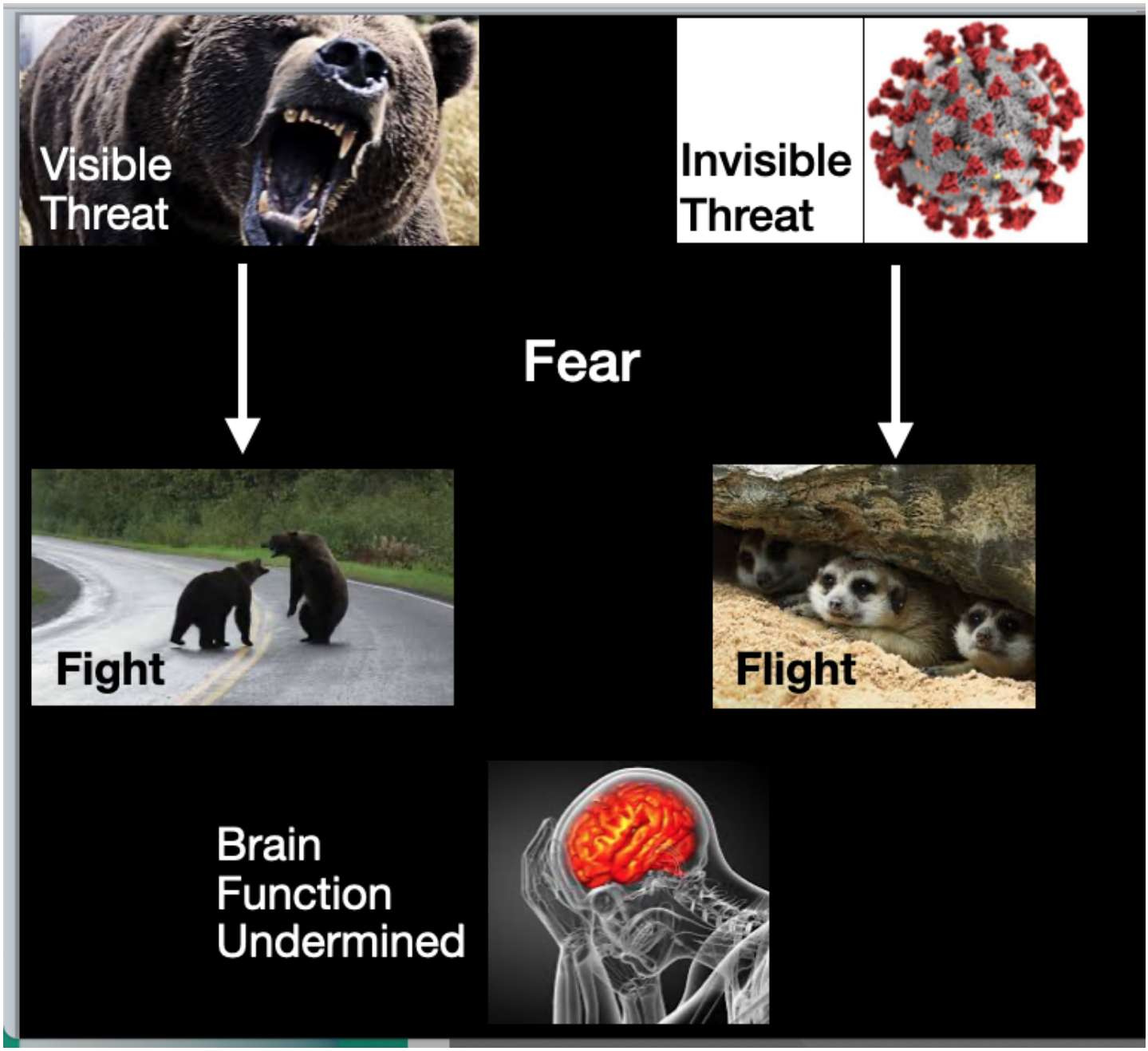
What is the limbic system?
The limbic system is responsible for learning, memory, motivation, stress response, and guess what? the immune system.
The main structures are:
a) Amygdala: regulates fear
6/n



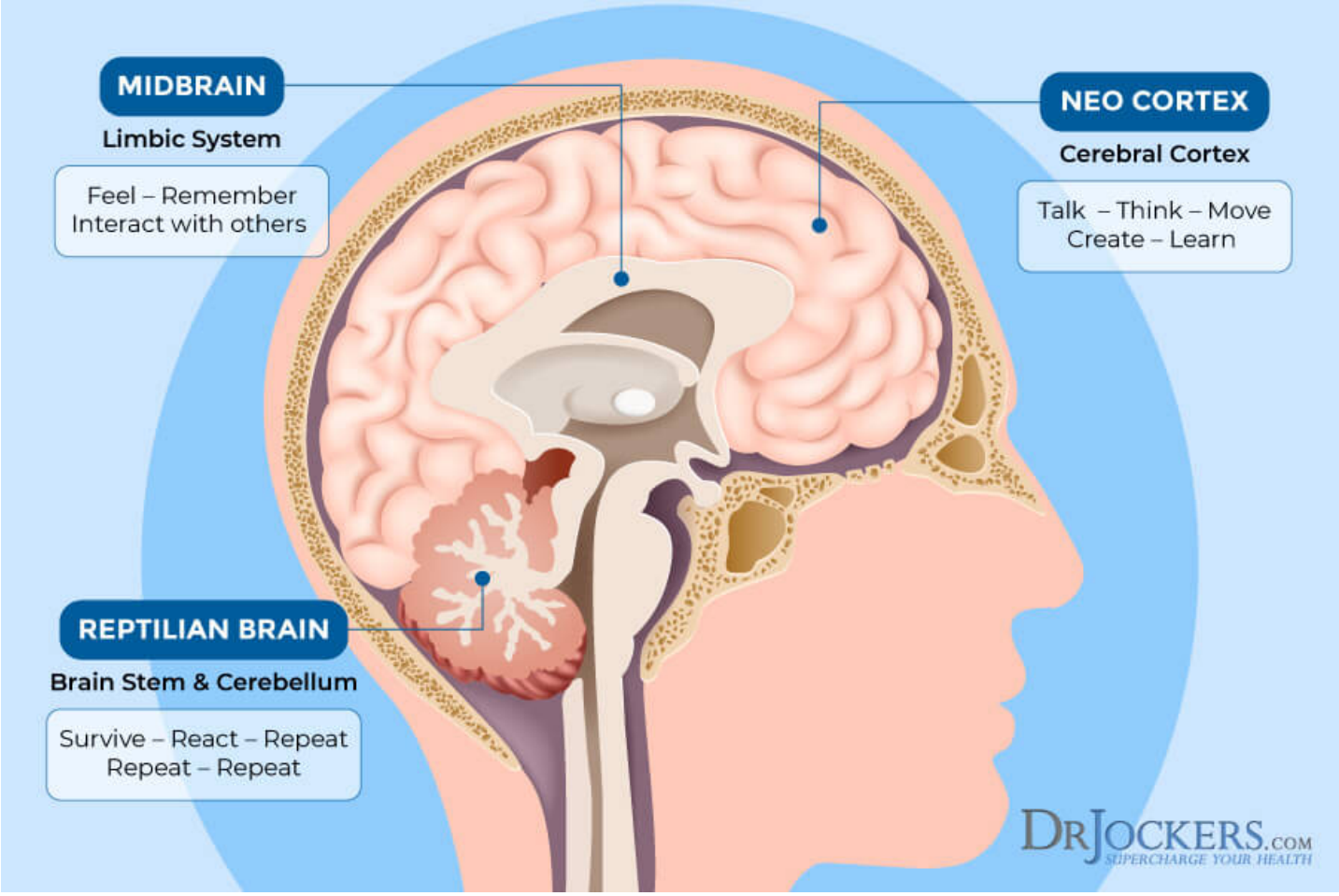
b) Hippocampus: responsible for memory & learning
c) Hypothalamus: regulates the autonomic nervous system (breathing, digestion, heartbeat)
d) Thalamus: releases norepinephrine for alertness or in response to stress.

7/n

What happens when your amygdala is activated?
Your body goes into a flight or fight response.
8/n



When this happens, your frontal cortex shuts down and you operate with your reptilian brain. 9/n
Image source: https://t.co/cwBduE9WcE



These are reptiles. They are scaly, slippery and not very smart. You don't want to be caught behaving like one. 10/n



Do you feel like you have lost control over your life and you don't know what to believe, who to believe or what to do? Would you like to regain your ability to exercise your human faculties?

Yes?

Follow me...

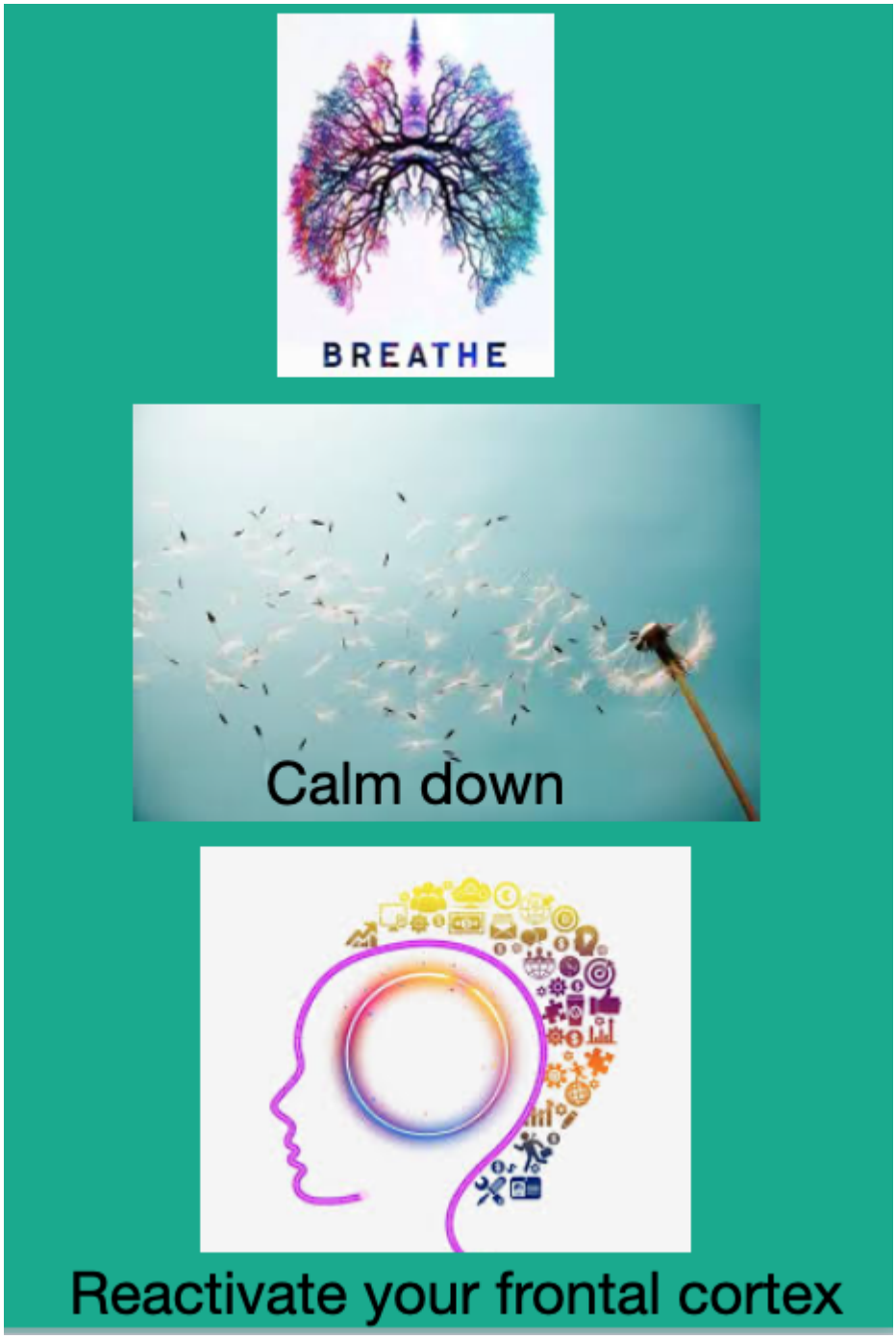
11/n

First, accept this:
“At a very broad, bird’s eye view level, worldwide the IFR of COVID-19 [a measure of its lethality] this season may be in the same ballpark as the IFR of influenza (0.1%, 0.2% in a bad year).” - Dr John Ioannidis @StanfordMed

12/n
https://t.co/CfgV70CUrd



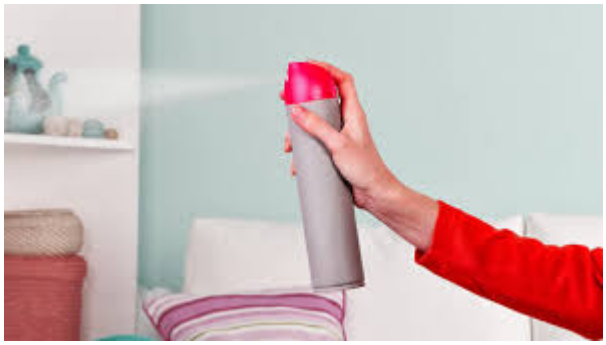
Then 1) start breathing or do some mindfulness exercises. This will calm your amygdala and deactivate it.
13/n



2) eat natural a non-processed, low sugar, low carb diet
3) take Omega 3 supplements
4) eat foods rich in antioxidants
5) get some sun or Vit D

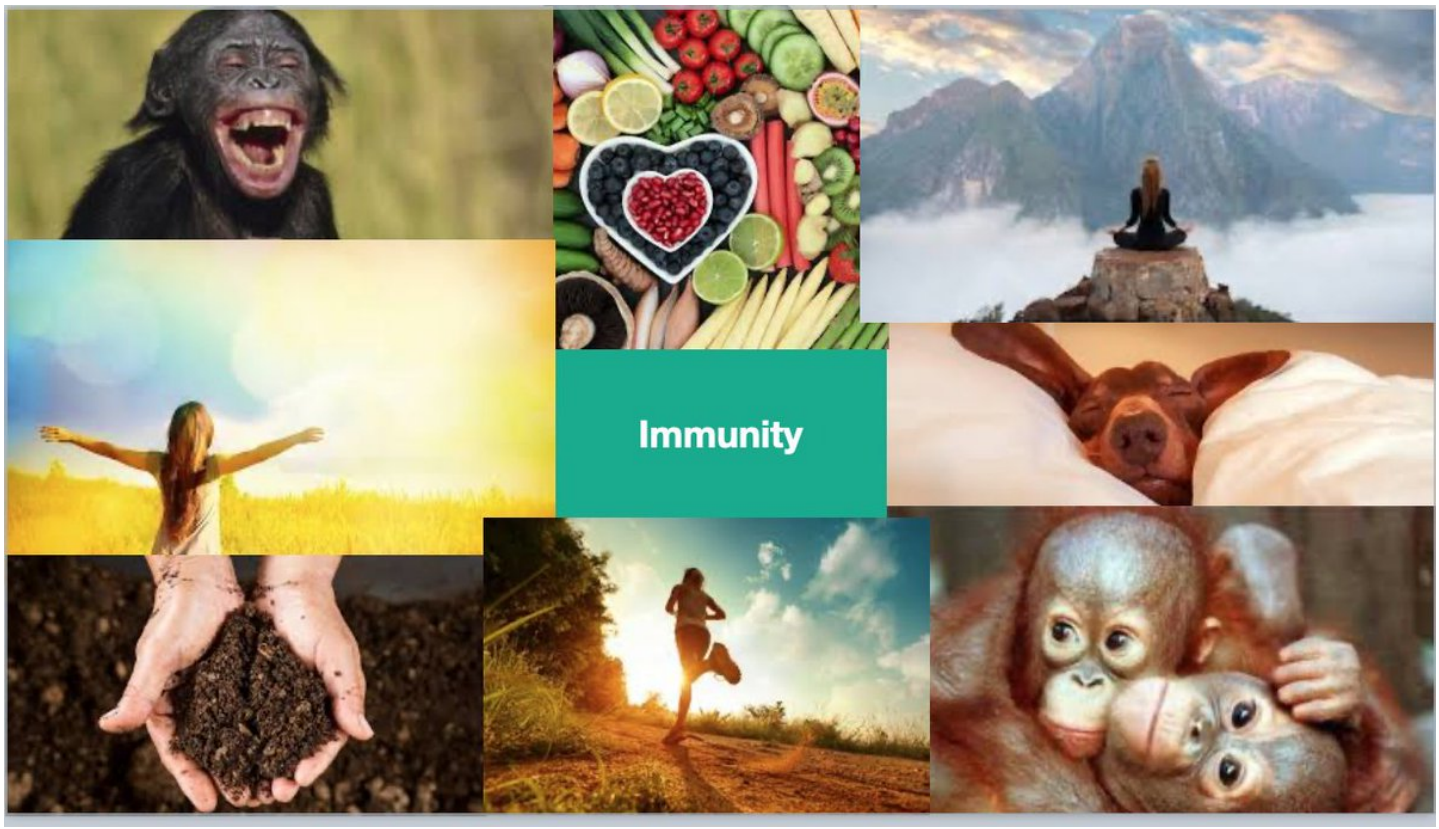
14/n

6) reduce your toxic load (exposure to chemicals from your external environment + unnecessary medications + cosmetics + cleaning agents)



7) get enough sleep
8) exercise
9) laugh & have fun
10) connect with your loved ones and get plenty of hugs & kisses

Guess what else will improve if you do all of the above?
15/n



Back to the article that inspired all of this...
"In consumer psychology, there is even a technique called ‘disrupt-then-reframe’: bamboozle people first and they’ll be more likely to buy what you’re selling" 4/n
(Source 1)
16/n

In other words, dupe people about the severity of C19, sustain the fear and encourage compliance through mandating masks then sell them a rushed vaccine. 17/n

"masks “lead to lower restraints on behaviour”" due to loss of anonymity.
Have you seen how the police and the mask zealots have been behaving? Now you know why.

"Pope Innocent III banned masks as part of his fight against immorality" (Source 1) 18/n

In 2011, #France banned face coverings in public areas, despite it being a personal preference.
In 2020, most countries are imposing face coverings in public, despite it being unwanted by many.
Governments are meddling with our dress code. 19/n



"Studies have shown that clothing has a powerful effect on how we think (or not), via a principal known as enclothed cognition" (Source 1)

Masks have the effect of shutting people up and making them submissive. They sustain the fear and strip you of your human faculties.
20/n

Speak out. Let's ban face coverings mandates across the world before we are silenced for good.
21/n