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Subject: [akurianinfo] Cognitive Dissonance - Sunday Training 9-22-13

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Cognitive Dissonance

cognitive dissonance is the discomfort experienced when simultaneously holding two or more conflicting [cognitions](#) which can be social, political or religious in nature : ideas, beliefs, values or emotional reactions. In a state of dissonance, people may sometimes feel "disequilibrium": imbalance frustration, hunger, dread, guilt, anger, embarrassment, anxiety, etc.

Macro (or Group) Cognitive Dissonance

What I'm referring to as Macro Cognitive Dissonance is the Dynamic of Groups and things groups hold onto collectively as a group. Example : Programmed Collective Thoughts

For example, the Pro Gun Control people, they don't want people (and sometimes critters) harmed by weapons of any kind.

Carried to extremes, NOTHING can be used as a weapon as in NOTHING. This means, to extreme, that we cannot have anything that exists here on the planet that can be used as one, which ALSO includes arms, legs, and ultimately their head.

The Pro 2nd Amendment of the Constitution people, carried to extremes, people would become like what we've been taught about Islam where everything is a Holy War/Jihad. This means that anything and everything not in congruence with any/anyone's particular 'belief' would ULTIMATELY end up being Holy War which ends up with no life because people wouldn't be able to agree on their 'beliefs' and kill one another over them.

Same result when carried to extremes by BOTH sides isn't it.

Usually , Unless Each of these groups can discern what is an accurate Way to handle a situation , by way of " adjusting a " cognitive " or discerning their way of thinking /" belief system " into something "known " , they usually wind up without a solid knowledge , end result or solution. The thinking process is stopped and the Dissonance has taken over whereby shutting down any further resolution to the problem and nothing is solved. .This in itself can lead to the bias we see constantly in the political and religious sects. It can be harmful and it can be very dangerous. Neither extreme is going to solve the solution.

If we were to briefly review a quick History of Group #1 whereby all of the people were rendered without guns, and their rights to

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own guns were eliminated we review the historical genocide of WWII amongst other scenarios. We can also ask , How do we live without being able to obtain food in case of a food shortage ? Genocide.

If we were to briefly review Group #2 , whereby we just handed out guns to anyone who stepped foot on the earth breathed and didn't ask any background information on them and tossed them all sorts of high powered guns, the result could also be catastrophic . We could be handing guns to a group of Holy Jihadists . Also Genocide
Both groups end up with the same exact result .

So an adjustment of the groupthink needs to be made.. adjusting one or two cognitives.

Micro (INDIVIDUAL) Cognitive Dissonance

Macro Cognitive Dissonance is when an Individual is personally struggling with understanding something new or gaining a knowledge of something when trying to hold onto prior "programming" / "belief systems". Many times Emotions, anger, anxiety , frustration , all can come about including a person experiencing a complete "shut down " and ignoring the problem no matter how severe it is or detrimental it can be.

This is why proper discernment practices we've been over and over in the past will always come in handy. * The like (how much) vs Don't like (How much). Everyone at some point will encounter a situation , and due to past belief systems will have to adjust a cognitive here or there in order to shed the Dissonance / or avoiding or having to shutting it out completely to get to a viable and righteous solution .

Simple Example: Such as opposing the slaughter of animals and eating meat.

A little more complex Example : When one likes a person but disapproves of one of his or her habits OR behaviors. If that person means enough to us , we can shift a cognitive I.E. (the habit isn't that bad) to avoid just pushing the other out of our lives forever. (Especially if it's your husband or wife, or family member) . If the person is abusive, then maybe that person has to go away or you go far from that person ... Again it's a proper discernment of how much you don't like or are willing to put up with one behavior over another.

Getting KNOWING IS THE FIRST STEP and PRACTICING DISCERNMENT WILL ALLOW YOU TO SHIFT A COGNITIVE , SHED DISSONANCE AND MOVE FORWARD WITH THE PROPER ASSESSMENT AND KNOWLEDGE . There will be people , instances including Annunaki where if you are not KNOWING, are stuck in Cognitive Dissonance , then they are going to fully take advantage of the situation and you .

Getting the handle on Micro Cognitive Dissonance can serve exceedingly well to increase Firepower immensely. Some of the reason we don't get all our invocations to work as effectively as others is because we hold two conflicting things that impacts our own Clear Mental Pictures Individually and collectively.

So NOW how do we solve the Cognitive Dissonance problem?

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The truth is the REQUIREMENT to re-establish Holy Law in accordance with WHO we are as AKURIANS! Life on the planet isn't going to thrive and survive without it. But KNOW this - re-establishment of Holy Law cannot be accomplished on the terms of emotion, 'belief' or Cognitive Dissonance. And, that's what WE THE AKURIANS are all about!