

The five strengths in Buddhism are faith, energy, mindfulness, concentration, and wisdom. Mindfulness is a form of meditation, it is the psychological process of purposely bringing attention to one's feelings, mental states and mental qualities. Mindfulness is where you are constantly watching your sensory experience in order to maintain duties, rights, laws, conduct, virtues and the right way of living. Self-awareness relies upon sensory experiences, which are linked to the perceptions of the world. Sensory experience creates a material and stimulating learning that is adaptable and it can evolve into knowledge.

In general terms, sensory experience relates to the nature of observation and through observation, you use your own senses to make sense of the world around you and to maintain an awareness of reality, especially when a fact or situation, which you observe, is in question.

Throughout history, people and entire societies have been indoctrinated into a way of thinking which is conducive to the agenda of their government. Probably, the best example of this is the 'German Nazi Regime' in the 20th Century which created youth camps and indoctrinated the young from a very early age to become fanatical in their belief that they were the chosen 'pure' white race. The classic way to indoctrinate an entire society and a country is to create an enemy. Adolf Hitler, as the leader of the Nazi Party and the German Chancellor, successfully created two enemies, the Communist Russians and a race within the German society, the Jewish population. Eventually, it led to the extermination of over 5 million people of Jewish origin and World War II with the deaths of millions.

A government will create an enemy country in the minds of its own population to deflect and divert attention away from its own domestic problems. Of course, it is aided and abetted in this process by its media outlets who daily promote the idea that the chosen country, and often several countries, threaten its security. A government is only too well aware that other countries, especially in the east, have different cultures. Nevertheless, whether it is a desire to change that enemy country's culture to suit its own agenda or a desire to possess the enemy's resources, a government will press ahead, and even over many years, label that enemy country as a constant threat. As an example, since 1776, the United States of America has proven very successful in creating enemies. It has spread its financial hegemony and military might throughout the world to assimilate and control other countries into its perceived idea of democracy and its immoral decadence; whilst laying claim to those other countries resources. Today, its enemies are the two world superpowers, China and Russia.

Every country and government have their own agenda and the indoctrination of their peoples' is a slow and deliberate process which takes many years to reach fruition. On the odd occasion, it is a spark that ignites and an entire society falls very quickly into line. A classic example was the 'McCarthy Era' in America when Senator Joseph McCarthy led a hunt for communists in the U.S. and the following is a reprint from an article on the Internet -

..... While in congress, after his Lincoln's Day speech at a women's club in Virginia, McCarthy toiled at trying to find people across the nation to call a communist. His methods would ruin the lives of thousands and disregard the constitution completely. McCarthy's main method was to get America into anti-communist hysteria through a series of speeches and rallies against Communism. The scared masses would then accuse each other, either because they were actually scared or if they just resented the person, ruining the lives of thousands in the process. McCarthy would violate the right to privacy by using his connections with the FBI to wiretap people's phones to listen to

conversations and see if they were indicative of 'subversive activity'. He assembled a committee to hear cases of those accused of communism. In these hearings, McCarthy would make accusations at those on trial, yelling at them and calling them liars whenever they denied his accusations.

Often McCarthy had no concrete evidence supporting these statements. This technique came to be known as McCarthyism, and was McCarthy's signature technique. Most of the time the people on trial in front of McCarthy and his committee were innocent and just accused of communism by their enemies. Even though most of the accused were innocent, McCarthy was able to convict them with little to no evidence, and even if they had won, their lives would be ruined, as merely being called to a trial would ruin one's reputation and credibility in both the job market, and day to day life

Governments use the media in all its forms to indoctrinate their society. When they are approached by a journalist that contradicts their narrative for a comment prior to publication, the government can slap a D-Notice on the information to block it from public view. This D-Notice invariably states that it is to preserve the country's security. Sometimes but not often, the D-Notice is ignored as in the case of Harold Wilson, the UK Prime Minister in 1967 in the D-Notice Affair. On 21 February 1967, an article in the Daily Express Newspaper written by Chapman Pincher claimed that *"thousands of private cables and telegrams sent out of Britain from the Post Office or from commercial cable companies are regularly being made available to the security authorities for scrutiny."* According to the memoirs of Harold Wilson, who claimed that there were many inaccuracies in it, the story had come from a disgruntled ex-employee of a cable company. The legal position at the time was that a warrant was needed under Section 4 of the Official Secrets Act 1920, similar to that needed to intercept mail. Harold Wilson accused the Daily Express Newspaper of breaching two D-Notices which advised the press not to publish material which might damage national security. When the newspaper asserted it had been advised of no breach, an inquiry was set up under a committee of Privy Counsellors. The committee found against the Government, whereupon the Government refused to accept its findings on the disputed article, prompting press outrage and the resignation of the Secretary of the D-Notice committee.

In the 21st Century and thanks to television, mobile phones and the internet, the world's populace has instant access to news as it happens. Social media websites spawn thousands of activists, millions of individual posts, links to millions of articles and are saturated with false or as it has become known, fake news. The Western and Eastern governments strive to stifle each other's propaganda and preserve the indoctrination of their own societies. Individuals and journalists are fearful of prosecution and some face jail terms should they go against their government's accepted narrative. The internet was designed to educate, distribute knowledge and promote free speech but unfortunately it became politicised for the personal agenda of individuals and governments.

Indoctrination requires a catalyst on which to build an agenda around. The catalyst may be an individual, a regime, a government, a country or simply a belief. Future generations will experience continual indoctrination through the media. Every second, every minute, every hour, every day, they will be bombarded with fake news which has an underlying political or manipulative agenda. It is already happening and for some strange reason, societies are keen to embrace it. To add grist to the mill and very much like McCarthyism, people are only too keen to spy and cheat on each other. Perhaps the worst case of this is the private policing via CCTV, the motor vehicle Dash Cam video camera and the GoPro video camera worn by motorcyclists and cyclists. Insurance companies promote these devices to settle vehicle accident claims but many individuals even use the video footage to report road traffic

incidents to the police. There are even individuals who then post the videos on their website to promote themselves.

Groups of people will create their own agenda for their beliefs, their popularity and or financial gain. Today, thanks in the main, to the news media and social media we have political correctness and cancel culture where an individual's narrative which disagrees with the group's consensus is effectively barred from society. They can lose their employment and even become ostracised by their own family and friends. This only serves to weaken the trust within a society and in the end, individuals become less social and more insular. Western societies have their own means of indoctrination which is driven by propaganda in the news media and even social media. Of course, this indoctrination is both a domestic and a foreign policy. It pays to broaden your research to establish what is fact and what is fiction. I have included a few links to different news media outlets around the world.

[CNN](#)

[The New York Times](#)

[The Washington Post](#)

[The Times of India](#)

[Havana Times](#)

[Today Venezuela](#)

[The Brazilian Rio Times](#)

[South Africa Times Live](#)

[Saudi Arabia Riyadh Daily](#)

[Iraq News](#)

[Arab News](#)

[SANA Syrian Arab News Agency](#)

[PNN Palestine News Network](#)

[TASS Russia](#)

[The Iranian Tehran Times](#)

[Aljazeera](#)

[The North Korean Pyongyang Times](#)

[China Daily](#)

[American Imperialism](#)

[Convergence](#)

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Adapted from [Shadows of my Mind](#)