True Story
Courageous People

Threatening the status quo

- Independent Media
- Disclosure Community
- Whistleblowers
- Truth-Tellers
- Independent Thinkers
- Parapsychology & Paranormal Researchers
- Alternative & Natural Healthcare Researchers
- Abuse Survivors
- Alternate History Researchers

Bird's Eye View

BROADEN YOUR PERSPECTIVE
THE TRUTH-ACCEPTANCE PROCESS

It’s been said that the acknowledgement of truth goes through three stages.

1. First, a truth is met with ridicule.
2. Next comes violent opposition (or “turning a blind eye”).
3. Finally, the truth is accepted as self-evident.

Bird’s Eye View
BROADEN YOUR PERSPECTIVE

Learn more at birdseyeview.xyz
You’re supporting the evolution of human consciousness and yet, as a messenger of truth, you face a rough climate. It’s doubtful that you feel fully prepared for every aspect of the role you find yourself in. Few of us have taken courses in “how to be an effective truth-teller in a world that’s hostile to truth.”

There’s a significant opportunity for all of us who value truth-telling to explicitly share best practices and to organize commonly-needed research and teachings.

It requires great patience and strength to respond time and again to the challenges you’re presented with.

The hurdles you face can be thought of in two broad categories: general “enemies of truth” and individual issues that may be experienced by members of your audience.
The Enemy Arsenal

- Obstruction & Secrecy
- Personal Threats & Attacks
- Character Assassination
- Dehumanization
- Manipulation & Power Abuse
- Undermining Truth

- Non-Disclosure Agreements
- Electronic Surveillance
- Verbal Threats
- Physical Threats, Violence, Murder
- Targeted Individuals
- Defamation
- False Accusations
- Victim-Shaming & Victim-Blaming
- Family & Social Discord
- Amoral, Inhumane
- Dependency
- Efficiency & Profit Above All

- Hierarchy & Compartmentalization
- National Security
- Shadow Gov’t Secrecy

- Misleading & Lying
- Manipulation
- Power Abuse
- Sociopaths & Psychopaths
- Disinformation & Contrived Controversy
- Infiltration
- Psychological Warfare
- Social Engineering & Propaganda
- False Flags

- National Security
- Family & Social Discord

Learn more at birdseyeview.xyz
When you're sharing information that is potentially disturbing, complex, or previously hidden, there are a number of things that can get in the way of a person hearing what you're saying, and productively processing the information. A listener may be experiencing:

- **Unhealed trauma**
- **Information overload, clutter, overwhelm**
- **General distrust or skepticism**
- **Indoctrination, entrenched belief systems**
- **Learned helplessness and addictive behaviors**
- **Lack of community or healthy way to respond**
- **Confusion due to the complexity of the subject**
Invite your audience to consider that one of the most powerful ways to combat the enemies of truth is to be curious — to entertain the possibility that difficult stories may be true — and then to test those speculations. Inspire your audience to:

Open to the idea that something you never imagined to be possible (or that seems you couldn’t bear if it were true) might, in fact, be true or partially true.

• Set aside what you think you know in order to listen to what you may not know. Commit, for now, to entertaining the possibility of something you’re not familiar with, so that you can actually hear what is being said.
• The verification and final decisions about who and what you believe can come later. Remember, information in itself is not threatening. It may be genuinely uncomfortable to hold space for a possibility that calls your worldview into question (or that may turn out to be false). But holding that space does not cause harm and it can be the doorway to expanding perception.

See birdseyeview.xyz for specific strategies to address the various obstacles faced by tellers seekers of truth. Here’s one:
The Two Sides of Discernment

Science only begins when we’re curious about something. Curiosity leads to the development of a theory that we set out to test. We continue to revise the theory based on what we learn.

In other words, we accept “x” as a working hypothesis and postpone conclusions until the subject is further explored.

Discernment is a two-sided coin. Do you fall more heavily on one side or the other? Taken together, both sides are, in effect, the scientific method.
Please remind yourself: Why am I sharing this information?

It may be that your primary motivation is to: Get the truth out as widely as possible! In this environment, a scattershot approach isn’t likely to make as much of an impact as you’re capable of making. If you prioritize, then you can focus on that which you’re best suited to do.

What do I most want to share?
What am I uniquely capable of communicating?

See birdseyewview.xyz for examples and lessons learned.

You’ve gone through so many things — including potentially dramatic internal changes. Your experience may include shifts in consciousness or vibration, spiritual events and other powerful experiences. You can’t possibly talk about it all! : ) Where do you want to draw the line?

What am I comfortable sharing?
What do I choose NOT to share about?
What tone is most in alignment with my authentic nature?

Setting and keeping boundaries while executing on your truth-telling mission will likely be an ongoing challenge. It may be particularly difficult — with all that is thrown at you — to keep from occasionally reacting in a tone that doesn’t reflect you or your mission. But it’s worth the effort!
Do you find yourself spending a fair amount of time sharing "the latest news" on the Internet? If so, you may want to pause and consider if this is the best use of your time in terms of fulfilling your mission. If timely news is relevant to your message, then by all means, get out there and share what you have to say. For example:

- If you're an independent media outlet with staff devoted to covering news, then sharing and commenting on "the latest" is, of course, what you do.
- If you (or your connections) work "on the front lines," then you are uniquely capable of sharing certain information. Thus, sharing what you learn in a timely manner serves your purpose.

But what if the offering that you are uniquely capable of providing requires more time on research or deep concentration? Perhaps you prepare videos or research articles. Maybe you have a book that wants to be written. If this is the case, then:

- You may wish to avoid spending precious time "staying up" on the latest news and passing it on. There are plenty of people to do that.
- Instead, try an experiment where you stay focused on research and content development. Do you find yourself more productive and making a greater impact?
- You might also make it a priority to pursue activities that help you relax and inspire your creativity.
Identify Your Audience

While it’s tempting to try and be all things to all people, it’s advisable to be sure you are first doing one thing well. This clarity will help you to refine and reinforce the power of your message. That means choosing one type of person that you’ll focus on reaching.

As you make a conscious choice of who you’re prioritizing to reach with your story, be sure to choose people who aren’t already 100% behind what you’re saying. To increase awareness, obtain justice, or create change, we must find a way to reach those who currently can’t or won’t hear what we’re saying.

Ideally, we’re all modeling and encouraging efforts to reach across the aisle to find common ground. One way you can do this is to take a moment to consider the various characteristics and belief systems of potential listeners. Keeping these in mind may spur you to refine your messages in order to build bridges of understanding for the various listeners. See birdseyeview.xyz for specific characteristics to consider.

— Seth Godin
Seek to be Understood

Most problems don’t require more data. They require more insight, more innovation and better eyes.

– Seth Godin
THE TRUTH-TELLER’S OBJECTIVE

BUILD A BRIDGE OF UNDERSTANDING
Consider the subtle shift from attempting to:

- Get the truth out
- to attempting to
- Build a bridge of understanding

- Understanding requires a common vocabulary.
- ALWAYS define terminology. Avoid co-opted words.
- Identify places where people tend to get confused, or don’t see connections.
- Commit to filling in the blanks and connecting the dots. (However, when this requires opinion rather than observation or research, then consider leaving the questions for the listener.)
- Since dark motives of people in your story may be particularly difficult for audiences to accept, consider how you might help with this. For example, you can share information on sociopaths or you can share stories they are familiar with that show the motive you’re featuring. Another consideration is using specific, detailed, verifiable data, such as that found in U.S. Government Crimes Against Civilians.
- Refine your messages to help hold your listener’s hand. See Bird’s Eye View for more ideas.
Get facts, figures and resources at your fingertips. Peruse verifiable research, testimony and information that’s organized and easy to navigate. Now it’s easier to:

- Build a bridge of understanding from one level of knowledge to the next.
- Offer guideposts for seeing connections and making meaning.
- Minimize resistance and distraction by offering research and testimony without opinion or politics.
U.S. GOVERNMENT PROGRAMS THAT INCLUDED CRIMINAL & UNETHICAL ACTIONS AGAINST CIVILIANS

Artichoke & Bluebird
- Deliberate creation of dissociative identity disorder (multiple personalities) using trauma and inhumane practices for the purposes of mind control

Chatter
- Performed LSD experiments at an on-site mental hospital

Cointelpro
- Sabotaged constitutionally-protected political activity using unethical and illegal means

Hades / Ranch Hand
- Sprayed poisons on 6 million acres of land in Vietnam, causing civilian deaths by poisoning and starvation; horrifying birth defects in children of those exposed; more than 14 forms of cancer and other diseases directly associated with Agent Orange exposure

MK Ultra / Monarch
- Traumatic experiments on children, mentally ill and other people without their consent (and sometimes without their knowledge), designed to alter the mind and to achieve mind control
Dissociation

- The foundation for understanding how trauma-based victimization and mind control works is understanding how the natural human process of dissociation works.
- A fundamental part of the human ability to survive trauma is a natural, protective response that dissociates the experience so that the person can endure the pain and horror, and continue to go on.
- Dissociation is the separation of things that are usually together.
- In the case of trauma, dissociation refers to specific psychological processes that naturally happen and change the way a person experiences themselves.

How Traumatic Memory Works

- While a typical memory is of a whole event (sights, sounds, feelings and meaning are all associated), dissociation causes the event to be separated from meaning or feelings, and various parts of the event are stored separately.
- Thus, memory recall of dissociated events is unlike typical memory where all associated elements are recalled at once.
- Dissociated memories are recalled in fragments, perhaps as a “flash” without the typical context. Sights can be separated from sounds, which can be separated from feelings and so on.
- In the case of severe child abuse, “many events are experienced in a state of shock, stored in a dissociative state, and recalled in fragments.” (source)
- Over time, survivors may recall enough fragments to piece together the event which caused the mind to dissociate at the time of the trauma.
Bird's Eye View is dedicated to the courageous people who speak out about challenging topics — the everyday folks who make the fateful decision to blow the whistle on something that threatens the status quo.