



The Truth Teller's Handbook



Moment of truth

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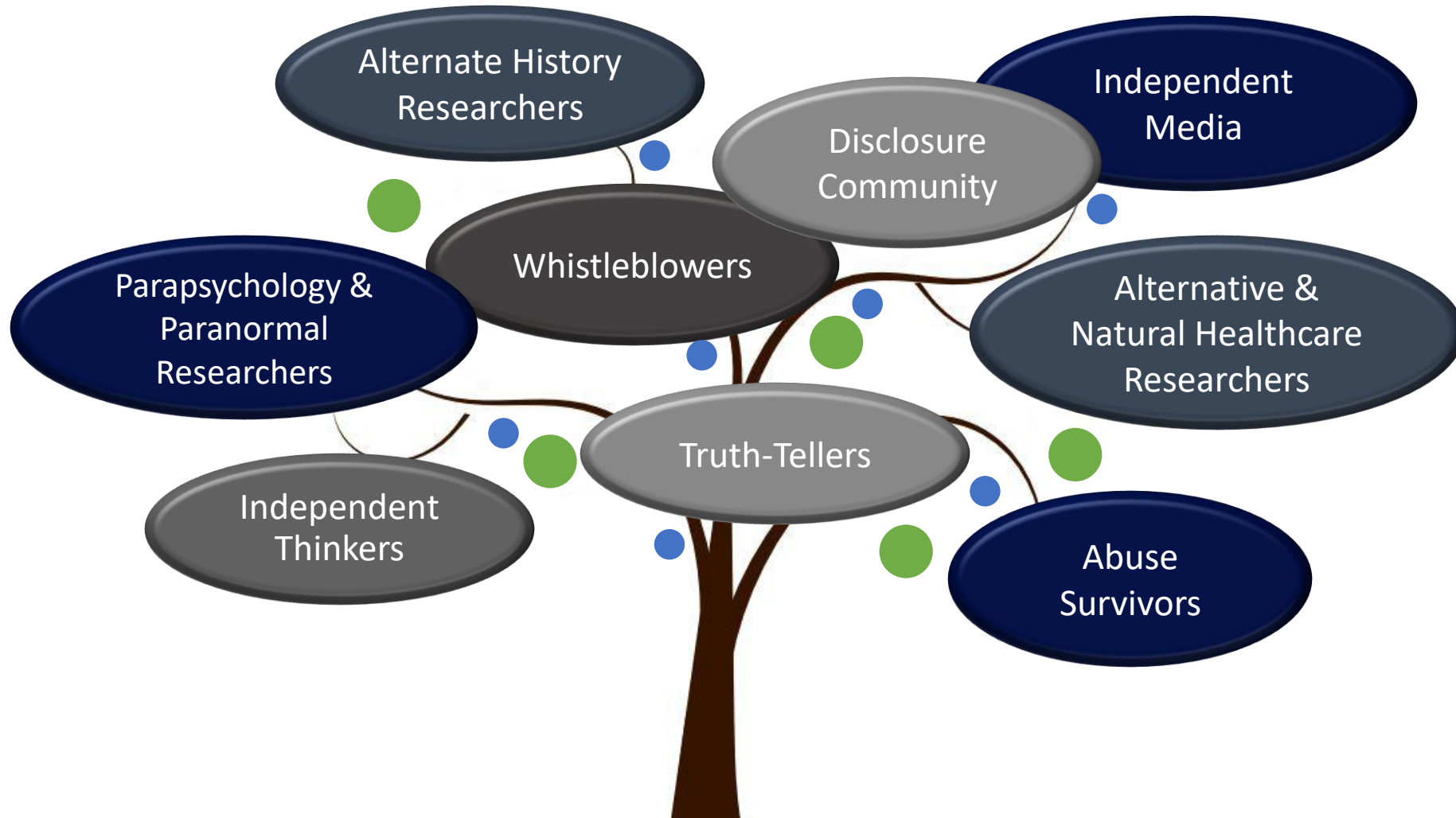


BUILDING BRIDGES

Courageous People

v1.0

Threatening the status quo



Truth Acceptance

TRUTH PASSES THROUGH 3 STAGES

First, it is ridiculed (or ignored).

Second, it is violently opposed.

Third, it is accepted as being self-evident.

— Arthur Schopenhauer



Significant Hurdles

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. Schools aren't known for offering 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.**

Bird's Eye View is designed to encourage and provide such support so that you can stay focused on your core mission.

It takes a tremendous amount of energy for truth-tellers to face the current environment. You have to guard against viciousness and help your audience separate authentic information from contrived controversy and manipulation. It requires great patience and strength to respond time and again to the challenges you're presented with.



FOR TRUTH-TELLERS: OBSTACLES

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:





A General Strategy

If you have access to an audience that has indicated a willingness to hear something new, this general strategy can provide support to your efforts. Ask your listeners 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. Even when NDAs are used for power abuse, even when compartmentalization keeps people ignorant of the whole truth, and when disinformation campaigns subvert the truth, we can circumvent those tactics by doing this:

Be 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.

How exactly might a truth-seeker do that?

- 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.



Science only begins when we're curious about something. Curiosity leads to the development of a hypothesis — a theory, a speculation, a proposed explanation — 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.

The Two Sides of Discernment

Discernment is a two-sided coin. One side is curiosity and the other is skepticism.

Do you fall more heavily on one side or the other?

Taken together and applied methodically, the two sides are, in effect, the scientific method.

SETTING PRIORITIES & BOUNDARIES

Define Your Purpose

Please remind yourself: ***Why am I sharing this information?***

Dig Deeper

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.

Ask Yourself These Qs

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

Look at Models of Success

See birdseyeview.xyz for examples and lessons learned.

Set Personal Boundaries

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?

Ask Yourself These Qs

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

Stay Strong!

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!



FOR TRUTH-TELLERS

A note about "news"

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.



Every time you talk about reaching everyone, that you imagine changing “the world,” you should fine yourself a nickel. It’s almost impossible to reach everyone... You’re going to reach virtually no one. That’s okay. The question is: which no one?

– Seth Godin

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 identifying where you have an opportunity to make a difference, and choosing one type of person that you’ll be sure to do a good job at 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 movement beyond stagnating situations. Any effort to reach across the aisle to find common ground is an effort worthy of praise. 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.

Learn more at birdseyeview.xyz



Seek to be Understood

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

– Seth Godin

Sharing information is not the same as being understood — and to be understood takes particular effort. You're not doing this because you simply want to **say** something; you want something to be **received and understood**. You want it to have meaning for the listener. Here we remind you to consider how you can help a [multiplicity of listeners](#) to hear and to understand what you're delivering in a way that is reasonably close to your intention, and is useful to them.

Search out best practices that can help to effectively convey information, such as:

- When introducing a topic, be patient and use a great deal of detail and loving attention.
- Introduce your audience to a “nugget” or phrase that can be used later when referring to topics previously explained.
- Whenever possible, consider metaphors to help your audience relate to the topic.
- Be sure to employ the greatest teaching technique of all time: story.
- Consider a tone and word choice that specifically gives the listener a sense of being seen as a sovereign being who gets to choose whether your information resonates for them.

A photograph of a traditional bamboo suspension bridge spanning a river in a lush, green jungle. The bridge is constructed from many parallel bamboo poles, with ropes and cables supporting its structure. The surrounding forest is dense with various types of trees and foliage. The image has a slightly desaturated, teal-toned aesthetic.

THE TRUTH-TELLER'S
OBJECTIVE

**BUILD A
BRIDGE OF
UNDERSTANDING**

Learn more at birdseyeview.xyz



Bird's Eye View

BROADEN YOUR PERSPECTIVE



Bridge-Building Ideas

Consider the subtle shift from attempting to:

Get the truth out

to attempting to

Build a bridge of understanding

- Identify places where people tend to get confused, or don't see connections.
- Commit to filling in the blanks and connecting the dots. (However, whenever such a step requires opinion rather than observation or research, then consider leaving the questions for the listener to consider.)
- 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. See Bird's Eye View for more ideas.

More Video Testimony by MIC Whistleblowers

This first section makes it easy to access video testimony of **former military and intelligence agency whistleblowers**. Scroll down for a bulleted listing of whistleblowers, alphabetized by last name.

William Binney, NSA Official (25 min)



Dr. Robert Duncan, CIA Engineer (1 hr)



Sibel Edmonds, FBI Translator (13 min)



Mary Embree, CIA Employee (9 min)



*Sample from
Bird's Eye View
Library*

Organized Research

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.**

What is the Deep State and the U.S. Shadow Government? Introduction

SHOULD YOU TRUST THIS SITE?

Terminology Usage

Varies

Overview

Why It Matters

The Shadow

Government

The Deep State

The Black Budget

Sources & Resources

What You Can Do

See Also

Terminology Usage Varies

There are differences and overlap in usage of these terms:

- The Shadow Government
- The Deep State
- The Parallel Government
- The Secret Government
- Military Industrial Complex (MIC)
- The Elite
- The Cabal
- The Illuminati
- New World Order (NWO)
- Globalist Order / Globalist Agenda

To be sure you're correctly interpreting reports from various sources, seek clarification on their intention. Here are some common ways these terms are used:

- The Shadow Government, Deep State, Parallel Government and Military Industrial / Intelligence Complex

Summary List of MIC Whistleblowers

This is an alphabetized list of **former military, intelligence and congressional whistleblowers**. The originating source for this list was the [The Freedom Articles here](#). We continue to add to that list as whistleblowers come forward. The videos linked here are also provided above

1. Agee, Philip (CIA case officer) — book reprint
2. Binney, William (NSA official) — 25 min video
3. Drake, Thomas (NSA senior executive) — whistleblower bio
4. Duncan, Robert Dr. (CIA engineer) — 1 hr video
5. Edmonds, Sibel (FBI language translator) — 13 min video
6. Embree, Mary (CIA employee) — 9 min video
7. Giraldi, Philip (CIA agent) — article
8. Gunderson, Ted (FBI chief) — 1 hr 14 min video
9. Kiriakou, John (CIA agent) — 10 min video
10. Lindauer, Susan (CIA agent) — wanttoknow.info
11. Lofgren, Mike (congressional staff) — 25 min video
12. Machon, Annie (UK MI5 officer) — whistleblower bio
13. McGovern, Ray (CIA analyst) — 10 min news video
14. Scheuer, Michael (CIA agent) — bio
15. Shipp, Kevin (CIA agent) — 1 hr video
16. Snowden, Edward (NSA contractor) — article
17. Steele, Robert (CIA case officer) — article
18. Stockwell, John (CIA agent) — 45 min audio
19. Tatum, Chip (CIA black ops) — 2 hr video
20. Tice, Russell (NSA agent) — 4 min video
21. Wiebe, Kirk (NSA senior analyst) — 45 min video

**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 on human subjects at a 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

**U.S. GOVERNMENT
PROGRAMS THAT
INCLUDED CRIMINAL
& UNETHICAL
ACTIONS AGAINST
CIVILIANS**

Mockingbird

Subversion of the free press by using CIA spies as journalists in order to control the public debate

Northwoods

U.S. Military operation to trick the American public and international community into supporting a war by attacking and killing innocent U.S. citizens and blaming it on terrorism

Paperclip /
Overcast

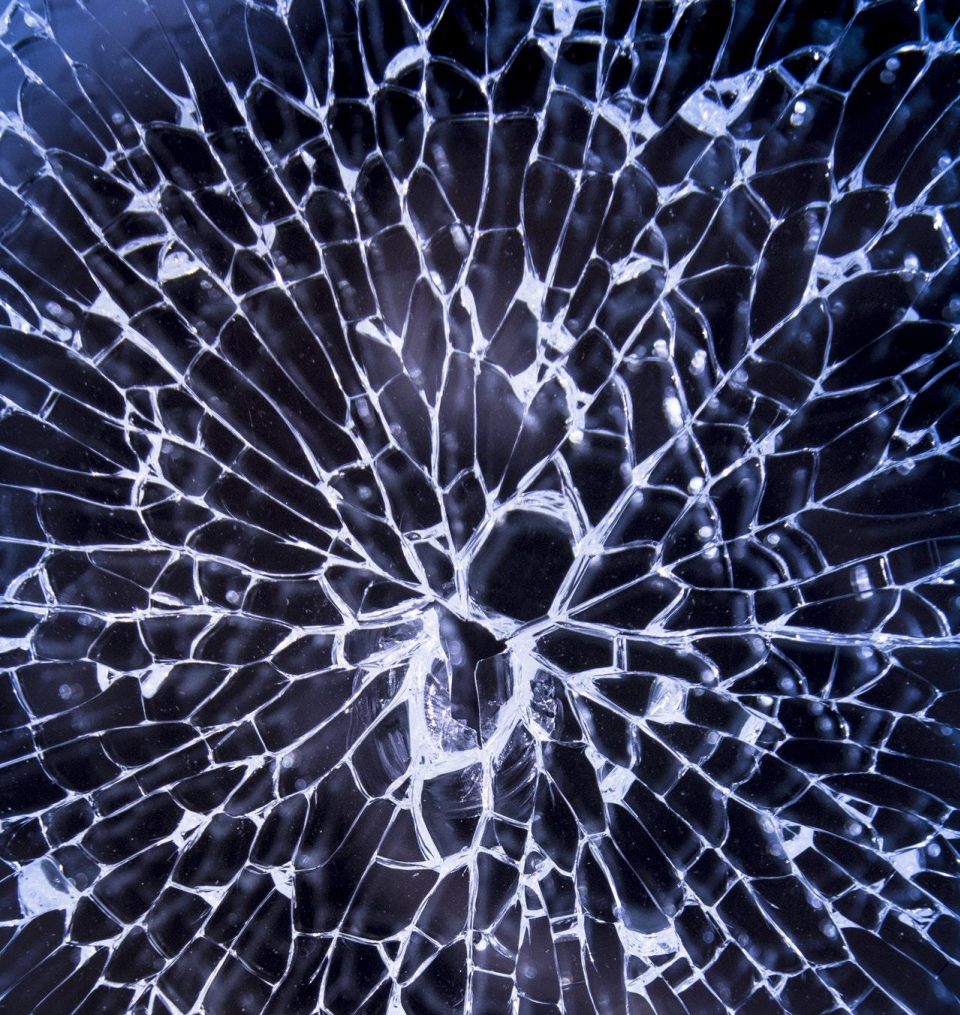
After World War II, the U.S. government secretly brought more than 1,000 Nazi war criminals to the U.S., without punishment or accountability and provided them with aliases and powerful positions in the U.S. government

Phoenix

Sadistic torture and murder, victimization and killing of innocent people

Tuskegee
Experiment

Doctors for the U.S. government recruited unwitting subjects through lies and bribery, conducting inhumane research on the unwitting subjects; the doctors withheld treatment from 399 men, instead watching them suffer the effects of untreated syphilis, including death, blindness and insanity



Trauma-Based Victimization

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.**
- The processes of dissociation are described with various clinical terms and diagnoses such as depersonalization, derealization, dissociative amnesia and dissociative identity disorder.

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
BROADEN YOUR PERSPECTIVE

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.

Learn more at birdseyeview.xyz