

Do's and Don'ts for Reaching People

Attitude shifts

When dealing with a highly conditioned person, we have to go out of our way not to trigger their fight or flight response or dissonance. In order to do so, we need to have a few shifts in our attitude and then follow certain 'do's and don'ts' These are listed below.

Whilst it may seem somewhat unfair for the burden to be all on our shoulders to make these shifts and take extra effort to connect, by being more aware we reach a point of more knowledge. This in itself can create an even greater urge in us and further responsibility to find a way of reaching people. By following these principles and doing what we know to be right, we give ourselves the greatest chance of reaching people and changing the current trajectory to a positive outcome for the world from these events.

Many people have been conditioned since birth and will have trouble accepting what we know to be true in so many respects, so be gentle and be as supportive as you can.

Preparation and Attitude Shift Do's and Don'ts

Establish a clear communication channel – this is much harder than it sounds and requires us to resolve and release the negative emotions we may feel towards the person/s we are speaking or debating with.

It may be that we need to use certain healing modalities such as EFT (Emotional Freedom Technique) to clear these emotions. This is one the author uses to clear his own resentment and anger towards those falling for the mainstream narrative. This is an ongoing process.

Avoid being Evangelical – This is another mistake the author has made more times than can be counted and has resulted in many a lost audience. If we are too forceful with our information dump and attitude, the person will shut down immediately. We all know the experience of having a Jehovah's Witness at the door, and not listening to a single word they say.

This same response will occur if we are too enthusiastic in our approach. Most people are not ready for new information, let alone that which will completely destroy how they see the world. It is the Santa story x1000.

Most of the damning conclusions, a person will need to arrive at themselves. This can be greatly assisted with support from those in the know through a gentle release of information (most of which the person will often instigate themselves).

We have observed that those that do walk through the door, will do this in their own time and the quest for truth is so innate in people (but suppressed) that they may collapse their own world view in a short space of time.

Avoid getting in the ring – Keep your fists down / Oppositional dynamics

If you metaphorically raise your fists (attack), the other person will defend. By the same token, if you get defensive, the other person may attack you or your ideas. Stay neutral in your approach. You

have information that can help the other person but if they choose not to want it, that is their choice.

It seems that the most important principles will be the most challenging. This principle is centred around the divide and conquer manipulation technique. It is such a habit for most people we converse with that they will constantly try to get us in the ring for a fight. By getting in the ring, we will be unable to have most people entertain any new ideas.

The goal is not to get in the ring but to be in their corner, truly (which is much harder than it sounds) and can be like trying to tame a wild animal at times. If done successfully, the person will respond well. They often see us as an enemy and refuse to listen but if you are clearly in their corner, they will feel this and the energy will shift substantially.

The author has experienced this numerous times recently. For instance, when accused of “spreading falsehoods” the author responded by replying ‘this is always possible’ and asked for the accuser to specify which falsehood the author had stated. This then led the accuser to try a different accusation and the same response occurred. After a few back and forths, the accuser then asked if the author was proud of winning the debate which the response was, “No, I am on your side and have no intention of winning anything but in having an open conversation”.

It is worth noting it is so important not to be patronising or belittling in any way. There really is no way of faking this, you have to be truly in their corner.

One very important point to make is that we need to adjust our language to remove all derogatory terms about those who have a low awareness of the real issues. References such as ‘sheep’ elicit a very negative response and create the scene for a conversation that will be a ‘tit for tat’ of abuse.

If the person we are conversing with uses such terms in relation to our position such as ‘Covidiot’ or ‘Conspiracy Theorist’, it is essential not to take the bait. It is quite possible that ‘Agent Provocateurs’ have created these terms to enable division between the two parties.

A famous quote sums this up as “An eye for an eye and the whole world would be blind”. Rising above this, whilst difficult, can lead to a ceasefire. Once the person returns to a rational state, they may see how horrible the terms they used truly are.

Conversational dos and don'ts

A number of conversational principles have been identified which when followed will greatly enhance your chance of reaching people and will help avoid arguments.

Honour their experience – This is another very challenging yet essential one. To honour something that we feel is incorrect and unwarranted really tests the boundaries of our compassion. There is a way to establish this without compromising our values. If someone is experiencing fear, you can honour that which they are experiencing i.e., ‘fear’ without giving value to that which they are fearing.

The fear and other emotions which people are feeling are very real to them. If we do not honour these, we will be resented and attacked. We will inevitably receive a fair amount of attack even when we follow the principles and, whilst unfair, may be part of the process of reaching people. As the author practices the principles more, there are fewer attacks on his character.

Stay within the story – To those indoctrinated in a certain narrative, any data outside of that story will be met with the usual ‘Conspiracy theory’ response. The subject is not part of the person's

reality. The script provided by the media and government allows the person to avoid addressing an uncomfortable subject or question with an angry response. The intention is of shutting down debate.

Until the person is ready to go off-piste, any discussion around population control or other such subjects will have the effect of shutting down the mind further.

Don't use blacklisted references – People or subjects

If you use a reference which the media have managed to blacklist successfully, you will receive a message back with a wiki reference calling the person a conspiracy blah blah. The person will likely have a smug look on their face as if they've won an argument. Avoiding contentious authors, at least initially, will help avoid this issue.

Be aware of common ground and difference in opinions

This is a key concept in having a productive conversation. There will be a discrepancy between our knowledge and the other person's. If we structure knowledge in a hierarchy of levels of difficulty to accept, it would be wise to start with the less difficult to accept. People really struggle with any world-wide conspiracies, but are happy to accept business corruption.

It is also important to understand the 'curse of knowledge' which is discussed in the resource section of the project. We over estimate hugely how well our ideas will be understood by another. We have the benefit of perhaps many years of experience and memories which they do not. This this needs to be taken into account.

Respect a person's dignity

Donna Hicks has done incredible work on getting people in conflict to debate openly. She has identified 10 elements of dignity and how, if they are violated, a person will respond negatively or even aggressively toward us. By respecting these elements, we create an open space to discuss ideas. You can decide that these may be givens that need to be present in any good conversation.

The 10 elements of dignity are:

1. Everybody wants their identity accepted
2. Recognition for their unique qualities and way of life.
3. To be acknowledged when something bad happens to them.
4. They want safety (physical and psychological).
5. To be free from humiliation.
6. Inclusion.
7. To be understood.
8. To be treated fairly.
9. To be given the benefit of the doubt.
10. To receive an apology when someone does them wrong.

Do not push against beliefs

“I have yet to meet in my life someone who allowed a fact to overwhelm a belief” Dr David Martin

This is an important quote which shows that when we challenge someone’s beliefs with information / facts, it will usually just bang against them, much in the same way a fly bangs into a window.

The conscious mind is resisting the new information as it contradicts a currently held belief. Often these beliefs are falsely inserted via conditioning with false information. We can greatly help the process of updating the belief by skilfully asking questions so the person can see the belief is based on false information or by telling stories that update the information the belief is built on.

Do not challenge the belief itself or use sentences such as ‘that is not true’ or ‘you are wrong’ as it will only get into a debate of ‘he said, she said’

People arrive at their own conclusions

Once you have managed to navigate the obstacle of a person’s conditioning and have them take in new information, they will arrive at their own conclusions. It has been the author’s experience that telling people conclusions rarely works since they do not have the information you have based your reasoning on to begin with.

Do not tell someone they are wrong

This will inevitably get a person’s back up. There is no need for this as the person will realise this if your approach follows all the principles and is respectful. This is a tough realisation when someone begins to see the truth and our response should be to help the person deal with this and not create any further stress with ‘I told you so’

Do not gas light

Avoid at all costs emotionally manipulating the person. The government has done a great job of this and each of us needs care and understanding and not further guilt trips or any other such emotional gas lighting.

The idea is the enemy, not the person

It is important to see a distinction between the person and the faulty idea. Good people can do bad things if they have a bad idea. Once you can separate the person from the idea, they are free of it. See the person as a friend and the idea as the enemy.

Often no need for our opinions

There is often no need for us to express our opinions. We can stick to facts quoted by experts and other such information. This can allow us to bypass the authority conditioning that the person is likely vulnerable to.

Be gentle and Kind

We are aware that being in the other person’s corner is so important and being kind will really help them feel this. Being gentle and kind should be the basis of communication from one person to another, reminding ourselves of this can really help.

Be humble

This is key when it comes to the point where they either realise dissonance or know they have been misled. There will be lots of uncomfortable emotions for them, by being humble and supportive we do not add to this stress but help reduce it. We are essentially saying, do not rub their noses in it or use terms such as 'I told you so'

Know your audience

If you invited someone round for dinner, you would check what preferences of food they had. This is a similar concept, know what topics and items will be good for discussion and which items are not wise to discuss.

Practice listening

In one course that was instrumental in producing Project X a key statement was 'If you are speaking more than them, you are probably doing it wrong'. By listening we can better connect and also understand how the subjects are affecting the person we are speaking with. This allows better understanding of where their knowledge might not be accurate.

Give space for silence

There will be times when silence is needed – especially if the other person is thinking. Our goal is not to win but to help share important knowledge. When the person is deep in thought or better still saying 'I need to think about this', allow them silence. Be aware of how they are.

Know when to stop or pause

There are natural conclusions to conversations. When the host starts hovering, it is probably time to leave the party. If you respect each of the do's and don'ts, you will likely have a good connection and be welcome back.

Follow up

If it is appropriate, ask them if they would like further information to read or offer to speak to them in future.

Don't return the dignity violation

There may times when you have followed all the above and the other person is still rude or obnoxious. In this case, don't return the dignity violation, leave them to be the only one to be rude. Often, later they will calm down and apologise. An eye for an eye and the whole world will be blind is a famous quote from Gandhi.