### THE PSYCHOLOGICAL WARFARE OF OPINION PHOBIAS By Kurt Sieber



political) produces a type of allodoxaphobia.

Former Gov. of Arkansas Mike Huckabee reports in his Substack Morning Edition<sup>(1)</sup> that one of the most recently diagnosed psychological disorders afflicting society in epidemic proportions is "allodoxaphobia".<sup>(2)</sup> According to Psych Times, allodoxaphobia is "the irrational fear of opinions"<sup>(3)</sup> and "Someone suffering from this disorder may find it extremely difficult to cope with day-to-day life, whether due to actually being judged by others or merely due to their own paranoia. In some extreme cases, they may even experience full blown panic attacks that will require hospitalization." Obviously, this condition can paralyze a person's interpersonal social interactions. Fearof.net, a website that bills itself as "The Ultimate List of Phobias and Fears", adds that this "portion of the population just does not want to listen to other people's opinions."<sup>(4,5)</sup> and this phobia, which can strike at any age, is often triggered by past experience of negative or traumatic episodes of personal criticism. Psychological warfare recognizes that successful indoctrination (religious or

On the flip side of the allodoxaphobia coin is plain old vanilla doxaphobia—which is the fear of expressing and voicing one's own opinion. (6) As with all "opinion phobias" as they are called, doxaphobia is triggered by traumatic past experiences including media exposure such as printed, electronic, TV, and social media (think bullying on social media). Part of the recent psychological warfare effort against America employs "fact checkers" (organizations falsely portrayed as authorities) to provoke and trigger doxaphobia in order to destroy free speech by using tools like public shaming, criticism, violent threats, social isolation, and reputation smearing with hit pieces. What is not so obvious is that Marxist influenced Diversity, Inclusion, and Equity (DEI) programs also focus on inoculating and triggering people—particularly heterosexual white people—with "opinion phobias" using accusations of microaggression and structural racism in order to divide and destroy American society.

Of particular concern is the psychological warfare waged on American school children. Both public and private schools are influenced by progressive parents, caregivers, teachers, school boards, and school administrators advocating critical race theory curricula that typically masquerade as "culturally responsive teaching" (CRT) methods. The CRT indoctrination method is designed to embed emotional triggers for "opinion phobias" in children. These triggers can be strengthened and sensitized over time to produce easily intimidated and manipulated adults who allow propaganda and policies to remain unchallenged. Carried out by governments or other institutions, societal control is the endgame of psychological warfare.

Does the Bible comment on "opinion phobias"? Yes indeed! And the scriptures call this snare "Fear of Man". (7.8)

Prayer points: Pray for Holy Spirit awareness and spiritual warfare against "opinion phobias". Pray that the tools of psychological warfare that have been employed against American Society are completely exposed, uprooted, and destroyed.

# SURPRISING BENEFITS OF NICOTINE (NOT Smoking) By Justyn Wolf

Nicotine is not the addictive substance once thought.<sup>(1)</sup> An NIH.gov article found that nicotine (by itself) is not addictive.<sup>(2)</sup> A 2015 Harvard University paper confirms this.<sup>(3)</sup> Pyrazines added to cigarette tobacco is what makes them highly addictive.<sup>(3,4)</sup>

"...everyone should know...most of the harm of cigarettes is not from nicotine; it's from the combustion product," says Dr. Neal Benowitz, chief of clinical pharmacology at the University of California..."(5)

Nightshade vegetables (eggplant, tomatoes, and potatoes) have some of the highest concentrations of nicotine, second only to tobacco. Cauliflower, celery, and zucchini also contain nicotine.<sup>(6,7)</sup>

Dr. Bryan Ardis classifies nicotine as a nutrient. (7) Our cells contain nicotine

receptors.<sup>(8)</sup> (Might this be why our bodies can utilize nicotine, providing positive benefits?)

Dr. Ardis states, "Nicotine by itself has been proven to reverse, prevent, and even cure...Parkinson's...Alzhiermer's...MS, Ulcerative colitis...it can... dissolve glioblastoma brain tumors...and [help] cure...type 1 diabetes..." ..."Nicotine [in nightshade veggies] has more anti-inflammatory properties than proinflammatory properties by a lot..." (9) Nicotine also shows its promise in treating arthritis.(10)

Dr. Ardis also states nicotine can remit certain behaviors in autism and is "the antidote to Covid" and other viruses including measles, rabies, polio, HIV; and is the antidote to snake venom.(11,12,13) Nicotine might help other

(continued on page 4)

### WEATHER OR NOT ... By Laurie Ortiz

...you believe it—weather manipulation is real! If you have been following DYK, you're aware of our many articles addressing the long term goals of the climate crazy globalists' "2030 Agenda" (The Great Reset), conceived by the World Economic Forum. Aside from "owning nothing" and "being happy", the biggest aspect of the agenda is global "sustainability". How to achieve it gave rise to the concept of "15 Minute-Smart Cities: transforming populated urban/suburban areas into compact "cities" devoid of roadways for personal vehicles, single-family homes, and needing to travel more than 15 minutes in any direction for work, school, shopping, health needs, etc. Essentially, it's a Pandora's box of nicely gift-wrapped elitist global control, with just one problem...there's too many people on the planet! According to the UN, the global population now exceeds 8.2 billion.(1) Christopher Tucker, chairman of the American Geographical Society, estimates that a "sustainable" global population rests at 3 billion, 2 other estimate near 10 billion. So now what?

#### Part 1 - Some Context:

Nuclear and chemical warfare in WW2 fostered the need for innovation in military arms, bringing concern over pollutants affecting the earth's ozone layer. Space surveillance, missile, laser, and computer technologies emerged during the Cold War.(3) In 1965 the Dept. of Defense authorized a study testing the feasibility of using forest fire as a military weapon. (4) In 1967 a cloud seeding program was implemented to increase rainfall in Viet Nam to further our advantage over the Viet Cong (August 2023, DYK). It was during this time Zbigniew Brzezinski, a professor at Columbia University, became a foreign affairs adviser to Presidents JFK and Lyndon Johnson. He later served as national security adviser to President Carter.(5) He states:

"...I don't think that any country in Western Europe or in America can any longer adopt the idea of totally free movement of people. It would simply overwhelm their social facilities... That simply is not practical."

"Today, it is infinitely easier to kill a million people than to control a million..."

"No matter how deeply disturbing the thought of using the environment to manipulate behavior for national advantages...the technology permitting such use will very probably develop within the next few decades."(6)

In 1973, inspired by Brzezinski's writings, David Rockefeller founded the Trilateral Commission (October 2022 DYK), making Brzezinski the director.(7)

Part 2—How Manipulation Works will be in the March DYK issue

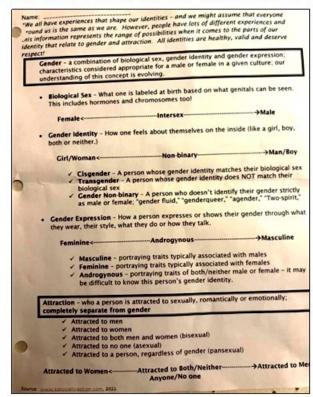
### **HEAR OH ISRAEL** By Laurie Ortiz

"AS COLD WATER TO A WEARY SOUL, SO IS GOOD NEWS FROM A FAR COUNTRY." PROVERBS 25:25

On Inauguration Day President Trump signed many executive orders, some of which were good news for our closest ally, Israel. They include:

- Defunding UNRWA, the United Nations Relief & Works Agency for Palestinian refugees: (1) The US has given UNRWA \$370million annually. In turn, UNRWA has been funding, employing, and giving logistical support to Hamas, and also providing anti-Israeli education to Palestinian children.(2)
- Lifting restrictions on arms sales to Israel, including the supply of 2,000lb. bombs,(1) giving them the aid and support needed to fight Hamas.
- Restoring sanctions against the International Criminal Court, (1) asserting they have no jurisdiction over the US or its allies. (2)
- Revoking sanctions on several Israeli citizens in Judea and Samaria imposed by the Biden administration.(1) Finance Minister Betzalel Smotrich publicly thanked Trump stating "These sanctions were a severe act of blatant foreign interference in Israel's internal affairs."(3)
- Authorizing deportation of US visa holders involved in pro-Hamas protests (1) This will facilitate the deportation of foreign students and other nationals participating in campus unrest and anti-Israel demonstrations who express solidarity with Hamas, Hezbollah, and other designated terrorist groups.(2)
- "...the Lord viewed the earth. To hear the groaning of the prisoner. To release those appointed to death. To declare the name of the Lord in Zion..." Psalm 102:19-21

## WAS THIS GIVEN TO YOUR CHILD?



There are reports that the hand-out above was given to 6th graders in the Pittsford school district in Health class the week of January 6. Each child was to put their name on it and note which Gender Identity they aligned with.

The hand-out is from savvyallyaction.com. Its mission as a local business is to offer workshops on how to be an ally to the LGBTQ+ communities. Isn't it odd that this hand-out doesn't mention anything about "allies"?

What could be the motive for giving such a hand-out to 11 & 12-year-olds and wanting children to identify their gender and attraction? Why does the school want to know who and how many LGBTQ+ students it has? Is it to promote the Rainbow Club at Jefferson Road Elementary School? Is it to see who may need counseling, puberty blockers, or "support" at home?

Another "why" is a debate topic in a Pittsford English class, "Should people younger than 18 be able to have chemical or surgical gender transition?"

Parents struggling with this, can you talk to the Administration? Can your child(ren) opt out of these classes or be homeschooled? As a taxpayer, go to and speak up at school board meetings. Everyone else, let us pray.

# THE LA FIRES By Barbara Sieber & Candy Giles



### "EVIL MEN WILL BURN THEIR NATION TO RULE OVER ITS ASHES" - SUN TZU

According to the January 13 Wall Street Journal, before settlers even began moving into CA, 4 million acres of land burned a year. That decreased with forest management until recent years when CA environmentalists stopped clearing the brush. So much for the climate change argument.

#### So many questions...

Why did CA remove four dams (to help the salmon and smelt), limiting the amount of water available for firefighting despite the extensive history of wildfires?<sup>(1)</sup> The smelt had not been seen in nearly a decade.<sup>(2)</sup> Why did Governor Newsome block plans to bring water from the temperate north to the dryer south? He allowed billions of gallons of stormwater to flow into the ocean, rather than storing it for emergencies.<sup>(1,3)</sup>

Why was the Palisades reservoir, which could hold 117 million gallons of water, emptied for maintenance several months before the fire?(3)

PLANS IN THE WORKS - 2020 POSTER

Why was testing of the hydrants cancelled for 2024 - 25? (Officials cited "fiscal challenges")(3)

Why did Mayor Karen Bass cut \$160M from the fire department budget but allocate \$170M for Social Justice Art and \$100K for transgender cafes? (4) Why did CA cut \$160M from the fire prevention budget and send equipment and money to Ukraine? (3) Why was \$2M cut from the fleet's maintenance budget? When firefighters arrived to fight the fire, why were 1 in 6 trucks waiting for repair? (5) Why would CA make ANY cuts when they had a budget surplus? (6)

Why wasn't the National Guard called immediately (not seven days later), as per proper procedure? Why weren't firefighting planes and helicopters called immediately? Why didn't officials issue warnings? Why didn't the government practice deforestation and insist on proper landscaping around homes?

Why was the Palisades fire allowed to burn 45 minutes before firefighters arrived?(8)

Why was a plan for a desalination plant (like Israel has) rejected?(9)

(continued on page 4)



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### READY TOGETHER By Susan Micciche



A personal emergency preparedness plan has three core elements: family communications (Nov. 24), evacuation (Dec. 24), and sheltering in place (Jan. 25). These articles are online at <a href="https://www.bethelcf.com/dyk.">https://www.bethelcf.com/dyk.</a>

The following are helpful tips and links not included in the above articles.

#### Communications

Invaluable during a power outage: portable, solar-powered charging banks (ex. Jackery or Anker). Larger ones can be used to power a Starlink, small appliances, or medical equipment e.g. CPAP.

#### Evacuation

Pack essential supplies in a bug-out bag, including important documents. Important details are included in the references below.



Keep a bug-out bag in your car if you're not at home when the emergency strikes.

Rotate the contents of your bag seasonally to ensure you have the right gear for the appropriate season and to check for damaged or expired items. Remember to include comfortable walking shoes and thick socks to protect your feet if you need to walk long distances.

If you or anyone in your household has a medical condition, stock up on medications and any supplies they may need if you are cut off or need to evacuate for days or weeks.

#### Sheltering in Place

The internet abounds with what might be needed in a long-term, widespread catastrophe. Here is a starting point: Emergency food, A water filtration system, waterproof matches or ferro rod; An extensive first aid kit with antibiotics and iodine pills; A multitool with pliers, a knife, saw, screwdriver; A solar-powered generator; Flashlight, lantem, and radio; An axe, shovel; Paracord, heavy plastic, Duct tape; A can opener, Warm clothes.

Consider purchasing a Medical Emergency Kit. A variety is available from The Wellness Company. (https://www.twc.health/)

Let's become more resilient. You can do this. We can do it together.

### BENEFITS OF NICOTINE

(cont' from pg. 1)

cognitive conditions such as ADHD, and schizophrenia, and it "can help with learning, memory, movement and even constipation." (14)

Many use nicotine patches and gum to access these health benefits. Interestingly, Canada, UK, Australia, New Zealand, and America are looking to ban all commercially available nicotine products from the market by 2030.(14)

Who would benefit from a ban like this?

The web is still flooded with articles on the harmful, addictive qualities of nicotine even after so much has been published to the contrary.(15,16)

Much has been kept hidden and covered up about what is healthy and what is harmful. Let us do the research to seek out truth.

Thank God He gave us the leaves of trees for healing.(17)

Additional resources found under SOURCES

### THE LA FIRES

(cont' from pg. 3)

On January 2, the National Weather Service warned of extreme fire conditions, an impending catastrophe.<sup>(6)</sup> Why did Mayor Bass leave on January 4 to attend an inauguration of a Marxist Ghanaian president?<sup>(5,10)</sup>

#### Players and Motives:

Karen Bass, a communist, took fifteen trips to Cuba in the 70s where she was trained in terror tactics and bomb-making with members of the M19 and Weather Underground domestic terror groups. (11) She is not a loyal American. Neither is Gavin Newsome, a graduate of the World Economic Forum's Young Global Leaders program. Their loyalties lie with the One World Government/UN philosophy that supersedes nation-states. (12)

Together they seem bent on destroying LA and beginning the installation of 15 Minute-Smart Cities throughout the country. "The desire of the elite (WEF, etc.) is to collapse industrial society, lower the world's population, remove individual property rights, and build Smart Cities. The inclusion of LA in the Smart Cities transition...means monitoring your every out-breath. Easier to do with fewer residents. Just build 30,000 high rises, and house the cattle to be monitored and monetized "(13)

At the World Government Summit in Dubai (2015) Klaus Schwab announced that he was told by then-mayor Eric Garrett that LA would be "private car-driven-free" by 2030—transforming the major routes of 101 and 1-405 to become "parks and other private spheres." (4)

"LA is one of dozens of cities whose mayors and the cities they lead are members of the international C40 Cities initiative. This is a movement to achieve the UN's and globalist's goals of restructuring cities to address the manufactured "climate change" crisis.(13) Cities from around the world are participating in this movement.(14)

#### Pastor/Prophet Kent Christmas gives hope:

"There's something prophetic about these fires in California. Azusa Street originated in LA. Pentecost as we know it traces back to Azusa Street... fire is purification. God is going to take this horrible event and open the eyes of people...You are going to see a prophetic reversal in the state of California and a spirit of revival is going to come out of California and God's going to turn this thing around for His glory...families and homes will be restored...I sense a divine prophetic favor of God on this nation."(15)



#### THE PSYCHOLOGICAL WARFARE OF OPINION PHOBIAS

- (1) https://govmikehuckabee.substack.com/p/a-tough-start-to-2025-2c4 (Jan 2, 2025)
- (2) https://psychAmes.com/allodoxaphobia-fear-of-opinions/
- (3) https://psychAmes.com/allodoxaphobia-fear-of-opinions/
- (4) https://www.fearof.net/fear-of-opinions-phobia-allodoxaphobia/
- (5) Author's note: Although Fearof net comments that the population of people suffering from allodoxaphobia is small, Fearof net readers commented that it really appears to be about 50% of the US population
- (6) https://www.fearof.net/fear-of-opinions-phobia-allodoxaphobia/
- 7) Proverbs 29:25
- (8) Scripture Savvy has 25 verses about Fear of Man at https://scripturesavvy.com/fear-of-man/

#### SURPRISING BENEFITS OF NICOTINE

- https://rumble.com/v5comho-benefits-of-nicotine-google-and-pharma-are-hiding.html
- (2) A study of pyrazines in cigarettes...https://pmc.ncbi.nlm.nih.gov/articles/PMC4941150/
- (3) https://www.medicaldaily.com/nicotine-alone-does-not-lead-addiction-additives-found-both-light-cigarettesand-e-337470
- (4) Is Nicotine Really...? Why...No!!! https://www.youtube.com/watch?v=qVOskUamY0A]
- (5) https://health.usnews.com/wellness/mind/articles/2018-07-12/is-nicotine-really-that-unhealthy
- (6) https://www.nejm.org/doi/full/10.1056/NEJM199308053290619
- (7) https://rumble.com/v5comho-benefits-of-nicotine-google-and-pharma-are-hiding.html
- (8) https://www.nature.com/articles/nrd2927
- (9) https://rumble.com/v5comho-benefits-of-nicotine-google-and-pharma-are-hiding.html
- (10)https://pmc.ncbi.nlm.nih.gov/articles/PMC8895249/
- (11)https://www.reuters.com/article/business/healthcare-pharmaceuticals/nicotine-may-slow-progression-ofrheumatoid-arthritis-idUSCOL167045/
- (12)https://portlandpress.com/bioscirep/article/42/4/BSR20211392/231028/Anti-inflammatory-activity-of-nicotine-isolated
- (13)https://rumble.com/v5comho-benefits-of-nicotine-google-and-pharma-are-hiding.html
- (14)Nicotine...A Misunderstood Nootropic https://www.youtube.com/watch?v= pf1fA7rWU0
- (15)https://www.mayoclinic.org/diseases-conditions/nicotine-dependence/symptoms-causes/syc-20351584
- (16)https://www.verywellmind.com/nicotine-addiction-101-2825018
- (17)Ezekiel 47:12; Revelation 22:2

#### Additional Resources:

- The Dr Ardis Show. https://rumble.com/v4obxnqepisode-04.10.2024-the-other-n-word.htm
- Debunking myth of nightshades for arthritis: www.medicalnewstoday.com/articles/321745
- Amount of nicotine in cigarette: www.trybrst.com/blog/amount-of-nicotine-in-a-cigarette-by-brand/

#### WEATHER OR NOT...

- https://www.ined.fr/en/everything\_about\_population/demographic-facts-sheets/focus-on/2024-les-nations-unies-publient-de-nouvelles-projections-de-population-mondiale/
- (2) https://www.populationbalance.org/podcast/christopher-tucker1
- (3) https://mwi.westpoint.edu/an-evolving-twentieth-century-profession-technology-after-world-war-ii/
- (4) https://www.geoengineeringwatch.org/documents/GeoengineeringWatch%20-%20Vietnam%2 0War%20Forest%20Fire%20As%20A%20Military%20Weapon.pdf
- (5) https://www.britannica.com/topic/geopolitics
- (6) https://www.azquotes.com/author/2100-Zbigniew\_Brzezinski
- (7) https://rockarch.issuelab.org/resources/27799/27799.pdf

#### HEAR OH ISRAEL

- https://cbn.com/news/israel/these-trump-executive-orders-and-stefanik-hearings-show-dramaticshift-us-policy-toward
- (2) https://israel365news.com/399647/trumps-executive-orders-good-for-israel-the-jews-and-america/
- (3) https://www.theyeshivaworld.com/news/israel-news/2354642/1st-day-trump-lifts-limits-on-arms-sales-to-israel-revokes-sanctions-on-israelis-restores-sanctions-on-icc.html

#### THE LA FIRES

- (1) https://open.substack.com/pub/attorneycox/p/a-biblical-inferno-signals-that-we
- (2) https://www.thegatewaypundit.com/2025/01/infamous-delta-smelt-has-not-been-seen-nearly/
- (3) https://x.com/realalexjones/status/1877851163275489499?s=61
- (4) https://mxmnews.com/article/503e8ece-d7a0-4f0d-a928-407cb8051c85
- (5) Harris Faulkner, Fox News, Jan. 16 https://rumble.com/embed/ucfsd.v67tnba/ Start at 24 min.
- (6) https://x.com/kellytx2/status/1877672712782467554?s=46 (libs of TikTok)
- (7) https://open.substack.com/pub/sashastone/p/dear-democrats-this-time-you-can
- (8) https://townhall.com/tipsheet/mattvespa/2025/01/15/reporter-drops-a-bombshell-about-the firefighter-response-to-the-los-angeles-county-fire-n265055
- (9) Congressman https://www.youtube.com/watch?v=JU0sOBeC2YY
- (10)https://www.desertsun.com/story/news/nation/california/2025/01/11/who-is-karen-bass-whywas-the-la-mayor-in-ghana-what-to-know/77629633007/
- (11)https://seemorerocks.substack.com/p/what-is-the-background-of-la-mayorkaren
- (12)https://open.substack.com/pub/rwmalonemd/p/nero-newsom-fiddles
- (13)https://link.theepochtimes.com/mkt\_app/science/over-1600-scientists-sign-no-climateemergency-declaration-5482554
- (14)https://open.substack.com/pub/gingerbreggin/p/la-fires-clear-the-way-for-smartla
- (15)https://elijahstreams.com/videos/the-next-4-years-will-be-a-golden-season-kent-christmas/