

A Psychoneurospiritual State of Captivity

How the violation of consent took place during COVID

Meredith Miller
www.InnerIntegration.com

A micro to macrovision bridge of abuse dynamics

- the abuse cycle = a cycle of violence causing a trauma bond AKA Stockholm Syndrome or Traumatic Entrapment >> Psychoneurospiritual State of Captivity
- the goal = compliance + irrational loyalty and emotional dependency on the perps and the abusive system
- to follow COVID measures (social distancing, masks, testing, etc.)
- to get vaxxed
- to transition into the digital slavery system

The 4 parameters to induce a state of captivity

- isolation
- act of perceived kindness
- perceived life threat
- perceived inability to escape



#1 ISOLATION

- physical and/or psychological
- the key = no access to outside perspectives
- the goal = the target is fully subscribed to the perp's narrative
- the result = a domination of the perception of reality
- social isolation induces a state of disconnection (ANS neuroception = unsafe > defensiveness)
- prolonged isolation causes chronically elevated stress hormones and changes in the nervous system, affecting the ability to form social bonds (ie: irritability and aggression)
- examples: domestic confinement, social distancing, elder abuse, technological delivery of messaging in media, social media and corporate lockstep, information control, censorship, propaganda, "fact-checking", silencing and smearing of alternative narratives including doctors

Information control is reality control.

#2 ACT OF PERCEIVED KINDNESS

- part of the abuse cycle (intermittent reinforcement)
- the key = “perceived”, whether real kindness or love-bombing
- the goal = the target relaxes their guard, trusts the perp, or gets pulled back in once the target starts to wake up and/or leave the situation
- induces Cognitive Dissonance, leading to states of denial and defensiveness
- the result = the inconsistency of reward/praise causes target to work harder, invest more and develop an obsession with compliance
- examples: restoring some freedoms and loosening some restrictions, the free “vaccine”, incentives (gov stimulus \$, unemployment benefits, mortgage and student loan forbearance, vax rewards and lottery), promises of safety (“for your protection”, “because we care”, “to keep you safe”), and the dosing of truths here and there

#3 PERCEIVED LIFE THREAT

- delivered through a bombardment of fear messaging
- the key = “perceived”, whether a real life threat or not
- the goal = cues of life threat induce a freeze state (ANS collapse, immobilization)
- the result = closed off to new info, metabolic shutdown, decreased immunity, numbing (endogenous opioids), brain fog, feeling lost and alone, dissociation as an adaptation to a long-term, ongoing sense of life threat
- examples: the virus, people as the vectors of the virus, tyranny

Fear is the currency of control.

#4 PERCEIVED INABILITY TO ESCAPE

- the key = target feels trapped and learns that resisting the abuse is more painful
- the goal = target develops a dependency on the perp for survival
- induces the perception “I can’t...” and a state of learned helplessness
- the result = debility, dependency, dread, apathy, powerlessness, hopelessness, lack of control over one’s life, loss of creativity, imagination and access to other higher consciousness faculties, existential exhaustion and despair, escapism tendencies (fantasy, alcohol, porn, food, drugs and other addictions, self-harm, suicide)
- examples: goal post moving (2 weeks, 2 doses...), the vax positioned as the only way out (“Get back to what you love”)

The Final Result

Spiritual Bankruptcy



The Neverending Story

“People have begun to lose their hopes and forget their dreams,
so the Nothing grows stronger.”

“It’s the emptiness that’s left ... like a despair destroying
this world.”

“People who have no hopes are easy to control and
whoever has the control has the power.”

Devastating Long-Term Impact

- escapism leading to self-destruction habits
- ongoing compliance with the abuse (more traumatization and tyranny)
- loss of self-worth, self-esteem, self-trust, sense of self
- increased vulnerability (physical and mental health decline)
- exhaustion, apathy and powerlessness
- high probability of repetition

Liberation Myths

- liberation is not just waking up
- liberation is not when the truth comes out
- liberation is not just leaving the abuser or abusive situation
- liberation is not when the abusers are in jail or even dead
- liberation is not found in a rescue fantasy or through a savior

“Reclaiming the power of choice is true liberation.”

– Meredith Miller

What's the way out?

- an ongoing commitment to self-responsibility (self-discipline of one's thoughts, words, behaviors, desires and choices)
- withdraw consent and opt out as much as possible
- face the truth relentlessly (dissolves the Cognitive Dissonance)
- label the abuse and articulate what happened
- speak the truth to find allies
- set boundaries with abusers and their enablers
- create a new life separate from the abusive system
- rebuild self-worth and work on personal trauma recovery
- remember that your choices create your legacy