

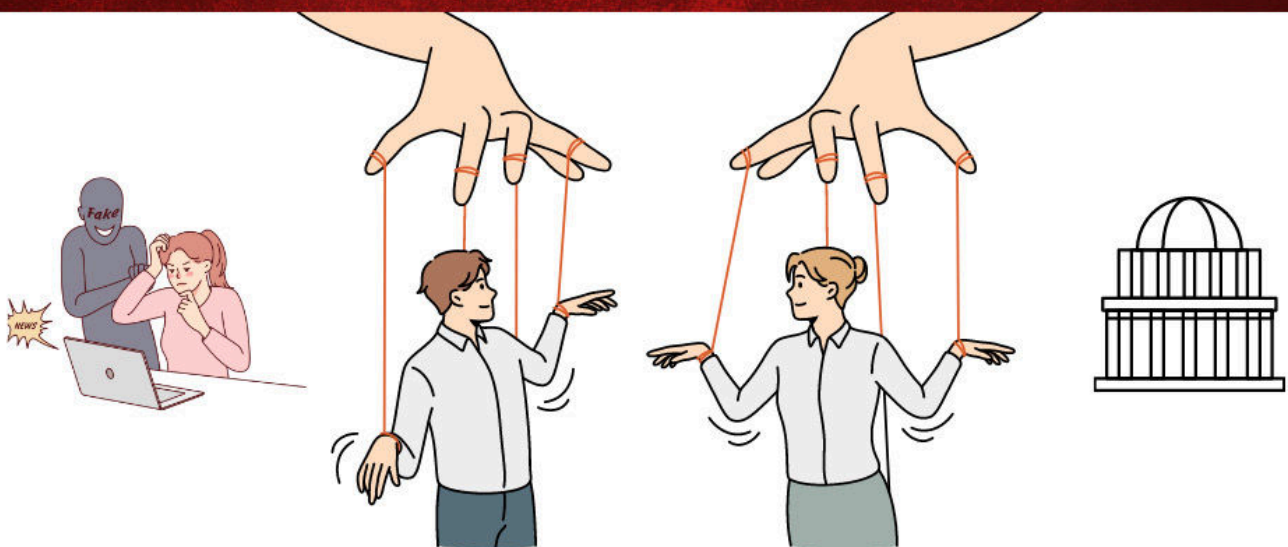
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10 STRATEGIES OF MANIPULATION BY THE MEDIA AND WORLD GOVERNMENTS





CONTENTS

Portfolio of Thoughts	4
10 Strategies of Manipulation by the Media and World Governments (after Noam Chomsky)	5
Thoughts out of the Box (Matrix)	15
Monthly Codes.....	17
Perfecting Virtues Codes.....	18
Monthly Herbarium	19
Monthly Recipe.....	21
Monthly Joke	22
X-Codes... Source Life Codes website information.....	23

Text - Xandra Gyllenlid

Graphic Designer - Eva Crystal

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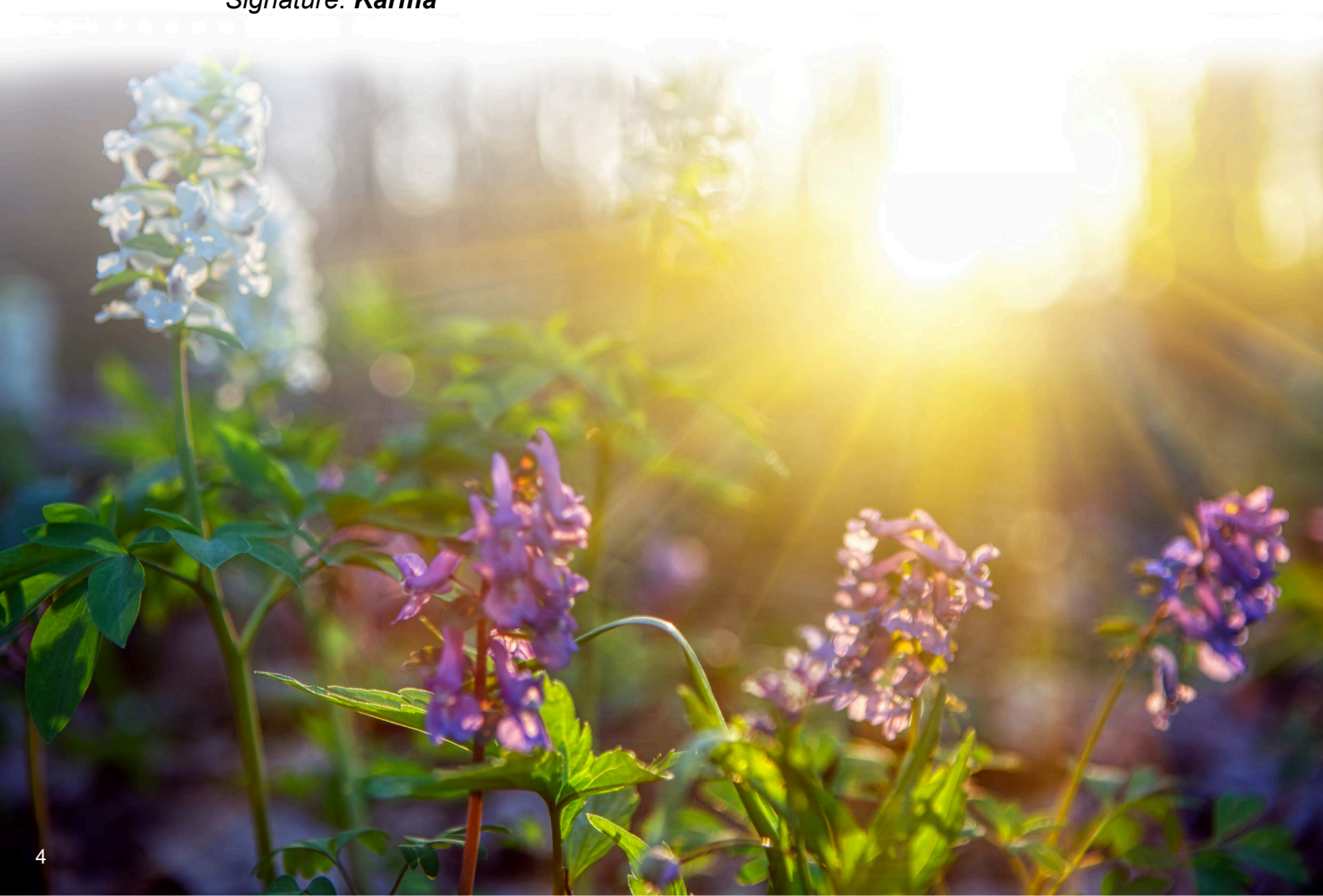
Portfolio of Thoughts



Karma's message to people:

'You often don't understand the harm you cause to others until it happens to you. That's why I'm here.'

*Signature: **Karma***



I.

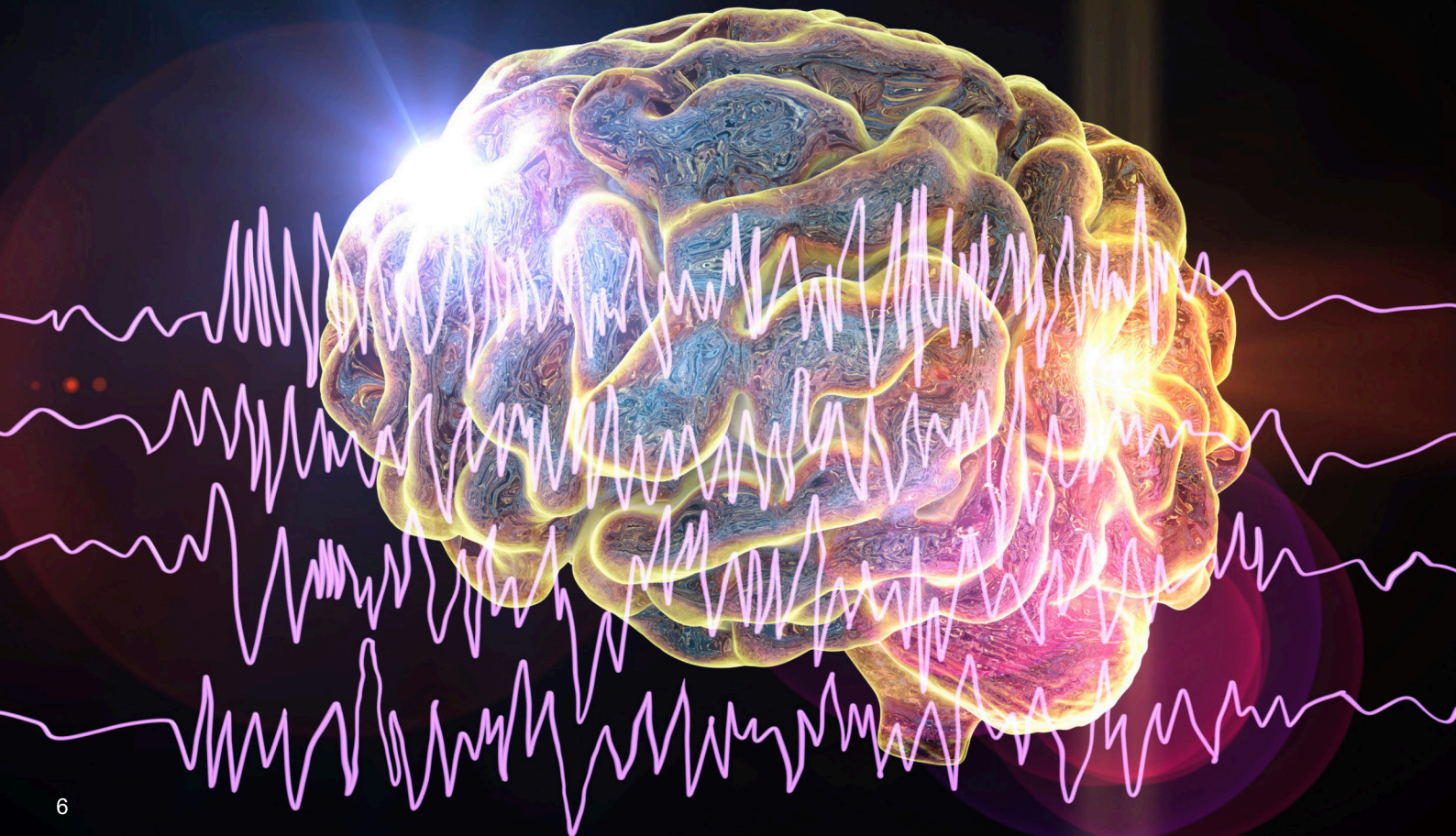
10 STRATEGIES OF MANIPULATION

BY
THE MEDIA
AND
WORLD GOVERNMENTS

(after Noam Chomsky)



**MIGHT IT BE POSSIBLE
THAT YOU AND ME,
WE ARE ALL CONSTANTLY EXPOSED
TO BRAIN CONTROL AND BRAINWASHING?**



Renowned critic and linguist scientist, the author of numerous world famous books, **Noam Chomsky**, has compiled a list of the ten most common and effective strategies, hidden by the agendas to establish a manipulation of the population through the media.



Historically the media have proven highly efficient to mold public opinion. Thanks to the media's propaganda, social movements have been created or destroyed, wars justified, financial crisis tempered, some other ideological currents spurred on, etc. The media have even become producers of 'reality' within the collective psyche.

THE JOB OF MEDIA IS NOT TO INFORM, BUT TO MISINFORM!

To divert public attention from important issues and changes decided by the political and economic elites, by the technique of flood or continuous flood of distractions and insignificant information.

'It is a bitter irony of source journalism ... that the most esteemed journalists are precisely the most servile. For it is by making themselves useful to the powerful that they gain access to the "best" sources' (quoted in Lee and Solomon 1990: 18).

But how to detect the most common strategies for understanding these psychosocial tools which, surely, we are exposed to? Fortunately Chomsky has set up and exposed a list of these practices, some more obvious and more sophisticated, but apparently all equally effective and, from a certain point of view, demeaning. *Encourage stupidity, promote a sense of guilt, promote distraction, or construct artificial problems and then magically, solve them, are just some of these tactics...*

Here follows the very instructive **List of Chomsky**... *If you read it, you will get an 'aha' feeling, beyond all doubt!*

1. THE STRATEGY OF DISTRACTION


The primary element of social control is the strategy of distraction which is to divert public attention from important issues and changes determined by the political and economic elites, by the technique of flood or flooding continuous distractions and insignificant information. Distraction strategy is also essential to prevent the public interest in the essential knowledge in the area of the science, economics, psychology, neurobiology and cybernetics.

Instead, the information space is full of sports, show business, mysticism and other elements that do not have real content, and they affect various basic human instincts, from eroticism to hard pornography, from ordinary soap to easy and quick riches.

“Maintaining public attention diverted away from the real social problems, captivated by matters of no real importance – that is the key. Keep the public busy, busy, busy, no time to think, back to farm and other animals.”
(See Silent Weapons for Quiet Wars)



2. KEEP THE PUBLIC IN IGNORANCE AND MEDIOCRITY



Making the public incapable of understanding the technologies and methods used to control and enslavement.

“The quality of education given to the lower social classes must be as poor and mediocre as possible so that the gap of ignorance among the lower classes and upper classes is and remains impossible to bridge over for the lower classes.”

(See Silent Weapons for Quiet Wars)


3. TO ENCOURAGE THE PUBLIC TO BE COMPLACENT WITH MEDIOCRITY

Promote the public to believe that,

**being stupid,
vulgar,
degenerate and
uneducated is in fashion...**

**But of course, all that is not
in fashion at all !!!**

Mediocrity takes on huge proportions in the modern world and appears in all areas of society, from religion to science, to art and politics. Scandals, tabloids, divination and magic, dubious humour and populist actions are all useful to achieve the goal: to prevent people from being able to rationally understand and see in context what is going on in the world.



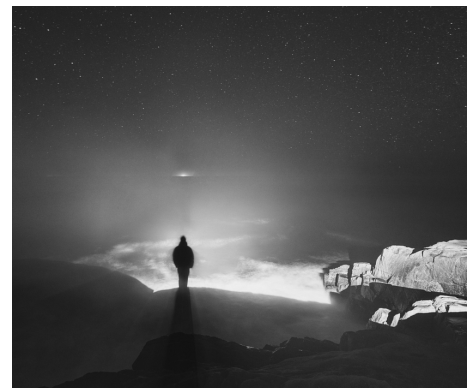
4. GETTING TO KNOW THE INDIVIDUALS BETTER THAN THEY KNOW THEMSELVES

Over the past 50 years, an advance of accelerated science has generated a growing gap between public knowledge and those owned and operated by dominant elites. Thanks to biology, neurobiology and applied psychology, the “system” has enjoyed a sophisticated understanding of human beings, both physically and psychologically. The system has gotten better acquainted with the common man more than he knows himself. *This means that, in most cases, the system exerts greater control and great power over individuals, greater than that of individuals about themselves.*



5. SELF-BLAME STRENGTHEN

To let individuals blame for their misfortune, because of the failure of their intelligence, their abilities, or their efforts. So, instead of rebelling against the economic system, the individual auto-devaluate and guilt himself, which creates a depression, *one of whose effects is to inhibit its action.*



AND, WITHOUT ACTION,
THERE IS NO REVOLUTION!

6. GO TO THE PUBLIC AS A LITTLE CHILD

Most of the advertising to the general public uses speech, argument, people and particularly children's intonation, often close to the weakness, as if the viewer were a little child or a mentally deficient. The harder one tries to deceive the viewer look, the more it tends to adopt a tone infantilising.

Why?

"If one goes to a person as if she had the age of 12 years or less, then, because of suggestion, she tends with a certain probability that a response or reaction also devoid of a critical sense as a person 12 years or younger."

(See Silent Weapons for Quiet Wars)



7. USE THE EMOTIONAL SIDE MORE THAN THE REFLECTION

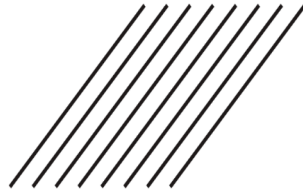
Making use of the emotional aspect is a classic technique for causing a short circuit on rational analysis, and finally to the critical sense of the individual.

Furthermore, the use of emotional register opens the door to the unconscious for implantation or grafting ideas, desires, fears and anxieties, compulsions, or induces behaviours ...



The magic is that while everyone is busy talking about how cruel terrorism is, how unjust the government is, how many people are starving and suffering, what really goes on behind the scenes is invisible. No one sees the real reasons why all this happens. In this case, emotion is the enemy of logic.

8. CREATE PROBLEMS, THEN OFFER SOLUTIONS



This method is also called “**problem-reaction-solution**“. It creates an artificial problem, a kind of “situation”, which has only one purpose, namely to provoke a certain reaction among the people, so that they themselves demand the “necessary” measures to be taken which enable the ruling elites to tighten security measures and restrict civil liberties. (e.g. Christchurch shooting)

For example: let it unfold and intensify urban violence, or arrange for bloody attacks in order that the public itself is the applicant for security laws and policies to the detriment of their freedom. Or they generate some kind of economic, terrorist or technological crisis so that people can simply nod to such measures, saying that they are a “necessary evil” and that is the only way to eliminate the consequences of the crisis, which curtail social rights.

Oh, but!!! Crises don't just happen by themselves! They are always generated by some particular forces!!!



9. THE GRADUAL STRATEGY

In order for unpopular measures to be accepted by the citizens, it is sufficient that they are gradually introduced day by day, year by year. In this way, in the 1980s and 1990s, a new socio-economic direction, **neoliberalism**, was introduced, affecting almost the entire world.

In short:

- the minimization of state roles
- privatization
- precariousness (strong uncertainty)
- instability
- massive unemployment
- wages which do not guarantee anymore a decent income

If all of these had been introduced at the same time, it would surely have led to a revolution!



10. THE STRATEGY OF DEFERRING

Another way to push through unpopular decisions is to postpone the implementation of **a measure declared “painful and necessary”**. It is much easier to accept any sacrifice in the future than in the present.

- First, because the effort is not used immediately.
- Then, because the public, masses, have always the tendency to expect naively that “everything will be better tomorrow” and that the sacrifice required may be avoided.

This gives the public more time to get used to the idea of change and accept it with resignation when the time comes.



II.

THOUGHTS OUT OF THE BOX (MATRIX)

In recent times, larger and larger masses of people have realized that, very unfortunately, governments and authorities

CANNOT BE TRUSTED!!!

WHY?

For the governments and authorities ***do not want good for the majority of people. They do not respect and value human life, and life in general.*** In stead, without thinking they sacrifice the lives of millions for their own benefit, as well as for just a few dollars.

You and me, we, all people of the Earth, want and demand **people-loving** world governments who **ARE FOR** people's well-being, who work **ONLY with the best intentions for the people and the Earth,** and who act only in the best interests of all lives!

We demand governments who **respect and highly value HUMAN LIFE and LIFE in general!**



The people of the Earth want and demand governments who **DO NOT** generate crisis, wars, diseases, poverty and harming environments.

Away with all corrupt and self-serving, profit-hunting and malicious, people-hostile world governments! IT'S ENOUGH!

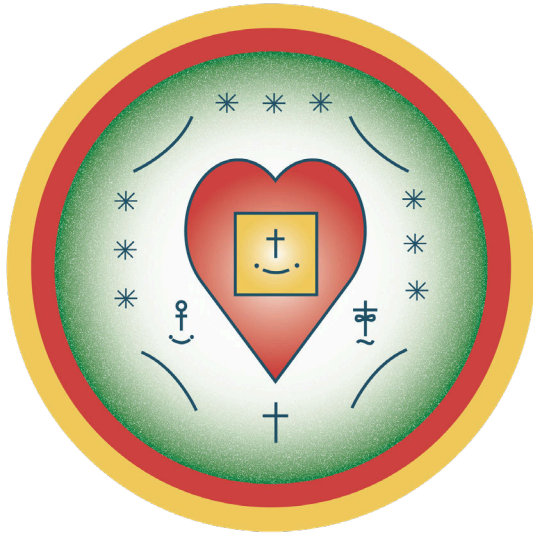
We all know that economic and societal crises, pandemics, many of illnesses, they don't just happen by themselves! They are generated by some evil, political, religious and anti-people forces and governments!!!

All profit and profit-hunting, all science and research harmful to humans and other life forms, all social actions without ethic and morals should be banned, abolished and punished immediately!!!

I. MONTHLY CODES

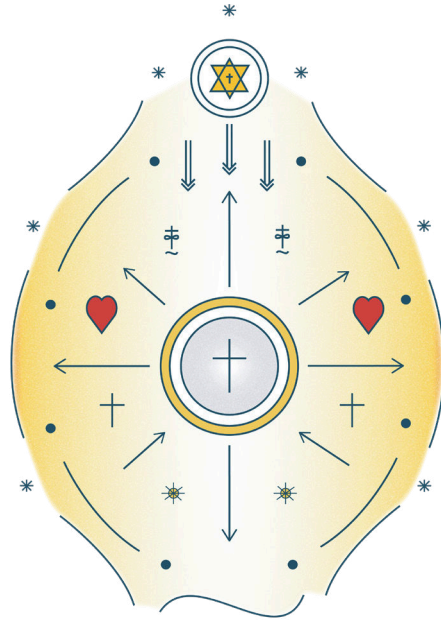
1. SIANES

Love and Respect for LIFE



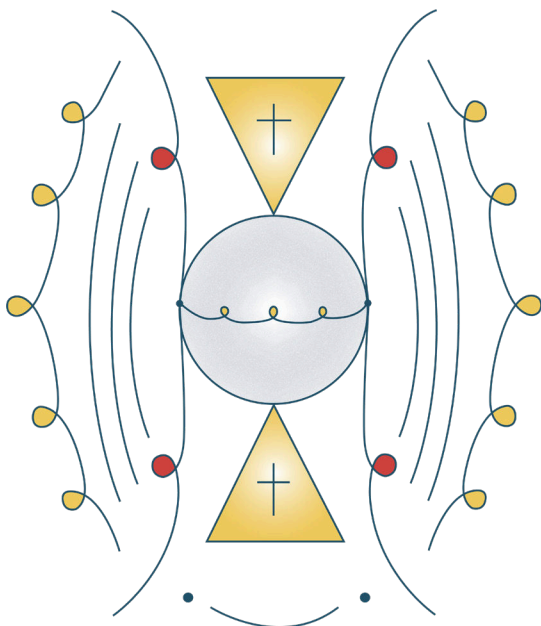
2. MELENOS

Absolute Protection and Love of the Earth



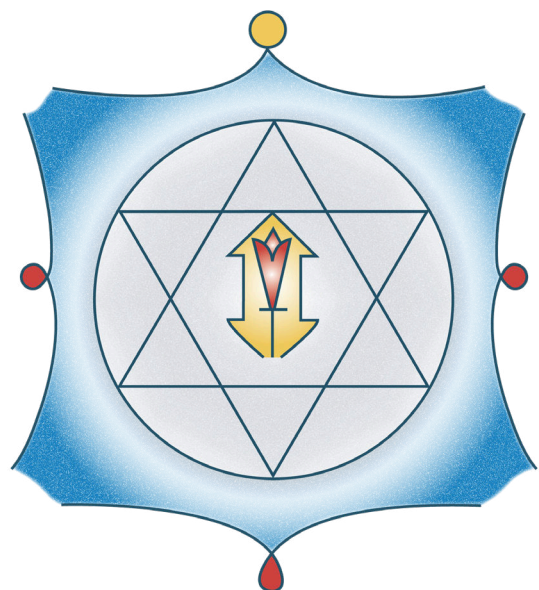
3. GENATAS

Increasing Frequency



4. DIMENSIS

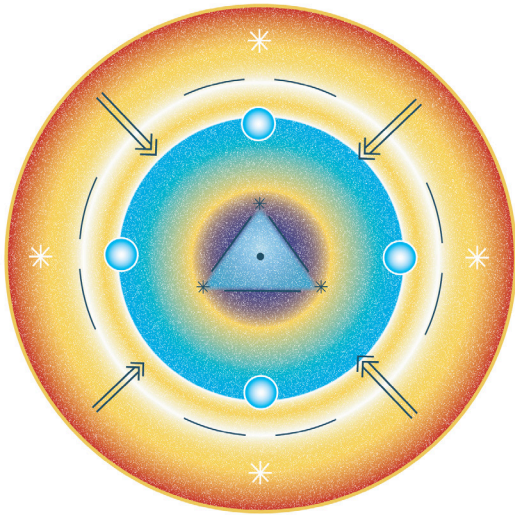
Dimension Shift



II. PERFECTING VIRTUES CODES

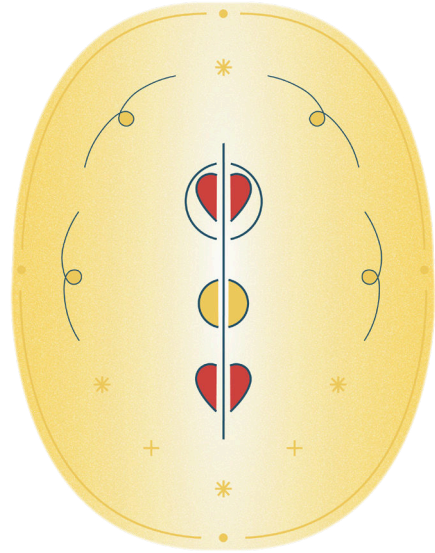
1. TEARES

Responsibility and Liability



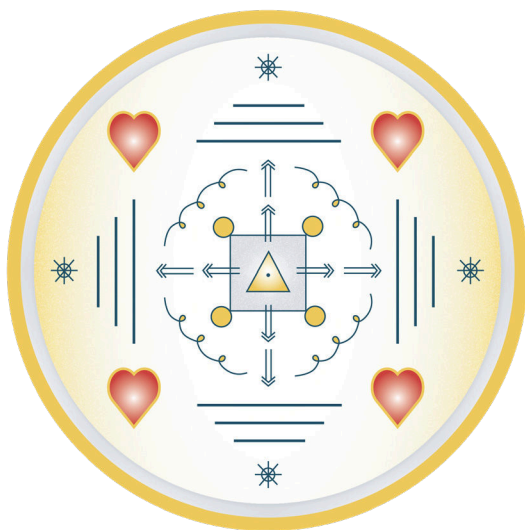
2. INATIS VERITAS

Sincerity



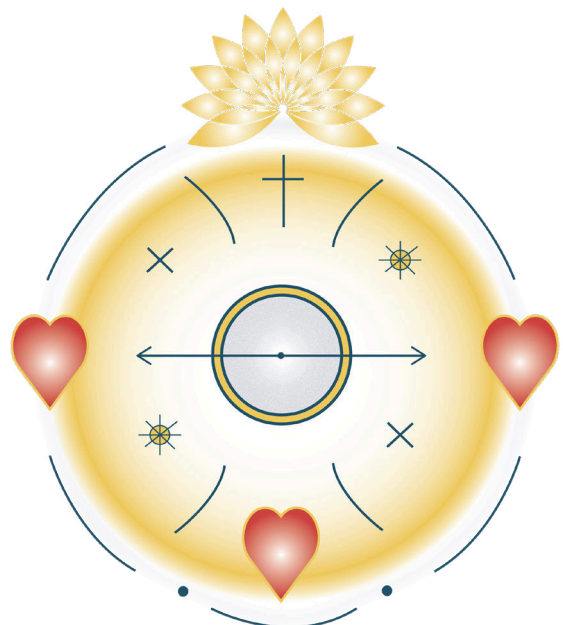
3. PILEZIS

Modesty, Moderation, Flexibility



4. ANASES

Selflessness



Monthly Herbarium

HORSERADISH



Horseradish is a popular condiment with a strong flavour. Not just tasty but it also has plenty of health benefits. It is originated in South-East Europe. The word “horseradish” comes from the word “horse,” which formerly meant rough, and “radish” from the Latin word “radix,” meaning root. The root contains several antioxidants that treat respiratory disorders like mucus and sinusitis. They also help combat bacterial infections, including that of the urinary tract.

The Benefits of Horseradish:

1. Helps Combat Cancer

The glucosinolates in horseradish were found to activate the cancer-fighting enzymes, and this can prove beneficial to patients combating cancer. What is more interesting is that these glucosinolates, in the plant world, actually protect the plants from toxic environments. In fact, horseradish contains 10 times more glucosinolates than broccoli. There are other preliminary studies that state how horseradish can induce death of colon cancer cells. All of this only accentuates the possibility of glucosinolates being used as a potential cancer cure.

2. Is An Antioxidant Powerhouse

Horseradish root possesses several phytochemicals, types of antioxidants that are extremely beneficial to human health. Some other antioxidants in horseradish are antimutagenic, which means that they can protect the body from mutagens that otherwise inflict grave harm. (Mutagen means genotoxic, i.e. a toxic substance that affects the genetic material of body and sexual cells and changes the genetic information stored in DNA).

3. Can Help Treat Urinary Tract Infections

The antibiotic properties of horseradish can help treat urinary tract infections in some cases, better than conventional treatment. Another reason horseradish works well in this aspect is sinigrin. Sinigrin is an effective diuretic and prevents water retention, and this helps deal with urinary tract infections.

4. Enhances Digestion

Certain enzymes in the root can stimulate digestion and aid bowel movements. Horseradish root is also considered a cholagogue, i.e., it stimulates bile production in the gallbladder – thereby aiding digestion.

5. Fights Inflammation

Some studies state that horseradish can help fight inflammation – it achieves this by reducing the release of reactive oxygen species. Several parts of Chinese medicine have recommended the use of horseradish to help prevent inflammation – be it in the case of injury or even for relief from arthritis pains.

6. Eases Respiratory Ailments

The antibiotic properties of the root can play a major role in treating respiratory ailments. In fact, traditional medicine has seen the use of horseradish root for treating bronchitis, cough, common cold, and sinusitis.

7. Has Antimicrobial Properties

Studies have shown that some compounds in horseradish can offer protection against a variety of microbes. And in yet another study, the horseradish essential oil seemed the most resistance against bacterial growth.

8. Helps Treat Melasma

Melasma is a condition where brown patches appear on the face. But since horseradish root has bleaching properties, it can help treat skin discoloration – which is the primary symptom of melasma.

You can simply cut the horseradish root into slices and rub one directly on your skin. Ensure the juice of the root is applied to the affected areas. You can allow it to dry and then rinse with lukewarm water and pat dry. Repeat once a week until the brown patches fade.

You can also mix two tablespoons of horseradish powder with one cup of sour cream. Apply the mixture to your face and leave it on for 30 minutes. Wash your face with lukewarm water. Repeat once a week until you see positive results.

9. Horseradish Can Help Reduce Age Spots

The bleaching properties of horseradish helps here. You can make horseradish paste and apply it to the affected areas. Leave it on for about 20 minutes and then wash it off with lukewarm water. You can follow this remedy a few times a week.

Alternately, you can grate a 10 cm piece of horseradish and mix it with a quarter cup of apple cider vinegar. Allow the mixture to sit for about two weeks. Using a cotton ball, apply it to the affected areas. Follow this remedy thrice a day for about a month.

10. Can Boost Hair Growth

Though there is little research on this, some sources say that the antioxidants in horseradish help regenerate hair and prevent hair loss. They achieve this by improving circulation to the scalp.

Monthly Recipe

HORSERADISH SAUCE



Horseradish sauce goes wonderfully with all kinds of meat. Or you can have it with scrambled eggs and salsa. You can also add a teaspoon to your salad dressing. Or you can simply use grated horseradish in a sandwich or wrap for extra zing.

Hozzávalók

2½ dl sour cream
½ dl grated horseradish
1 tsp white wine vinegar
½ tsp salt
1 tbsp Dijon mustard
¼ tsp ground black pepper
1 tsp sugar
1 tbsp mayonnaise / aioli (optional)

Method

1. Mix all the ingredients in a medium bowl.
2. Refrigerate for about 4 hours or overnight for the flavours to blend.

Notes

1. You can store the sauce in an airtight container in the refrigerator for 2 to 3 weeks.
2. You can also eat the horseradish leaves, but keep in mind that they have a bit bitter and peppery taste. You can eat them either raw or cooked.

Monthly Joke

This man is sitting quietly reading his paper one morning peacefully enjoying himself, when his wife sneaks up behind him and whacks him on the back of his head with a huge frying pan.

“What was that for?” asks the man.

“What is that piece of paper in your pants pocket with the name Marylou on it?”

“Oh, Honey, don’t you remember two weeks ago when I went to the horse races? Marylou was the name of one of the horses I bet on.”

The wife seems satisfied and goes off to work, feeling a bit sheepish. Three days later the man is sitting in his chair reading and his wife repeats the frying-pan swatting.

“What’s that for this time?” he asks.

“Your horse rang!”



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