



## How to Deal With Tyranny: A Practical Guide

Analysis by [Tessa Lena](#)

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### STORY AT-A-GLANCE

- › The life that the technocrats want to impose on us is lifeless
- › They are pushing for the Great Reset and 4IR like a bulldozer, and it is critical for us to recognize it and have spiritual patience and total faith in our victory in the end
- › The historical perspective is important since we are not the first people in history faced with tyranny; our ancestors are a source of courage and inspiration
- › The absurd, authoritarian condition that we are currently experiencing can be turned into an opportunity for remembering who we are in this world and connecting to more like-minded people
- › Human soul is much stronger than the algorithms, in the end human soul will win

This story is about coming to terms with the disgusting fact that we really are facing the bulldozer of the [Great Reset](#) — and about working toward the quickest victory of humanity over the algorithm. It is about the big picture, history, tapping into our strength, and being inspired but the courage of our ancestors.

## **The Lifeless Existence the Technocratic Swindlers Want to Impose on Us**

The life that the technocrats want to impose on us is lifeless. The marketing brochure makes it look like we are going to enjoy the comforts but really, this kind of life is more or less an endless lonely scream behind the glass!

For a taste of living in a digitally controlled reality, please meet Thales' Digital ID, the "best companion" of a very lonely young woman featured in the ad. Notably, the commercial starts with a reminder of a mandatory vaccination, how appropriate!

Here is a 2017 ice cream commercial, seemingly alluding to Stanley Kubrick's "2001: A Space Odyssey." This commercial is so dystopian that words don't do it justice.

And here is a scary 2019 bit from BBC about a kid who wants to do away with her body so that she can "be data" in a transhumanist world and "live forever" (what a cruel scam).

## **Underneath It All, It's About the Soul**

I believe that the absurd, authoritarian condition that we are facing is a way of dealing with unresolved spiritual issues that our species has accumulated. It's an opportunity to expel our ghosts, heal our wounds, and go back to our roots.

Since we cannot just close our eyes and pretend that the attempt at the abusive Great Reset isn't here full force, we might as well turn this situation of abuse into a way of remembering our strength, love, and clarity – and tap into them all the way. And then work at it until we win!

I believe that the key ingredients of eventually succeeding in the battle against transhumanism are doing everything from love in our own lives, being our absolute best, and leaving the rest to the universe. The neurotic principle that the technocrats are driven by is like a contagious ghost, it can jump person to person — so not allowing it in our own lives is extremely powerful against technocracy.

The [mind of a technocrat](#) is driven by the need for mechanical control, it comes from a broken spirit and a fear of everything natural — and since the malady is at its root spiritual, I believe the answers are also spiritual, with practical answers and actions varying greatly from person to person, and no formula about it.

There is no formula but this horrible situation is a major opportunity for us to come alive at last — completely and fully alive. Unapologetically alive. Dance and sing and not give in to fear no matter what — and do it with love.

## Nothing Is New Under the Sun

What we are dealing with today is new and shocking to us because for many of us, it is perhaps the first time in our lives that we are dealing with abuses on such a massive scale — but it is not new in the absolute sense, and many people had to do with similar and worse pressures and dangers in the past.

For example, here is the story I wrote — based on my own observations — about the parallels between the “COVID health response” and the realities of the Soviet Union, called, [“On the Soviet Man and the Groundhog Day.”](#)

Throughout the history of our species, abuses have been rampant, and tyrants and atrocities have been many. There have been many unjust wars, and pillage, and slavery, and serfdom, and religious reforms, and censorship, and forced sterilization.

And even the government abuses of the COVID vaccination campaign are not original as they eerily repeat what happened during the vaccination campaign against smallpox – which is kind of stunning. In the **words** of the author who goes by “Midwestern Doctor”:

*“The original smallpox vaccine was an unusually harmful vaccination that was never tested before being adopted. It increased, rather than decreased smallpox outbreaks. As the danger and inefficacy became known, increasing public protest developed towards vaccination. Yet, as smallpox increased, governments around the world instead adopted more draconian mandatory vaccination policies.*

*Eventually, one of the largest protests of the century occurred in 1885 in Leicester (an English city). Leicester’s government was replaced, mandatory vaccination abolished, and public health measures rejected by the medical community were implemented. These measures were highly successful, and once adopted globally ended the smallpox epidemic, something most erroneously believe arose from vaccination.”*

By the way, the story of smallpox vaccination is truly fascinating, I highly recommend you read the entire thing!

## **Lies, Exposed. Delusions, Shattered**

The past two years brought to the surface lies and imbalances going back many, many years – even centuries. Fear of nature and the ambition to “conquer” it from the position of mechanical control goes a long way back – and it is that ambition that seems to be driving the Davos crowd of today.

The past two years have also exposed – in a very rough manner – the flimsy nature of many of our basic political assumptions! Up until 2020, we as modern day Americans had certain ideas about our rights and freedoms.

Many of us have probably never expected to ever deal with today's level of absurdity, fraud, lawlessness, and abuse in our lifetimes, in our own country. Even I, being born and raised in Moscow, was convinced that the totalitarian trends have been left in the past ... and yet here we are ...

And suddenly, we have to deal with cruel tyrants just like the people who had walked this Earth before us. And just like those who walked before us, we have to look into our hearts for courage and answers, and swim in the dark, and pray a lot, and give birth to a stronger version of ourselves in the process. Turns out, the history hasn't ended the moment we were born, and it's our turn to be brave!

When it comes specifically to COVID lies, I wrote about them in detail before in a story titled, "[Are We Living in a Dystopian Reality?](#)" When it comes to the lies that are centuries old, here is a great interview I did with Steven Newcomb about the [Great Reset and the Doctrine of Domination](#).

Perhaps, in the eyes of our highly perched masters, we've never been free. Perhaps, the only things that have palpably changed since 2020 are the length and the texture of our leashes – and while it makes a major difference in the quality of our lives and it matters – the underlying principle of "domination" has been built in the system all along. At least now that we see the leash and the yoke with clarity, we can start working toward the original freedom.

## **The Source of Our Strength**

We now know that the real joy and the real power are in the strength of our spirits and in our connection to the people around us. We now know that many things that we have been taking for granted can disappear in a blink of an eye – even the right to breathe like a free human being – but love and strength remain, and it is from that place

of love and strength that we need to push back. We now know that loving, sincere human beings protect us better than anything else in the world.

I think that underneath it all, underneath all the crazy technology, the world is what it has always been. And we need to do what people have been doing for millions of years, namely figure out who we are and walk our path in dignity, solving challenges as they come at us.

## **The Value of Patience and Faith**

I would like to make an unglamorous statement and propose that our best friends in this situation are patience and relying on the universe in a humble manner. I think that they are our best friends both spiritually and practically. Yes, we also need to do honest research, and yes, we also need to push back against abuse in every available way – but I think all we do needs to be accompanied by patience and relying on the universe in a humble manner.

The age of social media and promotional campaigns around “instagrammable” rebellion have given even the best of us a bit of an illusion that pushing back produces near-instantaneous results.

The proximity of Twitter feeds makes it feel like we possess the same “influencing” power as the richest people in the world, like it’s enough for us to “figure things out” and recite our explanation out loud, and the world will say, “Oh. Thank you for explaining the facts to us. Now we know, and we’ll change our way!”

Of course, this never happens. In reality, we are up against a major bulldozer and thick collective and individual habits and egos. Even though social media may make everything feel accessible, which gives us an illusion of an equal footing with the richest people in the world by merely talking, we don’t actually have an equal footing in the mechanical plane.

I believe we possess a lot of power (and I genuinely believe that we will win in the end) but our power lies in a different realm and works non-mechanically.

In practical terms, we can make fun of Klaus Schwab and Bill Gates all day (and I do it all the time) but they and their masters are still going ahead with mandates, and Digital IDs, and programmable money, and so on. They are going ahead like a bulldozer. So having patience is not only good but necessary because we as we pray for the speediest victory for us, and as we work for it until we win – we don't know the timeline.

## Stockdale Paradox

Jim Stockdale was a United States Navy vice admiral and aviator who spent seven years as a prisoner of war in Vietnam. Personally, I think that the Vietnam war, like most modern wars, was a shady one – which makes the story complex. But the “Stockdale paradox,” as [described](#) by author Jim Collins, is stunning.

Here is the story. At one point Jim Collins met up with Jim Stockdale, and he asked him how he prevailed while in prison.

*“I never lost faith in the end of the story,” he said, when I asked him. “I never doubted not only that I would get out, but also that I would prevail in the end and turn the experience into the defining event of my life, which, in retrospect, I would not trade.”*

*I didn't say anything for many minutes, and we continued the slow walk toward the faculty club, Stockdale limping and arc-swinging his stiff leg that had never fully recovered from repeated torture. Finally, after about a hundred meters of silence, I asked, “Who didn't make it out?”*

*“Oh, that’s easy,” he said. “The optimists.” “The optimists? I don’t understand,” I said, now completely confused, given what he’d said a hundred meters earlier.*

*“The optimists. Oh, they were the ones who said, ‘We’re going to be out by Christmas.’ And Christmas would come, and Christmas would go. Then they’d say, ‘We’re going to be out by Easter.’ And Easter would come, and Easter would go. And then Thanksgiving, and then it would be Christmas again. And they died of a broken heart.”*

*Another long pause, and more walking. Then he turned to me and said, “This is a very important lesson. You must never confuse faith that you will prevail in the end – which you can never afford to lose – with the discipline to confront the most brutal facts of your current reality, whatever they might be.”*

*To this day, I carry a mental image of Stockdale admonishing the optimists: “We’re not getting out by Christmas; deal with it!”*

## **Dealing With Today’s Pressures Has a Positive Side: It Helps Us Remember Who We Are**

In terms of both survival and pushing back against the abuse, each of us faces the need to figure it out from the inside. Some of us have made major changes and moved to another country or state, others are making appropriate adjustments where they are. Some are very public about pushing back, some are focused on private lives. There is no one-size-fits-all recipe for how to deal with the onslaught of the “new normal” but it’s very important to listen to one’s heart and do what it says.

In practical terms, it’s probably a very good time to learn how to be more self-sufficient (for example, I am

considering starting to [grow food](#) in an urban setting). It's a perfect time to [use cash](#) a lot. It's a great time to invest into health, and maybe even to reasonably stock up on some foods (but without panic, panic never helps).

But I think that of the most important thing might be establishing solid relationships with like-minded people — and for most of us, this has been happening naturally in the course of the past two years since the conditions made people's general inclinations more transparent than before, and kinship became more visible. Loving people provide the kind of security that we all need (always, but especially now).

And the hope is that in the process of responding to these “interesting times,” we can get closer to figuring out who we are in this world, and why we are here. And one day — we don't know when, but one day, this darkness will end, and we will laugh like children again. And we'll heal but we'll be stronger and wiser. I think that's the point.

## About the Author

To find more of Tessa Lena's work, be sure to check out her bio, [Tessa Fights Robots](#).