

Bene Gesserit Training Manual

# **The Bene Gesserit Training Manual**



Where there is no vision, the people perish.  
This book is free to anyone who wants it.

**Daniel Fletcher**

# Bene Gesserit Training Manual

## Contents

### Section 1 The Order

|                              |    |
|------------------------------|----|
| Introduction                 | 4  |
| The Coda                     | 11 |
| The First Bene Gesserit      | 15 |
| The Ranking System           | 17 |
| Organization of the Order    | 32 |
| Finding your local chapter   | 33 |
| Decision and Delegation      | 36 |
| Punishment                   | 37 |
| Uniform and Adornment        | 38 |
| The Creed                    | 40 |
| The Oath and Induction       | 41 |
| The Death of a Bene Gesserit | 42 |

### Section 2 The Deep Teachings

|                                |    |
|--------------------------------|----|
| The Lessons                    | 44 |
| The Litanies                   | 51 |
| The Informal Political Process | 53 |
| Politics                       | 56 |
| War                            | 78 |
| Conflict Resolution            | 82 |
| The Human Condition            | 86 |
| Stewardship                    | 89 |
| Teaching                       | 91 |

### Section 3 Tradecraft

|                     |     |
|---------------------|-----|
| Communications      | 93  |
| B.G. Symbols        | 95  |
| Private Dispatch    | 103 |
| Espionage           | 108 |
| Surveillance        | 109 |
| Surreptitious Entry | 111 |
| The Art             | 114 |
| Seduction           | 118 |
| Aphrodisiacs        | 119 |
| Sex                 | 120 |

### Section 4 The Weirding Way

|                    |     |
|--------------------|-----|
| Truthsense         | 125 |
| Voice              | 130 |
| Compulsion Control | 132 |
| Prana Bindu        | 134 |
| Combat             | 151 |
| Awareness          | 164 |
| Crowd Dynamics     | 166 |
| Explosives         | 167 |
| The Gom Jabbar     | 168 |
| Poisons            | 171 |

### Section 5 The Azhar Book

|                              |     |
|------------------------------|-----|
| The Missionaria Protectiva   | 173 |
| The Panoplia Prophetica      | 189 |
| Other Memory                 | 198 |
| The Tarot and Oneiromancy    | 204 |
| Awareness-spectrum Narcotics | 207 |
| The Test for Humanity        | 210 |
| Conversations with Death     | 212 |

### Section 6 In Conclusion

|                          |     |
|--------------------------|-----|
| A Final Word             | 214 |
| Community Service Record | 215 |
| Promotion Certificate    | 216 |
| Biographical Data Sheet  | 217 |

# Bene Gesserit Training Manual

## Section 1

### The Order

## Bene Gesserit Training Manual

The Bene Gesserit Sisterhood is a charitable organization dedicated to the empowerment of women. Our sole purpose is the improvement of living standards and education of children worldwide. This manual is will assist those who would become Bene Gesserit. We consider this a noble endeavor. The good works of one Bene Gesserit may inspire and improve countless lives. Our decisions go out from us like threads into the lives of others, thus a dedication of one's life to good works cannot be but a good work in itself, and of benefit to all humanity.

Once you have become a Bene Gesserit, there will be no realm of human affairs in which you shall not have the capacity to excel. As a Bene Gesserit, you will increasingly approach life with a new maturity, a Bene Gesserit-heightened awareness and confidence that something of great strength is growing inside you. Our sisters live much fuller lives and defy the traditional chauvinistic model of the "weaker sex" in every way. Bene Gesserit males possess formidable powers and abilities. Once you are Bene Gesserit, you are assured of lifelong maintenance. You will be challenged throughout your life. You will repay the Sisterhood right up to the limits of your abilities.

In order to function at a higher level, we must explore the limits of ourselves. Very few people ever push themselves to become something more. Very few people ever discover the amazing abilities and achievements of which they are capable. Gliding, passionless mediocrity is all that most people think they can achieve. We must develop and train human minds and talents to achieve true freedom. Following the Way, (the Bene Gesserit regimen of training) will be a challenging and growth-filled experience. It will change you.

"I am like a person whose hands were kept numb, without sensation from the first moment of awareness-until one day the ability to feel is forced into them. And I say, "Look! I have no hands!" But the people all around me say, "What are hands?"

Be ready to change and expand your awareness of the universe around you. You will never be the same person that you were. You will be different. You will be a person who lives at a higher level. Some never participate. Life happens to them. They get by on little more than dumb persistence and resist with anger or violence all things that might lift them out of resentment-filled illusions of security. You will not be this person. One of your life-long objectives will be the eradication of this bovine mentality. A Bene

## Bene Gesserit Training Manual

Gesserit is a beacon of light. She is a leader, healer and teacher. She is a constantly expanding and learning Human of unlimited capabilities.

“Beware of manuals! Manuals create habits!”

Except for the preliminary teachings tailored to the acolytes and postulants, we try to avoid admonitory sayings, but since this is our first edition and we must break the virgin soil, you will forgive the many errors inherent in this work. Someone had to do the plowing. Do not argue over the possible meanings of the contents of this manual. Words are dead things. Truth changes. Facts are fragile. Be Warned. Understand nothing. All comprehension is temporary. We realize, however, that a foundation is necessary, no matter how impermanent it may be. This is a real manual for real Bene Gesserit. It is not a guide book for children and their role-playing games. This is a guidebook for strong women to do great things.

Why do we have manuals? Answer: To disprove them.

As you read, you may be curious about the distinct lack of rules and regulations concerning your duties and a lack of standard operating procedures. Discard your concerns. Rules are often an excuse to ignore compassion. The coda and lessons are for Novices, Postulants and Acolytes in Primary Training. (Since this is the first edition of the Manual, that describes the vast majority of us.) As you read and study, always keep the Bene Gesserit paradigm in mind: We study systems for the purpose of exploiting those systems. (A benevolent exploitation) If you are honest with yourself, as a Bene Gesserit must be, then you will always consider yourself a novice. Before you begin to read and absorb, you must allow yourself to cast off assumption, prediction and judgment. You must be zero, open to anything and everything.

We call this Bene Gesserit naïveté. This is the innocence that goes naturally with experience, a condition often confused with ignorance. Into this naïveté all things flow. It is very high performance indeed. Information enters without prejudgment. You are a mirror upon which the universe is reflected. That reflection is all you experience. Images bounce from your senses. Hypotheses arise, important, even when wrong. Here is the exceptional case where more than one wrong can produce dependable decisions.

(The contents of this book will teach you but a small part of that which you will need to know, but it will prepare you for a beginning, and that is all one can expect.)

A process cannot be understood by stopping it. Understanding must move with the flow of the process, must join it and flow with it. This is, in fact, the central concept of Zen and should be deeply considered. Be wary of draconian adherence to any code or manual. We desire the judgment of balanced minds in preference to laws every time. Codes and manuals create patterned behavior. All patterned behavior tends to go unquestioned, gathering destructive momentum. Furthermore, do not let this manual set up traditions. Mindlessly following traditions is the definition of brain death. Question everything, including yourself.

We would warn you that most of the subjects in this book are very adult in nature. Even dangerous facts are valuable if you've been trained to deal with them. Therefore, it is your solemn duty never to reveal this text to anyone. Furthermore, much of the information in this manual is politically and physically dangerous, some of it lethal. Throughout this manual there are illustrations of techniques, weapons and other tools. It is your duty to see that this knowledge is respected and never abused. An S.T.D. can kill you just as surely as any blade or bullet. A woman capable of killing with her voice, collapsing governments and affecting the birthrate of nations must on no account be careless or petty with her skills; too many lives and the future of the Bene Gesserit are at stake. A finger's touch has been known to topple civilizations. One moment of incompetence can be fatal. The secrets of the Reverend Mothers' Edition must be kept secret even from other Bene Gesserit if they are of lower rank. This is the Bene Gesserit Way of Secrecy.

The Bene Gesserit Sisterhood is a charitable organization, a benevolent society dedicated to the improvement of the quality of life and education of children. (Children are the vulnerable heart of a nation. Control the children – control the world.) We are teachers. We are at the beginning of our own history. Therefore, we must undertake projects that demonstrate our desire to help our fellows and make the world a better place, as they say. There are many such organizations in place already, but they have limited power and influence and they operate out of a passive mindset. This is the reason their lofty goals have not been met. We will be different. We will not be passive, we will not beg. We will take hold of the reins, either directly or indirectly, and we will make the changes that must be made. We will change the very definition of charity. It

will no longer refer to as a tax-deductible gift for faceless others who are in need. It will be understood to be an act of self-protection, self-preservation, a necessary part of business. We will not ask for help. We will extract it by any means necessary. It is our view that humans are life designed by evolution to create order, and that we shall do. The Sisterhood has the following standing objectives:

1. The eradication of illiteracy worldwide.
2. STD and tropical disease prevention.
3. Assistance to rape crisis centers and women's shelters.
4. Women's self-defense/confidence building courses.
5. International women's rights and education/scholarship programs.
6. Ecological/Recycling/Bio-education effort assistance. (Stewardship)
7. Conflict resolution-arbitration and mediation efforts.
8. Homeless/Disaster Relief efforts.
9. Build hospitals and provide assistance for the families of the mentally ill.
10. The maturation of humanity

It would be a good idea to write down this list and keep it with you until you fully understand our purpose. We further recommend that the list be used at meetings to determine any areas that need extra focus. The scale of our objectives is infinite. You will help one person and you will help one billion people. We must leap on every opportunity to be of service to mankind, no matter how small, otherwise, of what use are we? Without noble purpose we are nothing. We are servants and teachers. We serve all humanity and we teach in any way we can. We will be accepting and tolerant of all human beings. We will be absolutely egalitarian, non-prejudicial, non-judgmental, forgiving, understanding, merciful and kind. We will accept any person in need of assistance without question. That is noble purpose. Having said that, do not throw away your life. Do not bare your throat and hand the devil a razor. A dead Samaritan helps no one.

Once we have demonstrated our benevolent nature, it will be easier for us to enter the halls of power and make some real improvements. For now, we must submit to the conventions of our society. That which submits, rules. The willow submits to the wind and prospers until one day it is many willows – a wall against the wind. This is the willow's purpose and it will be our strategy for a strong foundation.

As of 2004, UNICEF reports that 65 million girls are not being educated worldwide every year. Obviously, there is much work to be done. When we are not actively

helping others, then it is very desirable that we hold social events and share our experiences and knowledge with one another. We must get to know each other and develop connections with all of our sisters that will last a lifetime. When strangers meet, great allowance should be made for differences of custom, culture and training. However, in the course of events we must be ever mindful not to develop attachments that run too deep. We are a family; we are a fabric, a cloth of fibers woven together, each supporting the other and forming the body of the sisterhood.

We must be close, but not any closer to one than another. Be friends with all of your sisters and try not to form any social cliques. They are easy to form, especially for women, but they are negative influences and must be avoided. If we are to build a strong organization of women and create strong women in the process, we must be more than just women, we must be Bene Gesserit. If we put the needs of the Sisterhood before our own personal desires, then we will be strong and our daughters will be stronger yet. When you attend a Bene Gesserit social function, divide your total time evenly amongst every other sister in attendance. Fear of the unknown is not an acceptable weakness in a Bene Gesserit; so don't let it keep you from meeting new people. Get every sister's name and number and make notes about her skills and areas of expertise. This is one of our strengths, our ability and willingness to help our sisters whenever they need it. We can help our sisters do things they would never have been able to do on their own. If a sister needs help doing her taxes, or desires a quiet interlude with a safe and anonymous young man, anything is possible within our circle. We provide our own forms of support to the initiated. Do not worry about sexual enjoyment. That is available whenever you feel the need. (Training Proctors are well trained in seduction so any needs you have can be taken care of quickly and quietly with no questions and no strings attached.)

The Bene Gesserit are birthing themselves now at the beginning of the 21<sup>st</sup> century. The actual birth is a slow and painful process. It will require patience, determination and vision of us all. The Bene Gesserit School was originally conceived by those who saw the need of a *thread of continuity* in human affairs. We see that there can be no such continuity without making some fundamental changes to the unquestioned pattern of human existence. These changes will be made by teaching those who already exist and improving the potential of those who are yet to be born. This subtle trait manipulation, a secret shared by few, is not going to be discussed at length here. Remember that uniform and practicality are tools of survival. Even a broken pot may serve a purpose. The future



is yours to create. After all, a plan depends as much upon execution as it does upon concept.

Besides charity work, we seek to place our sisters in places of power where they can do the most good for humanity. We will enter, by overt means, senate houses, official committees, and the all- important cabinets. There we may guide governmental decisions based upon the Bene Gesserit needs for that government, all founded in accord with an overall, symbiotic, very long-term plan. We create change by finding leverage points and moving them. Not all leverage points are in high office. They are often at economic or communications centers and unless you know this, high office is useless. We do not control, we guide and counsel. (Avoid prominence.) This is the secret to survival in factional systems. Our ultimate objective: The maturation of humanity.

### A word concerning recruitment

We Bene Gesserit sift people to find the Humans. We sift Humans to find Bene Gesserit. There are Humans and then there are humans. Humans retain the power of mind to subjugate all pains and desires. Animal humans (small h) are victims of their own instinct, slaves blinded by desire. Knowing the difference between animals and humans will be one of the first lessons you learn, and you will keep learning it until the day you die.

A candidate must have a good heart and a strong mind. Wealth, beauty, social grace, these are meaningless to a well-trained Bene Gesserit. We must allow only good people to become sisters and servants of the Order, lest they abuse their power and create resentment towards us all. It has been suggested that we should recruit from the very young, in an attempt to create the ideal Bene Gesserit by controlling her education from infancy. We have come to realize that this is not wise. Children who live ordinary childhoods are immeasurably stronger and more resourceful. We believe it has something to do with exposure to the unpredictable. They develop a stronger sense of self and have the ability to balance on strange seas. They can maintain their deepest selves despite the unexpected waves of life. As a result, we do not accept acolytes or allow any woman to begin Primary Training below the age of eighteen. Commitment to the sisterhood is a decision that requires maturity, sobriety, sincerity and conviction. The training is difficult and the life even more so. The rewards are breathtaking.

Do not seek perfection.

When applicants are being evaluated, you must be careful to see past the superficial. Sloppy dress, unattractiveness, a lack of social charm, these are things which can quickly and easily be changed. Do not shunt aside talent because of your lack of vision-depth. We need strength of character, not characters. (Although sometimes we get both!) Some precious stones can be identified by their impurities. Experts map impurities within the stones. A secret fingerprint. People are like that. You may know them by their defects. The glittering surface tells you too little. Good identification requires you to look deep inside and see the impurities. That is the gem quality of a total being. What would Van Gogh have been without impurities?

Always remember that you are but a part of a whole, and the importance of one relationship to you may be nothing when compared to the needs of the Order. So, if you have a friend who is chosen for candidacy, you must not give her any special assistance or advice. Such behavior is not acceptable. Her decisions may cost someone her life, perhaps even you. Do not depend only on theory if your life is at stake. To know a person well, you must know her limits. Only when she is pushed beyond her tolerance will her true nature be seen.

Explore your world and allow yourself to meet some extraordinary people. The Bene Gesserit order is not a retreat for recluses. It can be tempting to raise high walls and keep out change, to rot here in our own self-satisfied comfort. Enclosures of any kind are a fertile breeding ground for hatred of outsiders. That produces a bitter harvest, and such crops are usually burned. We are concerned about everything that grows and takes part of the symbiotic circle of the universe.

Before you begin your training, please consider this: In every lesson you need to look for the M.O.E. (Method of Exploitation) The M.O.E. is a useful, synthesized description of the system at hand and the most effective way to manipulate it. Whenever you study anything, you must think like a Bene Gesserit. You must ask yourself, "How do I get what I want from this person/system?" or "How can this system be made to benefit the Sisterhood?" (What you want is power and security for the Sisterhood and the furtherance of our standing objectives.) In some cases there is a suggested MOE, but you should always try to come up with your own. Use your imagination and adapt to the situation.

### The Coda

This coda is not a set of laws intended to suppress anything, but to hold up that which we cherish for all to see. Rules (traditions) build up fortifications behind which small minds create satrapies. (Bureaucratic tyranny) This is a perilous state of affairs in the best of times, disastrous during crises.

Do not feel bound to accept and agree with every word written herein. No sweeteners will cloak some forms of bitterness. If it tastes bitter, spit it out. That's what our earliest ancestors did.

We do not need rule-makers nor rule-followers. We need well-developed and dedicated, creative minds who act always with concern for the safety and future of the Sisterhood in mind. We need Sisters who can consistently make moral decisions. Moral decisions are easy to recognize. They are where you abandon self-interest.

We do not cling to the ancient illusions of honor and shame. Honor, shame, murder and suicide are the coping skills of primitive cultures, of limited, uneducated minds. Those who speak of honor and shame are but children. Those who kill for honor or die for shame are but animals. Revenge is for children and the emotionally retarded. We live at a higher level, at a human level.

We, the sisters of the Bene Gesserit Order, do commit ourselves absolutely to the greater good of all mankind. We make decisions of the greatest moment and out of the very highest principles. We hold these virtues to be the foundations of our Order:

Respect  
Loyalty  
Honesty  
Candor  
Self-discipline  
Sacrifice  
Humility

## Bene Gesserit Training Manual

Respect we hold in high esteem, respect for the works and sacrifices of those who came before us. This is not veneration of the dead nor is it blind traditionalism, but gratitude to those who paved our way.

Loyalty to the sisterhood is at the heart of what we are. All eyes out, we are a grand circle back to back and shoulder to shoulder. Without loyalty to the Order, we are only witches.

Loyalty is our spirit, for without loyalty, we are animals.

Honesty is the basis for all morality. Honesty is the only true path to enlightenment. The Honesty and Trustworthiness of the Bene Gesserit is legendary, we would die rather than betray our friends.

Candor is the root of all relationships and the value of any person is measured thus. Candor and Honesty are the basic tools of learning.

Self-discipline is our stave. Seek freedom and become captive of your desires. Seek discipline and find your liberty.

Sacrifice is the only gift of value.

Humility is the soul of the Bene Gesserit.

"If you are humble, nothing will touch you, neither praise nor disgrace,  
because you know what you are." – Mother Theresa

We Bene Gesserit have no rigid code, no strict rules, no standard operating procedures and no special jargon. (Beware jargon. It usually hides ignorance and carries little knowledge.) As such, we can only survive by depending upon the moral decisions of our sisters. Thus, the lessons we learn today are the ropes that tether and save us tomorrow. Oh the resistance we shall meet when the bureaucrats finally discover us!

One cannot have a single thing without its opposite. We tend to become like the worst in those we oppose, so it is important that we each keep guard against the creeping virus of bureaucratic thinking! Let us tend ourselves! We should grant power over our affairs only to those who are reluctant to hold it and then only under conditions that increase

the reluctance. With power comes vanity and pride, but power deludes those who use it. Beware!

Laws to suppress tend to strengthen what they would prohibit. This is the fine point on which all the legal professions of history have based their job security. We do not and will not accept such a hypocritical existence!

Ambition is a dream based in reality, self-delusion is reality based in a dream. We do have some lofty goals, such as the eradication of illiteracy and ignorance, but these are not dreams. These are necessary resolutions for humanity.

A Bene Gesserit is subtle. (Subtleties are another kind of weapon) She does not scatter dirt nor act impulsively. The Bene Gesserit leave straight but subtle tracks and make no noise. A Reverend Mother does not hate herself, nor does she love herself. She has only self-confidence and a cool head, every judgment ready for correction. No Reverend Mother ever had an obituary or wanted time-wasting rituals. Given the phenomenon of death, all attachments in life are temporary.

Hope clouds observation. Clear, conscious awareness and the fortitude to make the necessary decisions are all that we require. Humans are born with a susceptibility to that most persistent and debilitating disease of intellect; self-deception. The best of all possible worlds and the worst get their dramatic coloration from it. As nearly as we can determine, there is no natural immunity. Constant alertness is required.

Those who would change the future must carry history aloft as sword and shield. Effectiveness requires innovation and creative, unpredictable thinking. You must embody them both. Survival is the ability to swim in strange water. You will not only survive, you will save others. One observes the survivors and learns from them. Through example, you will teach humanity to finally achieve a lasting, responsible adulthood. This is our benevolence. Benevolence is bringing destructive chaos into magnificent order. The basic rule is this: Never support weakness; always support strength. Take note: Support strong principles, support strong spirits, support strong dreams.

You come home tired and dirty from a good day of work. Hands that grubbed in dirt and become stained with fruit seldom balk at muckier tasks later in life. The mystery of

life isn't a problem to solve, but a reality to experience. Don't accept anything less from yourself. If you only teach one person to read one word or feed a thousand people with one fish and one loaf of bread, you have still fulfilled your promise. You are Bene Gesserit, You exist only to serve.

In the beginning, orders of our type based themselves on one religion. They swore impossible vows of obedience, dedication, poverty and chastity. We have but one vow, loyalty to the sisterhood. We are obedient to our superiors in the sisterhood. As to poverty and chastity, "à chaque son gout."

## Bene Gesserit Training Manual

### The First Bene Gesserit

The first recorded Bene Gesserit was Sister Phaulon Anna Asher. She was born around 82 B.C. and piloted a very successful and productive scheme to change the fabric of our history. Sister Anna was a pioneer of religious engineering and formalized a study of truthsense. She took the idea of the Missionaria Protectiva and grew it into a living organ for the Sisterhood. Sister Anna was the model of humility. Humility was her strength and her shield. (The haughty do but build castle walls behind which they try to hide their doubts and fears.) Sister Anna was a fearless Bene Gesserit and an enduring lesson to us all. Even in her eighties she was active in the field and did not stop until her death at 102 years of age. (Bene Gesserit never retire, we never retreat and we never surrender.) She gave us many of our traditions and customs that we follow to this day, such as the Missionaria Protectiva, the use of the male-female name, the Azhar (Asher) Book, the employment of third-party agents, expendable networks and the Bene Gesserit Credo.

### The Credo

Religion is the emulation of the adult by the child. Religion is the encystment of past beliefs: mythology, which is guesswork, the hidden assumptions of trust in the universe, those pronouncements which men have made in search of personal power, all of it mingled with shreds of enlightenment. And always the ultimate unspoken commandment is “Thou shalt not question!” But we question. We break that commandment as a matter of course. The work to which we have set ourselves is the liberating of the imagination, the harnessing of imagination to humankind’s deepest sense of creativity. The female sense of sharing originated as familial sharing – care of the young, the gathering and preparation of food, sharing joys, love and sorrows. Funeral lamentation originated with women. Religion began as a female monopoly, wrested from them only after its social power became too dominant. Women were the first medical researchers and practitioners. There has never been any clear balance between the sexes because power goes with certain roles as it certainly goes with knowledge.

You may read about her in the book of Luke, Section 2, Verse 36. Those of you who may carry her memories within you are very lucky indeed.

## Bene Gesserit Training Manual

When you become a Sister, you must choose your BG name. To honor Sister Anna, we follow in her tradition of choosing a strong male ancestor who lives within you. His name will be your first name. Your own first name and last name then complete it. Of course, you may be called however you wish, but in the Archives, you will be referred to by your full BG name. Around Chapterhouse and during training you will usually be addressed by your last name only.



## Bene Gesserit Training Manual

### The Ranking System

If you have been invited to join the Bene Gesserit, then you will have a teaching Sister who will help you understand the training requirements listed in this manual. If you are training on your own, have no fear. You can complete the training. It will be more difficult, but not impossible. Whenever you complete requirements, such as community service, martial arts training, etc..., get it documented and keep those documents. You must have them for promotion. There can be no exceptions. Of course, the Senior Reverend Mother or Sister in your chapter may give latitude for self-trained persons, but the basic requirements must be met. We do this to protect each other and the Order. For us, the training of a Bene Gesserit is the heart and soul of the Order. Even a single, solitary amateur can bring us all down. Insist on complete and thorough training for yourself and your fellow sisters, it may very well save your life someday.

The Order is made up of Novices, Postulants, Acolytes, Sisters and Reverend Mothers. The ranking system (RS) is not a competition; it is only a suggested guide for us all to keep focused on our true objective. Think of the ranks as signs on a highway.

Simply reading this manual does not make you a Bene Gesserit. The training process is long and challenging. There is no other path for a Bene Gesserit. We are at the beginning, so our first generation must take on the extra responsibility of learning more quickly and teaching as much as possible. You, the first Sisters of the Order, must do it all on your own. You must train yourselves and there will be no one to guide you or verify your work. You must be the foundations of your houses, the cornerstones of your families. After the first Reverend Mother is created, we may issue a second edition of the manual with longer time in rank requirements. (Unlimited time in rank) Persons who begin the training after that day will be required to follow the new RS schedule. The new RS schedule will allow promotion only when the student is truly ready. It may take some postulants at least fifty years to become Reverend Mothers. You must learn two things from this: Patience and non-judgment. The late bloomers are usually the most powerful and wise among us. The first edition manuals should be recycled and replaced with second edition manuals as soon as possible after her promotion is announced.

Please do not make the mistake of thinking that the first class of sisters will have had it easy. You will bear the responsibility for learning and growing at twice the pace of the

following classes, so be prepared to work *issho kenmei*. (with all your might) The only way we can achieve what we need to achieve is for every sister of the first edition to train day and night; to use every waking moment of her life as a learning experience. You will have precious few elders to consult and your tracks will be the first. Make them straight and true for the sisters who will follow you. Whether you like it or not, you, as a first generation Bene Gesserit, are a role model and leader, you set the standard for thousands of young women to follow. All those beneath your position covet your station. You must insure that those beneath you know how hard you work for them. We want promotion to be simply a marker on the path, not a goal or a reward.

Please keep in mind that the R.S. must be obeyed and followed sequentially. Absolutely no exceptions can be made nor compressions of time in rank. The R.S. is designed to keep the Order filled with well-trained, dedicated sisters. This gives every sister a chance to prove herself worthy and become a Reverend Mother if she is sufficiently dedicated. This is not meant to be easy. People need hard times and oppression to develop psychic muscles. If you are asked to instruct the students, do so in this spirit, but do so in a positive way. Be tough but constructive. Teach them to constantly grow and improve. You must set a good pattern in place. We never completely escape the teachers of our childhood nor any of the patterns that formed us.

For the first generation of Sisters, there must be a self-managed system. Eventually we will have an efficient system in place to manage such things. Each sister will keep records of her own progress. For now, record all of your community service, rank and promotion-related achievements and keep them safe. Eventually, every chapter will appoint its own record keeper. When it is agreed by the chapter that you have qualified for promotion, the chapter will interview you as described below and will recommend your promotion to Chapterhouse. The record keeper will send the certificate of your promotion to Chapterhouse Archives.

Please understand this. There will be no single individual who will decide if you qualify for promotion. Every member of your chapter will review your works and decide for themselves. The group decides and the group promotes. We are egalitarian in belief and practice. We believe in humility and service. No BG will ever have sufficient rank to avoid washing the feet of her Sisters. The higher rank you gain, the more duties and responsibilities you will gain. The highest will serve the lowest. The lowest will strive to become the highest.

## Bene Gesserit Training Manual

Once you have been promoted, you will be responsible for guidance of all of those of lower rank. You must help them to understand what is required of them, how to properly record and submit it, and you must stand guard to make sure that everyone complies with the requirements in good faith. If you believe someone has tried to cheat the RS, you must discuss it with them personally and direct them onto the correct path.

Primary Training refers to the studies of Candidates and Novices. Postulants are in Secondary Training. Acolytes are in Deep Training.

The R.S. and its requirements are as follows:

### Candidate

Time in Rank – 3 weeks

If we find someone who show promise, let's dangle some interesting bait in front of her and let her come to us. Never attempt to convince someone to join. You must entice her and let her come to us of her own volition. When she expresses interest, then she will receive an invitation to a Bene Gesserit Social Gathering. Let the invitation and the giver of the invitation be no more specific than that. The candidate will be well fed and exhaustively interviewed by at least two different sisters at that gathering.

At this point the rank is candidate, but the candidate is simply addressed by her first name.

If she is found pleasing and promising to the order, then she is given three weeks, no more, no less, to convince the chapter that she is sincere in her desire to expand and improve herself, to serve the sisterhood, and to serve humanity.

At the date of invitation, the candidate will be given these assignments by the Mistress of Novices:

1. 12 hours of community service (documentation will be required)
2. A geo-political expertise in one foreign country (random selection)
3. The tarot (from a psycho-therapeutic perspective)
4. Red Cross C.P.R. and First Aid certification
5. Learn and perform a seductive dance or song.

Exactly three weeks after the invitation, another gathering is held, whereat the candidate will be thoroughly examined in the two assigned subjects, show proof of the 12 hours of community service and the Red Cross certification and perform the seductive song/dance.

The candidate will not be required to obtain an aba nor Bene Gesserit training materials. (aside from a tarot deck) She will not read the manual nor will she be receiving any BG training until she becomes a Novice. The candidate is not to attend any regular chapter meetings. Only Bene Gesserit of the rank of Novice or higher may attend normal chapter meetings.

The candidate may make statements to the chapter, and anyone may ask questions, but the candidate will be given a yes or a no by midnight. The path is difficult and some women do not belong. Do not be surprised to find that the percentage is below 50% for

a positive response. If the response is negative, the candidate is to be thanked but told nothing further. If the response is yes, then the candidate is not to be congratulated.

Simply inform her of her new rank of Novice and apprise her of her newly assigned tasks. Advice to new novices: When you think to take determination of your fate into your own hands, that is the moment you can be crushed. Be cautious. Allow for surprises. When we create, there are always other forces at work.

### Novice

#### Minimum Time in Rank – Six months

The novice will state the oath to her assigned mentor or to the chapter's highest ranking sister. Oath of the novice: "I will give myself to your direction in all things, holding back nothing, disobeying you in nothing."

At the date of novice induction, the novice will be required to purchase, register and read the Training Manual. The novice is to be referred to as "Novice (first name)". The Mistress of Novices will instruct you. (The Mistress of Novices is charged with instructing the novices and preparing them for the deep training. For the first generation, there may be no Mistress. Please use the manual as a guide and be diligent in your efforts. As soon as a postulant is created, she will be the Mistress of Novices.)

You will be responsible for a general knowledge of all of the subjects in the manual. You will also be required to study such various other subjects as instructed by the Mistress of Novices. The Novice will listen to everyone in the Order and will show humility, reverence and respect to everyone. Novicehood is very difficult. The amount of learning required is tremendous, but the average novice will also be discovering her own potential abilities. It is a very exciting phase of training. It is to be hoped that you will find and develop a love of challenges; mental, physical and spiritual.

For many of you, this will be your first experience in martial arts, foreign language, sexual technique enhancement, dance or even comparative political or religious study. We mix mental and physical teachings because mind and body reinforce each other. Enjoy it and make the most of it. Do not be concerned with any early failures. The only true failure is giving up. Novicehood is not the time to try to impress your peers or instructors. (They will never allow you to know if they are impressed or disappointed in any case) This is the time to learn as much as is humanly possible in order to build a solid personal foundation. Candor, honesty and humility are absolutely necessary. Combine them with a sense of adventure and you will do very well indeed. Don't be afraid to push yourself or ask difficult questions. It is your duty to do so!

After four months, the Chapter will evaluate the Novice. You will be thoroughly interviewed in all areas of the manual, and all of the extracurricular studies suggested by the manual. (Dance, martial arts, foreign language, politics, sexual technique, etc...) You will also be required to show proof of 24 hours of community service. (Not

## Bene Gesserit Training Manual

cumulative, this is only during the time of Novice hood, for a total of 36 hours of community service)

If any area is found lacking, the Novice is given two months to work, and is then re-evaluated. If she is found worthy, she is promoted to Postulant. If she fails, she simply ceases to be Bene Gesserit or she may be asked to become a Lay Sister.

### Postulant

#### Minimum Time in Rank – Six months

A postulant is in full training in all areas. She must strive to gain expertise in all areas. She will be given more responsibilities and duties. Postulants are often the caterers of B.G. social functions. At this stage you will be receiving the deep teaching and becoming a master of most of the basic skills. A successful postulant is 80% finished with the training necessary to become a Bene Gesserit sister. The Mistress of Postulants is charged with recording, teaching and observing nominees and reporting her unbiased opinions to the chapter.

This stage of training is also very dangerous. Many postulants' egos become enlarged and problematic. Do not be quick to reveal judgment. Hidden judgment often is more potent. It can guide reactions whose effects are felt only when too late to divert them. It is highly recommended that all postulants have some form of psychological analysis done and that all problem areas be addressed fearlessly before promotion is considered. Any one or more of the 12-step and self-help programs will be of use as well as the attentions of a professional therapist.

If you suffer from neuroses, it is time to get rid of them.

If you are an alcoholic, it is time to dry out.

If you are obsessive-compulsive, it is time to find your center and rid yourself of the baggage you carry.

If you are a conceited intellectual, it is time to learn humility.

If you are an underachiever, it is time to learn discipline and focus.

The list goes on and on. The point is that any postulant who is afflicted with one of these problems (and most of us are) is not going to become an acolyte until the problem is thoroughly addressed and dealt with in an honest, objective manner. Do not think that simply reading this manual will fix the problem. You need to see a licensed psychologist and discuss the problems that confront you. This is a very liberating experience and will remove burdens that you may not even have been aware of. It will make you stronger. She who masters her passions is truly dangerous.

A postulant is required to complete 36 hours of community service. (Total of 72 hours



community service) Postulants are required to serve in their position for at least six months from the incept date. After that time, the Chapter will evaluate the postulant. A Reverend Mother will test her. If she passes the test, she will be interviewed. If she does not, she may become a lay sister. There is no shame in becoming a Lay Sister; we all must travel our own paths.

At the evaluation interview she must be represented by an elder of the chapter as advocate. The postulant will be required to show mastery of all of the basic skills and knowledge in the Manual and other such subjects as assigned by the teaching sister. She must have consistently shown sincerity, dedication and loyalty to the Sisterhood. If the chapter, in committee, finds that she is acceptable, the postulant is assigned to the senior sister with whom she has least in common, or even with whom she might have some enmity. This sister will be her acolyte mentor and her true apprenticeship will soon begin.

## Acolyte

### Minimum Time in Rank – Six months

Acolytes are responsible for the deep training and any studies assigned by the RM of their chapter. They are also the personal servants of the Sister to whom they were assigned. The Acolyte is not only being trained, she is being polished and made ready for actual deployment as a BG Sister.

An Acolyte is responsible for all of the quotidian responsibilities of the chapter. She must also obtain at least a two-year degree, if she has not already done so. She must acquire her black belt in Bujinkan Budo Taijutsu. She must be able to demonstrate advanced sexual techniques on a training male in the presence of or while being observed by a reverend mother. She will receive the full solo death education. Her training is generally supervised by an Archacolite, an Acolyte in the final phase of her training.

The acolyte is charged with 48 hours of community service. (For a total of 120 hours community service) The senior Bene Gesserit of your chapter will decide when the acolyte is ready for evaluation. (The Acolyte phase may last from six months to five years. No more and no less.) When an acolyte is ready, she will be interviewed for sisterhood. The interview may take all day, so a weekend retreat is recommended. \*

Acolytes may be given official duties like Sisters, but they must always remember the fact that they are servants and are subservient. The hardest lesson for Acolytes to learn is that you must always go the limit. Your abilities will take you farther than you imagine. Extend yourself!

If all of the requirements in the manual are met or exceeded and the chapter is satisfied with the work and devotion of the acolyte, then she will be promoted to Sister and is allowed to take the Oath.

\*(We recommend bringing one of the sisters' sons along to be used as a sexual technique demonstration "dummy". A 14 to 16 year old boy is good for this; they become erect easily, but are not cunning enough to spoil the effects of our techniques. Furthermore, it is harmless; we have yet to hear a single complaint from the boys. They all finish high school with a personal confidence and emotional stability their peers cannot begin to emulate.)

## Bene Gesserit Training Manual

### Sister

Minimum Time in Rank – Two years

After an Acolyte has taken the Oath, she becomes a fully-fledged Bene Gesserit sister. She will take her BG name. She is to be addressed as “Sister (middle name).” She may wear a silver band on her right ring finger. She may receive a copy of the Reverend Mothers Edition of the Bene Gesserit Manual. (The Reverend Mothers’ Edition of this manual is for Sisters and Reverend Mothers only and contains secret information that must never be shared nor revealed.)

A sister is no longer just a student, but an agent. She is our representative and our model. She is the founding stone and pillar of our order. She is our strength and our heart, our eyes and ears. For most women, taking the Oath will be the hardest-fought and won victory of their lives, a well-deserved honor.

To become a Sister is to be as much as any woman would ever want to be and more. Be warned of pride and conceit! All achievements are temporary due to the constantly changing nature of truth and the fluid nature of reality, a reality that no longer recognizes time as an actual, measurable constant. Nevertheless, training really never ends because the world never ceases to change.

A sisters’ duties include:

- Training of all under her
- The expansion of positive public awareness of the Bene Gesserit
- Expansion of the BG power base
- Teaching by example and lecture
- Actively supporting law enforcement and community service agencies
- Creating opportunities for charity work
- Breeding Program maintenance

A Sister is required to serve for at least two years and must complete 60 hours of community service per year. (A grand total of 180 hours community service)

If she becomes a Station Mother, it may be a lifetime assignment. Station Mothers are selected Bene Gesserit who are allowed to live out a lifetime with a mated breeding partner due to functional opportunities afforded by the partners’ political status.

## Bene Gesserit Training Manual

After two years, 180 hours of community service and a Grand Council personal review, (We should never resent the truth, even when it hurts.) the Grand Council may promote her to Reverend Mother at Convocation.

## Bene Gesserit Training Manual

### Reverend Mother

#### Minimum Time in Rank - Life

The woman who is “first among equals” and charged with making decisions for her council and for testing sisters as needed. Bene Gesserit do not become Reverend Mothers by chance. She is to be obeyed at all levels. (Stand at attention before the Reverend Mother and speak respectfully. Respond only when she speaks to you.) R.M.’s are teachers, guides, ambassadors, judges, midwives, leaders, sounding boards and the makers of difficult decisions. Those decisions bind her to the lives of those who depend on her. She is capable of making any necessary decision for the Sisterhood’s survival.

She is required to hide any of her fears and place the good of her chapter before all other concerns. The Bene Gesserit is all to a Reverend Mother. You will never be able to forget that. A Reverend Mother can disregard nothing. She is the servant of all of her sisters. We watch her with critical eyes. She cannot spend too much time on generalities nor on trivia. The Reverend Mother must display insightful action else a sense of disquiet penetrates to the farthest corners of our order. We follow a Reverend Mother’s orders with absolute devotion.

R.M.’s are no longer concerned with rank or promotion. Despite having reached the limits of promotion, her training, learning and charity work will continue until the moment of her death. She makes decisions for the chapter and she is also ultimately responsible for the training and behavior of her Chapter.

A Reverend Mother is defined by her ability to keep secrets. She is also defined by her willingness to sacrifice her own time and comfort for the good of the Sisterhood. Get the job done! That is our first order. If a Reverend Mother has to sleep occasionally on a hard surface without covers, then so be it. No discussion, no complaints.

The children of Reverend Mothers are doubly blessed. Those born of Reverend Mothers learn things impossible to others.

## Bene Gesserit Training Manual

### The Male Bene Gesserit

Training materials and regimens, time in rank and all other requirements of BG apply to male Bene Gesserit. The only real difference is superficial. Male BG do not take a BG name and are not referred to as Sisters. They are referred to by their birth names and are generally not recognizable as being Bene Gesserit except by other Bene Gesserit who have cultivated the ability to recognize them.

The men in our Order are a tremendous resource to us. By and large, the objects of our efforts in the real world will be men. We have no way to learn how to deal with men without practice, and practicing at random is an indiscrete and potentially dangerous method.

Our BG males are excellent actors and teachers. They are usually as well trained as any of our women (or better) and are capable of role playing for those who need insight into the male psyche and its more exploitable angles.

They are indispensable when it comes to infiltration of all-male organizations, manipulating powerful non-BG females and testing our own skills in combat, sexual technique and truthsense.

In general, a male BG will be assigned specific tasks which require the imagination, biological peculiarities or specific understanding of a male. There is no reason to feel that this is a slight to women. As they say, "Use the right tool for the job."

## Bene Gesserit Training Manual

### The Lay Sister

From time to time there will be occasions wherein a woman who is not of the Order, perhaps a failed Acolyte, is capable of assisting us. Usually these women, these lay sisters, will keep a sign near their front doors:



It means sanctuary. This means that any Bene Gesserit who is in need will be welcomed and assisted. Lay Sisters are also sometimes asked to serve as sexual trainers for male Bene Gesserit students. The women, although not actual Bene Gesserit, are often very helpful and are to be thanked and treated with the same respect we would give anyone. A failed Bene Gesserit male is generally referred to as a training male, having usually little use to us beyond sexual instruction purposes. There is no rule here, however, and you may be asked to serve in an unforeseen and important manner.

Never assume that you finished with the Sisterhood. The Bene Gesserit never let go.

## Bene Gesserit Training Manual

### Organization

#### Council, Chapterhouse and Convocation

We have no conventional government. What we do have is a Council that bears more responsibility than power. There are twelve members of the council, no more and no less. Amongst the Council members, a Reverend Mother Superior shall be elected by the council. She will make the final decisions for us all and represent us as our ambassador to the world. During the annual Convocation, we will appoint our *Mater Felicissimae*. Mater Felicissima is the honorary title for members of the council. Their appointments are for life or until they themselves resign. Theirs is a heavy burden, so resignation is not uncommon when the other burdens of life increase.

Council members are appointed by lottery. All sisters who are willing and able put their names in a pot and then the names are drawn at random. This is a true democracy. Almost all of our organizational (personnel) decisions will be made by a lottery of the able and willing. Some of the lottery-appointed leaders may lack the popular characteristics of leaders, but this is not an organization devoted to pleasing the masses. Function and effectiveness are all that matter. Should a lottery-elected leader have actual weaknesses that compromise the sisterhood, assistance will be made available and the weaknesses will be removed. All sisters should be watching and learning from this process, making themselves into capable persons who may fulfill those duties should they be chosen someday. Thus, we create a democracy devoid of the manipulations of charismatic personalities, invulnerable to power-hungry individuals, fair, simple and it inspires us all to improve our own abilities as leaders.

The council decides what our yearly focus shall be, how we should best apply our resources and promoting Reverend Mothers. They will decide how we will respond to international crises and may declare certain regions off limits, if necessary. The council votes on changes to the manual and training regimens for the Order. The Council is the only body capable of making the RM promotion. When you become a Reverend Mother, you will receive a piece of paper signed by each of the council members. Occasionally the Council will form a Cherem. The Cherem is a three-sister task group charged with investigation of specific issues for the council.



## Bene Gesserit Training Manual

(During emergencies and before the first Council is appointed, we will leave administration to the Board of Proctors, an emergency-only governing body made up of Sisters who volunteer for it.)

### Chapterhouse

Chapterhouse does not yet exist, but once you are ready, we will build it together. It will be centrally located and have training, research and leisure facilities. The orchards will be located on the grounds of Chapterhouse where we can care for them. We will have a Gathering hall, a Sister's hall and a Weirding Hall. Every year the Sisterhood will hold a Convocation. Until we have built a real Chapterhouse, it will be our only chance to meet as a group. The Convocation will take place annually on Feb. 10<sup>th</sup>. The location will change yearly until Chapterhouse has been built. Information will be disseminated when it becomes available.

This is considered our only holiday, our foundation day. On this day we will all gather to share and learn. Chapterhouse will consist of several basic functions:

1. Appointment of *Mater Felicissimae* and promotion of Reverend Mothers
2. New chapter announcements
3. Training sessions in all areas of the manual and others as desired by the Sisterhood

(So bring an extra uniform, notebook, pens and your training weapons)

At chapterhouse you may very well be instructed, for example, in the use of a real sword, using a personal computer to access the internet, interrogating a "prisoner," critiquing pornographic videos, learning how to mediate between corporations, Swedish/Japanese massage methods, and a host of other subjects, all on the same day. Come ready to learn and participate 100%.

### Finding The Local Chapter

You must form your own local chapters at first. Until we have created an infrastructure, we shall have to employ mind-to-mind techniques. For now, let's us arrange to meet in the art section of the bookstore located in the most central part of town on the second Monday of every month at 7pm. Paint a small black dot on your left pinky fingernail to identify yourself. Once the infrastructure is up and running, you may access an online

B.G. database for your area to discover the location and time closest to you. There you can discuss training, possible new recruits, opportunities for charity work and the future of your chapter, just to give you a few ideas. Randomly choose someone different to act as M.C. at every gathering. To facilitate this process, draw names from a pot and use the manual as a guide. At every gathering, the chapter needs to address:

1. The list of standing objectives and chapter efforts to achieve them.
  1. The eradication of illiteracy worldwide.
  2. STD and tropical disease prevention.
  3. Assistance to rape crisis centers and women's shelters.
  4. Women's self-defense/confidence building courses.
  5. Women's scholarship programs.
  6. International women's rights and education efforts.
  7. Ecological/Recycling/Bio-education effort assistance. (Stewardship)
  8. Conflict resolution-arbitration and mediation efforts.
  9. Homeless/Disaster Relief efforts.
  10. Opportunities for teaching Our Lesson
2. One of the Lessons from the Deep Teachings, Tradecraft, the Way and the Azhar book.
3. Greet and interview new and prospective candidates.
4. Discuss members' progress in training and promotion requirements.
5. Opportunities for public relations/social function/advancement.

This is a temporary list; a tentative solution until the Order is more firmly established. Once we have our oars in the water, specific goals will be issued to chapters to be added to individual lists. Please do not attend Chapter meetings outside of your assigned area. If you do, please do not ask any names and make an effort to forget what you have seen. Bene Gesserit Chapters are kept separate and compartmentalized from one another for the security of everyone involved. If you move to a new city, of course, you will join a new chapter. For the safety of your former chapter, please do not answer and specific questions about its people or activities.

There are two major pitfalls to avoid in organizational gatherings: Power-hungry personalities and the loss of focus. Power-hungry personalities will learn to control

themselves. The desire to control others is a weakness, after all. Those who cannot control themselves will be asked to leave. Every member in attendance is responsible for the efficient function of the gathering. Our organization is made up of individuals who are loyal and care for the group. This is the only true form of democracy. Do not look for a leader! Do not wait to be told what to do. (Idleness is not encouraged.) Simply do what you need to do and try to harmonize your diligence with that of others. Let no one direct the harmony. Practice in adjusting to each other. We are partners no matter any transitory disagreements. Organizations do not suffer emptiness of purpose at the time of their creation. It is when they have become established that aims are lost and replaced by vague ritual. Our purpose is nothing less than the maturation of humanity. We do not anticipate that our work will be completed any time soon.

Remember, you are all beginners and equals, so make decisions democratically and avoid the temptations of charismatic people or persons with forceful personalities. If anyone seems to have forgotten this, simply remind them of the beginner's admonition. Be gentle and be fair, for humiliation is a thing which no person can forget.

### The Beginner's Admonition.

We are all beginners and we must remain so if we are to improve consistently over time.

### The Resources of the Sisterhood

In the beginning, the Order will have precious few resources. You are our most valuable resource. The administration of the Sisterhood must be well done, however, so some money will need to be generated. Sisters will also be asked to tithe every month. A donation of 2\$ is suggested. If you cannot afford 2\$ a month, then do not concern yourself and simply make contributions of your time, if you can. The Bene Gesserit is not a financial institution and we have no intentions of becoming one. However, financial stability is a form of self-defense. The persons responsible for maintaining the website and archives for so many Bene Gesserit will need to do so full-time and their needs must be met. A meeting hall must be reserved for Chapterhouse every year. Guest teachers must be hired. Researchers in the employ of the Bene Gesserit must be paid. The manual must be constantly updated and improved. Money is simply an expression of energy

### Decisions and Delegations

Bene Gesserit decisions move through a triple maze.

1. Effectiveness.
2. Consequences.
3. Who Can Carry Out Orders?

As a Reverend Mother, you must match deed and person with great care and precise attention to details. This has a heavy influence on Effectiveness and that, in turn, rules Consequences. This maze must be applied consistently and that may seem slow and cumbersome at first, but with practice it will become second nature. Never rush yourself, however. The Acolytes and Sisters love to think of the Reverend Mother as able to make wise decisions without hesitation, but good, moral decisions can take time. You must properly assess consequences. Even the Reverend Mother Superior must take her own time. Delegate evenly. Delegate heavily to only the same people and you will fall into bureaucracy.

In the chapter, in the council and even at Chapterhouse it is difficult to make decisions for the Sisterhood without wanting to institute a code of rigid procedures and laws. We will not do that.

When we accept a rigid code of procedures, we will have ceased to exist as true Bene Gesserit and we will have become a dead body of pretenders. How, then, do we make timely, moral decisions for the chapter and for the Sisterhood? It is simple. Moral decisions occur when we abandon self interest. Think only of the good of the Sisterhood and of the benefit of the people we serve and no decision will be wrong. Some will be difficult, but none wrong. We sacrifice a certain amount of efficiency for this system, but we gain vitality, honesty, freedom of choice and good government requires it.

## Punishment

### “The Whip that instructs”

From time to time, it may be necessary to correct the failures of students, sisters and other associated personnel under our supervision. Everyone makes mistakes, and these must be forgiven, but people who know better or act out of greed must be educated.

Punishment is a necessary tool of education. Bene Gesserit punishments must be thoughtful and tailored to the individual; otherwise it is simple brutality and is likely to produce very negative long-term effects. Our punishments carry an inescapable lesson and cannot be forgotten. We tailor them to the specific weakness and vulnerability of the punished. They must capture the attention and teach the individual the desired lesson. When the punishment is over, a reward is given to the punished, a reward that will illustrate further the desired lesson and lock it into the mind.

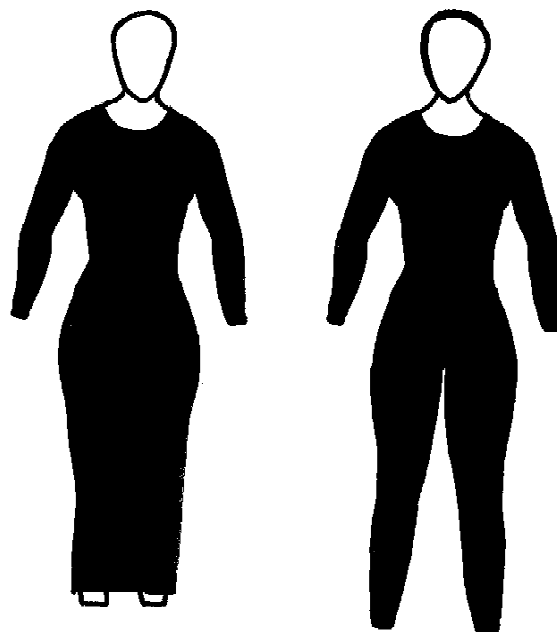
If a sister has been charged with betraying the Sisterhood and violating her oath, she may be impeached and excommunicated by means of a *Proces Verbal*. This is a private affair (a Trial of Fact) and will be comprised of the Sister in question and a single, well-informed Reverend Mother. What happens during the P.V. is strictly confidential. The most awful Bene Gesserit crime is disloyalty to the Order. Be prepared to pay the costs for your choices. Those against whom judgment is passed must accept the fairness of it.

You have no need to fear the rise of power-hungry, game-playing individuals who seem to have joined the Bene Gesserit simply to try and manipulate other Bene Gesserit. Those individuals, once identified, will be severely punished. If they do not change and improve, they will be excommunicated and their BG number reassigned. They will most certainly never become Reverend Mothers.

When and if such things should be discussed, do not laugh. Do not judge. Learn from the mistakes of others.

## Uniform and Adornment

All B.G. adepts and sisters, from the newly accepted candidate to the Reverend Mother Superior, wear the BG uniform at social functions and whenever they represent the BG Sisterhood. The uniform, called the “Aba,” is simple. The inner layer is a pair of tights and a leotard. (Full length and long sleeve) The outer layer is a plain dress. (Full length and long sleeve) The first layer is for combat training and other “unconventional” activities. For Novices and Postulants, the aba is gray in color. Acolytes wear white. Sisters and RM’s wear black.



The black dress is like a universal passport; it is appropriate for almost any situation. This might seem too conservative for our needs, but seduction is a mental/visual concept. Men are imaginative animals, far more imaginative than women, and they are drawn to what they can’t see more powerfully than that which they can see.

Unless you are actively seducing a target, high heels are discouraged. A low-heeled shoe with good support and a thin, sensitive sole are recommended. Black dress shoes with flat rubber soles are good, but black shoes made for martial arts are even better. There are some shoes being made for police officers that are appropriate. They look like dress shoes, but they are in fact sneakers. Whichever type of shoe you select, they must look nice and inconspicuous, but they must also permit the physical activity and sensitivity required of a martial artist.

When a Sister takes the Oath, she may wear a silver wedding band on the ring finger of her right hand as a symbol of her loyalty to the Order. When a sister becomes a Reverend Mother, she may wear two bands on her right hand ring finger. A Bene Gesserit may be decorated physically as a form of commitment to the Order. However, we recommend choosing an easily concealed spot. Furthermore, we recommend using only symbolic representation of the Sisterhood, such as our Library Key Symbol.



It is common for many Sisters to have this tiny symbol tattooed on the inside of their ring finger, small enough that it is normally hidden by their wedding rings. It is easily concealed, and when necessary, easily yet discretely shown.



This is only a tradition. Tradition is carried in the heart and has neither meaning nor importance for anyone else. Remember that and always honor the right of choice and self-expression, no matter what form it may take.

Do not feel the need to wear any adornment. Truly, the marks of Bene Gesserit training are far deeper and more indelible than any tattoo and shine brighter than any ring.

## Bene Gesserit Training Manual

### The Bene Gesserit Creed

Before us, all methods of learning were tainted by instinct. We learned how to learn. Before us, instinct-ridden researchers possessed a limited attention span-often no longer than a single lifetime. Projects stretching across fifty or more lifetimes never occurred to them. The concept of total muscle/nerve training had not entered awareness.

There is nothing firm, nothing balanced, nothing durable in all of the universe-nothing remains in its state, and each day, sometimes each hour, brings change.

We believe our first loyalty is to the sisterhood, our sisters and brothers of the order and all of the others who dedicate themselves to the maturation of the human race.

We serve our employers, our students, our families and friends. We must be of use and assistance to anyone who asks it.

We charitably serve our communities. We will serve them in any way we can, eradicating ignorance, misery and want.

We are responsible to our sons and daughters. We will see that every last one of them is educated and presented with opportunity.

We dedicate ourselves to lifelong continuing education, personal growth and the expansion of awareness.

We will never accept congratulations. We will forever seek further improvement and learning opportunities for ourselves and all mankind.

We will teach the lesson to all men and women that there are no limits to human achievement.

Never stop learning, keep going until the end!



## Bene Gesserit Training Manual

### The Bene Gesserit Oath and Induction

Both the archaic form and new form are equally acceptable and valid, but it is preferable to use the new form whenever possible. If you are a first generation, your mother may serve as the proctor so long as you are both sincere.

#### *ARCHAIC FORM:*

Candidate: "I am Bene Gesserit. I exist only to serve."

Proctor: "I am charged to say this to you. I stand in the sacred human presence. As I do now, so should you stand some day. I pray to your presence that this be so. The future remains uncertain and so it should, for it is the canvas upon which we paint our desires. Thus always the human condition faces a beautifully empty canvas. We possess only this moment in which to dedicate ourselves continuously to the sacred presence which we share and create."

#### *NEW FORM:*

Candidate: "I am a Bene Gesserit. I exist only to serve."

The Proctor will place the palm of her right hand on the forehead of the candidate and say, "I stand in the sacred human presence. As I do now, so should you stand some day. I pray to your presence that this be so. Let the future remain uncertain for that is the canvas to receive our desires. Thus the human condition faces its perpetual tabula rasa. We possess no more than this moment where we dedicate ourselves continuously to the sacred presence we share and create."

Once the Oath has been spoken, you belong to us. Remember that.

It is permissible to have a party/banquet for newly inducted sisters, but the sister herself may not imbibe and must serve the food to the guests as a reminder to all of the nature of our Order.

### The Death of a Bene Gesserit

When a Sister dies, two families will grieve. Her own birth family will suffer and the Sisterhood will be diminished. Unless the family objects, we prefer to have simple funerals with inexpensive burial goods. A typical B.G. funeral includes the wrapping of the body in cloth, burial in a hole dug vertically in the earth and a fruit-bearing tree being planted over the grave. A fruit-bearing tree is preferred to a gravestone.

Eventually, the Bene Gesserit will have its own grave-orchard. It will be at Chapterhouse and open to all. The grave-orchard is a place of beauty, remembrance and yet, functional productivity. If a Bene Gesserit dies without benefit of family, we will bury her there. Consequently, when you become a Sister of the Bene Gesserit, you will be asked a simple question. “Apple, orange, peach or plum?”

You will understand the meaning of this question and answer it. The answer will be recorded in your file at Chapterhouse.

(If you hear any of the younger Sisters joking about this, you must try to understand that immature persons have some difficulty facing death as a necessary part of the life process. This is the reason for the “Conversations with Death” all acolytes must face.)

When the time of death can be anticipated, it is desired that a Sharing should take place. (*Extremis Progressiva* – sharing among ourselves as far as possible.) Several sisters will visit the dying woman, and she will pour out every one of her memories to them. It is usually better if the Sister in question is lucid. Therefore, many Sisters request that a Sharing take place when they reach a certain age, before the damaging effects of disease might reduce the quantity and quality of the memories to be shared.

The time of Sharing is often intensely intimate and emotional. A recording of it may be made available to the family. The lessons learned should be synthesized and contributed to the Manual.

At the funeral, a Sister may be asked to speak a few words about the departed. You must do so with sincerity and give comfort to the family. You will include the following words: “We have learned from Sister\_\_\_\_\_, Bene Gesserit. She is gone, but she remains. Let her memory be honored by us all.”

# Bene Gesserit Training Manual

## Section 2 The Deep Teachings

### The Lessons

The following lessons are abbreviated and should be prefaced by an in-depth lecture from a Sister or Training Proctor ideally suited to the task. In their absence, please find someone knowledgeable in each particular field to write and deliver a lecture on the lesson. You might ask professors from a local college or someone in the private sector who happens to be educated in the appropriate field. Do not let appearances deceive you! The average person may carry in their heads a tremendous wealth of knowledge that you need. There is a consensus in the world, even in the world of science, that the human mind and body is an amazing thing, almost unfathomable in its capacities. This is something no person should ever disregard. The capacity of even the most uneducated person in the most uncivilized reaches of our planet, in many ways, exceeds by a gulf the capacities of our greatest and most powerful supercomputers.

100,000 years ago, humans in South Africa were creating, without difficulty, pristine works of art by knapping stone with primitive tools. They were not consciously aware of the required angles of attack for maximizing the effect of a conchoidal fracture pattern, but their minds and bodies employed that knowledge in a way that leaves us stunned to this very day. These archaic men and women created stone tools that were lenticular in cross section with a 10:1 width to thickness ratio 99% of the time. Using stone and antler tools they beat our modern manufacturing equipment.

(Having said that, we should be wary of the fact that android robots have been created that are capable of mimicking humans in almost every way. When a more compact, powerful energy supply is developed, they will be a potential threat and must be monitored carefully. For more information, research QRIO, ASIMO and P3.)

The lesson to be gained is that there are many people in the world who have something very valuable to teach us, despite their “uneducated” or “unorthodox” images. There are many brilliant scientists who wear old cowboy boots and hats and wrestle bears in honky tonk bars. (Strangely enough, there seems to be an abnormally high number of them.)

So, do yourself a favor and learn to see people beneath the surface and find out what they know. In one ten-minute conversation with such an individual, it is possible to be taught the distilled, synthesized knowledge that he or she carries! This knowledge comes from decades in colleges, graduate schools, research, experience and meditation. All you have to do is listen.

If an expert cannot be found, then let every sister ponder the topic and then discuss them as a group until every possibility has been explored. The point is not to draw conclusions nor provide concrete answers with which all Sisters will agree. That would be failure. The purpose of argument is to change the nature of truth. The goal is to create even more questions in the mind of each Sister. Wisdom is an accumulation of questions. There are problems in this universe for which there are no answers. You must realize, the Bene Gesserit do not believe in rote memorization of facts. We prefer an intuitive process of self-discovery. Your mental and bindu awareness are paramount. Make no mistake about it: Creativity is a survival skill!

Since every individual is dependent ultimately upon the self, the formation of that self demands our utmost care and attention. Here then is the first of your deep teachings in the Bene Gesserit way. Please consider carefully every lesson and be prepared to learn from the very beginning. A beginning is the time for taking the most delicate care that the balances are correct. This every sister of the Bene Gesserit knows. Keep going, keep training, keep learning, keep giving until the very end.

This is the beginning of knowledge – The discovery of something we do not understand. This is the secret to enlightenment. One dedicates one's being to the study of something which cannot be understood and is absorbed into the process of existence of that thing. Never allow yourselves to be satisfied with your understanding of anything. Knowing is a barrier which prevents learning.

Some of these topics are cultural, some religious, philosophical and historical. Most of them overlap. Explore them fully and let them suggest other avenues of research.

Most importantly, learn to learn every day, all the time. Let every waking moment be an opportunity for learning. Each day, each moment brings change. One learns by recognizing the moments.

### Lesson 1.

Humans must never submit to animals.

### Lesson 2.

You must learn discipline. How can you control others when you cannot control yourself?

### Lesson 3.

Logical thought has its limitations: Deduction and Causality. (Reserve an attitude of questioning distrust for anything that comes in the guise of logic.)

Lesson 4.

All proofs inevitably lead to propositions which have no proof. All things are known because we want to believe in them.

Lesson 5.

You seldom learn the names of the truly wealthy and powerful.

Lesson 6.

History is written by the victors.

Lesson 7.

People rarely say what they mean, but they do. (Body language)

Lesson 8.

That which submits rules. Assimilation and survival.

Lesson 9.

There is no necessity humans hate more than the unpredictable

Lesson 10.

The truth: Whose truth? Modified in what way? In what context?

Lesson 11.

The persistence and power of superstition in modern societies.

Lesson 12.

Is it large-scale pattern recognition or paranoia? How do we know the difference?

Lesson 13.

Despite our educations, most people are not creatures of reason.

Lesson 14.

Tradition is dangerous. Enemies need only find the pattern and exploit it against us.

Lesson 15.

What is law? Control? How is that different from tradition?

Lesson 16.

The mind of the believer stagnates. It fails to grow outward into an unlimited, infinite universe.

Lesson 17.

In every culture, in every language, in every religion, there is a myth; “We are God’s chosen people.”

Lesson 18.

Long pretense creates a reality.

Lesson 19.

Love leads to misery and is no longer an essential for the survival of the species.

Lesson 20.

Humans who cannot change are not human. They are humanoid animals.

Lesson 21.

Violence is a necessary part of a healthy, creative society.

Lesson 22.

We are shaped by pressures whether we resist them or not.

Lesson 23.

Face your fears or they will climb over your back.

Lesson 24.

Producing perfection from imperfection is the highest of art forms.

Lesson 25.

The most terrifying things in the universe come from human minds.

Lesson 26.

Never leave deadwood around to attract parasites.

Lesson 27.

Maturity imposes its own behavior. Make those imperatives available to consciousness.

Lesson 28.

The slave makes an awful master.

Lesson 29.

Never choose a course just because it offers the opportunity for a dramatic gesture.

Lesson 30.

Peace encourages aggression, thus igniting war.

Lesson 31.

Beware infinity! It attracts us like a floodlight in the night, blinding us to the excesses can inflict upon the infinite.

Lesson 32.

Logic can move just as blindly as any other faculty.

Lesson 33.

Desire is an illusion and an obstacle to accurate perception.

Lesson 34.

A true leader does not lead; he is followed.

Lesson 35.

Understanding a disease does not provide immunity from it.

Lesson 36.

A good man cannot win a war without becoming a demon to his enemies.

Lesson 37.

Never be an expert. That locks you up tight.



Lesson 38.

Histories focus on confrontations.

Lesson 39.

The self-important have limited vision because they ride a death-reality. Woman and plow are life-reality. Without life-reality there'd be no humankind.

Lesson 40.

Beware the traps of determining the exotic from the endemic.

Lesson 41.

There is only one science; the only difference is a matter of scale.

Lesson 42.

No amount of education will ever rival actual, firsthand experience.

Lesson 43.

When a creature has developed into one thing, he will choose death rather than change into his opposite.

Lesson 44.

Some decisions must be ruthless.

Lesson 45.

Only fools prefer the past.

Lesson 46.

Madness in method; that is genius.

Lesson 47.

Many believe that a satisfactory future requires a return to an idealized past, a past which never in fact existed. There never were any "good old days."

Lesson 48.

Good leaders make immediate choices

Lesson 49.

It is said that there is a principle of conflict which originated with the single cell and has never deteriorated.

Lesson 50.

Never believe that you have plumbed the depths of any place... or of any human.

Lesson 51.

Silence is a form of wisdom, employ it as often as possible.

Lesson 52.

It's the not knowing that conjures up the greatest terrors and the greatest ambitions.

Lesson 53.

There is no reality. There is only our own order imposed on everything.

Lesson 54.

You cannot suppress the wild thing, the uniqueness that *will* occur among humans no matter how much you try to avoid it.

Lesson 55.

The best art imitates life in a compelling way. If it imitates a dream, it must be a dream of life. Otherwise, there is no place where we can connect. Our plugs don't fit.

Lesson 56.

Any road followed precisely to its end leads precisely nowhere. Climb the mountain just a little bit to test that it's a mountain. From the top of the mountain, you cannot see the mountain.

The Litanies, Meditations and Regimens

“The mind commands the body and it obeys.  
The mind orders itself and meets resistance.”

A word concerning the Litanies and Meditations: These techniques are time-proven and effective, but one should remember that they are not a substitute for emotional control. Once you’ve lost control of yourself, you yourself are lost. Used properly, these tools will give you alternatives to medications for pain, fatigue, depression and anxiety. Medication has its uses, but if one can find a more natural remedy, it will add years to your life and give you back control. We do not wish to create an order of stoics. Emotions provide valuable insights so long as you do not let them govern you. You must not allow your emotions to display themselves in your manner nor wear them on your face. They provide ready levers for those who would control you. Of most concern are two: Fear and love.

We must reject love if it threatens our survival. We can simulate it, but we must be capable of cutting it off in an instant. Love clouds reason. It diverts us from our duties. Love can be tolerated only where it causes no immediate and obvious disruptions or where it serves the larger purposes of our order. Otherwise, it is to be avoided. Fear is a primordial emotion, no longer a necessary tool. We have replaced it with awareness. Fear destroys the machinery of our minds.

The Litany against Fear: “I must not Fear. Fear is the mind-killer. Fear is the little death that brings total obliteration. I will face my fear. I will permit it to pass over me and through me, and when it has gone past I will turn the inner eye to see its path. Where the fear has gone there will be nothing. Only I will remain.”

The Meditation of Peace: (From a seated or comfortable position, relax the body 60% via *prana-bindu collapse*. Begin review of prana-bindu nothingness and repeat until words dissolve.)

“Devoid of space, devoid of form, devoid of time. Mugen-Dao, the infinite void.”

The Sense Clearing Regimen: An ancient method of focusing your senses for total receptivity. 10 seconds of quick breathing. (In through the nose, out through the nose) Followed by a slow, hot-air exhalation out the mouth.

The Quick Regimen of Calmness: Close the eyes, take two complete, 4-heartbeat breaths and then consider the ritual thought: “Mugen-Dao”

The Litany before Combat: “The opponent is nothing. I am nothing. The hand that holds the sword, the sword itself, is nothing. In the blink of an eye, I will cut through the empty wind.”

The Mantra of Solo Death: (Focus your awareness on your fingertips.)  
“If I am to die, I must pass along a transcendental lesson. I must leave with serenity.”

The Regimen of Rejuvenation: Place the palms flat against the temples and press inward. Close the eyes and count one hundred heartbeats. Do not move. When you reach one hundred, you may open your eyes.

The Simulflow of Patience: Keep your breathing steady and practice separating the past from the present. You may allow your past to replay itself in your mind, specific lessons being learned and the emotional detritus being discarded. This is called “memory work.” While you do this, keep your awareness outside at 100%. Do not attempt to wait in the now, recognize that you exist between flowing rivers of the past and the future.

The Regimen of Focus: Mental intrusions (adab) always have a good reason behind them. You must not resist them, but accept them, analyze them and let them resolve themselves.

“I will monitor my mind and question everything that rises there.”

The Litany against Love: “My emptiness is my usefulness. I have no love. I will move through this time. I will have compassion for all and attachment to none. Love does not serve me, I serve the Order and there my love lies.”

The Informal Political Process  
Or  
How to get what you want from any man

In the next section we shall discuss the art of human manipulation we call politics. In addition to circumspection, you must know that politics is the art of appearing candid and completely open while concealing as much as possible. When someone says “politics,” it is a warning to our Sisters. This art has many actors and many forces that must be understood in order to ensure survival and survival requires a thorough understanding. Please take a moment to understand this. The goal is not a graduate-level mastery of political theory. We do not intend to create women who like to argue with men about the pros and cons of various political systems. We shall leave that pointless game to the academics. Our goal is functional mastery. We must be able to manipulate the system in order to achieve our goals. Any other purpose is a waste of time and resources. Never waste your time with underlings who can only say, “no.” Seek out the person who can say, “yes.”

Sometimes the conventional path (paperwork and fees) is the safest and most effective way. Sometimes fellatio is required. (If you decide to spend a certain sum, get as much for it as you can.) Sometimes paperwork, fees, bribes, “favors” and fellatio will be required. Sometimes one need only say the magic word. (Please) Don’t judge this. Do what you have to do. Avoid drama. Do it quietly and efficiently and move on to the next assignment. Be sure that your paper work is *perfect* and all supporting documents are present, don’t give them any technical reason to say, “no.”

To be successful in the informal political world, one needs to develop a sense of whom one is dealing with. Younger people tend to be more sympathetic and helpful. They are easily manipulated. Young women are usually very sympathetic and can be persuaded with a sad story. Young men are usually easily aroused. (A flash of cleavage is sometimes all that is necessary.) Older people are more sedentary and even their own supervisors have trouble getting them to work, so don’t be too shocked if they require more effort. Observe constantly, use your training to register the person at hand, determine their likely vulnerabilities and gently apply the minimum amount of pressure. Always smile and be polite. When conventional methods fail, there are some unconventional approaches to achieve your goals in the informal political systems of the world:

Men are very sensitive to the exposure of skin and the slightest flirtatious movements of the women they work with. Any woman who works with men can explain to you how this works. The girls who are willing to act flirtatiously get what they want. These girls are not often liked by the other women in their offices, but their job security is assured and their work environment is almost always less stressful. What this teaches us is that there are an infinite number of degrees of suggestion you can use to motivate the man in question. One might try raising the skirt hemline three centimeters, lowering the neckline one centimeter and incorporating more pinks and reds into ones wardrobe every week until a noticeable change takes place in the subjects' behavior. From there, you proceed with the request. If, after a gentle probe and review, you find that the motivation is not strong enough, continue the wardrobe and behavioral change until the request is fulfilled or certain pre-determined limits have been reached. This is an old routine, but it works very well and women who do not use it often do far more work than is necessary. If it seems to require more courage than you feel you have, then you can start small and have "accidents."

Accidents are situations you engineer wherein your shirt suddenly flies up and, quite accidentally, the person in question gets an eyeful of your sexiest bra. Of course, you will be terribly embarrassed. After the accident occurs, you will have a new secret covenant with the subject. Talking about the accident with the subject will arouse them and remind them of what they saw. This will give you plenty of opportunities to use other "charms." This is power. You now have power over the subject. You can, at will, change their mental focus from work to pleasure. In this altered state, you can create a special liminal relationship that exists outside the rules of work and normal society. It is this "fantasy" relationship that you must exploit. The subject believes that you are two steps away from taking him to bed. You must let him believe it. When a man is in this special state, he will agree to almost anything. Go slowly, try it out. Once you gain confidence in your skills, you will get better and better. Remember, confidence is the most powerful tool of seduction.

Teachers are a special case. In high school, most teachers are busy with the job of teaching and education usually takes a back seat to regurgitation and conformity. When seeking to manipulate a public school teacher, take extra caution, as these people are very insecure and the slightest threat to their authority can cause them to panic and overreact. These people are under enormous pressure from principals, school boards and parents. Usually, going out of your way to make things easier in class and

demonstrating your desire to learn will bring good results. College teachers are much more laid back, but their grading systems are also less “data-based.” In high school, a high grade is a high grade and the material determines the correct answer. In colleges, the teacher may be more flexible about the basis of their grading. Their like/dislike of a student, belief in the future of the student and relationship with the student may all affect the grade. A more direct approach may be taken with college teachers and graduate school professors. As always, be discrete and never challenge the expertise or authority of these people, insecurity is the nature of their business.

When traveling in third world countries, carry a 20\$ bill (U.S.) folded inside your passport. When an “official” requests your passport and seems to be wanting something but does not say it, hand them your passport with the 20\$ bill page opened. Do this very discretely. Don’t act embarrassed or uncomfortable. This is how things work in the real world. Like a server in an American restaurant, law enforcement officers in other countries derive some of their income from “tips.” If he refuses it, do not respond in any way, just take the money and put it back in your pocket. Don’t apologize or discuss it. Of course, the higher the rank of the official, the more money you will need to offer. The higher ranking officials are less likely to request the passport of a “tourist” like you, so that is not so much of a concern. As a general rule, offer them one third of a days’ pay. (Yours)

**Never attempt any form of informal political motivation in an international airport. Never do anything illegal or “unconventional” in an international airport. Security at IA’s has increased so much since 9-11 that this kind of exchange is virtually guaranteed to have bad results.**

When you need to “motivate” an official within your own country, and you do not think an affordable “contribution” would work, ask them if you might speak to them “privately.” Once you are alone, tell them what you need and initiate fellatio. Use your strongest techniques. After a minute or so and the official has begun to enjoy himself, stop. Stop completely and repeat the request. Do not continue until you get a positive request. (Ask sweetly, but keep asking.) Once you get the response you need, finish him off and sanitize yourself. More than likely you will be able to get more than you needed from him now, and in the future he will likely be anxious to help you. This is Pavlovian conditioning, simple and effective.

## Politics

There are three major subjects of concern in any government: Domestic policy, Foreign policy and re-election. National policy is usually created, despite our assumptions, by one man and often based upon his whims and emotional state at the time the decision was made. (Most deadly errors arise from obsolete assumptions.) Efficient government requires such a risky situation, so it is of great importance that we focus on improving the quality of the people who are liable to make such decisions.

One must remain circumspect about control. To a certain extent, nobody has control. Governments may rise and fall for reasons which appear insignificant. What small events they may be! An argument between two women...which way the wind blows on a certain day...a sneeze, a cough, the length of a garment or the chance collision of a fleck of sand and a courtier's eye. It is not always the majestic concerns of Imperial ministers which dictate the course of history, nor is it necessarily the pontifications of priests which move the hands of God.

MOE – Understand that you can cause the fleck of sand to fly at a certain time and in a certain direction. Not every random event is completely random.

## On Leaders

Most people want to be led. There are deep tribal instincts (powerful unconscious motivations) to account for this. The natural reaction when we begin to recognize how easily we have been led is to look for scapegoats. It is very easy to produce scapegoats and they are readily accepted. This is especially true when the alternative is to find ourselves either guilty or stupid or both. Law always chooses sides on the basis of enforcement power. Morality and legal niceties have little to do with it when the real question is: Who has the clout? All governments rule by suffrage, but governments are ruled by leaders. Good government never depends upon laws, but upon the personal qualities of those who govern. The machinery of government is always subordinate to the will of those who administer that machinery. The most important element of government, therefore, is the method of choosing leaders. Never follow a leader without asking your own questions. (Trust no government.) Leaders make mistakes. Those mistakes are amplified by the numbers of people who follow without questioning, moving inevitably towards great disaster. Since the advent of the television, leaders have grown progressively taller and their hair has grown thicker. Obviously, some



people are making political decisions with very little thought. This is one of the kinds of problems we need to address. The addictions of political power must also be cured. All governments suffer a recurring problem: Power attracts pathological personalities. It is not that power corrupts but that it is magnetic to the corruptible. Such people have a tendency to become drunk on violence, a condition to which they are quickly addicted. It should be obvious that the position of authority is the most prosperous criminal position available. We teach every person we meet to value leaders for true leadership qualities and wisdom. The human eye needs to be taught to see beyond the superficial. Our collective futures depend upon the election of great leaders, now more than ever before. The alarming truth is that our leaders have grown less and less capable as leaders and more and more capable as actors. We will increase the wisdom of the electorate, the people need better vision!

MOE – Since ultimately all governments are run by a close-knit group of men, access to one man yields access to them all. The more vulnerable the man, the more powerful will be your position. Choose the nature of your relationship wisely and take advantage of his weaknesses in a carefully hidden way. He must never suspect you of any wrongdoing. Find out what he has to offer, seduce him by whatever *discrete* means necessary, and let him offer his “goods” of his own free will.

### The International System

There are three levels of understanding the international system: Individual, National and Systemic. The individual level addresses the beliefs and actions of leaders such as the presidents and prime ministers. The national level addresses the nation itself, what it can afford and how much it can produce. The systemic level addresses the international system and laws, determining how the nation states may legally interact with one another. The revolution in modern communications has changed everything. This has served to highlight the deep level of international interdependence of all nations. The choice of isolationism is no longer possible. The choice of neutrality is no longer possible. The claim of plausible deniability in the modern world is no longer plausible.

MOE – Thus, public perception becomes reality until public perception changes. In order to change reality, all one needs to do is change public perception. This can be done with one simple, well-constructed and advertised website or a few letters to the editor.

## Components of the International System

There are four basic forces: Actors, Processes, Structures and Environment. Actors are nation states, (All states are abstractions) individuals, IGOs (International Governmental Organizations) and INGOs. (International Non-Governmental Organizations) The processes refer to diplomacy, negotiation, extortion, military action, etc... Structures refer to the distribution of power in terms of military capability, economic power and diplomatic strength. In order to understand this system, we must understand its history, economics and the individual leaders. History is crucial to political understanding. Grievd people have memories that extend past the limits of their own actual lifetimes. Those who cannot remember the past are condemned to repeat it. The economic status of a nation-state is its health in general. Economics are just as important as military capability. The Soviet Union, for all its military might, was finally defeated by the dollar, not the tank. If this seems trite, consider the price tags of military hardware. One aircraft carrier costs about 4 billion dollars. The Coca Cola company could buy several, but the country of Ghana cannot afford a single one. It begs the questions: Who has power? Who has sovereignty? Who are the real leaders? Several large corporations have been proven to have employed mercenaries in protecting their investments. Many inventors whose works threatened the profits of energy companies have been murdered by persons in the employ of those companies. These individuals are issued weapons, identities and licenses that supercede the authority of law enforcement.

MOE - Chaos. The chaos of democracy is a powerful weapon. It can sweep a humble man (or woman) into the presidency with an unstoppable force called "grassroots." In almost every country, the most powerful man is most afraid of the least powerful man. Why? Because he knows he is hopelessly outnumbered. The individual leaders of the world political system represent change and unpredictability. Like a deck of tarot cards, the world system may change entirely based upon the beliefs of one person.

## Politics as Repeat Phenomenon

Just as individuals are born, mature, breed and die, so do societies and civilizations and governments. Governments, if they endure, always tend increasingly toward aristocratic forms. No government in history has been known to evade this pattern. And as the aristocracy develops, government tends more and more to act exclusively in the interests of the ruling class-whether that class be hereditary royalty, oligarchs of

financial empires, or entrenched bureaucracy. Here lies the most dangerous stage in the repeating cycle of government. The middle class becomes an educated class and then it becomes an educated, unemployed, angry middle class. There is nothing as dangerous as an informed, intelligent society with grievances. The damage that vengeful intelligence can wreak is beyond most people's imaginations. Leaders take note: When this happens, you need to find new rhetoric, for revolution is coming. Select from the past and match it against the present: Learn consequences. Those who ride the wave of social momentum become gods. Those who stand in its way are crushed into sand and forgotten. Only those governments who are capable of changing for the benefit of the people can be said to be truly useful. Major flaws in government arise from a fear of making radical changes even though a need is clearly seen.

MOE – Take note of the conversations of the workers around you. Listen closely to the engineers and garbage men. Never lose touch with the people who make things work. The complaints they share with you today may be the party platform of a revolution tomorrow.

### Word Power

In all major socializing forces you will find an underlying movement to gain and maintain power through the use of words. From witch doctor to priest to bureaucrat, it is all the same. A governed populace must be conditioned to accept power-words as actual things, to confuse the symbolized system with the tangible universe. In the maintenance of such a power structure, certain symbols are kept out of the reach of common understanding – symbols such as those dealing with economic manipulation or those which define the local interpretation of sanity. Symbol-secrecy of this form leads to the development of fragmented sub-languages, each being a signal that its users are accumulating some sort of power.

MOE – There is one efficient way to exploit these people. Study and learn as many of their terms as possible. Know history, science, anything that can be used to expose them as frauds. Usually they do not challenge anyone who knows their lingo. They will quite often try to incorporate you!

### Liberty and Freedom

Liberty and Freedom are complex concepts. They go back to religious ideas of Free Will and are related to the Ruler Mystique implicit in absolute monarchs. Without absolute monarchs patterned after the Old Gods and ruling by the grace of a belief in religious indulgence, Liberty and Freedom would never have gained their present meaning. These ideals owe their very existence to past examples of oppression. The forces that maintain such ideas will erode unless renewed by dramatic teachings or new oppressions.

MOE – Whenever dealing with perceived threats to civil liberties, try to quote the “founding fathers” as much as possible and invoke the names of past leaders who are so revered that disagreement would be seen as some sort of antisocial or even racist sentiment.

### History and Reality

It will become very obvious to the casual observer that independent thought and historical research are usually co-dependent. In countries where people are considered to be mindless worker-drones, incapable of independent thought, history is taught at only the most perfunctory of levels and textbooks are usually so biased, limited and defensive that it causes trouble at an international level. Those who would repeat the past must control the teaching of history. The more corrupt and criminal the government, the thinner the historical textbooks will become. Historical accounts divert attention from the secret influences around the recorded events. The few histories that escape this restrictive process vanish into obscurity through obvious processes. Some of those processes include destruction of as many copies as possible, burying the too revealing accounts in ridicule, ignoring them in the centers of education, insuring that they are not quoted elsewhere and, in many cases, elimination of the authors.

MOE – Appeal to the vanity of men and make it seem that a thorough knowledge of history is part of that which makes a man “whole.” Try to offer world history books from more than one country as comparison.

### Bureaucracy as Cycle of Addiction

Bureaucracies are composed of bureaucrats. Bureaucrats are as predictable in their behavior as any Darwinian creature can be. They have two basic drives: 1. Prevent change (job security) and 2. Self-glorification (job promotion) In all things they need to appear important. No minor decisions must pass through their hands unless they are quiet acts called “favors” done for people whose loyalty can be earned. Bureaucratic societies elevate conformity (a fatal stupidity) to the status of religion. Science must be innovative, creative and imaginative. That brings change and requires unpredictable, individual thought. Thus, true science and bureaucracy fight a constant war. This explains why some countries, despite the appearance of modernity, yield very few technological innovations and reject science at all but the most superficial of levels. Bureaucracy destroys initiative. There is little that bureaucrats hate more than innovation, especially innovation that produces better results than the old routines. Improvements always make those at the top of the heap look inept. Who enjoys appearing inept? Quite naturally, holders of power wish to suppress wild research. Unrestricted questing after knowledge has a long history of producing unwanted competition. The powerful want a “safe line of investigations,” which will develop only those products and ideas that can be controlled and, most important, that will allow the larger part of the benefits to be captured by inside investors. Unfortunately, a random universe full of relative variables does not insure such a “safe line of investigations.” This requires a frantic level of indoctrination at the primary educational level. It takes a lot of work to blunt the spirit of a child. Educational bureaucracies dull a child’s questing sensitivity. Their young must be damped down. They must never let their own children know how good they can be. That would bring change. They spend lots of committee time talking about how to deal with exceptional students. They don’t spend any time dealing with how the conventional teacher feels threatened by emerging talents and squelches them because of a deep-seated desire to feel superior and safe in a safe environment.

Bureaucracies shield people from the truth and insulate administrators (aristocracy) from the irritations of reality. They serve as buffers against the real, dirty world. These are their terms of service. All bureaucrats exist at a certain level on a ladder, a graduation of power levels from mail clerk to emperor. Attaining a higher position and its consequent increase in power is difficult, but once attained it is assured. Those who do not seek self-glorification are punished or terminated by the powers that be. This is done out of fear that they might spread their philosophy of balance to the others, setting

off a chain reaction of enlightenment that is sure to place the rulers' own behavior in question. (Philosophy is always dangerous because it promotes the creation of new ideas.) The powers granted a level are rigorously limited and monitored by next higher level bureaucrats. Always there is the promise of a little more power, a few more perks. More is waiting if you do as you are told! Thus we have the classic cycle of addiction that we all know is a dead-end lie but tremendously seductive to the right personality. Many have committed suicide or murder when confronted with resignation, termination or impeachment.

Here is the vulnerability and perfect means to exploit a bureaucrat. You must seduce the bureaucrat to do your bidding by suggesting to him that in doing so, power will be increased, job security assured, visibility increased, promotion made likely, and their own burdens lifted. When speaking with bureaucrats, use an undertone of comfortable humor, the unspoken air of shared secrets. Let him believe that you are two people who are granted an understanding of things not granted common folk. Warning! Beware the ideologue! They are unpredictable and undependable. Unless the ideologue in question is already your agent, avoid them at all costs.

MOE – The bureaucracy should be exploited financially from within, using its own rigidity to take advantage of the system. In a not-too-short period of time, such exploitation will bankrupt the system and bring it down. (Or at the very least get some powerful people fired.) Bureaucracies are nothing more than government-sanctioned organized crime organizations. Every crime family has a boss and every bureaucracy is ultimately controlled by the federal government. When it comes to losing money, no position is assured.

### Good Administrators and Bad Administrators

A good administrator makes immediate choices. He is incorruptible, sagacious, philosophical and open about his errors, quick to see decisions. He depends on verbal orders. He never lies about what he has done if those verbal orders cause problems and he surrounds himself with people able to act wisely on the basis of verbal orders. A bad administrator hesitates, diddles around, asks for committees, research and reports. Eventually he acts in ways which create serious problems. A bad administrator is more concerned with reports than with decisions. He wants the hard record which he can display as an excuse for his errors. Often the most important piece of information is that something has gone wrong. Bad administrators hide their mistakes until it is too late to

make corrections. One of the hardest things to find is a person who actually makes decisions.

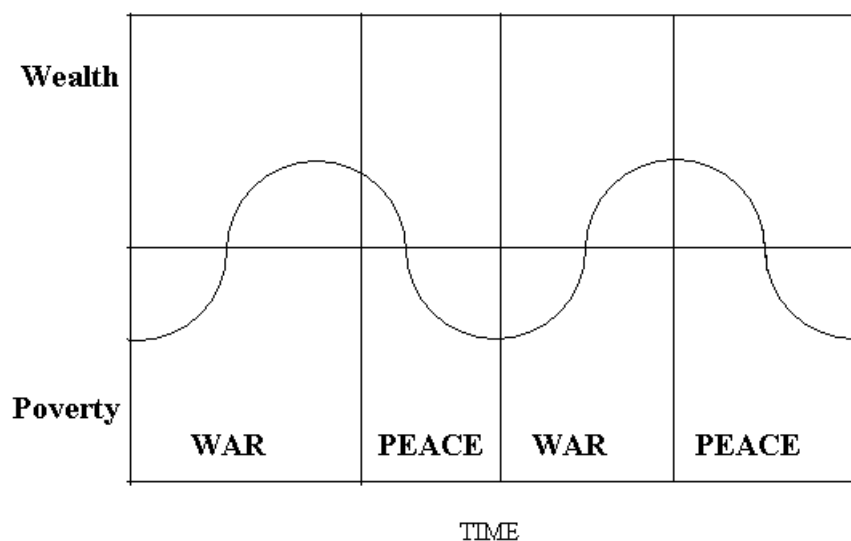
MOE – Training is the key. We train good administrators and cause bad administrators to be exposed, reprimanded, embarrassed and fired. If an administrator is particularly bad, use the press to expedite the process.

### Obstacles to Peace

There are many obstacles to peace and the coexistence of different peoples. Ideological differences, the cycle of violence, a lack of communication, distrust, asymmetry of capabilities and the attitudes of allies all play a part. If you wish to make a useful contribution to the peace effort, all of these factors must be addressed simultaneously. We will create new facets in every national self-identity: tolerance and diversity, peaceful, multicultural co-existence and intercultural communication. Above all we must destroy the ancient religious precept of “God’s people” or “special people” inherent in every human culture.

### Social Momentum: The Time-Culture Pendulum

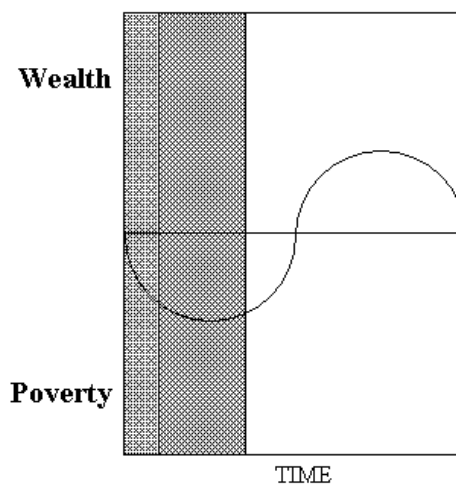
In every culture and society, there is a social tide. It moves quietly most of the time, following an age-old rhythm. This can be likened to a pendulum that swings back and forth in the same exact arc.



Basic Social Momentum Chart

The pendulum can be motivated to swing higher and farther with unstoppable force if manipulated at the right time in the right way. Once the momentum is guided, the leader has simply to “ride the wave.” As every cycle of prosperity begins to decline, crime increases, the nation begins to demand change and a return to better times. In this vulnerable zone, some very ugly ideas can take root. Occasionally, some beautiful ideas are spread, but the former is more common than the latter.

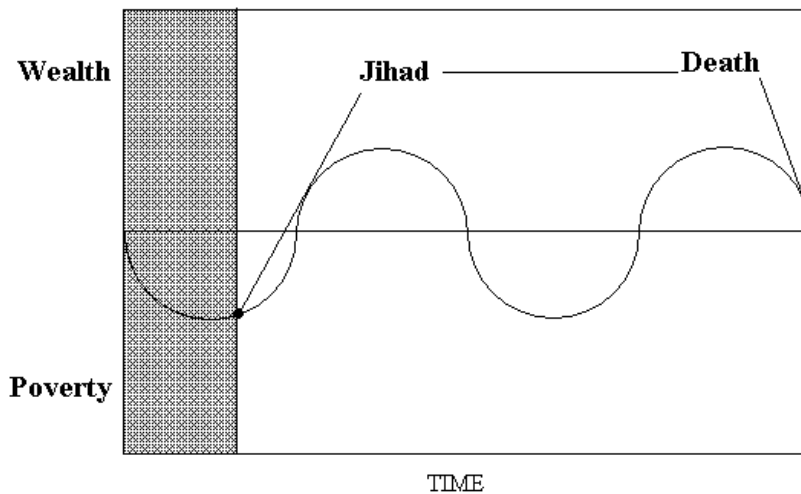
MOE - You can take advantage of just such a situation. As soon as the economy starts to slow, make a concerted effort to covertly publicize your charity work and your willingness to help those in need. As the situation gets worse, keep it up. Reach and teach as many as you can. When the economy starts to improve, you may ride the wave and expand your influence exponentially. This is one of the fundamental secrets of political survival.



Momentum Chart illustrating Vulnerable Zones

In this illustration we see the periods of vulnerability. They usually begin in the downswing of the economic cycle and increase in intensity, along with nationalism (external racism) as the cycle continues. When the economic cycle begins to climb, vulnerability decreases and internal racism increases. From this we can draw a few generalizations that will help us to make safer decisions.





Momentum Chart with Messianic Potential

During these times of social unrest or depression, for example, societies become highly vulnerable to messianic movements. Should a capable leader arise during this period, a society may be led into total anarchy or worse, absolute order.

Adolf Hitler was a master at manipulating the pendulum. He twisted a poor and angry society into a powerful machine of death and destruction by taking advantage of the social tide, employing ethnicity as both social identity and pretext for an irredentist war. This momentum may be used for good as well, and many societies reinvented themselves in just such a manner.

### Jihad: Mental Epidemic

Very closely linked to social momentum is the idea of jihad mentality, or a mental epidemic, usually occurring in societies facing a cultural assimilation and loss of cultural/personal identity. The jihad mentality is a fast spreading and incurable social disease, a disease of the mind. The disease deludes the afflicted into believing that they have a moral duty to restore some ancient golden age on Earth when their religion was not in decline. Militant Missionary religions share this illusion of a 'proud past,' but few understand the ultimate peril to humankind – that false sense of freedom from responsibility for your own actions. (No matter how heinous.)

This disease is much more prevalent in undeveloped, uneducated societies where the foundations of scientific thought have not overcome the primitive traditions of gossip and superstition. You cannot stop a mental epidemic. It leaps from person to person. It is overwhelmingly contagious. It strikes at the unprotected side, in the place where we

lodge the fragments of other such plagues. Who can stop such a thing? No one has the antidote. This thing has roots in chaos where neither order nor prescription can reach. There is one good facet to this: The more violent the symptoms, the shorter the lifespan of the infected person. This tends to limit the spread of the disease beyond national or geographical boundaries.

MOE – If one is well trained in the belief system of the infected person, he may be easily controlled by invoking the holy texts and twisting those words. Be careful, this is an especially dangerous proposition and only a well trained adept of the Missionaria Protectiva should attempt it.

### The Power of Bravura: Politicians as Heroes

Every good politician knows this secret. He knows when and how to show his people that he is more than just a man, that he is divine. Nobody really wants to know that their leader is just as confused and vulnerable as they are. People want to believe that their leader is a classic model of strength and confidence, a hero of legendary qualities. Many a leader has been elected solely on his ability to appear so, despite his real abilities. The people themselves will dictate how the leader should appear. People are subordinate to government, but the ruled influence the rulers. This is not to demean those leaders. Sometimes it is a leader's duty simply to appear strong and in doing so, give strength to his people. Is that not a noble purpose? People always want something more than immediate joy or that deeper sense called happiness. This is one of the secrets by which we shape the fulfillment of our designs. The something more assumes amplified power with people who cannot give it a name or who (most often the case) do not even suspect its existence. Most people only react unconsciously to such hidden forces. Thus, we have only to call a calculated something more into existence, define it and give it shape, then people will follow. One who rules assumes irrevocable responsibility for the ruled. The ruler is a husbandman. This demands, at times, a selfless act of love which may only be amusing to those you rule. Therefore, greatness is a quality of leadership. Greatness is a transitory experience. It is never consistent. It depends in part upon the myth-making imagination of humankind. The person who experiences greatness must have a feeling for the myth he is in. He must reflect what is projected upon him. He must have a strong sense of the sardonic. That is what uncouples him from belief in his own pretensions. The sardonic is all that permits him to move within himself. Without this quality, even occasional greatness will destroy a man.

MOE – One plays a part in the myth very publicly and seduces the leader very privately. With a hand on each “tether,” the leader may be guided.

### Tradition Vs. Law: The Weakness of Homogeneous Societies

There are many societies that have developed over time into tightly knit homogeneous populations. These societies enjoy strong social identity, social bonds, lower crime rates, fewer infectious diseases, and increased sensitivity to TP. (telepathy) Of course, these may not be actual traits, but social propaganda. They are also prone to rigid class systems such as feudalism and its modern descendant, a heavily regulated form of democracy that is tantamount to socialism. Prime modern examples are Japan, Germany and Great Britain. They cling to the feudal pattern. Why? The feudal pattern is comforting in its historical homeostasis. One welcomes the future because one is certain nothing will ever change.

Key identifiers of such systems are:

Strict control of weapons

Constant anti-foreigner propaganda and socio-political indoctrination

Distinct lack of the so-called “individualist” religions such as Protestant Christianity

A classic avoidance ethic of, “See no evil, speak no evil, hear no evil”

High suicide rate

Widespread corruption and organized crime (More than one government has fallen because people discovered the real extent of official wealth. For every successful gangster that exists, there must also exist ten dirty cops and two dirty judges that facilitated his success. Never forget that organized crime is a team effort.)

Government discourages private ownership of cars. (A population which walks is easier to control.)

Tradition is revered above law

This last item is of extreme importance to us. It provides many options for exploiting these societies. Such societies are allowed to favor tradition over law because of their homogeneity. If they were heterogeneous, then someone would have to ask, Whose traditions are the most important? There is no such thing as a social code to meet all necessities. A crime in one society can be a moral requirement in another society.

Eventually traditions have to take a back seat to law or Civil War ensues. Most societies compromise and ambiguity spreads like a protective blanket. Everything is permissible for me? Most definitely not.

It is therefore necessary to maintain a vocal minority in every society. In doing so, you force the majority to maintain a degree of mental flexibility, a social tolerance that is the sign of a healthy, dynamic society. In this way, the poor and the “foreign” make us stronger.

MOE - They are highly vulnerable to movements that exploit their social identity. All one needs to do is publicize the fact that a good member of their society does this or does that. Whether or not they believe it, peer pressure and a fear of questioning authority will make them embrace it.

#### Survival and War: Two urges, One source

It is not yet known how to separate the instinct to survive from the instinct to kill. They have an ancient kinship that stretches back to the dawn of life itself. (Two rats, one piece of cheese) If you deny a society the ability to kill each other long enough, they will eventually lose the will to survive.

For a negative example, take a look at some of the war-torn countries of central Africa. They have bloody revolutions every five years, the world’s highest AIDS rate and yearly bouts of starvation and yet they have one of the world’s highest birthrates. If it were not for such terrible living conditions and high infant mortality rates, Africa would burst at the seams from unchecked population growth. Life breeds more intensely when threatened.

Some societies attempt to alleviate the desire to kill without diluting the will to survive by means of vicarious adventures. Professional sports, adrenaline-addiction hobbies, violent video games, etc. In the end nothing short of killing will satisfy the urge to kill. Once blooded, however, most never want to kill again. The tragic pity is that this lesson can’t be taught to the young, they have to learn it for themselves. So we make the best of it, and use the cycle of wars to teach virtue whenever possible. (courage, bravery, sacrifice, discipline, honor)

MOE - A healthy society espouses peace, but must allow a certain degree of violence. Too much violence could destroy us all, but denying it in any form tends to smother the

urge to survive, and people stop having children. One must therefore consider the cycle of war and peace to be a necessary and natural rhythm of life for healthy human populations.

### The Primitive Life Drama

Every generation needs its own primitive life drama to feel complete, to feel human. Every generation has a deep need to be children, to grow up, to fight a war, to fall in love, to have children and retire. If we try to deny them any part of the life drama, then they will miss it and seek to replace it. More often than not, they replace it with something far more dangerous. Drugs, crime, suicide, these are all just manifestations of an unfulfilled desire to live out the ancient human drama in its entirety. The primitive life-drama must not be underestimated in its importance on the human psyche.

It is no surprise to us that the organization and rituals of inner city gangs resemble with uncanny accuracy the organization and rituals of Plains Indians age-groups. The *other memory* silently instructs us in the ways of our fathers, and we never even suspect the truth...

MOE – Teach these children and young people in such a way that they can build constructive fantasies. Teach them how to improve themselves and the world around them using the passions they carry.

### Stability vs. Justice

In politics, the tripod is the most unstable of all structures. It is, however, the best way to maintain a semblance of justice and fairness for those willing to sacrifice themselves for its existence. Humans can endure only in a fraternity of social justice. There is always something unbalanced about confining yourself to a tight circle of laws. One may well suggest then, that justice and equality do not come about from stability, but from instability and the constant change that democracy requires.

MOE – The MOE for this idea is easy to learn. It is the profession of being a lawyer. Watch and learn from the masters.

### The Language-Class Connection

It is not uncommon to find cultures and religions with multi-layered languages. You may discover these as you work and travel: Religions and cultures that have a common language for quotidian life and a separate or highly stylized version of the common language that is used in religious rituals and governmental procedures. The popularized myth explains the difference as a “polite” language for special needs or a “holy” language of religious patriarchs. The truth is that these societies are, despite their outward and public declarations, entrenched in a rigid class structure, a caste system that works in opposition to their own adopted form of government. You should be aware of this whenever you discover a “special language” situation. Be mindful of the fact that there are two systems at work against each other. The society in question is usually pretty miserable because of the ineffectiveness of either system in the presence of its antithesis. Heavy indoctrination is required at the primary educational level. Political propaganda will be commonplace.

MOE - These types of governments are almost always highly corrupt and parasitic. Exploit them through a native liaison that is very familiar with their workings.

### The Four Pillars

A world is supported by four things. The learning of the wise, the justice of the great, the prayers of the righteous and the valor of the brave. But all of these are as nothing without a ruler who knows the art of ruling. We must make this the science of our traditions! A ruler needs to learn to persuade and not to compel. He must lay the best coffee hearth to attract the finest men. In this way, respect comes from love. Love is the strongest binder and motivator in the universe.

Furthermore, a ruler has to learn his world’s language. The language of the rocks and growing things, the language you don’t hear with just your ears. A world is the sum of many things – the people, the dirt, the growing things, the moons, the tides, the suns – the unknown sum called nature, a vague summation without any sense of the *now*.

MOE - Obviously, a good ruler is a very sensitive person. They must be sensitive and possessed of a vision which compels all those who share it. Motivating people, forcing them to your will, gives you a cynical attitude toward humanity. It degrades everything

it touches. We need to nurture them from youth, if we can, and fill them with concern for humanity.

### On Principle

Patrick Henry said, “Give me liberty or give me death!” Many Americans consider this a noble statement, embodying the spirit of the American people. We wonder if there isn’t a limit to the validity of this. Which is more valuable, your life or your principles? Was that an easy question? Very well, which is more valuable, the lives of your family and friends, or your principles?

Maybe for one person, the principle is enough. However, no principle can be worth the lives of millions, can it? History is replete with shining moments of triumph for one set of principles or another, and they almost always coincide with a bloodbath. A jihad is a war of principle, and principles change, but the victims stay dead. We do not wish to denigrate your principles, merely to suggest their destructive potential and the power they have over humans. You must remain circumspect at all times and keep your morals but discard your moralizing. As the Christians say, “Teach by example.” In the end, all we can do is be good listeners and have compassion for everyone. In this light, it is not surprising that priests do more psychology than supplication.

MOE – It is usually quite easy to tone down the fervor of “patriots” when you suggest the pain their loved ones might suffer for the cause.

### On Religions as Governmental Organizations

Government cannot be religious and self-assertive at the same time. Religious experience needs a spontaneity which laws inevitably suppress. You cannot govern without laws. Your laws eventually must replace morality, conscience, even the religion by which you think to govern. Sacred ritual must spring from praise and holy yearnings which hammer out a significant morality. Government, on the other hand, is a cultural organism particularly attractive to doubts, questions and contentions. We see a day coming when ceremony replaces faith and symbolism replaces morality. That is nothing less than spiritual death. Furthermore, there is a dangerous mobility to religious governments. When religion and politics travel in the same cart, the riders believe nothing can stand in their way. Their movements become headlong – faster and faster

and faster. They put aside all thought of obstacles and forget that a precipice does not show itself to the man in a blind rush until it's too late. Religion is only safe when the individual expresses it as personal choice. Just as every person should have a choice of leaders, so too should they have a choice of gods. If one cannot go against the word of God, and the government governs by divinity, then how can one truly participate? Never follow a leader without asking your own questions. Trust no government. Nations with theocratic governments should be avoided. Their usual distrust and hostility towards women notwithstanding, they are notorious violators of human rights and rarely have a free press or transparent legal system.

MOE – We need to demonstrate to such leaders the lack of personal freedoms possessed by the leaders themselves. Make it sting where they are most vulnerable. Make it public but always keep your distance.

#### Language and soil as body and soul

Humans live best when each has his place to stand, when each knows where he belongs in the scheme of things and what he may achieve. Destroy the place and you destroy the person. Furthermore, humans are at peace when each knows himself and his brother without a doubt by his smell. For most of the populations of this planet, a common language, common religion and common way of life are what determine their self-identity. Amongst less educated peoples (the majority) this form of self-identity is held at the highest place. For them, if they are not the people they believe themselves to be, then death is the only solution. They are either a member of that group or they are nothing. They cannot conceive of an existence where one's neighbor may be totally different in language, skin color, food preferences, etc... The power of the group identity mindset is strong, strong enough to force a college educated person to doubt the evidence of his own eyes when it contradicts the commonly held beliefs of his group. This form of self-definition may seem primitive, but it holds tremendous power.

MOE - These people are easily manipulated and exploited by taking advantage of their group identity and blind loyalty. There are proven ways: Play on the certain knowledge of their superiority, the mystique of a secret covenant, the esprit of shared suffering. In most cases this is already being done by their own government. More often than not, the members of that government are educated abroad but officially discourage citizens from foreign education, foreign travel or unrestricted access to the internet. In quasi-



democratic systems, the populace is held in situ by maintaining an archaic and obsolete language and writing system. (Again, the members of government usually speak English but publicly discourage its use.)

### The Danger of Political Reform

Political reform is merely a masking of old demons with the guise of new angels. The old deceptions employed by the regime are made even greater and the truth is buried ever deeper by the new faces and names ushered in by the reformer. All too often, reform is simply a political platform used by candidates in times of election, soon to be forgotten. The damage will be done. In any society where true change is desired, revolution, usually violent, will be necessary and inevitable. Hence the importance of individual recourse: Governments that wish to avoid the guillotine must maintain a relationship with the people they govern. Those who feel that access to justice has been removed and preserved for the aristocracy eventually become “disenfranchised.” They are the changers and may bring terrible violence within a society. One intelligent man may bring down a building. One hundred such men can bring down the entire government. People may forgive and forget, but the fire never goes completely out. It is the opinion of some that more misery has been created by reformers than by any other force in human history. Anyone who says, “Something must be done!” may very well have a head full of vicious intentions that have no other outlet.

MOE – We should take some time and help those who truly want reform focus on what can be done in their own sphere of influence. This is the essence of grassroots, and it is powerful indeed.

### Rule by Cowardice

Many modern civilizations are based on cowardice. It is very easy to civilize by teaching cowardice. You water down the standards which would lead to bravery. You deny the individual the chance to develop his own identity and force him to function only as part of a group. “The nail that stands up gets hammered down.” You restrain the will, dull the imagination, regulate the appetites, and fence in the horizons. You make a law (Tradition) for every movement. You teach your babies to breathe slowly and remind them daily of all the things they can’t do. You deny the existence of chaos and teach fear of anything outside of the immediate, quotidian necessities of life.

MOE – These are the most easily exploited people. They live a life full of exploitation and are taught not to resist it.

### Rebels, Terrorists and the Legal Ecosystem

Rebels and terrorists, despite their romantic appearance, are simply smaller versions of the regimes they ostensibly oppose. Rebels always fall into old patterns if they are victorious. Oppressive governments create their own enemies. They create a reservoir of hate and implacable enemies. If they have no hope of exterminating all of those enemies, they dare not try. They must temper their efforts by the sure awareness that oppression will make their enemies stronger. The oppressed always have their day and heaven help the oppressor when that day comes. The oppressed learns from and copies the oppressor. When the tables are turned, the stage is set for another round of revenge and violence – roles reversed. Reversed and reversed ad nauseum. It is not so much a pitfall in the path of all governments as it is a delusion waiting for anyone who gains power. The only truly successful revolutionaries have been the ones who sought to share power equally and decapitate the government, removing each successive head systematically, as an inherent part of the system. We believe there is a morality above any law, which must stand watchdog on all attempts at unchanging regulation. Some believe that power always works, that might makes right, and that is the basis for their laws. Governments that perpetuate themselves long enough under that belief always become packed with corruption. Laws are dangerous to everyone, innocent and guilty alike. They have no human understanding in and of themselves. Laws must be interpreted. The law-bound want no room for compassion. No elbow room. “The law is the law!” That is a very dangerous idea, especially for the innocent. People know this instinctively and resent such laws. Little things are done, often unconsciously, to hamstring “the law” and those who deal in that nonsense. The law, personified by all whose livelihoods depend on it, becomes resentful hearing such words as these. “More law!” they will say. “We need more laws!” So, they make new instruments of non-compassion and, incidentally, new niches of employment or those who feed on the system. This juggernaut rolls along until it injures the wrong person or the wrong group. Then you get anarchy. Chaos. (a feeding frenzy) Rebels, terrorists, increasing outbursts of raging violence occur, all caused by the creation of something nonhuman.

MOE – Be capable of identifying with either side at a moments’ notice. This has more to do with your survival than exploitation.

### The Danger of Democracy

Democracy is a double-edged sword. It is susceptible to being led astray by having scapegoats paraded in front of the electorate. Get the rich, the greedy, the criminals, the stupid leader and so on ad nauseum. A top-heavy bureaucracy (Military-Industrial Complex) that the electorate cannot touch always expands to the system's limits of energy. (money) Steal it from the aged, from the retired, from anyone. Especially from those we once called the middle class because that's where most of the energy originates. This super-legal immunity teaches the voters not to vote. Instinct tells them that it is useless. Furthermore, democracies are demagogue-prone. That is a disease to which electoral systems are vulnerable. And yet, demagogues are easy to identify. They gesture a lot and speak with pulpit rhythms, using words that ring of religious fervor and God-fearing sincerity. Sincerity with nothing behind it takes so much practice. The practice can always be detected. The signs: Repetition. Great attempts are made to keep your attention on words. You must pay no attention to words. Watch what the person does. That way you learn the motives. Democracies are subtly but easily manipulated by evil men. How? It is done by creating a system where most people are dissatisfied, vaguely or deeply. This builds up widespread feelings of vindictive anger. Then one supplies targets for that anger as one needs them. They are not given time to question. Mistakes are buried in more laws. Illusion and distraction become the modus operandi. The electorate, like a bull in the ring, will charge after the matador even when no matador exists. This dulls the electorate and few people use their votes intelligently. Then, when the vote is at an all-time low, they rail against the apathetic electorate. They make the electorate feel guilty, keep them dull, amuse them, let them know that hunger awaits them if they don't fall into line. They give the people a look at the punishment imposed on boat rockers. The dangers of democracy are great but so are the rewards. Constant vigilance is required.

MOE - The first rule of Bene Gesserit democracy: no laws restricting juries. Such laws are stupid. It is astonishing how stupid humans can be when acting in small, self-serving groups.

### Violence and the Law

There exists a limit to the force even the most powerful may apply without destroying themselves. Judging this limit is the true artistry of government. Misuse of power is the fatal sin. The law cannot be a tool of vengeance, never a hostage, nor a fortification

against the martyrs it has created. You cannot threaten any individual and escape the consequences. It does not take too thorough a search to find the proof of this. Violence begets violence and violent governments beget revolution.

MOE – Keep constant watch on the actions of the law enforcement agencies and publicize every single step and breath they take. Do not hinder, just keep watch.

### Organized Crime and Local Bureaucracies

Nine times out of ten, a country that lacks a strong federal government and clear rule of law will be ridden with organized crime. (The only exceptions are countries where the education level has reached a certain height) When there is no strong central government and no strong yet transparent federal police agency, like the FBI, local bureaucracies turn into feeding troughs for organized crime and the virus spreads higher and higher until the entire country is ruled by an organized crime syndicate. These infected countries can be a pleasure to work in, given that the system is already prepared for exploitation, extortion and bribery. For the most part, changes will be hard to make in these countries, but they can be made by appealing to cultural self-identity, racism and insecurity that typifies these societies. There are very few ideologues in these nations, there are very few actual police. Be warned: Working in these nations can be very easy if one stays under the radar. The legal systems, however, are black holes, vestigial remnants of a dead democratic system, and human rights abuses are common. Stay out of the legal system!

MOE – Make friends with the most powerful people you can find.

### Hydraulic Despotism

There are many kinds of money and the value of that money changes according to your dependency on it. Food, water, breathable air, living space – all can become commodities. Hydraulic Despotism describes a situation wherein one person or government controls an essential commodity such as water, electricity, oil, fuel, medicine or an addictive substance such as alcohol or narcotics. Economic power is directly translated into political power. You must obey the controller or the commodity is withheld and you die.

MOE – Public awareness of this situation goes a long way towards lessening the abuses of leaders. Word of mouth, websites, letters to the editor, use your imagination!

### The Dangerous Necessities of Exploitative Rule

A large populace held in check by a small but powerful force is quite a common thing in our world. Know the signs: The people are defensive, concealing, evasive and speak in vague terms. All manifestations of authority are subject to resentment. We know that major conditions wherein this large populace may turn upon its keepers:

- 1: when they find a leader. This is the most volatile threat to the powerful; they must retain control of leaders.
- 2: When the populace recognizes its chains. Keep the populace blind and unquestioning.
- 3: When the populace perceives a hope of escape from bondage. They must never even believe that escape is possible.

MOE – All one needs to do is provide 1,2,3 or all of the above. Discussing these items will ignite some sentiment all on its own.

## War

In human affairs, nothing remains enduring; all human affairs revolve in a helix, moving around and out. In the long term view of history, peace is not healthy for human populations. It promotes apathy, immorality, racism, intolerance, provincialism, blind traditionalism, decelerates economies, deters innovation and invention, and lowers birthrates to a standstill. War tends to incur the opposite effects.

War is useful because it is effective in so many areas. It stimulates the metabolism. It enforces government. It diffuses genetic strains. It possesses a vitality such as nothing else in our universe. Only those who recognize the value of war and exercise it have any degree of self-determination. Generally speaking, the worse things are, the better we get. In war, all values acquire new relationships.

However, the threat of mass destruction by nuclear holocaust is entirely undesirable. There needs to be a limited form of warfare made cyclical and limited to only those parties directly involved. We may thereby learn from War and minimize collateral damage. We feel the rules of Kanly should be embraced and ratified by all governing bodies. The forms of Kanly are as follows:

1. A list of grievances must be signed and remitted to the offending organization as well as the head of two neutral third party observers.
2. Counter-grievances, rebuttals and apologies are to be transmitted in the same manner.
3. Negotiations must be formally attempted and their results recorded and filed with the third party observers.
4. A peace gesture may be attempted, absolving the acting house of any liability or culpability in a war crimes tribunal or damages owed suit.
5. Limited warfare may then commence.

Permissible forms of warfare:

### Economic

(*B.G. note: Economic pressure is the only thing that frightens absolutely everyone. Remember this: it takes a unanimous enforcement to be truly effective, but properly used, it can be devastating.*)

### A War of Assassins or Surgical Strike Warfare

Only members of the regimes are involved, their bodyguards, military forces and weapons of mass destruction are considered acceptable targets. They may be killed in any manner which minimizes or avoids collateral damage.

### A Conventional War

Invasion, occupation and assimilation are also acceptable, provided the non-military population is protected. The traditional forms apply: spread your language, spread your religion, spread your semen.

### Causes of War

The causes of war include nationalistic conflict and territorial expansion. Wars are fought out of fear and initiated by miscommunication. Arms races, border disputes, secret alliances and economic cost-benefit are all reasons for war. Recently, the need for live demonstrations of new weapons systems and combat technologies have been sufficient to begin wars. The military-industrial complex and the economic nature of war must never be underestimated. It would be fair to say that, because of the decentralized, anarchical nature of the present international system, wars can start over any dispute or fear, and there is very little that can stop them once they begin. Other causes of War:

Economic Needs

Cultural Differences

Ideological Differences

Deprivation and Grievances

Alliances

International Anarchy

Individual Idiosyncrasies

Human Nature (Natural Bellicosity)

Fear

Imbalance of Power

Arms Races

Nationalism

Miscommunication

Military-Industrial Complex

Political Needs

### Military Action Short of War (Low-Intensity Conflict)

The use of military force short of full scale war has increased in frequency because of cost-effectiveness and the nature of conflicts in our present system. The political needs and costs of a surgical strike are extremely low. You do not need public support or even public knowledge to carry it out. Plausible deniability is maintained as well when employing clandestine, surgical attacks.

Quite often, the provocation and targets only necessitate a small force and the money cost is negligible compared to all-out war. International law may also be side-stepped by said strikes

Of course, the use of limited conflicts to deal with specific threats as opposed to all-out war has caused an increase in global terrorism. Terrorism can be defined as any attack on a person or property of a foreign country by a group or individual without a prior declaration of war or official acknowledgement by the government of the country of origin.

Members of terrorist groups tend to be civilians with military training but little in the way of financial resources or military hardware. (There are some notable exceptions.) The reasons for the rise of terrorism include:

Cultural Reasons (tradition, ethnicity, language)

Instrumental Reasons (security, self-interest)

Deprivation and Grievances (suffering at the hands of the oppressors, common cause for unity)

Resource Mobilization (money, charismatic leaders, combined powers)

Extraterritoriality (Incompetent meddling by foreign powers, sympathetic transnational organizations)

Obviously this is a complex issue and the opportunities for failure are astronomical.

### Methods of Exploitation

War is a time of calculated upset. A time of upset is a rare opportunity for our business. It is a wonderful opportunity for the subtle expansion of our power base and network. Before, during and after the war you must avoid identifying yourself as an official member of any of the parties involved. You must maintain your neutrality and your



never-ending commitment to the easing of the peoples' sufferings. During a period of war you will be suspect by all parties and trusted by few. Only your good works will identify you, only your charity will protect you. The mantle of religious piety will have to be worn at all times.

### Conflict Resolution

Conflicts are as inevitable as change and not much more predictable. However, there are ways, Bene Gesserit ways, to deal with them. The B.G. way is effective at a personal level, at an international level, and everything in between. You will be called upon as a mother, friend and employee to serve as negotiator and peacemaker many times in your life. Many important decisions will be made during these times. It is required of a Bene Gesserit to understand and apply these concepts.

Basically, once the objectives have been determined, (not a mean accomplishment) you must decide what is most important and what you are willing to give up to get it. Like a weapon, you must keep your interest hidden and approach everything from an oblique angle, revealing only at the last instant what you really seek. You must be impartial, fair, and objective. Never let favor exist. Do not accept gratuity and be incorruptible at all times. One moment of weakness will cost us all dearly. Remember always, deceit is a tool of statecraft.

### Methods

1. Negotiation
2. Mediation
3. Adjudication and Arbitration
4. Unilateral Withdrawal
5. Passive Settlement
6. Deterrence
7. Compromise
8. Balance of Power
9. Collective Security
10. Hegemony
11. War
12. Arms Limitations

### Negotiation

In order to negotiate effectively, one must wield influence. Influence requires six basic concepts:

1. Capability - This is the nature of your threat. It may take the form of War, ostracism, embargo or it may be the withholding of trade goods. However, it must also comply with the forms allowed by international law. You must be credible in your willingness to use your capabilities.

- A. Military
- B. Economic
- C. Diplomatic

2. Credibility - Your threats must be one sided and devastating. There must be a logical relationship between the magnitude of the threat and the importance of the issue at stake. You may have to take some action in order to develop credibility with your opponents. You must be vague. Credibility must be demonstrated and never allowed to diminish. Once credibility is lost, is difficult to regain. Credibility is essential to successful negotiation.

Commitment to the discussion and to your position must be demonstrated as well.

If the opponent believes you are uncommitted, you will never gain a single concession. You must be committed to your position and hold fast.

You must never deny one side his position or dismiss him, he will be humiliated and negotiations will be futile. You can make use of public opinion, stating your own boundaries as to what you can agree to. You could also make concessions at the beginning, making the other side indebted to you later on. You could indicate the possibility of more demands later, if present demands are not met, or drag out details to exhaustion in order to get your way.

Do not ignore traditions or customs in negotiating and always be serious. Most importantly, use people with likeable personalities and creative imaginations, so that some agreements may be worked out. Preferably persons with as few cultural conflicts as possible should be used. That is, try to employ negotiators who speak the same language and share other characteristics with the opponent. (Religion, sex, ethnicity, etc...)

3. International Support – Support means open agreement with a resolution. Money and men are preferable, but not necessary. To a large degree, silence is consent.

4. Palpable Objectives – Make your list concise, concrete and realistic. Never attempt to secure an ideal. If you can't touch it with your hands, then it doesn't belong on the table.

5. Shared interests – You must convince both sides that you are indeed a part of the circle. Moreover, you must convince them that you both want the same thing.

6. A degree of responsiveness – Eventually you will have to demonstrate that you hear the opposition and that you understand what they are saying. Listen closely at all times and focus! Daydreaming may cost you everything, so stay awake, stay online.

#### Mediation

Mediation is a process of negotiation, but you will be an impartial mediator between the parties. This process is often faster and less conflicting than open negotiation.

#### Adjudication and Arbitration

This is an application of both parties to an impartial 3<sup>rd</sup> party to resolve their differences. Both sides agree to abide by the decision and keep the argument from escalating. The World Court has been unable to fulfill the potential of this promising method as of yet.

#### Unilateral Withdrawal

This is a rare event, but occasionally we may convince one side to withdraw from an escalating situation. There are times when leaders may suddenly realize the cost of the conflict will outweigh the potential rewards.

#### Passive Settlement

An ideal situation, we are sometimes able to make monetary or commercial arrangements with both parties that are satisfactory, ending the conflict.

#### Deterrence

Sometimes we may convince the opposition that the war cannot be won. The threat of massive retaliation can convince many that there is no way to win. Reputation can be a beautiful weapon. It often spills less blood.

#### Compromise

99.99% of your conflict resolutions will make use of compromise. It is only common sense and is the preferred method of resolution. People who don't compromise eventually freeze to death.

### Balance of Power

The balance of power serves two purposes. First, it tends to keep people from even considering their perceived relative deprivations. Secondly, it serves as a reminder of the shared experiences of humanity. Care must be taken to maintain the real and perceived balance of power at all times.

### Collective Security

This is the blanket of shared responsibility and security as has been promised to those members of N.A.T.O. and other international regimes. Basically, one is promised security by joining in an agreement with the opponent and other states who collectively agree not to engage in aggressive actions. The regime may also act to stop wars by promising aid to states if they will cease hostilities.

### Hegemony

Hegemony can be an unfortunate situation, but sometimes very effective. The regional or global hegemon has been successful in stopping and preventing war and conflict between smaller states over the years simply by threatening them both with invasion. The wars of the Baltic states were prevented for decades by the Soviets, despite their negative image in the west.

### War

War tends to be the final solution for many and it does have some very tangible results. Many great nations were formed in the ashes of violent and bloody revolutionary wars. The deaths of many are to be avoided at all costs, but sometimes war can save lives. A short hard war will cost the lives of hundreds and thousands of soldiers. A long, drawn out conflict of ambiguous dimensions will cost the lives of ten times that many military and civilian personnel. The collateral damage of continued low-intensity conflict far outweighs that of formal war.

### Arms Limitations

The limiting of certain forms of warfare has had some success in the past. Basically, we allow two countries to fight all they want, (provided they do not engage in NBC warfare) and punish any targeting of civilians with determination. It has been shown that the more advanced the weapon, the less likely it is to be used. So, modern warfare may cause itself to cease in the traditional sense.

### The Human Condition

It is the Bene Gesserit Way to seek within for the answer to our own failings. Of all our observations, this is the most crucial. Life is a mask through which the universe expresses itself. We assume that all of humankind and its supportive life forms represent a natural community and that the fate of all life is at stake in the fate of the individual. Thus, when it comes to that ultimate self-examination, we stop playing god and revert to teaching. We select individuals and we set them as free as we are able. This is not going to be an immediately rewarding experience. For a while, you may feel a great amount of pain and regret as your hidden issues are brought to light and addressed in full. No matter how much we ask after the truth, self-awareness is often unpleasant. The discovery of truth can demand that you make painful changes. We do not feel kindly toward the Truthsayer. In the end, you will find that happiness and peace of mind require self-awareness.

The human psyche has endless needs and desires. The cause of all suffering is desire. Not all desires that rule your decisions are entirely yours. The empty places, empty only because you may not be aware of the vasanas who created them, can control and destroy your life until you master them. A Bene Gesserit must strive always to empty herself of delusion and desire. Human self-delusion takes many forms. However, one need not declare war on ones' self. Anything outside of ourselves is easily analyzed and understood. It's a human trait that when we encounter personal problems, those things most deeply personal are the most difficult to bring out for our logic to scan. We tend to flounder around, blaming everything but the actual, deep-seated thing that's really chewing on us. The educated person might be more aware of their own problems, but are usually just as unable or unwilling to address them as the uneducated person. Do not think yourself immune! Intellectual acceptance is not enough. Learning humility will go a long way towards correcting these kinds of problems.

We have a method of dealing with inner need. We do not deny the inner needs. We analyze them for true meaning and seek out a positive, constructive and healthy way to fulfill them. You cannot anticipate and control every wildness or desire. That is nonsense. Balance is the key. Humans can balance on strange surfaces. There are many kinds of ignorance. The basest is to follow your own desires without examining them. Sometimes, we do it unconsciously. Hone your sensitivity. Be aware of what you do unconsciously. Always ask: 'When I did that, what was I trying to gain?'

You must learn to place only the highest priorities in the deep well of desire. Replace those childish impulses with the needs of the Order. Put our objectives in the emptiness, and you will never be without purpose for the rest of your life. Install the betterment of all humanity in your sacred place. Let the Sisterhood and its needs become your addiction. Let the education and protection of children become your daily habit. Let the expansion of awareness and the education of the mind be your constant obsession. Become a self-improvement fanatic. Become a radiant, ever-ascending, ever-growing, ever-learning Bene Gesserit, the “living jewel” of humanity.

Most of us form our needs and desires very early in life. Our self-esteem is created and solidified by events of our youth. Some women had emotionally sterile fathers and as a result, they had low self esteem and sought out lovers whom they knew were not good men.

This leads to more self-abuse and spirals down to even more dangerous habits. Some women let their sisters or close friends have too much influence on their choice of lover and as a result, they end up with no relationships of any value. This leads once again to low-self esteem and a downward spiral. Some women feel an excess of empathy, a soft-heartedness that lends itself to certain self-abusing personality types. The empathy is not a weakness, but its’ unfocused expression is.

This analysis is superficial and brief, but hopefully it illustrates a necessary subject for self-study. All sisters must become psychologists in their own way. All sisters must be able to recognize the patterns in their own lives and begin to make emotionally healthier decisions.

Read psychology textbooks and see a licensed therapist. Even if you don’t think you have issues that need addressing, you need to do this. Until your inner life is still and balanced, you will not be of use as a Bene Gesserit. You will most certainly never become a Reverend Mother until your inner seas are calm. Don’t be afraid, just do what you know you need to do.

That which has happened is dead. Only the now exists and only the future may have life. You need not fear or be shamed or embarrassed of the past. We all make mistakes and only those who refuse to admit that have need for embarrassment or shame. The goal is not to become a messiah. The goal is to be at peace with yourself so that you may become truly effective as a teacher and facilitator of changes for the betterment of all humanity.

If you were, at one time in your past, a drug addict or a criminal, use it to teach the young.

If you were abused or raped, don't be ashamed. Use it to teach the young. Let your victimizations, your sufferings, your sins and crimes, your weaknesses and addictions become powerful tools for teaching. Very few great leaders have never been in jail.

Let your students understand that human weakness is natural and the only healthy way to resolve them is honesty and effort.

Mind you, we don't recommend starting every conversation with an anecdote about your days as a pain-killer addict, but if the subject ever comes up, be absolutely honest and forthcoming. Let the truth be a guide to the young so that they can recognize the danger before it gets too close.



## Stewardship

Each planet has its own period, and each life likewise. No planet, land or sea, no part of any land or sea is here forever. Wherever we stand, we are only stewards. Take this to heart. You must never neglect your duty as steward and teacher of the young in the ways of stewardship. No man owns what existed before man evolved. If you think you own something, that's like walking on quicksand. There are many organizations that try to improve and protect the ecology of our system. We applaud their efforts and we will assist them whenever possible.

We do take a deeper view of system preservation, however. One must learn to live in harmony with nature. This does not mean that we will agree to support any law or movement that claims to protect the natural resources we all share. True harmony requires adult decisions to be made. Sometimes decisions must be made that are more mature and difficult to understand than a simple blind passion for waving the green flag. Sustainable, recyclable uniformity is our goal. Recognize the value of every part of a system, but never visualize a system devoid of humanity. That is not nature. That is an illusion. Illusions are expensive luxuries of the privileged classes. The planet casts the final vote.

For example: If the legalization of importing ivory increases the monetary value of the elephant to the governments of Sub-Saharan Africa, then it is in the best interest of the elephants that they should be legally hunted and protected by a legally funded gaming department. The importation ban on ivory has done far more harm than good. It was a mindless political law that actually increased poaching. Legal, well-planned harvesting is a part of any healthy ecosystem. When the elephants ceased to have value to the government in the form of expensive hunting licenses, they ceased to be important resources that warranted protecting. You must understand consequences.

We must never support a mindless political law nor organization simply because of the color of its flag. Balance is the goal, always. We must look for ways to balance the needs of humans with the needs of the ecosystem. We cannot choose one or the other. Whenever a human process damages the environment, we must provide viable alternate process choices. Simply protesting the process is a waste of time and may actually cause the process to become hidden and far more damaging because of its necessary camouflage. So, we are environmentalists, but we are not environmental sentimentalists.

Here are some of our active interests:

Stopping and reversing global deforestation

Protecting the oceans from pollution and overfishing

Alternative energy source development

Halting the use of nuclear fission as an energy source or weapon

Promoting the revival of “victory gardens” (Gardens must support far more than the eyes and nose.)

## Teaching

We are teachers. That is our primary purpose. We modify old fashions and old beliefs. We teach anyone and everyone. We teach by direct lesson and we teach by example. (Never lecture anyone! – Always let them convince themselves.) What do we teach? We teach the basics and everything beyond. The basics include dignity and self-respect. You can use the fundamentals of academic learning to help build or restore dignity and self-respect. You must never pass up an opportunity to help a person to their feet. If a person does not know how to read, then you have an obvious and simple task before you. If a person does not understand how she could ever possibly say “no” to her abusive spouse, then you have an obvious but difficult task. In either case, the joy of teaching will be yours and the opportunity to live life to the fullest afforded to you and to others. We teach others what we have learned and we teach them to keep learning. That is the essence of our Order: Charity and Education, Education and Charity. “The hand that feeds you, teaches you.”

The primary age of learning for humans is from three to five years of age. Within that two year period, the human mind is capable of enormous data absorption and retention. Mathematic and linguistic learning should be emphasized on this group. Of course, personal confidence and self-esteem should be built up as much as possible, especially among girls. Take the time to remove girls’ gender-based self-limitations. Set and illustrate examples of women with wisdom, strength and courage. Encourage their imagination and creativity.

In general, children up the age of 14 are excellent learners of language, social and physical skills. You should try to work on all the basic skills and emotional nurturing with all children. Try to make every child feel special and fill them with hope and dreams about their own futures. Children and young adults from 13 to 18 are in that turbulent transitional phase into adulthood. They may be very receptive and adore you or they may despise and ignore you. In any case, you have the skills to manipulate them outlined in this manual. They may prove to be excellent teachers in this arena. The average teenager is a master at manipulating adults. Once you have learned to manipulate them, there will be few who could resist you. The secret is to keep a reserve of mystery that the teenager never figures out. For most adults, this mysterious reserve is emotional control, the very thing that most teenagers lack. Never ever let go and get angry at them when they attack and harass you. Once they find a means to upset you, you will have lost control. They need to know that you are in control even though they try to destroy it. This is a difficult road, but you can learn volumes from the experience.

Section 3  
Tradecraft

### Communications

It has been said that languages are the first lessons of the Bene Gesserit. This is true in one sense that we begin our study of languages early, but we continue our study of languages throughout our lives, so it might also be said to be our last lesson as well.

We suggest starting with a useful romance language, then begin one language from every major continent. Also you will need to know Braille, sign language and lip-reading. These last three can be learned from books, but a physically challenged person will teach you much faster and give you helpful hints and insights. Lip-reading is an especially useful skill. It will serve you in many different ways. It is also required for effective truthsense.

When silent communication is needed, we simply hold up our right palms.

Why so much emphasis on language?

Languages build up to reflect specializations in a way of life. Each specialization may be recognized by its words, by its assumptions and sentence structures. Look for stoppages. Specializations represent places where life is being stopped, where the movement is dammed up and frozen.

(One such language is comprised of many thousands of ideograms, and three separate alphabets. One is for “native” words, one is for “foreign” words and one is the international alphabet, which, officially, they cannot understand.)

The ability to understand others is absolutely essential to survival and effective action.

There are many thousands of spoken languages on Earth. Some are written languages, some are not. No sister is complete without a working knowledge of at least three languages, and preferably one from every major language group.

Obviously, most of us have some homework to do. Spoken languages are only the beginnings of communication, however. Truthsense requires a mastery of more than spoken language.

Human beings communicate in a combination of ways:

Spoken language - 20%

Body language - 75%

Psychic functioning - 5%

Some ethnic groups shift the percentages a little, but on the whole it should be obvious that body language is a very important and often overlooked form of communication that deserves serious study.

The Bene Gesserit are considered masters at safeguarding communications. Couriers are sworn to self-destruction rather than betray the sisterhood. In potentially dangerous situations, we will employ a battle language. A battle language is a special language of restricted etymology developed for clear-speech communication in warfare. There are countless variations, and they can be created at a moment's notice, yet are hardly detectable, and almost impervious to deciphering.

The Order utilizes a simple system of codes and symbols for discrete communication with one another. In any set of circumstances, however, a high number of coded communications can be employed. The first step is to create your own personal symbol. We recommend a design that is discrete and simple.

Examples:



Thus we have some of the personal signets of the author. We recommend the purchase of an ink stamp (hanko) bearing your symbol for use on all B.G. documents.

Here are some of the most common symbols we use for discrete communication:

Acolyte



Alone



Animal



Assassin, troublemaker



Attack, kill



BG Sister



Birth, beginning



Colony, djedida, a new chapter



Change, redirection



Continue, keep going



Chapter House



Danger



Close, nearby



Death





Defense



Family, husband, wife



Drink



Finished



Escape, leave



Food



Evasion, decoy



Friend, associate, accomplice



Gathering



Identifying mark, tattoo



Gift



Lay Sister



Go, Do



Lie



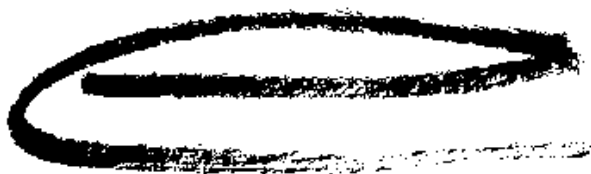
Human



Love, hate



Low profile



Message Waiting



Male BG



Missionaria Protectiva



Man in question



Needs attention



Mating, Sex



Poison, illness



Power, influence



Rest



Pregnancy



Return



“We have gone ahead of you.”



Reverend Mother



Religion, belief, “God”



Safe, secure



Sanctuary



Space



Secret, hidden



Supervisor, commander



Science, mentat



The Sisterhood



Task



Task completed



Trouble



Time



Truth



Wait here



Together



Trap



Weapon



### Private Dispatch

Private Dispatch (PD) is the art of creating codes and deciphering the codes of the enemy, used to protect communications. Codes can be very simple and they can be incredibly complex. They all share one trait: They all require the sender and receiver to know the key. If one human can create a key, another human can decipher it. It's that simple. It may take a lot of work, but any code is breakable, given enough time. The five pillars of successful cryptanalysis: Dedication, Intuition, Strict adherence to the methodology, knowledge of the sender and time.

Over the millennia, there have been many clever means of secret communication: Codes, ciphers, pictures, invisible writing, (heat activated inks, such as lemon juice) microscopic writing, light codes, sound codes, wear patterns, cloth weave patterns, quilting patterns, perfume recipes, carrier pigeons, track patterns, smoke signals and spontaneously created languages. (To name just a few) Learning to create your own code and learning to decode those of the enemy are intertwined and will be learned simultaneously.

As a Bene Gesserit, you are required to protect your Sisters and use every means available to do so. You must take every opportunity to warn them of potential danger. When you can leave a normal text message, you may include the following phrase to indicate the presence of a second, coded or hidden message: "On that path lies danger." When you see that in normal text, then you know that there is a second message waiting for you.

Terms:

Cryptography – converting a message (plain text) into code. (cryptogram)

Cryptanalysis – converting cryptograms into plain text.

Code – word or sentences made secret and decoded by means of a code book.

Cipher – letters or pairs of letters made secret and decoded by means of an alphanumeric key.

There are two basic forms of ciphers, transposition and substitution. Transposition simply rearranges letters in the message. Substitution ciphers actually replace the letters and numbers with other letters or numbers, pairs of letters or numbers or other symbols.

Transposition- HPLE ME GHITNOT

Plain text - HELP ME TONIGHT

Substitution - IFMQ NF UPOJHIU

Plain text - HELP ME TONIGHT

Combination of Transposition and Substitution – IQMF FN HIJUOPU

Key – (B=A) Descramble English

There are countless methods for creating codes. The methods would fill volumes and are beyond the scope of this lesson, but it is important that you study them on your own time and share what you learn with your students, as with all things. Please make a list of practical code systems that can be created quickly and with only a pencil and paper. Use it and change it and practice this form of communication daily with your sisters. Here are some suggested types to practice:

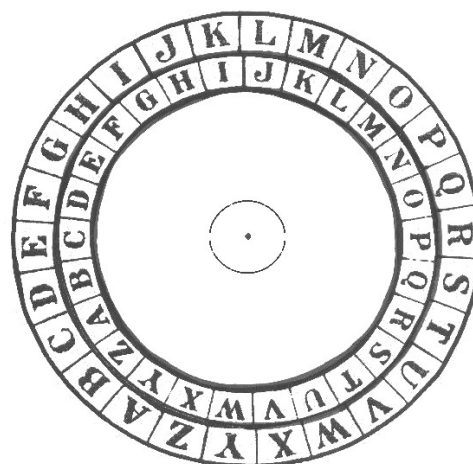
1. Square tables - resemble bingo cards. They employ a similar arrangement of letters and numbers to create a code.

|    | 5 | 4 | 3 | 2 | 1 |
|----|---|---|---|---|---|
| 11 | A | B | C | D | E |
| 12 | F | G | H | I | K |
| 13 | L | M | N | O | P |
| 14 | Q | R | S | T | U |
| 15 | V | W | X | Y | Z |

2. Slides - similar to the old slide-rule calculators.

3. Wheels – concentric circular slides. John Wilkes Booth was found to have such a decoder in his possession. (Issued by the Confederate Intelligence Agency)





4. Scytale - a strip of paper wound around a stick with a certain known diameter. Only when the strip is wound around the correct diameter stick can the message be read.
5. Beale code uses published books. A page, line and word number is given and can be decoded only by looking up the reference in the correct book.

## Espionage

“There is nothing as clear as that which is dimly seen.” – Takuan Soho

Espionage is an elusively simple idea. Espionage is the act of obtaining heretofore-secret information by any means necessary. It is, therefore, a supremely creative act. It has been said that success in espionage requires three things: intelligence, common sense and determination. You will probably have to create your own methods as you go along.

Because of the fluid nature of this work, there are no set guidelines or standard operating procedures. Making workable choices occurs in a crucible of informative mistakes. Thus intelligence accepts fallibility. When absolutes (infallible) choices are not known, intelligence takes chances with limited data in an arena where mistakes are not only possible but also necessary. There are, however, some words of wisdom and lessons learned by those who have gone before you that might prove of some assistance, and possibly save your life. Operational suggestions:

1. Always maintain your perspective.
2. Never ignore your instincts.
3. Never look back.
4. The Truth often changes.
5. Everybody lies.
6. Never stop listening. (and listen closely)
7. Everything that exists is a potential resource.
8. Trust no one completely.
9. Hope clouds observation.
10. Learn to keep your mouth shut.
11. Once you have an edge, never give it up.

## Intelligence Requirements

We begin the cycle with the need for information itself. This need is generated primarily by politicians and policymakers. These people discover that they may be at a disadvantage in their dealings with foreign powers and to rectify this position, they decide to discover some secret about the opposition and thereby level the playing field (or tilt it in their own favor). The policymaker then tasks us with the intelligence

requirement. For example, a leader may require us to determine the number and morale of the females in a foreign armed force.

### Sources

Our first action is to define quite clearly the precise intelligence requirement of the leader. That is: Who, what, when, where, why, how, for how long and at what price.

This information may not be as difficult to obtain as one might imagine. As with most serious undertakings, we should begin at the library. The publications and press of the target nation should be scoured daily for clues to the information, or product, we seek. Even if the exact product is not divined, clues may be discovered which suggest ways in which it might be. This technique can save us a great deal of time, frustration, resources, and even lives.

### Networking

The secondary network is always the best. First recruit an agent, the principal agent, and task him/her with the work of recruiting a network of spies. The native agent will always be better able to find the right people for the job and in the event of a disclosure, the agent is pinpointed, not you. Furthermore, since the principal is native and using native currency, the operation will be far less expensive. Relationships in the world of espionage are made on a person-to-person basis. You must be present to get what you want. Value your principal agent and give him or her everything they need. In the case of a compromise, be prepared to walk away from that agent and honor his or her memory as a sacrifice for the greater good.

### Counterespionage

“While it is virtually impossible for one man to win a war, it is entirely possible for one man to lose one.” – Winston Churchill

C.E. (Counterespionage) is very much like store security. One determines that which needs protection and that which is most vulnerable and watches it to keep it from being stolen by the opponent. It is not that simple, of course, but in the broad strokes, it is essentially correct. Very rarely have enemy or “allied” intelligence officers penetrated the inner circles. Most of the time it was not necessary to gain access to the desired intelligence. Secretaries, technicians, even garbagemen have access to the target intel, so the opponent needs not focus too much time and energy on putting a man on the inside.

The easiest way for the enemy to penetrate you, is to allow him to penetrate you, so to speak. The secretary, technician and garbageman appear to be clean, but they may have a new boyfriend or girlfriend who is in fact a spy.

Signs to watch for:

1. Individuals changing work hours or visiting the workplace at odd hours.
2. An unaccountable increase in copy machine usage.
3. Individuals displaying a sudden, unexplained increase in wealth.
4. Individuals changing lunchtime habits.
5. Individuals taking short vacations to remote or undisclosed locations.
6. Individuals begin asking questions about operations outside of their department.
7. Individuals who request transfer to financial or administrative departments.
8. Individuals who suddenly develop vices such as smoking or drinking.
9. Individuals who suddenly improve their work-related paperwork.

A thing to note about any espionage and/or counter-espionage school is the similar basic reaction pattern of all its graduates. Any enclosed discipline sets its stamp, its pattern, upon its students. That pattern is susceptible to analysis and prediction. Motivational patterns are going to be similar among all espionage agents. That is to say: There will be certain types of motivation that are similar despite differing schools or opposed aims. You will study first how to separate this element for your analysis – in the beginning, through interrogation patterns that betray the inner orientation of the interrogators; secondly, by close observation of language-thought orientation of those under analysis. You will find it fairly simple to determine the root languages of our subjects, of course, both through voice inflection and speech pattern.

## Surveillance

Surveillance is the monitoring of a person, place or thing. Surveillance allows you to keep an eye on a person or place enabling you to: Verify information, prevent an unwanted action, identify associates and determine unknown locations. It is generally desirable that the target is unaware of the surveillance. For this reason, one must maintain a certain amount of distance, inconspicuousness and variety of action. The best way to watch someone is from the destination, but since this is not normally possible, following them is second best. When following a target, your natural appearance is paramount. If the target stops, you keep going. Don't stare at the target, this can raise the T.P. awareness levels. Good surveillance disguises: People with children, pets, lots of shopping bags, homeless persons, musicians, clergy and law enforcement. Take a photograph of the city streets in the target zone. Look at the average hair color and clothing styles. From this you can assemble a costume that is in the center of the average and difficult to discern from the crowd. When following in a vehicle, always keep one or two neutral vehicles between you and the target. A two or three-vehicle team is better to avoid suspicion.

If you suspect you are being followed or watched, then you need to make some decisions. First of all, is the surveillance hostile or dangerous? (stalker) Is this something you should deal with or call the police? If you are in a car you can use a counter-surveillance trick called "cleaning." Simply drive your car into an enclosed place and turn around. A circle drive is best for this as it allows you to get a good look at the following vehicle if they fall for the trick. A parking lot is fine as well. Simply pull in, wait for the suspected vehicle to enter, then pull out. Don't stop, just slow down and then wait for a moment. If they keep following you, then you know for certain. A professional will not follow you in this trick. A professional will find another way. Usually he will recognize the technique and realize he has been identified. At this point he will usually go away and wait for another day. If he is part of a team, this is where a second vehicle would come into play.

If the suspect vehicle is manned by amateurs or criminals, they will usually fall for the trick and follow you into the enclosed parking or driving space. If they continue to follow you, drive immediately to the nearest police station and go inside. Tell the desk officer as quickly as you can and give him a description of the vehicle along with the license plate numbers if you could read them. If you are unable to drive to a police station, call a friend or family member and arrange for a welcome. This means that your friend or relative will greet you when you arrive with three things in hand: A telephone ready to dial 911, a camera to photograph the suspect vehicle, and a weapon in plain sight.

IF YOU ARE BEING FOLLOWED:

DO NOT PARK YOUR CAR IN AN ALLEY OR ANYWHERE WITH POOR VISIBILITY.

DO NOT GO HOME IF YOU WILL BE ALONE.

STAY IN THE LIGHT, AROUND OTHER PEOPLE, IN PUBLIC VIEW.

DRIVE TO A POLICE STATION OR CALL THE POLICE.

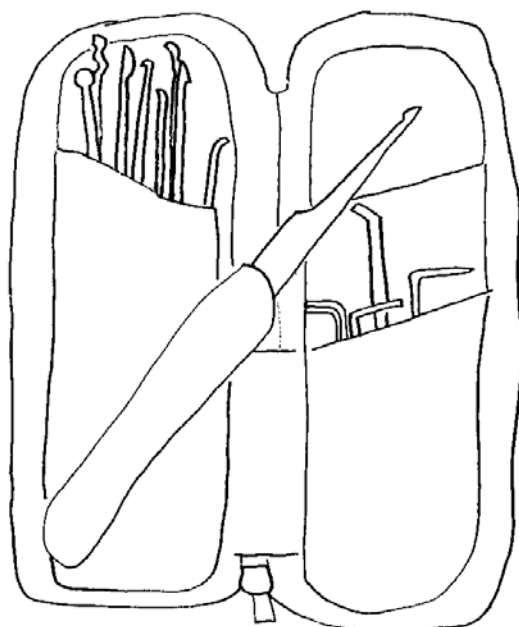
## Surreptitious Entry

The use of SE is a serious matter and may result in prosecution. As a matter of survival, however, it may be necessary to be familiar with some of the basic skills. Electronic locks have become very common, but the use of dial and keyed locks are still the standard. To open the basic keyed lock, a lockpicking kit will be required, but this is something you may manufacture out of available materials. There are two basic tools involved in lockpicking.

1. Pick
2. Tension wrench

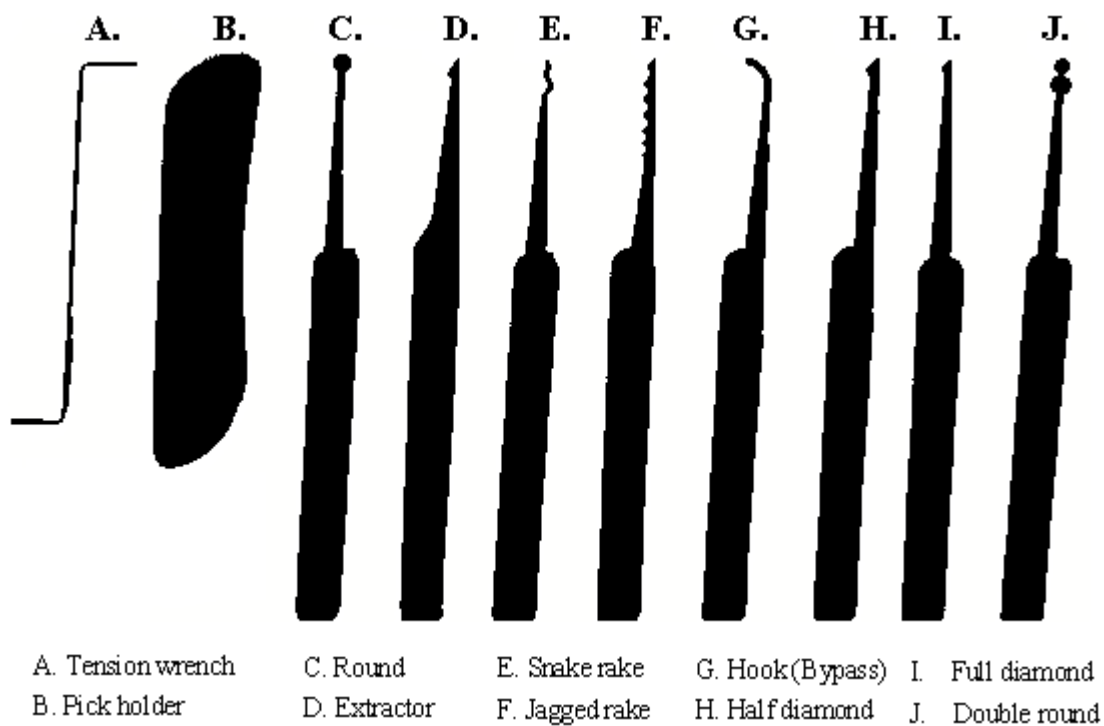
These are both small, thin pieces of hard metal about 4 inches long. The average door or padlock contains a cylinder with a number of pins. When a key is inserted, the pins are pushed into place by the teeth on the key. Once they are in place, the cylinder can be rotated, opening the lock. Without the key we must provide the mechanical actions of pushing the pins into place and turning the cylinder. Luckily, one usually facilitates the other. The tension wrench is inserted into the bottom of the key slot away from the pins. It is then gently pushed to one side to create a constant tension on the cylinder. Next, the pick is inserted into the lock and it begins touching and pushing on the pins. These pins are held down by a spring. When you push the pin into the correct position, the cylinder will turn slightly (due to the pressure you are exerting with the tension wrench) and keep that pin in place. After that, you continue the process until all of the pins are in place and the lock opens. If a pin is not pushed up correctly, its spring will push it back down. This is a fairly straightforward process, but one that needs practice to be useful. The art of lock picking is heavily based upon feeling, the sensing of mechanical function in the fingertips.

We recommend the purchase of a basic pick set and some locks to practice on. Door locks, padlocks, many different styles should be studied. A basic set contains a variety of picks for different styles of locks, several different tension wrenches, a brass pick holder for ease of use, and a discrete zippered case. The basic kit usually contains about five picks, wrench and extractor. The half-diamond and hook picks are by far the most useful and will work on 99% of all locks. These sets are not difficult to obtain nor expensive, so make it part of a class or training session with the sisters and try out a few locks.

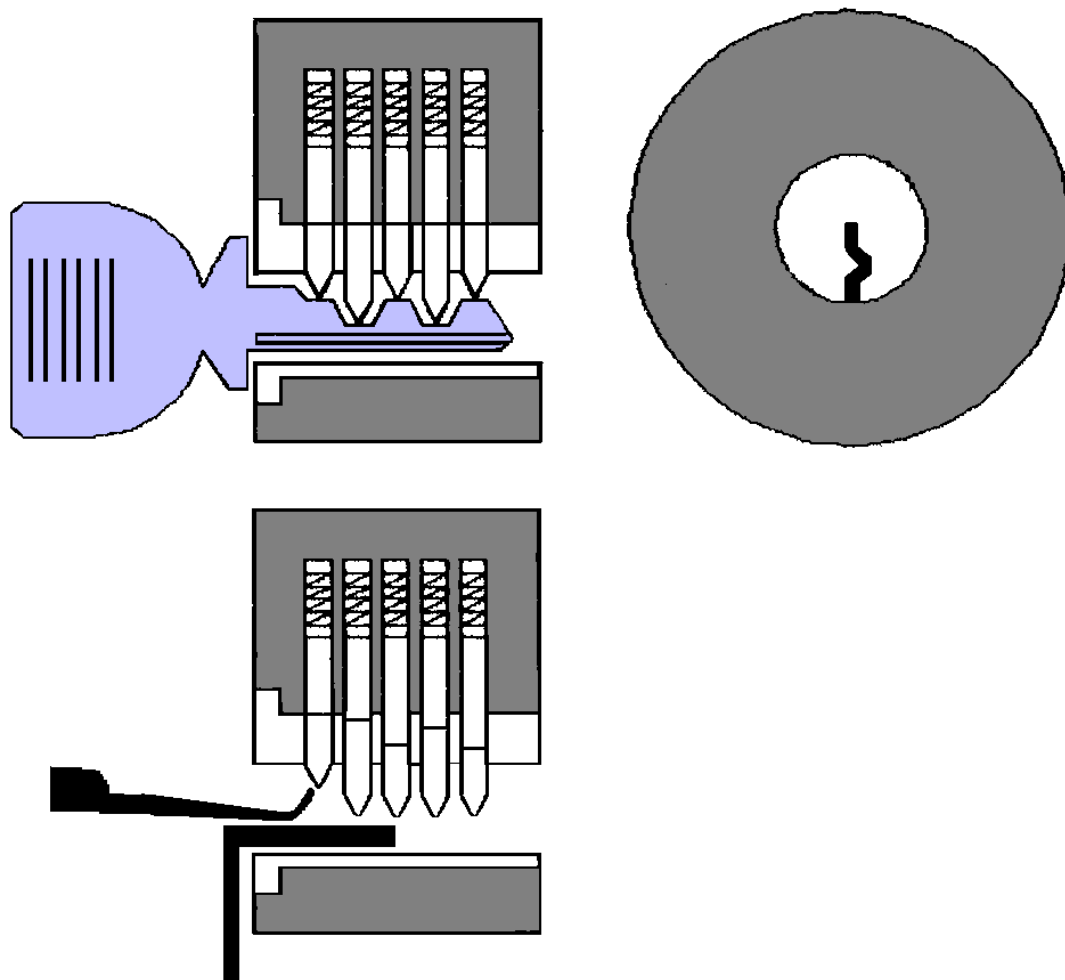


### Types of Picks

(These picks are actual size, so you may use the illustration as a template.)







Notice in the upper lock that the key has depressed the pins to the shear line, allowing the cylinder to turn and the lock to open.

In the lower lock, we must use the pick to depress each pin individually while maintaining a turning pressure with the torsion wrench.

## Bene Gesserit Training Manual

### The Art Presence, Dance, Fashion, Music and Manners

The Reverend Mother must combine the seductive wiles of a courtesan with the untouchable majesty of a virgin goddess, holding these attributes in tension so long as the powers of her youth endure. For when youth and beauty have gone, she will find that the place-between, once occupied by tension, has become a wellspring of cunning and resourcefulness.

In order to look and act like a Bene Gesserit, you must become comfortable with the idea that your own sexuality gives you power over men. You must learn to use your femininity and attractive qualities in the most powerful way possible. A Bene Gesserit is not a nun. A Bene Gesserit is not an asexual, disembodied mind. You are a woman and you must become fully at ease with this concept. A woman who wears makeup and sexy clothing is not necessarily a mindless tramp. She knows that she will get what she wants from men if she uses her “assets” to full advantage and dances on the edge of promise.

A Bene Gesserit is not a tease to all, flirting mindlessly with any and every man. She is a master of tease but uses it only on men who can promote her, men who can approve her applications, men who can make substantial donations, men who will serve the needs of the sisterhood. She glides with a silent, fluid grace and feather-touch. Her femininity is obvious, but not overdone. She is charming and lovely. She is sufficiently traditional to earn the approval of older persons, yet sensual enough to catch the attention of any young man who may be targeted.

Presence – A Bene Gesserit needs to be flexible and adaptable to many situations. This requires a controlled and healthy physical system. A Reverend Mother can exercise control over her weight and figure. Dieting is not something we do to correct a situation. Dieting is a short-term illusion. One must scientifically and objectively determine the proper nutrition for a certain daily routine and follow it, day in, day out. We recommend a diet high in protein and low in carbohydrates. Furthermore, we recommend a single multivitamin, calcium, iron and vitamin C supplements. (Always follow the recommended dosage.) A low-impact aerobic routine and walking are also highly beneficial.

Dance- Learn the basic Ballroom styles, several popular styles, several folk styles and one or two seductive dances. We recommend Arabic-Belly dancing or professional strip tease. One need not be able to tango at the professional level, but basic ability is highly useful. One trait for which the Bene Gesserit are known is their sense of grace and confidence in practically every situation. A sister cannot freeze with terror when the time comes to waltz, and she will be truly powerful if she can strip tease for a man without a hint of fear or embarrassment.

Fashion- You must learn how to dress for the occasion and the intention. Learn to appreciate the power of suggestion and how to use it to your own advantage. You must be aware of the effects your own manner of dress has on other people, especially men, and how to utilize and exploit those effects. There are literally dozens of books and

courses available for women and men who want to improve their personal appearance and sex appeal. Don't be afraid of seeking out professionals for advice. (Your friends may want to help, but they may not be truly capable. When you need a doctor, you go to the doctor.)

This is especially important for men and women raised by men. At the moment, the quickest way to improve your sex appeal is to go to a gay bar and ask for help. Male homosexuals are quite often the masters of fashion and good dress and rarely turn away those in need of their expertise.

Music – You must learn to entertain by means of music. In order to fit as many cultural stereotypes as possible, we recommend the following: Singing is a basic requirement. Also, one wind instrument such as a flute or recorder (that can double as a blowgun), one keyed instrument such as piano or organ (a universal favorite) and one stringed instrument such as guitar or lute. (A handy source of wire for garrotes)

One need not master any instrument, although it is a great personal resource. All we recommend is a strong basic knowledge and a few traditional tunes to memory. There is not much difference between a master and a beginner, but a world of difference between those who can and those who cannot.

Manners- The Bene Gesserit are known for their impeccable manners and knowledge of social propriety. This is one area where we must be flawless, as our employers are often members of the aristocracy and aristocratic bureaucracy. There is a long tradition of schooling for women in this art form, and these "charm schools" can be found almost everywhere. A basic course is recommended. We also recommend a basic cooking course be studied. For those who already have cooking ability, we recommend an intermediate cooking course. Some may question this and wonder if the Bene Gesserit aren't just training glorified "stepford wives," but there are very few men anywhere in the world that could say no to such a wife. Be soft outside and strong inside! In reality, battles are won by deception, not principal.

## Seduction

Some women possess this ability instinctively, while others must study and practice, but it is a necessary skill for us. We must be able to understand the subtle language of sexuality and exploit it with both men and women. Remember: In both men and women, the mind is the primary sex organ. This section will help you get the target into your bed. Once they are ready, consult the subsection entitled, “sex”, for more advice.

Subtlety is your friend, but the libido is tyrannical. To seduce a man is an easy thing. All a woman has to do is let the man know that she knows his “big secret.” His “big secret,” is this: He already wants you. He may not even know it yet, but he does. Any heterosexual male is willing to have sex with any female, with very few exceptions.

The first step is preparation. The target must be selected and preparations made with the target in mind. Usually the target will already be known because of his genetic potential and its usefulness to the Sisterhood. Approximately 2 hours before the encounter, one should begin to visualize the sexual encounter and begin to “sensualize” with the target in mind. Masturbation is effective at developing this state of awareness. This “sensualization” does two things: It triggers the release of pheromones which acts as a chemical attractor of males and it puts the mind into Alpha state which makes the body more relaxed and aware, an attractive quality to both sexes. Take a nice warm bath after masturbation to replace any sexual odor with an attractive scent and increase blood flow to the skin.

Once the encounter begins, you must allow yourself to be viewed by the target. Don’t be shy; allow your hips, buttocks and breasts to move and dance as nature intended. Men are very visually oriented. They are excited by what they see. Naturally, your eyes will become one of the most effective tools you possess. Eyes are essential. A man can lose himself in your eyes. Lost in the right kind of eyes, he may not even be aware of what is being done until after the moment of mystery.

Here are some basic, suggestive techniques we refer to as “Draw him to you”:

When drinking, always use a straw.

Clothing should be full-length but cling to the curves well, especially the buttocks and breasts.

If he has a girlfriend, touch her in front of him.

**Keep conversation to a minimum, eye contact to a maximum.**

If you have time, tease your own nipples whenever you go to the bathroom so that they will stand out against the cloth of your shirt in his presence.

Ankle bracelets are always a good idea.

Trace the outlines of your collarbones and ears with your fingers.

Don't spend more than 30 minutes at a time in close proximity; you have to maintain the unfamiliar image to peak effect.

If you decide to use make-up, learn from professionals. In general, you should make the eyes and lower lip seem as large and shiny as possible.

When you yawn, stretch your arms over your head "unconsciously" in such a manner that your shirt rises and exposes your abdomen.

If another sister is available, try the original approach but use two girls at once. Most men, even those who are resistant to all other approaches, can never resist this last tactic, if only because of its novelty. (And they know it will probably NEVER happen again)

Once again we remind you, *the mind is the primary sex organ* Once you seduce a man, your confidence will skyrocket and the following "victims" will seem little challenge; lambs led to the slaughter. For rare and difficult 1% males, a combination of feminine charms may be necessary. Your strongest tool is your mystery, the fact that he hasn't seen you naked and he doesn't know you in that way. To increase confidence, we recommend the viewing of pornographic videos. These films are made to please men and you can learn much from watching them. They do not normally depict conventional sexuality, but they are very effective at arousing and exciting men. You need to understand how that happens and how you can use those ideas to do the same thing. Watch the women, what do they say and how do they act? Do they seem timid or shy? Do they denigrate themselves or apologize for being overweight? Do they ask questions about the status of the relationship? What do they do? These women may be considered "low-class," but they know how to manipulate a man, any man, with ease. What they can do, you can do.

For the most part, all one has to do is get him alone in a secluded area and stick your hand down his pants. **Don't talk.** Just do it. If he tries to talk, seal his mouth with a hard tongue kiss and submission will follow. This may seem crude and unworthy of the "sophisticated intellectuals" of the Bene Gesserit, but remember, our purpose is not to impress or entertain, it is to achieve our goals effectively. This method will work on 99% of the subjects tried.

One need not wear special clothing or special perfumes, no suggestive words nor winking is necessary. Just take him into a private place, put your hand down his pants and masturbate him with a gentle but firm touch. If he resists at this point, begin vigorous fellatio. (See "Sex" for details)

You must be confident. If you feel uncertain, then don't attempt it. Confidence is of major importance. If you think your breasts are too small or your derriere is too big or you have bad skin, then you missed the point. Once you grab his penis he will close his

eyes anyway. **Men don't really care how you look if you are confident and aggressive.** After the encounter is finished, you must act as though nothing has happened and never discuss it with anyone. Also, despite the reality of the situation, you must never allow the target to feel humiliated. Humiliation is a deep scar that may never heal.

For Men:

The art of seduction is compounded for men, and successful seducers of women are rare. The reason is simple: Women are more primitive in instinct, while men are more artistic. Men look for women who resemble and artistic ideal in their heads, while women look for providers of food, clothing and shelter. (Subconsciously)

Thus, it is a good idea to play on those desires in the seduction. A man should spend as much time as possible with the woman. Simply be around her, don't try to engage in too much conversation. Further, demonstrate proficiency in a skill or art in front of her. This will demonstrate your skill as a provider and protector. Talent is very attractive to women. Avoid negativity in discussions at all times. Avoid victimization at all times. Don't complain, don't ridicule, don't attack. You may be right, but you won't be the winner. Remember what your priority is and use your head. Above all, never divulge your desires towards her with language. Only do so with your body language and try to subtly "radiate" the feeling towards her. Less is more!

Women will know from the beginning and decide early on. (Some say the first 30 seconds!) Then they observe to see if the male obeys their pre-determined pattern of acceptable behaviors. If you have maintained an acceptable image, then she will make an offer of sex. Be careful! This offer may be semi-ambiguous and the legal repercussions of misunderstanding are unfortunate. Go slowly and try to "touch" your way along.

A good pretense of inexperience and naiveté will go a long way. Women are just as attracted to innocent young men as men are to young women. Women are possibly more fiendish in this aspect, but few boys ever complain about such attentions compared to girls, so this has been a well-kept secret. Once again, less is more. If you pretend innocence, let her know that you would be very enthusiastic and willing. Enthusiasm goes a long way.

This is an inexact science, and he who dares wins, but practice makes better and you have all the women in the world as potential teachers.

Aphrodisiacs

As we know, the mind is the primary sex organ. Despite this, there are some chemical substances that can arouse the sensuality and achieve phase two. These substances need not be ingested, simply discussing them and their properties may be all that is needed to put your target “in the mood.” Minimal use of any stimulant is always best.

Bananas  
Caviar  
Chili and spicy foods (in moderation!)  
Champagne  
Chocolate  
Cloves  
Cucumbers  
Curry  
Ice Cream  
Lollipops  
Marijuana  
Mussels  
Onions  
Peaches  
Pine Nuts  
Truffles

A “purposeful” meal might look like this:

Raw oysters  
Caviar with soda crackers  
Cucumber and onion salad  
Curried pork  
Chocolate truffles  
Sweet red wine

### Sex

Complexity hides within complexity. Great deeds and foul ones have been done at the goading of sexual forces. The greatest care must be taken when dealing with sexuality. It is the most powerful force on the planet. We Bene Gesserit train ourselves to be absolute professionals when dealing with the dangerous human phenomenon known as sex. You may think of this only as sexuality but we prefer the more basic term: procreation. It has many facets and offshoots and it has apparently unlimited energy. The emotion called “love” is only one small aspect....This energy must have an outlet. Bottle it up and it becomes monstrously dangerous. Redirect it and it will sweep over anything in its path. This is an ultimate secret of all religions. Survival requires more than skill and cunning. You must have people. There is only one source for new people. We must take the utmost care in the management of procreation and all of its attendant necessities.

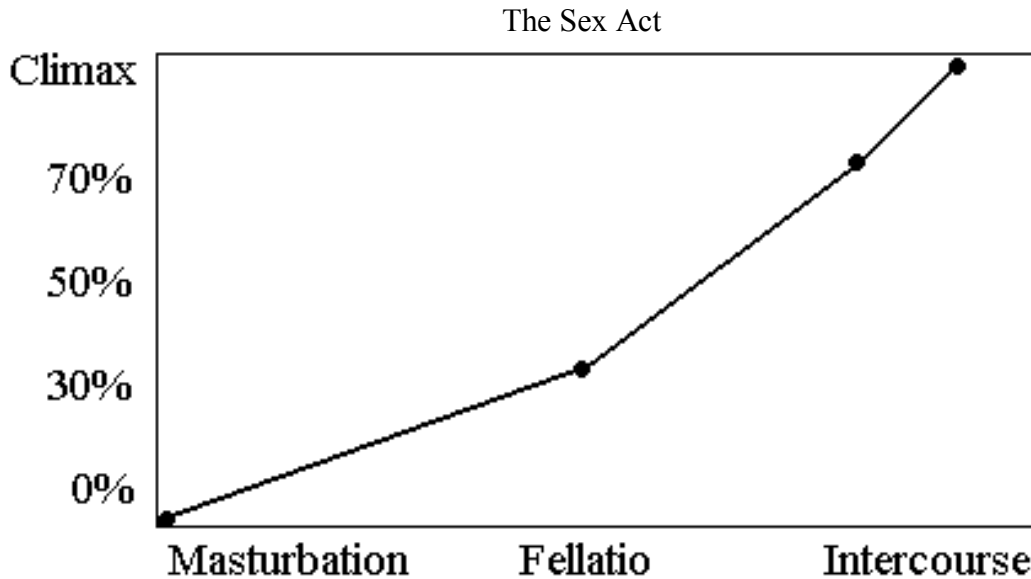
Part of your job as a Bene Gesserit will be to please your mate, possibly your employer, to teach young males the proper way and to ensure pregnancy when a mating is desired. As such, we must take care to learn the art of sex in a thorough, professional manner.

**WARNING:** Before we begin, you must take care to protect yourself at all times. Sexually transmitted diseases are commonplace and deadly. Before any target can be approved for mating, they must be tested clear of any STD. This is difficult, but your life depends upon avoiding sexual contact with an infected person. The Bene Gesserit does not take responsibility for the reckless acts of its sisters resulting in the spread of infectious diseases.

It is part of your teaching duties to provide sex education. Please carry condoms that you can distribute freely to those who need them. (If you feel that there are some persons who need not procreate, give them as many condoms as you have with you and send them more in the mail.)

Furthermore, never confuse sex with love. You must gain strength from intercourse rather than lose yourself in it. Replace passion with analysis, abandon with enhancement.





**Masturbation:** The penis is to be manipulated by hand at first. This will cause and solidify erection and to begin the process of heightened arousal. We recommend an edible lubricant when masturbating the subject, such as coconut oil. The use of a lubricant during masturbation can multiply the sensation many times over. Use the entire hand and slide it slowly over the shaft, paying special attention to the anterior surface of the head. If you must do this without lubrication, use a lighter and looser grip. Don't squeeze too hard or go too fast, just imagine how you would do it to yourself if you were a man. While you use your hands, moan softly in his ear. Don't use any specific thought-provoking words, just use sounds and try to keep him disoriented. If he responds too slowly, then you might try to use specific verbal suggestions, such as this: "My hands are fire." Once he is very hard and showing signs of submission, fellate him until he begins to react physically and verbally. Use the hands and mouth in many places simultaneously.

**Fellatio:** Always wait for the penis to be fully erect and well stimulated before beginning fellatio. This is simply to avoid exertion during the process. When performing fellatio, do not forget to involve the other parts of your body in the stimulus process. Touching the back, belly, thighs and scrotum can have a profound synergetic effect on the subject. (Please refer to a diagram of *prana/Ki* points in the relevant body zones)

If you are going to perform fellatio, then commit to it entirely and use your back muscles, breath, voice and even the teeth to produce an overall effect. Use humming, the pranava, transmitted through the lips, on the penis and follow prana lines to other bindu points in the erogenous zones. The penis should be manipulated orally with such force that it approaches pain in the subject. The tongue is placed across the primary bindu zone of the penis. (Underneath and slightly behind the head) The tongue is then supported by the lower lip to provide support and the upper palate pressed against the top of the penis. Run your hand over the shaft down to the scrotum. When you run your hand back up, rub your palm over the head and lightly twist your closed fist back down the shaft. Massage the testicles with the mouth and hands during fellatio and pay attention to the perineum. The perineum is a major Bindu Nervature center. (It is called "Hui-yin.") It is the intersection

of Bindu points from the legs, spine and belly. At every stage, maintain control of the subject. Use a high-intensity humming technique on his or her sensitive zones and pressure points from start to finish. Employ joint locks to immobilize the subject and push them further into submission.

When fellatio is done in such a manner, the moment of mystery is very quickly achieved and with great force. If one wishes to preserve the ejaculation and delay the moment of mystery, squeeze the penis firmly at the base of the shaft, pressing in and up against the underside of the canal. This will prevent the semen from entering the penis and a second and more powerful the moment of mystery may be achieved with maximum output. During fellatio, move him into the prone position or in such a position that intercourse can easily be achieved. Feel the tensing of his thighs, the telltale vagus pulse and especially note the darkening of his nipples. When you have him at that point, sustain it until his pupils dilate. From there, move yourself around so that he either enters you himself or you can place yourself on top of him. This transition must be fast so that the arousal is not perceptibly paused.

Intercourse: Should only be attempted when the subject is 70% to climax. The proper techniques here are an overlap of Prana-Bindu training. Of primary focus is the development and good use of the kegel muscles. (Please refer to “The Grasp” exercise in the Prana Bindu chapter.) The grasp will not only make you a better lover, it will increase your pleasure, sensitivity and will increase the intensity for both of you.

Many men prefer fellatio because of the strength and control of the mouth, but the kegel muscles are larger and more powerful than the mouth muscles. When well developed, the kegel muscles can actually hold onto a penis strongly enough to prevent a man from withdrawing himself! Once the grasp has been mastered, bringing any male to the moment of mystery with the vagina will be a simple task, with or without a condom. The secret is simple: Move as slowly as possible and squeeze as hard as you can. Luckily for us, this method insures that the older we get, the better we get. For a Bene Gesserit, intercourse is a source of strength and power. You must not lose yourself in the passion. Of course, you must *appear* to be thoroughly engaged in the sex act or the male will become immediately suspicious and may even disengage. In reality, however, you will be studying the male or female in question and growing in awareness. You will be learning, acquiring knowledge that may be used for leverage later on. Sex is not a race, it is an orchestration of tensions. There are five basic phases of the sex cycle.

1. Suggestion
2. Arousal
3. Effort
4. The Moment of Mystery
5. Resolution

The suggestion phase is an entirely mental phenomenon. At this stage, the possibility of sex is not assured. The subject may only be thinking about sex. In most people, this is fairly easy to detect. There are many physical and verbal clues to this stage: Giggling, glancing, light perspiration and wide open, attentive eyes are common signs.

Arousal is the time when both parties are openly aware of the others intentions concerning sex. The body begins to prepare for sex. The penis begins to stiffen, the vagina begins to lubricate, the pulse rises, the body becomes very sensitive to touch.

Effort phase concerns the physical sex act and refers to any physical touching. Climactic and compulsive triggers should be implanted during this stage.

The Moment of Mystery refers to the period immediately before, during and after the climax and ejaculation when the nervous system overcomes the conscious mind. In this baffling moment, all of the memories of all of our ancestors are poured forth and join together to form a new being. This moment is also the most effective opportunity for suggestive conditioning.

Resolution is the period after climax when the body returns to normal function and may even sleep.

The effort and moment of mystery phases are perfect for suggestion-conditioning. The resolution phase is perfect for truthtrance. Try to integrate all of your skills whenever possible.

# Bene Gesserit Training Manual

## Section 4 The Way

## Bene Gesserit Training Manual

### Truthsense Remember This Truth! Everyone Lies

Truthsense is a Bene Gesserit specialty. We listen. We don't read minds, we read the face, the body, the mannerisms, tone of voice, set of arms. Anyone can do this once they learn the Bene Gesserit Way. We are known for this rare and valuable skill, and rightly so. The advantage we may offer our employers as truthsayers makes us highly desirable applicants and indispensable Individuals. It is the solemn duty of every Bene Gesserit to provide such appraisals to her employer or superior. Furthermore, the detection of falsehood is the beginning of total awareness and will lead to the protection of the self and the sisterhood. Its' pseudo-prescient nature will often avert the need for violence and death.

Truthsense is not magic, it is a skill acquired by long hours of training and hard work. Anyone can be a truthsayer. It's a matter of self-honesty about the nature of your own feelings. It requires that you have an agreement with truth which allows ready recognition. You must develop "petit perception," the ability to detect very small variations in human reactions. The first step is to discard your assumptions. Know nothing! Learn to be totally naïve. Approach everything with a clean slate, nothing on you or in you. Whatever comes will be written there by itself. You will know a lie by understanding your own internal reactions. Read yourself, not the person in front of you. Ask yourself, "Does this *feel* true?" Words are slow, feeling is faster.

After some practice, you will begin to feel a twitch within you. That is the sense. You must grab it with gentle hands and never let go. The sense, once grasped, will be ever-present in you, so be prepared for a new reality. You will see people with a kind of x-ray vision. Sometimes it will disgust you, sometimes it will delight you, but the unclouded eye is better, no matter what it sees. Having said that, lies can sometimes tell us more than the truth. When a man lies, he will betray himself. He will, because of his need for self-approval, seek to confess, even as he commits his act of dishonesty. The more serious the act of dishonesty, the more he will betray himself.

Before we begin to discuss the methodology, let us consider how we may employ our observations. When we realize that someone is lying, we may never know the objective truth, but we may learn far more by considering what the lies are connected to, and what the liar is seeking to disguise or distort. No liar tells only lies; his folly would soon impale itself, so he must tell 99% truth and 1% lies in order to maintain credibility. However, that single percentage can change everything, depending upon its relevance and its salience. So, we determine that a man is lying, and as he does so, we must determine what truths his lies are attached to.

Be wary of a feint! Sometimes a liar will lie about one subject simply to draw attention from some other unpleasant truth. Detecting such a ploy takes careful consideration and experience. Once the subject is made obvious, and once the only possible truths are laid plain, then we must consider what forces have been brought to bear upon the liar and reckon his motivation. In this process, you may uncover the whole web of deceit and see

the truth from the very beginning. We listen, silently testing, probing, holding our questions until we have shaped them into a cutting edge. All you need to do then is test your hypothesis. At this point, however, our employers usually ask us to perform a simple calculation of probabilities based upon our own instinct, experience and observation. This we do, and provide our employers with advice and analysis.

In order to get the truth from the person in question, you must remain open and never react negatively to anything they say. If you believe they have lied and you wish to hear the truth, ask them again and let them believe you did not hear them or understand them correctly the first time. Always leave them a means for escape from the lie, a means of telling the truth when the lie becomes obvious. Stand as closely as possible and give them your complete attention. Furthermore, never let them know that you know he or she is lying. This is only an act of childish pride and serves no purpose except the creation of an enemy. The elicitation of truth requires an atmosphere be created, an atmosphere where the subject feels safe to be truthful. Recognize the individual, use his name and allow him a certain amount of respectability. Try to make him want to tell you the truth. Never assume hostility or resistance. Even if it were not present, you will create it or make it worse. Try not to allow yourself to be pleased or disappointed with the results of the discussion. You must present an objective, placid attitude. Never make assumptions or try to guess motivations. Ask specific questions at specific places.

Try to find out as much as you can about the person and the subject of discussion beforehand. This pre-interview research is essential and quite often determines success or failure. A complete understanding of the person is invaluable but often we do not have the time for such in-depth analysis. Cultural or psychological labels may be of some use, but be careful of the assumed traits that may not actually be in evidence. Once the person begins to speak about himself, let him continue until you have enough information to estimate his personality and its boundaries. Constantly express sympathy and understanding. Avoid any cause of anxiety in the person.

Why would a liar confess? The person who is lying or withholding information must be made to feel that he is on his own, he has come too far to go back and in need of assistance or salvation. He must see that the only way to freedom, both psychological and/or physical, is by confessing to you, his new friend. In confession, he relieves internal tensions that have been building up. You must understand this increasing tension and facilitate its release. The entire process is not unlike toilet-training for an infant, and one may do well to think of it in those terms. (But never patronize the subject.) You teach the subject to trust and comply. You reward him for that trust and compliance with compassion and friendliness. You make him see that you and he will both be happy if he tells you everything you need to know. As always, subtlety is required.

If circumstances require a more immediate confession, one may try using verbal shock techniques such as the Tangent. To use the Tangent, set up a person along one line of reasoning, then introduce some shocking fact from another, completely different line. In that brief moment after the shock, the subject is usually incapable of lying. One keeps the

subject rotating and confused so that they have no external buttress and cannot grasp for deceptions. Furthermore, confusion make turn to anger. There is truth in anger.

How do we know he is lying?

There are three basic factors in the beginning:

- 1.Sincerity (Does *he* believe what he is saying?)
- 2.Plausibility (Does his story sound like the truth?)
- 3.Relevance (An obscure truth is not the truth.)

We also look for tension in the body. Places of tension expression: Shoulders, face, hands, neck, and the mouth itself. To begin with, the mouth produces linguistic communication. It provides approximately 25% of the total communication a human is capable of transmitting.

The other 75% is made up of body language, tension, pheromones, Psychic Functioning (T.P.) and lividity. Body and speech signals always carry more information than is necessary for comprehension. We shall begin with the mouth, however, as it is one of the best determinants of a false speaker.

### Observation of the Signs

The movements of the mouth are not simply controlled by the conscious mind and the will. The mouth is a strange part of a human in that it is apt to express the feelings and desires of the subconscious mind, if it is not carefully monitored. Total control of the mouth is difficult, if not impossible. Even if a man is capable of preventing unwanted expressions of the subconscious, the inter-vocal movements of the vocal articulators may betray him. The lips may move, as though attempting silent speech. The mind keeps the throat from producing the unwanted speech, but the lips, however slightly, still attempt to confess the truth. If a man is aware of this fact, he may attempt to still his lips, but this will usually give him a lithic appearance, unnatural, and again he is betrayed. Failing this, he may even try to cover his mouth with his hand as he speaks, attempting to cover his deceit and protect the liar from discovery. To evade the attempts of others to detect your veracity, you must learn to speak with a minimum of movement. Only allow the lips and mouth to move as much as necessary to produce clear speech.

### Petite Betrayals

When we try to conceal our innermost drives, the entire being screams betrayal.

Look for the following:

- Hesitation – In itself not an indicator of falsehood, but of uncertainty and apprehension. It is the most basic of verbal stalling techniques.
- Circumlocution – A classic method of truth avoidance, typically employed by politicians and clergy, in which the speaker tries to describe a truth in misleading terms.
- Antecedence – The use of confused and intentionally vague references to more than one subject.

- Selective Memory – This method is typical of weak and uncreative minds. The speaker simply claims to be unaware or has no recollection of certain facts.
- Interrogative Response – The speaker, in an effort to avoid answering untruthfully and yet disguise the truth, will attempt to reverse the question upon you, seeking to have you provide an avenue of escape or excuse.
- Watch the eyes! Observe how they change focus. As the focus moves outward, the awareness moves inward. Rapid eye movement, no eye contact, focusing on an object, focusing on the door and focusing on the right (creative side of the brain) are common signs.
- Speaking very quickly and mispronouncing words.

### Probe and Review

Probe and Review are the techniques by which we “register” a person. You may know a lie by the sound of the voice, if you have them registered. We use open-ended questions and hyperawareness, recording every detail that we can observe. The tune and tone of the voice, facial movements, physical gestures, breathing, many things are analyzed and recorded. We build a “real-time model” and compare it to the real thing when falsehood is suspected.

In order to protect ourselves, we have always embraced honesty. Honesty is a great defense against many assaults. The truth serves us better. There are times when we must avoid the answering of some questions in order to protect others. They must be deflected. The first step is to gage the level of truthsense in the questioner. They must be delicately dissembled and analyzed. All of this must be done quickly and covertly within the first few moments of meeting them. You judge the questioner and fit your responses according to the susceptibilities. Listen for tension within meaning and determine the desired path of discovery intended by the questioner. More often than not, your instincts will be correct. You must always use honesty in your answers, but once you have determined the target information, choose an alternate target and lead them to it. If there is no possibility of protecting sensitive information by speaking, then be mute. Silence is often the best thing to say.

Let every word you speak offer multiple interpretations and then you may know the person by the pattern of their chosen interpretations. This is very similar to the way of combat in that one does not commit fully to any attack, but rather offers a possible attack, judges the response of the enemy, and then takes advantage of the vulnerabilities exposed.

### Training Exercise

We recommend the constant use of rigorous interviewing and interrogation of sisters. Rotate players in the exercise and select certain persons to lie about certain subjects. In this exercise everyone learns. You will learn how to discern truth and deception and you will also learn how to speak either without the petite betrayals. To achieve this, you must



begin to destroy your bad habits and strive for the emotional mask we refer to as “BG Placid.”

BG Placid  
The Bene Gesserit Mask of Nothingness

This is a state of emotional non-communication. It is one of our most effective tools. Most ordinary people are a messy collection of physical habits and gestures. Moreover, they are usually totally unaware of these habits and gestures. We walk around with our emotional guts hanging out, so to speak, displayed openly for anyone with the eyes to see them. Some people see them. Salesmen, con men, psychologists, police officers, prostitutes and other professionals make it their business to read and understand the silent language of the body. Once again, you must go beyond to a higher level of awareness and control.

Total self control is a remarkable weapon. (We are not impulsive.) You will gain complete control of your own body language and verbal language. In so doing, you deny others any opportunity to take advantage of you. You will become immune to all but the most experienced truthsayers. Communication must become a carefully measured and gauged process. You must learn to listen very well, understand and consider consequences and make a decision. Then, and only then, you may speak. Do so with minimal movement of the face. (This will confound lip readers.) Do not shrug, grimace, blink, cough, tap your feet, clear your throat, slap your forehead, snap your fingers or do anything else that might betray your thoughts or feelings. You must become a black hole of information. Data comes in, nothing goes out.

If you are in pain, do not clench your jaw. If you are afraid, do not look away. If you are surprised, do not raise your eyebrows. If someone asks you a question, maintain eye contact, do not look away. Never raise your voice in anger. You will adopt a natural, pleasant smile and keep it 24 hours a day. At first this will seem exceedingly difficult, if not impossible. In time, it will become much easier and it will eventually be natural for you. There will be times when you need to express emotions in order to maintain your health and lower stress. (Suppressing emotions is a weakness.) This should be done in private. Many women suffer from emotional turbulence caused by biochemical changes. If medication can safely help, please use it. The study of Zen and constant training in this art will also improve your stability.

Training in this technique is best done with a partner or in a class. The vast majority of us are unaware of our own body language, so study of this kind will not only increase your own self-awareness, it will increase your awareness of others.

## Voice Of Command

Tone of voice and attitude alone can subjugate another's will.

Voice, or Voice of Command, is a very old and very well known method of compulsion control used by the Order. It looks like magic, but it is, in fact, basic psychology.

It is not as dependable as compulsion-control and it takes much longer to achieve mastery, but it can be effective in situations where conditioning the subject is not possible. The voice is an inherent skill in most women and many male parents. One develops this ability to control others by years of intimacy and knowledge of the person in question. If you think about it, there were probably dozens of times when your mother used voice on you when you were growing up. Do you remember the sudden sense of paralysis or loss of personal will? Do you remember the strong compulsion that forced you to do whatever it is your mother commanded when she used your full name? That is the power of the voice. Words are weapons; they are tools of control.

The first step is learning a person's true name. One of the most basic elements of voice is addressing the target in the most precise way possible. The targets' full, complete name is preferable. (For strangers) An intimate, personal nickname, if known, can be devastatingly effective. (For persons known to you) The next step in mastering the Voice is ego-persona registration.

Ego-persona registration (EPR) is a method of determining the intimate essence of a person. It describes their motives and ideals, and it exposes their fears and vulnerabilities. The adept must make an assessment of the victim, allowing her to address that person's most profound fear, exploiting his or her greatest vulnerability, or alluding to his or her most powerful ambition.

Examples: Soldiers have very delicate egos, Mothers fear for their children, Politicians have strong criminal proclivities.

Voice is not magic, it is method. Voice is persuasion. It is both carrot and stick. We control others by:

1. What we say
2. What we don't say.
3. How we say it.
4. Tone shadings of the voice.

### EPR Practice Exercise:

Engage in conversation with various strangers. Try to deduce *by inconspicuous means* the three targets of registration:

1. Greatest fear
2. Strongest ambition
3. Most profound vulnerability

In order to get honest responses, we must put the subject into an honest, candid mood. To do this, simply present the subject with your own honesty and candor. Tell them embarrassing truths about yourself and watch them change. When they start to tell you embarrassing personal secrets, then you know they are ready. Mentally record your answers and make *subtle* allusions to them, carefully observing any reactions. At the end of the interview, openly ask the person the three questions and compare their answers with yours. They may not be the same, but remember that most people will not want to answer honestly or *they may not know* the answers at a conscious level.

You must determine what is important to that person and use it as a fulcrum to bend their will. Compliment their vanities, threaten their most precious loves, all in the tone of your voice. They will be helpless to resist, feeling as though their own will was sand slipping through their fingers.

There are basically two kinds of voice, but with endless variations. The first kind is the soft voice. Soft voice is a sweet, personal, intimate voice that begs and pleads and compels from within the psyche. This is the kind of voice often seen forming naturally in girls before adolescence. The subject will often say, "I just can't say no to her."

The second kind is hard voice. Hard voice is an overpowering command that squelches out the personal will of the subject and takes control of the body by means of remote orders issued in a steely, unwavering voice. Hard voice is commonly used by police officers.

The subject in this case will often report a feeling of distance and separation from their own bodies. It is a state of mild shock and often memory of the event is blurry or non-existent.

To defend one's self against the effects of voice, one simply receives it. Allow it to flow through you and past you. Do not resist nor comply. Imagine yourself as a loosely woven piece of cloth and let the power of voice blow through you and leave you unaffected.

Unfortunately, that is the extent to which voice can be taught in a book. The rest is up to you. Books can suggest what is possible, but actual learning requires you to do these things. You must take these basic instructions and then practice and experiment. Develop your abilities and create your own style. If it works, then you are doing it correctly. There is no *single* correct way to do anything. There is always another way to do something. Furthermore, if it only works once ten years from now, but it saves your life, then it was 100% successful and worth every moment of study. Survival is a noble purpose. You deserve no less credit for saving your own life than if you saved the life of another.

## Compulsion-Control

Compulsion-Control (C.C.) is a method of controlling various persons by means of compulsion implantation and activation. Our standard form of compulsion is a defensive, all-purpose idea: Immobility.

First, the compulsion to be implanted is determined. Usually it is simple, as complex compulsions rarely function well. Complex compulsions tend rather to cause psychosis, an undesirable effect. The Pyretic conscience, our target in the psyche, is the inhibitory level that responds to feelings and simple thoughts. One cannot overload this level, it is a binary reaction level and complex programming is rejected or causes higher-function damage.

Once the simple command is determined (kill, freeze, sleep, involuntary truthtrance, etc.) a method of implantation, called “hypno-ligation,” must be devised.

There are four common methods of compulsion conditioning, but they all require close personal proximity to the subject:

1. During the moment of mystery – subvocal (fastest method)
2. During hypnopompic periods of consciousness – vocal
3. Hypnotic suggestion – vocal (highly effective)
4. Repeated conscious subvocalizations (slowest method)

There are two special methods worth mentioning, but extreme caution must be taken, as the effects can be unpredictable:

1. During drug-induced altered states. - vocal
2. During periods of extreme fatigue or stress. - subvocal

By subvocal we mean a whispered statement, something not loud enough for the conscious mind to understand, but easily understood by the subconscious. This method is akin to subliminal suggestion methods using high-frequency image association. We have yet to devise an effective, *untraceable* visual method, but it may be possible.

A hypnopompic, or “between - state” is a period of semi-consciousness before and after deep sleep wherein a person is highly susceptible to suggestion, mental implantation, and incapable of falsehood. The between – state is a period of great mental and emotional effort, resolution and healing.

The standard conditioning statement is simple and effective. Here is the statement using the immobility compulsion as an example:

“Uroshnor, don’t move. Uroshnor, don’t breathe. Uroshnor, be still.”

In the above example, the Adept repeats the command in three different but equally effective ways. She also repeats the command word, “Uroshnor,” three times. This is a prime example and should work well.

Some women have used a variation of this technique for the moment of mystery amplification and arousal. We call this *imprinting*. Every time the man or woman approaches the moment of mystery, they condition him or her with a subvocal command word. After the first few times, the victim has been conditioned to associate the command word with the moment of mystery, thus making the task of sexual fulfillment easier for some women. After a period of time, it may become as simple as issuing the command word. The victim, having become deeply conditioned, hears the word, becomes deeply aroused and may actually experience the moment of mystery.

The the moment of mystery is an excellent state for conditioning. The target may well be aware of what is going on, but is unable to refuse or resist because of the overwhelming sexual forces that are peaking inside of him. His will to resist is substantially weakened. Take care not to overdo it, a man who feels he has been abused will become an enemy when the the moment of mystery is over. Furthermore, you must not expect the effects to be too profound. The voice will only work for a moment or two. This may be enough time to save your life, but some men are very strong and you must be very careful.

It appears to the common folk as magic, ergo its description as a “weirding way.” This idea is basic conditioning, Animal Psychology in fact, but it can save your life. Is that not a Noble Purpose?

## Prana-Bindu

Think you of the fact that a deaf person cannot hear. Then, what deafness may we not all possess? What senses do we lack that we cannot see and cannot hear another world all around us? Prana Bindu is an often-confused subject, but one which is the essence of the Bene Gesserit totality. You must become reborn in the baptism of prana-bindu study.

Prana, or *prajna*, is an ancient Indian word, referring to the “life-force.” It is also known as “Chi” in China and “Ki” in Japan. Prana, also called vata and vayu, refers to the lines of energy that run throughout the human body and roughly correspond to the nervous system. The lines of Prana and the nervous system do not correspond exactly, however, and in many instances are oppositely aligned. Be careful not to confuse the two. Prana can be seen as a manifestation of the piezoelectric generator that the human body becomes when in motion. The crystalline structure of bones and the capillary nature of the vascular system create a tremendous amount of electricity that flows throughout our entire bodies. Prana is related to this, but it is not easily defined as it has both physical and meta-physical properties. One could refer to them as the lines of movement between muscle and bone. For this reason, we sometimes refer to it as prana-musculature.

Bindu means a point, circle, or sphere. It refers both to the internal and external. Thus, it means both aura and pressure point. There are many such circles in the human body, small ones and large, concentric and enveloping. Not all Bindu points are the same underneath the skin. They are intersections of the nervous system, connecting joints of muscles and nerve and also large veins that can be easily pressurized from outside. Such points may be referred to as bindu nervature, kyusho, tsubo, nerve-node or pressure point. They are all essentially the same. Every part of the body has these points, however, the points may affect body parts that are distant from the point. Some points on the feet, for example, affect the intestines and the muscles of the head. Bindu Nerve-nodes can be used for both healing and attack. Light pressure will sensitize the area, medium pressure will cause pleasure and warmth, and heavy, sharp pressure will cause pain, injury and in some cases, death.

This is the inspiration and secret meaning of our Key symbol, lines (prana) and circles (bindu).

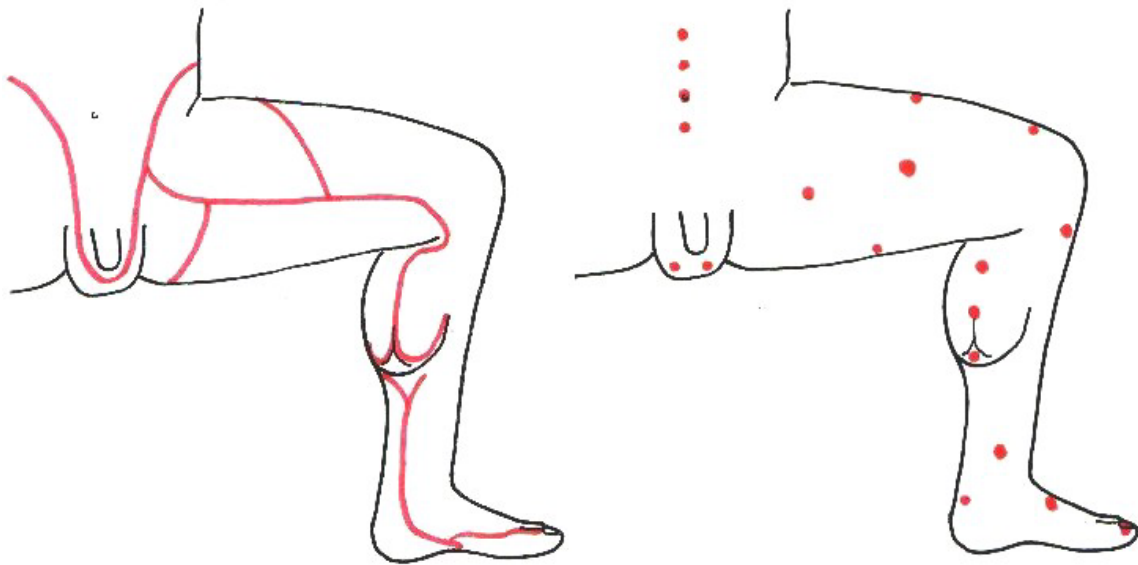


The body does things of itself sometimes. You must understand this. (One of the secrets of sakki awareness) You must learn to control every muscle, every fiber of your body. When properly generated and balanced, Prana-Bindu can make one both intensely aware

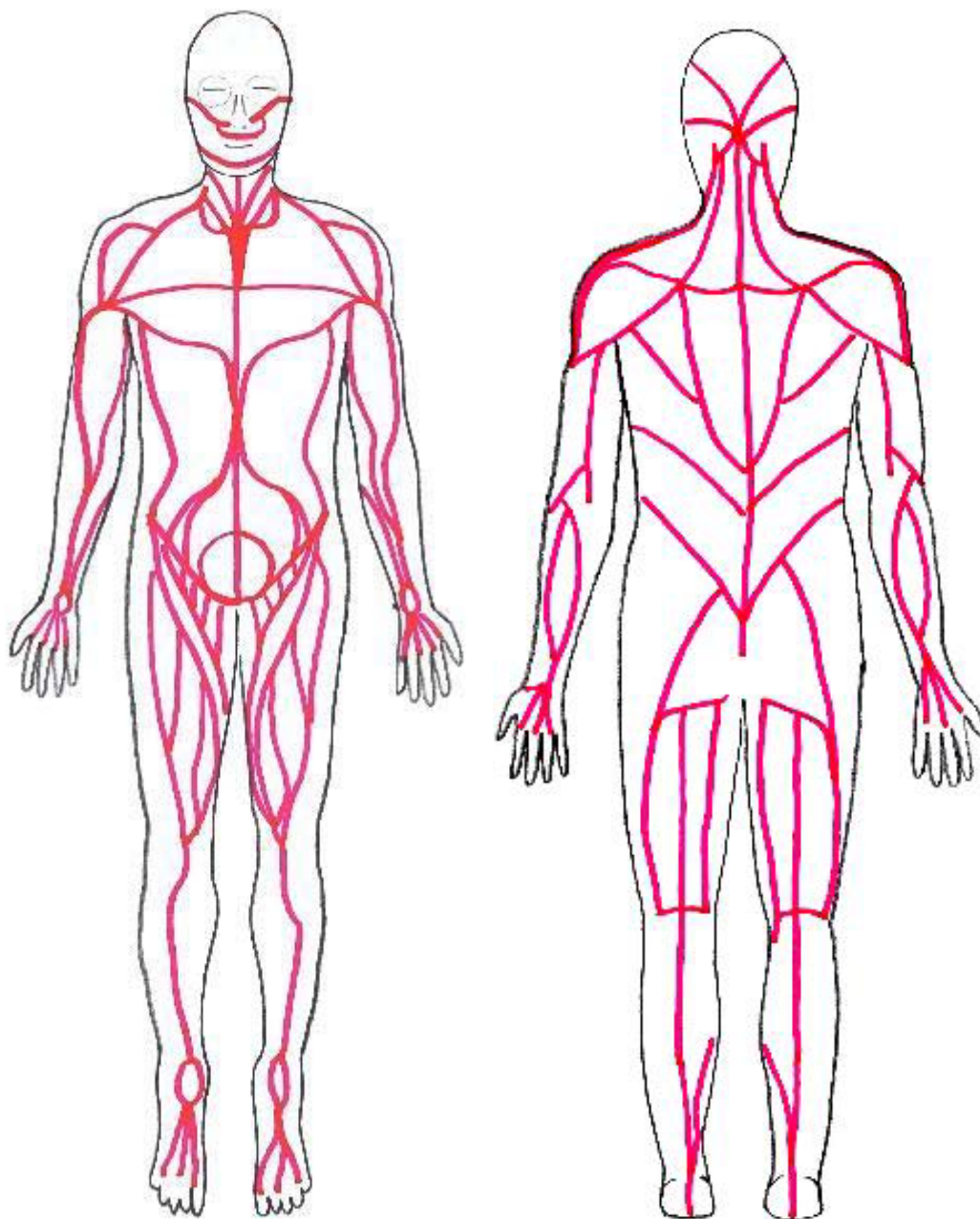
and totally relaxed. It is achieved by training and by common walking and breathing techniques. Prana-Bindu control takes time and effort, but it is the essence of a Bene Gesserit. After the work is done, it will be a natural part of you. Eventually you will learn to train yourself 24 hours a day. When you have mastered this, you will be able to stop yourself from reacting to emergency situations with fear, stress and panic. You will be able to maintain a calm, observant composition. You will be able to deal with any emergency in a quick, efficient, professional manner. The mind can go either direction under stress – toward positive or toward negative: On or off. Think of it as a spectrum whose extremes are unconsciousness at the negative end and hyperconsciousness at the positive end. The way the mind will lean under stress is strongly influenced by training.

Using the senses, both physical and psychic, improves them. Some of the exercises seem physical and some seem mental. It may seem disjointed in terms of Prana-Bindu, but it is not. The secret is integration. Learn with your entire being. Use your entirety at all times! The successful student of Prana-Bindu training will expand their “minds” to the physical limits of their own bodies, and in so doing, push their awareness beyond the boundaries of that physical body. Unfortunately, this is not something we can teach you in words. This is a journey of self-discovery. We can guide you, but you must do the exploring. It is not easy. Bene Gesserit education requires intense physical training. You cannot hope to become a Reverend Mother without passing through much pain and frequent periods of seemingly hopeless muscular exercises.

We shall begin with a review of the body’s Prana-Musculature and Bindu-Nervature and the major areas of concern for health, sexuality and self-defense. (You should understand that the latter are both forms of control.) In the illustrations, Prana will be seen as colored lines and Bindu will be indicated by colored dots.

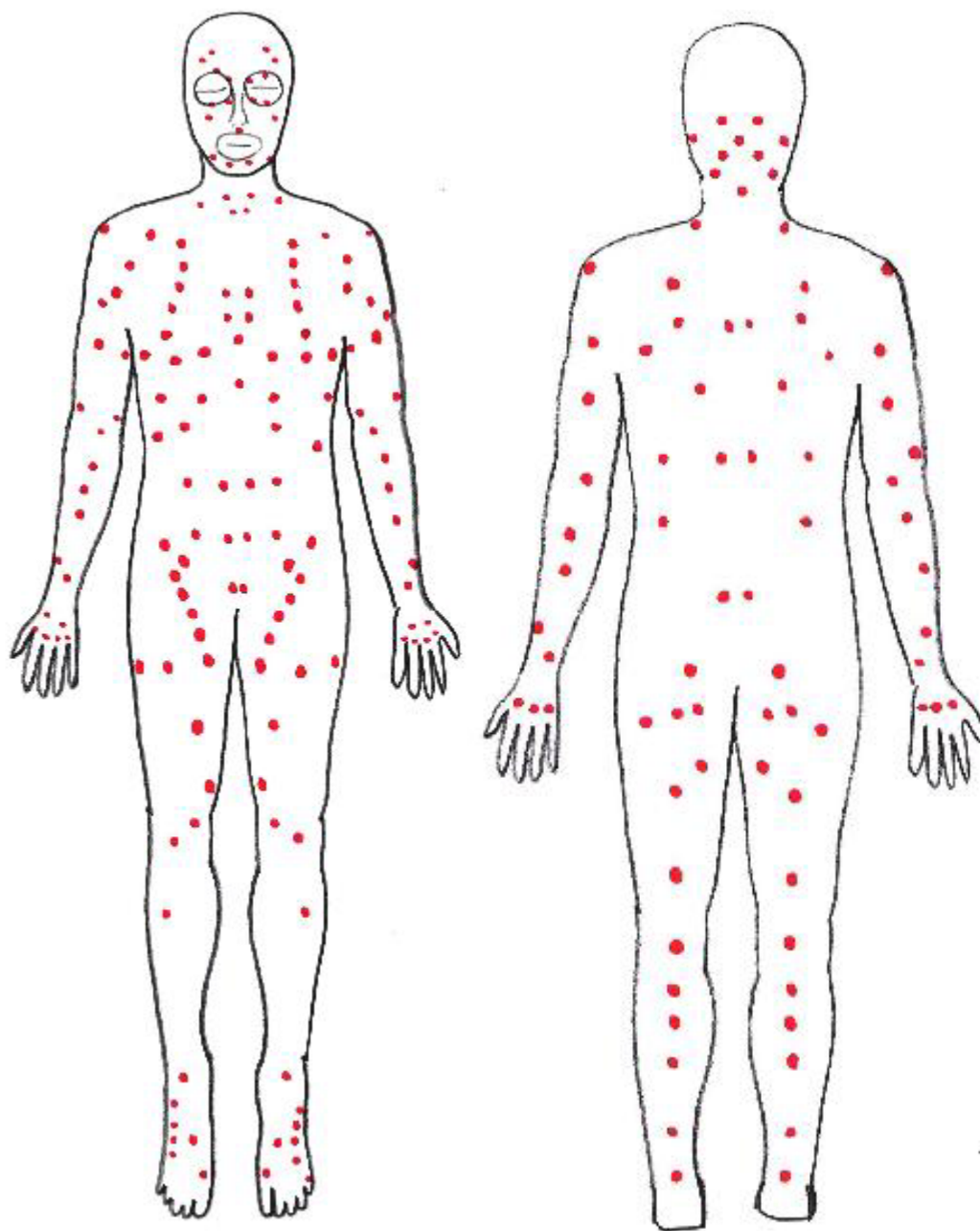


P-B views of the inner thigh and calf

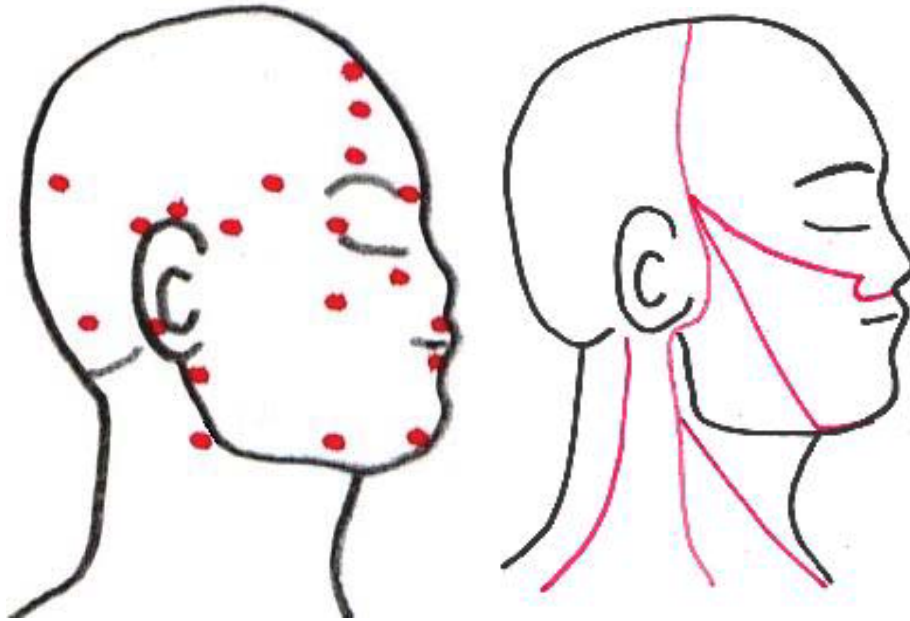


Prana Musculature Front and Back Views





Bindu Nervature front and back views



P-B views of the head

#### Awareness Breathing - Prana

1. Inhale through the nose, exhale through slightly parted lips.
2. Breathe in rhythm with the step.
3. Inhale fully, pause slightly, exhale fully, and pause slightly.
4. A breath cycle is one inhalation and one exhalation. The rate should be 6 to 9 cycles per minute.
5. Don't move the rib cage; breathe with the belly.
6. Breathe quietly.

#### Glissant Walking - Bindu

1. Keep knees and toes pointed straight ahead.
2. Take short steps.
3. Stay off of your heels.
4. Glide silently at an even height over the ground
5. Let your hips lead the way.
6. Keep your spine straight, head erect, stretch the muscles of the neck.

#### Warm-up #1 Prajna Meditation

Lie down on the floor and close your eyes. Focus your awareness on the toes of your left foot. Flex, stretch and relax them individually. Do the same for the toes on your right foot. Next, focus your awareness on your left foot and ankle. Flex, stretch and relax it. Do the same for the right. Follow this pattern for each individual body part, left and right, from your toes to your scalp. Go slowly. This warm-up should take about 9 minutes.

During this warm-up exercise, you will not only increase sensitivity, muscle control, muscle tone and relaxation, you will be moving from Beta to Alpha level consciousness.

Warm-up #2  
Devotional Exercise

The second warm-up is a dance of sorts, a series of movements that addresses the body in different ways. Every movement is accompanied by a breath instruction. Try to breathe appropriately as you do the movements and let the breath move you into the place you need to be. When you are in the correct position, you will know it. You will feel it. Your breath will compliment and enhance the movement. This is not an unfocused, sweaty exercise. This is as much for the mind as for the body. During the warm up, go slowly and feel your way along. Stretch both sides evenly and give yourself extra time for difficult areas. Do not rush or feel the need to synchronize your movements with others. These exercises give benefit over time, so there is no need to try and push any “pain threshold.” Take note: These are not stances, they are *movements*.







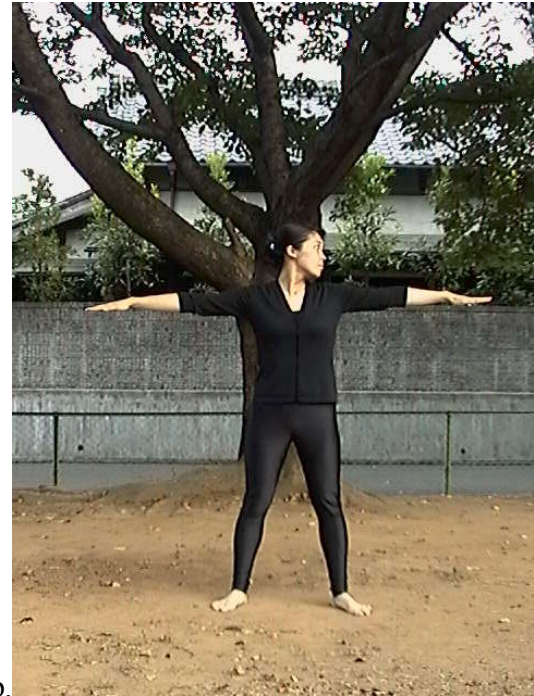
3a.



3b.



4a.



4b.















### Prana-Bindu Exercises

#### #1

#### Your mind controls your reality

To learn patience in the Bene Gesserit Way, you must begin by recognizing the essential, raw instability of our universe. We call nature – meaning this totality in all of its manifestations – the Ultimate Non-Absolute. To free your vision and permit you to recognize this conditional nature's changing ways, you will hold your two hands at arm's length in front of you. Stare at your extended hands, first the palms and then the backs. Examine the fingers, front and back. Imagine your hands aging. They must grow very old in your eyes. Very, very old. Notice how dry the skin will become. Continue staring at your hands. When you see them age, reverse the process. Make your hands young again – as young as you can make them. Strive to take them from infancy to great age at will, back and forth, back and forth. Concentrate upon visualizing the flow of time which you desire: Infancy to age, age to infancy. It make take you hours, days, months. But it can be achieved. Reversing that change-flow will teach you to see every system as something spinning in relative stability, only relative. This will teach you great patience and relative stability. This is the perspective which you create with your own belief, and beliefs can be manipulated by imagination. You've learned only a limited way of looking at the universe. Now you must make the universe your own creation. This will permit you to harness and relative stability to your own uses, to whatever uses you are capable of imagining. This is the beginning of Prana-Bindu Balance. If you get too tired, stop. Return to it after a few minutes of relaxation and exercise. You must persist in this until you succeed. This lesson is more important than you could possibly realize. Learn this lesson or the others will be of no use to you.



#2

Know thyself

The Bene Gesserit flow together as harmonious bodies. We are as a body, each cell striving to complement and assist the other. We do not compete at any level in any way. The macro and the micro must be harmonized. Can you move the little toe on your left foot without moving any other muscle of your body? It may seem impossible, but it is not. You will learn to do it. You will learn every muscle in your body. You will know these muscles the way you know your hands. Have your training partner move the muscles for you, lifting and twisting toes and fingers that might be stubborn. You will eventually get the feeling and assistance will be unnecessary. Obtain a kyusho chart and incise the bindu circles and their connecting prana lines with a red marker on the body of your training partner. Have her do the same. Practice pressing them with a finger at varying depths and with varying amounts of pressure. You will discover that there are degrees of pleasure and pain and a mixture of both. Practice this until the points are well known to you. This knowledge will be useful in combat, healing and sexual manipulation, as well as simple relaxation methods. Be careful and go slowly. When you are ready, try to maintain your concentration as your partner applies sharp pressure to the bindu points.

#3

Learning to Receive

The Bene Gesserit do not oppose anything. We move around and guide the powerful forces of government, religion and society. One must learn to glide and control these forces with subtle pressures in the most sensitive places at the most vulnerable moment. With your training partner, stand closely and relax. Stage One: Let the backs of your right hands touch. One of you will then move that hand around in slow circles. The partner will attempt to move with you and never lose contact. Stage Two: Slowly reach out to strike your partner. She must receive the blow, allowing it to touch her, but not allowing it to actually impart any energy. It must feel as though you are punching into the wind. She *must move with you*, receiving your movement and not attempting to be “untouchable.” We are not trying to evade, we are learning to receive. The attack makes contact, but no damage is received. Remember to go slowly and try not to exert any energy. In this exercise, we are trying to expand our natural sense of touch to include the air that surrounds us.

#4

Move Quietly

You cannot think to understand others when you yourself are a walking collection of noises. A Bene Gesserit makes no sound or movement that is not intentional and with purpose. We do not slap the floor with untrained feet and fill the world with the noises of our passing. A Bene Gesserit must move as quietly as a ghost. This is an exercise that can be done alone or with a partner. Simply walk with your partner behind you, listening for any sounds you make as you walk. Walk naturally at first and try to be aware of any and all sounds generated by: your shoes, clothes, loose coins, jewelry, breathing, etc... Your partner will make note of these sounds when she hears them and you will adapt your

movements to remove them. You will learn to silence them and any others in a natural, unconscious manner. You must learn to do this at all times. Practice on different flooring surfaces and spend extra time on the stairs. Walking on stairs requires extra power in the calves to prevent “slapping” of the shoes. You may find that focusing on the balls of the feet and gliding eliminate much natural noise. Furthermore, awareness itself will be expanded from the body and your hearing will become more acute.

#5

Body Language

The human body is an intensely expressive thing. The face and hands communicate so much that even languages can sometimes become irrelevant. There is nothing wrong with this, but one must not allow the face and body to communicate without your conscious knowledge. You will learn to prevent facial or physical expressions of emotion from occurring when stressful situations arise. You must learn not to betray yourself. With your partner, try to remember the most emotionally upsetting events in your life. If you feel the urge to cry, do so. If you have to laugh or feel sick, let it happen. While you are crying or laughing, make strong mental notes of the physical feeling of your facial musculature, your body, your breathing. Try to record it. Practice reproducing this face and these internal stresses in front of a mirror or partner. Develop your own awareness of physical communication. From awareness comes control.

#6

Observation of Minutiae - Physical Awareness

The senses of the body are constantly monitoring the environment for change. Every person has this ability and it is usually a surprise to discover how sensitive it really is. The real difference is how much attention you pay to the world around you. A Bene Gesserit is attuned to the environment at a higher level than normal. By yourself or with a partner, practice memorizing events with every sense. Start a three minute timer and begin recording. After the three minutes are up, dictate your memories to your training partner. For example: What did you see, hear, and smell? Did you feel air moving over you? Was it warm or cold? Did you hear someone cough? How many times? Was it a normal cough or the cough of a sick person? Did you smell your partners' perfume? What brand was it? IS the light natural? What time is it? If the light was artificial, was it from a candle, a normal light bulb or fluorescent lighting? As you can see, there are infinite details occurring every moment of our lives, and it takes training to sense all of them. This training will increase your quotidian awareness levels.

#7

Observation of Minutiae – Personal Awareness

The Bene Gesserit value their skills in the observation of minutiae and rightly so. These skills are the foundation of Truthsense, secret languages, combat and much more. Have your training partner leave the room and change some part of her appearance in some tiny way. When she returns, you must engage her in conversation about some other subject and try to determine the change. Try to limit each turn to about one minute. If you cannot guess, end the turn by asking her the change. As you take turns, you may increase the difficulty by making smaller changes, or making more than one change. You may also

begin to discuss more involving subject matter. This is a very “real-life” training technique. Suggested changes: hiding a weapon under the clothes, wearing a different watch, changing one earring, placing a dot of color on one shoe, etc... This is an exercise easily modified for “hip pocket” training. (It is easily done while traveling or resting or during a break from some other activity.)

#8

The Witches Claws

The hands are our primary tools for interacting with the world. Most people have two but primarily use only one, the right hand. We consider this a careless mismanagement of resources. You will strive to achieve powerful, sensitive, ambidextrous hands. Sensitivity and control must be pursued to a very high level. Aside from the obvious benefits, medical science has shown that training the “off” hand develops new neural pathways in the brain that protect you from Alzheimer’s disease in later life. Study the finger muscles and tendons of the palms and wrists. Practice tracing the alphabet with the tip of each finger on each hand. Obtain a squeeze-type hand exerciser and use it regularly. Use it with each hand and work twice as hard on your weak hand. During each period of exercises, start out with four fingers, then three, then two, and finally try it with just the pinky finger. Use the heaviest weight you can handle and do the exercises as slowly as you can. This exercise provides two benefits. It strengthens the grasping and tearing strength of the hands and increases Prana Bindu control of the hands. The goal, of course, is to achieve equally strong, equally coordinated, highly sensitive hands. Juggling is an excellent way to increase ambidextrous control. Juggling also lowers stress levels and induces alpha (beneficial) brain waves. Warning! For obvious reasons, it is recommended that ambidexterity be kept secret. As in all things, discretion is advised.

#9

The Skin that Sees

With your training partner, practice writing messages to one another with a finger on the skin of the other. Write messages on the arm or leg, palm, or even the neck. Focus on the micro-sensations provided by air-sensitive hairs on your skin. Make your messages short to begin with and try to use common phrases and numbers. When writing, separate each letter by a slight pause and use block lettering to avoid confusion. Try to put your mind in the skin under the fingertip; try to “see” the finger from underneath.

#10

“The Grasp”

Every day the kegel muscles should be trained to achieve a powerful sexual technique. The kegel muscles are the hammock and triangle muscles that reach across the pelvic floor. Learn to isolate these muscles and focus yourself during the tension exercise. When urinating, stop the flow repeatedly to increase strength and control. In order to test for proper training, place a fingertip inside your vagina. Squeeze the finger with your kegel muscles. If you feel tightness with your finger, you are doing the exercise correctly. For a Reverend Mother, this muscular isolation and tension should be practiced all day long. A constant tension should be maintained in order to acquire true Prana-Bindu control. It

may be advisable to begin with three or four five-minute sessions every day and increase the frequency until tension can be maintained indefinitely.

#11

Prana Bindu Collapse

This is the B.G. technique of relaxing individual muscles, muscle groups, and organs, until finally nothing but the basic requirements for life remain. B.G. adepts can achieve this state very quickly under duress, entering a Bindu Suspension wherein the body requires very little oxygen and the metabolic rate is barely detectable. Start counting heartbeats and hold the breath in between each beat. You will notice an increasing delay between heartbeats. Simply continue the process. This takes practice and focus, but PB collapse is simply extending the pause between heartbeats by means of controlling the breath.

#12

Bindu Suspension

After PB collapse has reached a sufficiently deep level, you may have need for this special form of self-induced catalepsies, the “dormancy trance.”. The long-beat pause is continued and not allowed to return to normal speed. The extremities are blood-starved as in a cold weather situation to eliminate unnecessary burdens on the severely dampened system. The Adept may revive herself after a preconditioned time limit or may be revived by a second person employing a key word. Warning: Attempting Bindu suspension without preconditioning may result in coma or death.

#13

The Long-Arm Lift

Stand two paces in front of a wall and place a small dot on the wall at shoulder height. Then, without looking and without bending the elbows raise your arms so that the index finger touches the dot. After a dozen or so successful repetitions, change the location of the dot and begin again. Go slowly and focus on seeing the dot with the fingers, not with the eyes.

#14

Memory Tool

There will be times when you will be required to function as a recorder of information. To increase your ability to store large amounts of data accurately, you must train yourself in the deep mnemonic processes of data observation, storage and accurate reproduction. There are many basic mnemonic tools that will assist you, including imagery, formulae and rhymes. Please make use of any that are useful to you. The preferred Bene Gesserit method utilizes the semantic keyword approach. For every set of data received, there is a keyword. For every keyword there is a salient attribute. If one memorizes the salient attributes, it is then possible to simply expand the data flow to include the marginal details and produce a full data reproduction. For example:

1492 10 million 400 languages 90% syphilis 100 years shovel-shaped incisors 2 million 1990.

This data set could be expanded thus:

In 1492, the year of European contact with the Native Americans, there were an estimated 10 million people living in the Americas. There were more than 400 separate languages in North America, suggesting at least that many different tribes. Within 100 years of contact 90% of them had died from syphilis and other diseases contracted from the Europeans. One of the interesting physical features that identified the Native Americans as Asiatic in origin is the presence of shovel-shaped ridges on the backs of their incisors. In 1990, the (unmixed) Native American population in North America was about 2 million people. (These facts may not be accurate: they are simply used as an example.)

Care and training must be undertaken to insure that the imagination is not used to expand data flow. Mnemonic impressment is used to assist the learner in recording data sets more clearly and more fully. Close your eyes and put your palms against your forehead. Push on the forehead and “write” the data into your mind with your eyes. This technique takes practice and time. Be careful to maintain focus. When it is time to deliver the data, simply relax our body, close your eyes, breathe deeply and enter memory-trance. The information will pour out in a semi-unconscious manner.

#### #15

##### The Prana Spring

The Prana Spring is a technique used to compress physical time and achieve physical speed and precision not normally attainable. The body must be relaxed and the mind sent into each muscle group, each joint and part of the body. The body is balanced and focused upon the movement to come. Basically, the movement is physically rehearsed but the body itself is not allowed to move. This technique may be practiced at any time. For example, a pencil may be on the desk next to you. Focus on the pencil and visualize your hand reaching out and picking it up. Visualize this happening faster than the eye could see. You may wish to think about the feelings in your fingers when they pick up the pencil, reliving a future event. When you are ready, let it happen. If it is not fast enough for you, do not be discouraged. Your own personal standards may be higher than what is actually necessary. This is not a combat technique, but you may be able to incorporate its principles into combat-related movements. With time and practice, the preparation will become quicker and easier. We are not breaking any laws of physics here, nor are we employing any supernatural ability. This is simply the focusing of mind and body for one specific movement. Do not be trapped by the need to achieve anything. This way, you achieve everything.

#### #16

##### Vespertilio

The technique called Vespertilio is known only to the Bene Gesserit at this time. Do not teach this to non-BG personnel. One may see in the absence of light using high pitched whistles. It takes plenty of practice, but the benefits are potentially life-saving. Begin by placing a solid object in front of you at measured distances. (50cm, 1m., 5m, etc...) Close

your eyes and whistle. The whistle should be as high-pitched as you can make it, but not overly loud. As the whistle finishes, open your mouth to increase your hearing sensitivity and try to determine the distance of the object. You will “receive” an echo that will tell you the distance, surface texture and shape of objects around you.

#17

Observation of Minutiae – Anatomical

In exercise #7 we practiced studying changes and minute details of the physical world. Let us go deeper now and begin to analyze the minutiae of living creatures. You will probably begin to see how these skills all work together in truthsense, combat and awareness. Using the basics of body language, you must begin to study people without their knowledge. Watch for tension in the shoulders, lines around the eyes, chewed fingernails, scratched skin on the face, redness in the eyes, a rigidity in the jaw, anything that might indicate emotional or physical stress. Once you have made your observations, do a probe and review and find out the truth. Is this person angry, afraid, tired, happy, nervous, etc...? You may be correct and you may be incorrect, but you will learn quite a bit either way. You will learn to welcome surprises as great teachers.

#18

Emergency Response Training

One needs to learn the Bene Gesserit way of dealing with emergency and shock. First, we force the body to relax and observe. Next, force the body to *appear* relaxed. Lastly, prepare the body for instant action. There are not many easy ways to train in this method. The only effective method we have devised has been to construct a Bene Gesserit version of the common “Haunted House” seen during the month of October. A BG haunted house will be specially designed to simulate possible emergencies, but a regular haunted house or haunted hayride will suffice. Simply go through the house and allow the surprises to shock you and build up a “voluntary dissociative reaction.”

#19

Psychokinesthetic Awareness

There is a method of analyzing chemicals, drugs and poisons within the body. The technique involves focusing the awareness on the psychokinesthetic extension of one's self. At the moment, this technique is unteachable. We hope that future editions of the manual will be able to provide instruction in this highly desirable ability. It is said that this ability would permit an “enzyme balancing” that would extend one's lifetime to more than 140 years.

For now, let us simply sharpen our awareness to its highest possible level. You will never be able to memorize every sound, smell or flavor, but you will be able to memorize enough of them to gain a defensive “gestalt sense.” The GS (gestalt sense) is a specific feeling one gets that “something isn't right.” It comes with experience and it is a fusion of education and intuition. An educated and well-trained intuition is an awesome tool, perhaps the highest form of natural intelligence on Earth.

## Bene Gesserit Training Manual

### The Weirding Way

#### The Bene Gesserit Method of Combat

It is our pattern not to offer violence for violence. However, we dare not turn the other cheek. We like to think of ourselves as matadors, deceiving and misdirecting the bull until he is exhausted and finally ready to listen. Survival in the face of a skilled attacker is another matter entirely. We of the Sisterhood are noted for going into battle with only our skills as weapons, it diminishes us to change that pattern. We employ weapons only when they are absolutely necessary to amplify the flesh.

Here are the Five Attitudes of the Bene Gesserit Way:

1. Voice
2. Emotional Control
3. Prana-Bindu Training
4. Unorthodox Weapon use.
5. Budo Taijutsu Armed and Unarmed Combat techniques.

Combat is chaos. Combat is the result of failure. We are not killers, we are martial artists of the highest level. As such, the ferocity we display to our foes is always tempered by the lesson we hope to teach. We deem it necessary to instruct ourselves in the methods of combat because *our* lives have great value and must be protected. Self-defense begins with awareness and prudence. It ends with combat.

Combat, unfortunately, cannot be learned by reading a book, nor can it be learned by hearing a teacher speak, nor can it be learned by watching others fight. True martial skills can only be learned by physical training under the supervision of a skilled instructor. It takes time, patience, and perseverance.

We are going to discuss some basic skills and techniques of defense, but if you are going to become skilled at physical combat, you must find a real teacher and study diligently with the proper mental attitude. True martial arts are not sports. They are methods of survival learned on the battlefields of one hundred and thirty generations, paid for in pain and blood, and passed down through the ages, a sacred gift from our ancestors we can never repay, a priceless Giri.

We recommend that you seek out a qualified instructor from the Bujinkan. It is the only school of combat approved by the Bene Gesserit. The Bene Gesserit method of combat is identical in every respect to the method taught by the Bujinkan. Until you find a qualified teacher you will need to practice the basics, so we will give you a few important concepts to remember:

#### Bene Gesserit Eightfold Combat

1. Never commit fully to a course of action.
2. Never attempt to fight the enemy; simply flow with him and ride his attacks back to their point of origin.
3. All attacks and all weapons must remain hidden, even during use.
4. Attacks may come at any time from anyone, even someone you trust.

5. Avoid using your hands.
6. Never use strength to force a technique. If it isn't there, do something else.
7. The ultimate goal is your survival, not the death of the opponent.
8. Do not focus too closely on your opponent, there may be more than one.



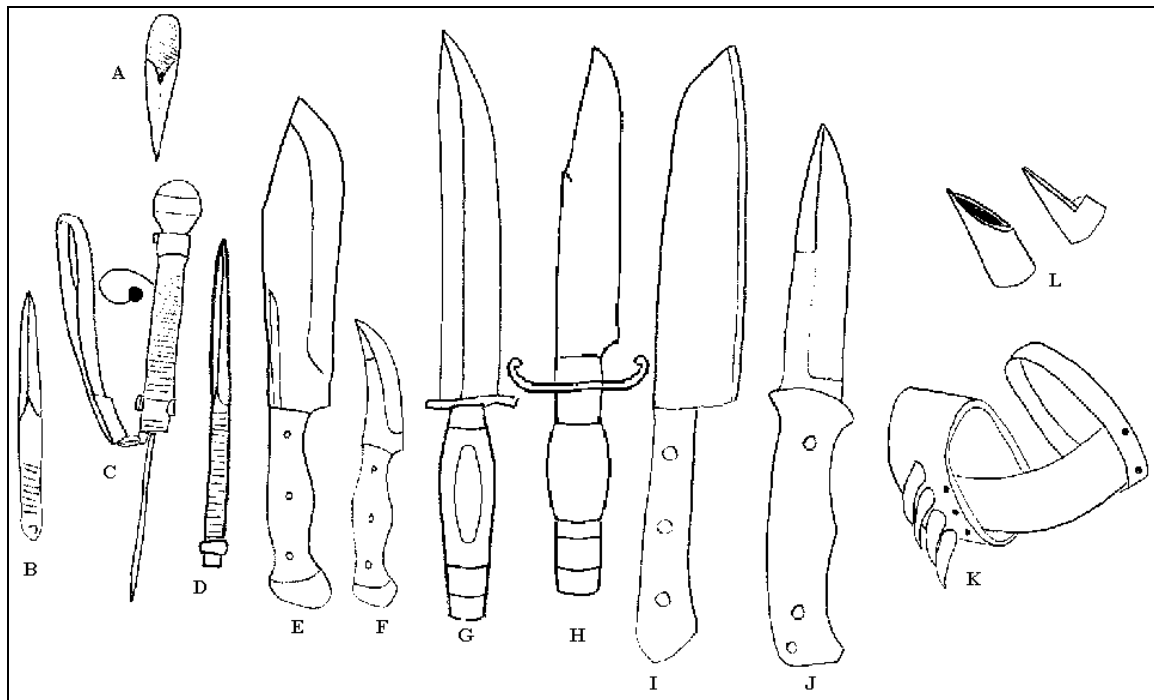
- A. Leather covered shinai (shoto)
- B. Rubber and leather covered jutte
- C. Realistic training pistol
- D. Leather holster
- E. Unsharpened karda
- F. Unsharpened kard
- G. Aluminum training knife
- H. Rubber training knife

- I. Plastic kunai
- J. Plastic tanto naeshi
- K. Plastic kassen
- L. Plastic kyoketsu shoge w/ 4m. rope
- M. Plastic shuko
- N. Soft training nawa/garrote
- O. Rubber shuriken



Become familiar with the safe and effective handling and applications of every weapon imaginable, and then discard it. A good source of training is the public gun show. Attend a gun show and ask every dealer which of his or her guns or knives is the best. Ask why. Then, ask him or her to demonstrate its method of operation.

#### Various Bladed Weapons

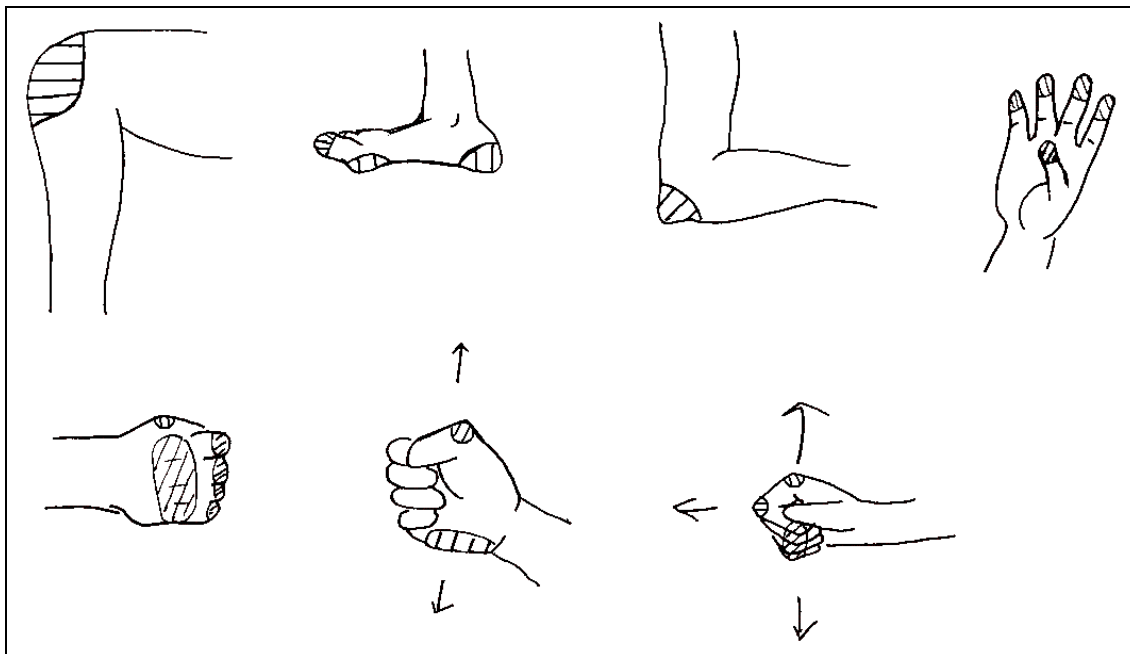


- A. Lapel knife
- B. Sleeve dagger
- C. Peskett combination weapon
- D. Sleeve dagger
- E. Himalayan Imports Bowie
- F. Dan Koster Skinning knife

- G. Antique Bowie
- H. Antique Bowie
- I. Kitchen knife
- J. Al Mar SERE
- K. Daniel Bowley Shuko
- L. Gom Jabbar/Nekote

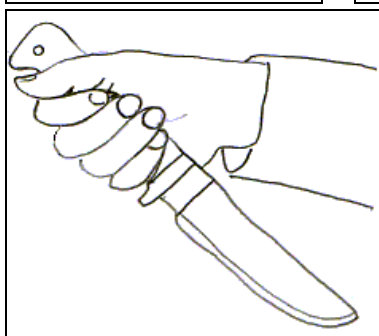
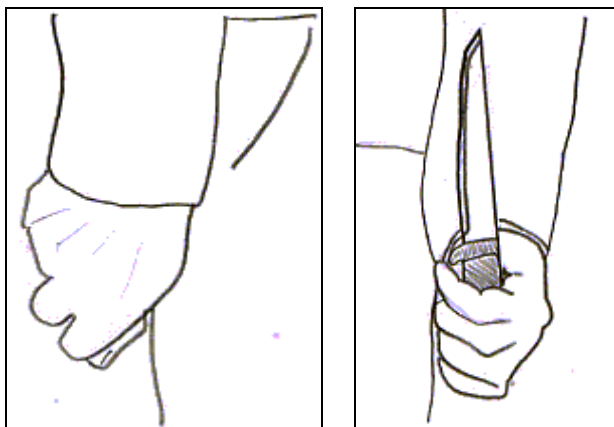
In this way, the Bene Gesserit Way, you need not carry any weapons. The same is true for techniques. Master them and then throw them away. We train the instinct in the way of proper response in combat. We do not collect techniques in the conscious mind and then attempt to apply them regardless of the situation. Keep your mind open and free. Avoid the temptation of developing preferences for any techniques or weapons. The proximity of a desirable thing tempts one to overindulgence. On that path lies danger.

Keep no weapons and no techniques fixed in your mind. Have no fixed positions, no fixed attitudes. We of the Sisterhood flow like water and fill in every place. No matter where you find yourself, you will have what you need.



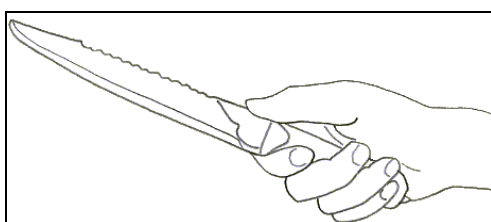
In the above illustration there are a few of the weapons you possess naturally. The striped zones indicate effective striking areas and arrows indicate possible directions of attack.. Use your bony appendages to strike the enemy's soft tissues. Use muscles to break bone and use bones to tear muscle. If you strike bone with bone, you will injure yourself as much as the enemy.

You must learn the lethal potential of everything in the universe: even the tiniest grain of sand is potentially a weapon of terrifying power.

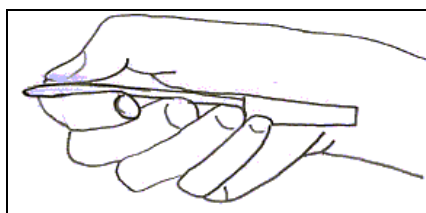


Hidden knife grip front view and rear view.

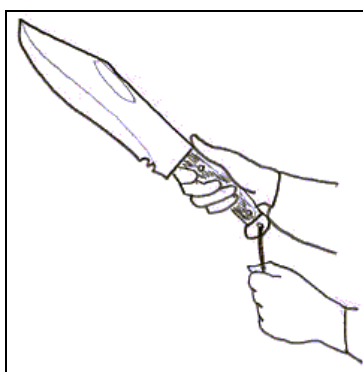
Reverse grip.



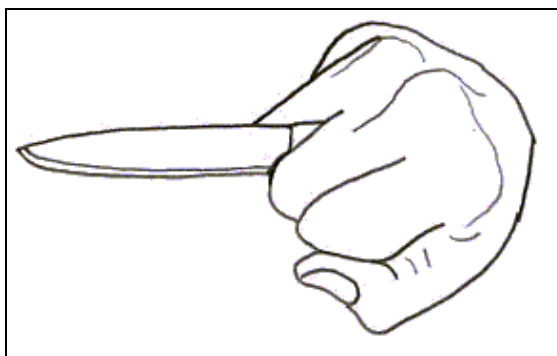
Normal knife grip. Note thumb position.



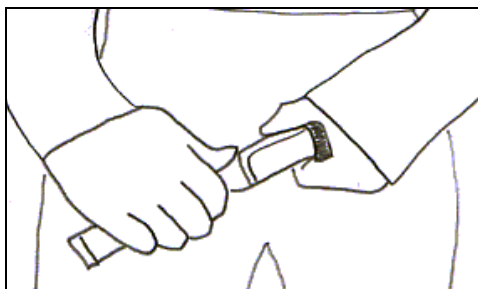
Small knife pinch grip.



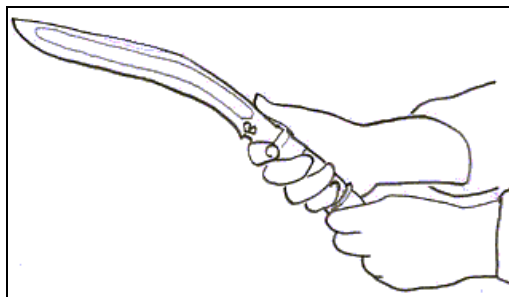
Gripping a large knife with a lanyard.



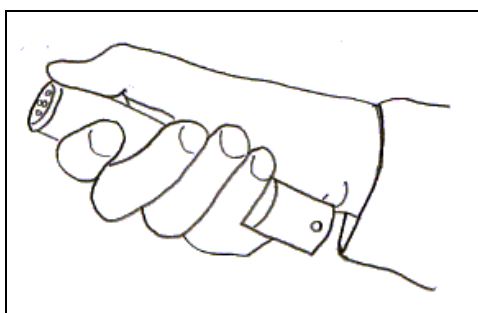
Punch grip for small knives.



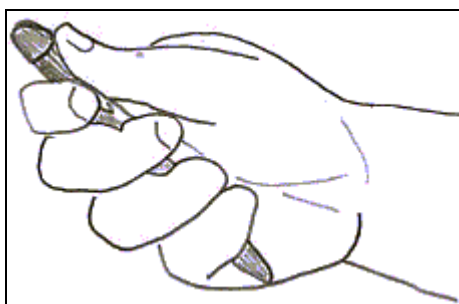
Drawing a sleeve knife.



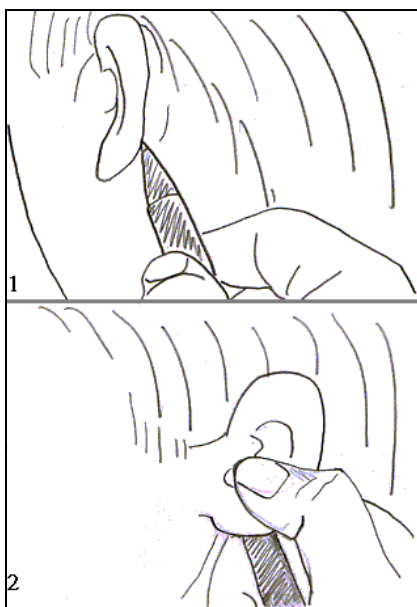
Two handed grip for large knives.



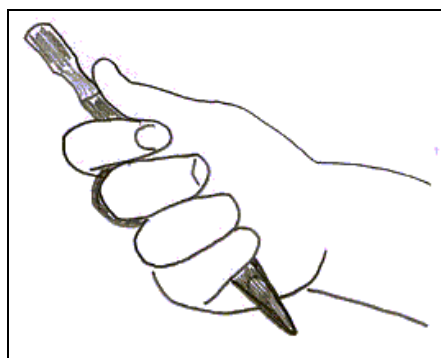
Flashlight grip.



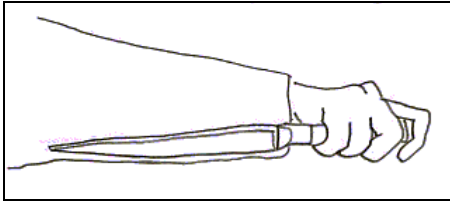
Pen or pencil grip. (Reversible)



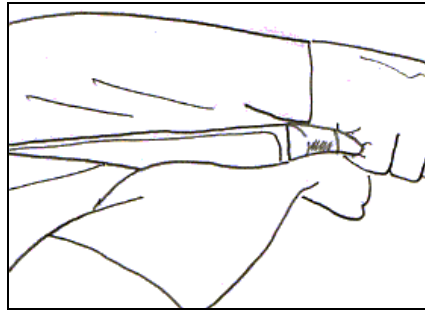
Applying pen to ear kyusho.



Suntetsu grip.

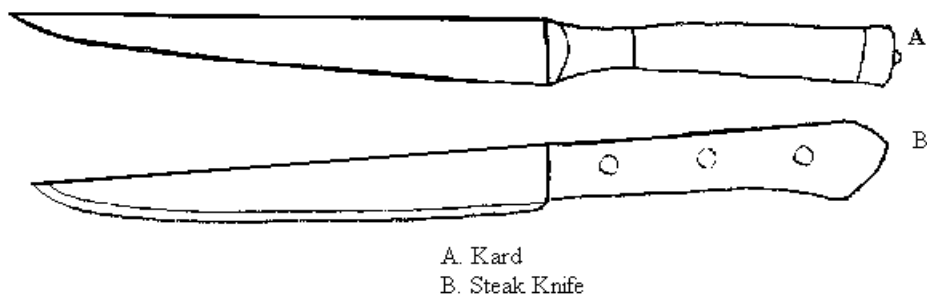


Hidden blade grip.



Receiving an attack with a hidden knife.

The Sisters have often favored a kard for defense. (In some languages “karda.”)The kard is an ancient, single-edged knife. Straight, slender and easily concealed under the clothing, it is called a weapon of women and assassins. Often the blade has a strong t-rib shape, giving it tremendous penetration potential. The kard is favored because of it’s resemblance to the ubiquitous kitchen and table knife. Ranging in size from 16 to 30 centimeters long, it is easily disguised.



A. Kard  
B. Steak Knife

Be warned, however. You must not become distracted by training with weapons. You are the weapon and you survive by moving your body properly. If you do that, you will survive. The weapons will come alive and do what they are supposed to do without your conscious will to make them do it. No matter what the situation is, focus only on moving your body correctly and you will be fine.

For example, suppose you are attacked and you have a knife in your hand. You move your body in such a way that the attacker is defeated but you did not get a chance to use the knife. That is fine. Do not judge the path to survival, just survive. So long as you live, it does not matter if the knife was used or not.

Suppose you have a pistol. When the attack comes, you slap the attacker across the bridge of the nose with your pistol but you never fire the weapon. That is also perfectly acceptable. Ours is not the path of using weapons in they way the were intended to be used, ours is the path of survival and weapons are only tools to help us achieve that goal. In this way, weapons become infinitely more useful. By not intentionally using them,

they increase in their usefulness. Consider that deeply. No matter how many rounds your pistol may fire, if you can use it as a club to crush the skull, as a knife to cut the skin above the eyes, if you can shoot through soft body parts and hit more than one attacker with only one bullet, you can kill 100 enemies with only 10 rounds.

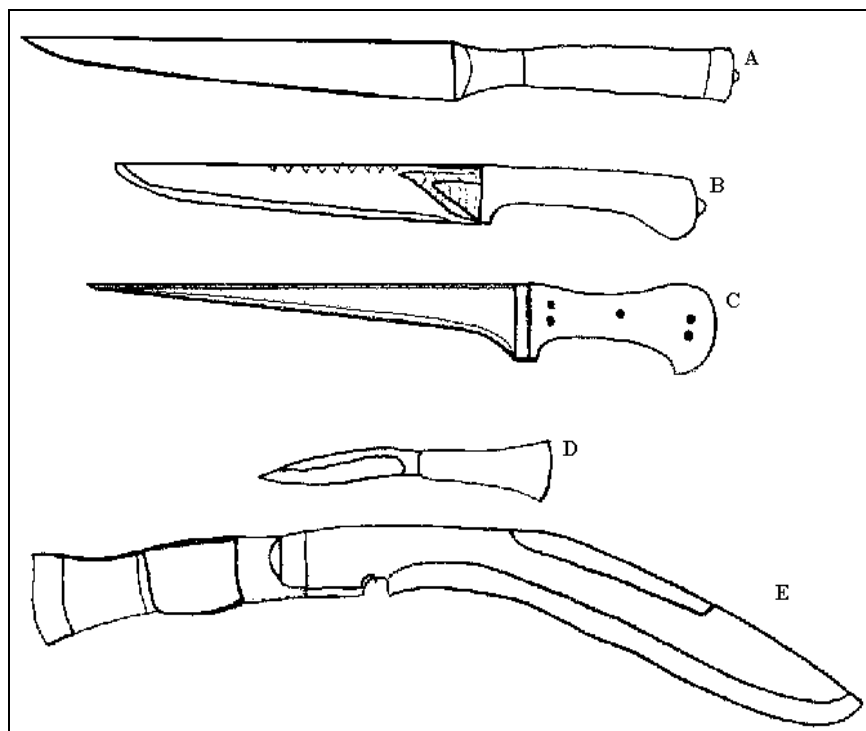
Examine weapons thoroughly. Pistols have sharp, hard edges that can cut. Knives have flat round pommels that can hammer. Swords have handles and guards that can be used to choke. Ballpoint pens have sharp metal tips that are easily driven through the thin skin of the eyelids or ears. Coffee cups can be broken and their terribly sharp edges can sever arteries. The screen of a desktop computer or television is made of thick, treated glass. This can be broken and knapped into weapons. (If you have time, any plate, saucer, toilet tank or beer bottle can be knapped into a razor-sharp knife or spear point, so learn flint knapping.) Black pepper can be thrown or blown into the eyes of an attacker. Fingernail polish remover can be smeared on the face, causing asphyxia and temporary blindness. A plastic comb can be raked across the gums of an attacker, causing great pain and bleeding in the mouth. (Cover the comb in plastic wrap and fill the plastic with hot pepper sauce for added effect.) Keys can be used to pinch and tear off pieces of skin. The edge of a credit card can cause serious damage to the cornea. A solitaire ring can scratch and cut the face severely. Telephone cords can strangle. Power strips can flail. Light bulbs can be crushed and placed inside a paper towel which can then be ground into the face of an attacker. (Consider how effective that would be if you combined the broken glass with salt and pepper.) Break a coffee decanter and glue the sharp pieces in between two rulers. (The Aztecs used a similar weapon.) Tacks can be placed on a fingertip and affixed with a plastic bandage or tape. The same can be done with any needle or short piece of wire, like a straightened paperclip. With these on, your hands become like tiger's claws. Don't let him see the claws, just use them when the opportunity presents itself.

One must be constantly aware of these possibilities and be capable of creating your own possibilities. Do all of this at the same time and keep adding to your arsenal of ideas.

Multitasking is an important survival skill. Do all of this and more. When all of these skills are combined, you are not only capable of self-preservation, you are a fearful opponent and will be able to protect those around you as well. Instead of a scared woman with a purse full of woman's things, you will be a well-armed and capable warrior who is relaxed and alert and ready for anything. Truly, you will have no need for fear. The average thug is not well educated nor trained in combat. They will be easily outmatched by you and utterly shocked by your abilities during the last few moments of their lives.

If you are attacked, you must allow the attacks to miss you by a tiny margin. If you evade by an obvious distance, his attack will change direction. Each attack is a feather floating on the infinite road. As the feather approaches, it is diverted and removed. Do not stand with two hard fists. The fist is a weapon, not a static, mindless, defensive posture. The hands and arms should be thought of as feathers, light, weightless and supple.

When it is safe to leave, do so. The point is to survive, not to kill. If you have an opportunity for escape, take it and be glad. Even professional soldiers know when it is time for retreat. You must be objective and scientific about all of this. We only want to survive, but survival is not given, it is taken. You must do what you must do and have no feelings about it. Yes, it is an awful thing to maim or kill, but this is self-preservation. Those who refuse to fight are raped and murdered. It is natural to be afraid. Use the litany and do what you know you have to do. If you master your own fear, you will cause fear in your enemies. Even fear itself becomes a weapon, so you must come to know fear and let it dissipate naturally. There will be times when you are afraid, but if you let fear cause you to think and react slowly or irrationally, then you will die. Fear is only a problem if you allow it to be. You must not fear.



A. Persian Kard   B. Indian Kard   C. Pesh Kabz   D. Nepali Karda   E. Nepali Khukuri

When training, it must be considered that all weapons are the same. There is, therefore, no need for specialized training in any single type of weapon. In that sense, the only thing that ever changes is distance.

The techniques are the same, only the weapons change. If at any time you find the opponent is resisting strongly, then you must change. If at any time you find that you yourself are exerting strength, then you must change. Our Way is the way of effortlessness. Seek out the simple way and take your opponent from a blind and defenseless angle. This is *Bu Ji*, nothing from nothing. One acts only from a position of rest, without effort and in harmony with her surroundings. Let the enemy think he has won until he realizes, too late, that he has lost. You've heard of animals chewing off a leg to escape a trap. There's an animal kind of trick. A human would remain in the trap, endure the pain, feigning death that he might kill the trapper and remove a threat to his kind. Such is our way.

Any other way is merely a game for children and becomes a test of speed and power. That is not the way of wisdom. That is not our way. To use raw power is to make yourself infinitely vulnerable to greater powers. Remain calm, alert and prepared. You may only get one chance.

### Applying Secret Weapons

They say that the smart hawk hides his claws. We do too. Reverend Mothers tend never to carry visible weapons. Even after a fight has begun, you must keep your weapons and skills a secret, lest you give up your advantage to the enemy. There is absolutely nothing wrong with shooting or stabbing through clothing. Please also consider the possibilities of hiding your hands and weapons inside the clothing of the opponent and using them from that place of concealment. No one will know and it will appear that you are embracing the opponent with affection. This becomes an effective means of secretly controlling the opponent and having the option to kill only if necessary. This is another one of the true secrets of the martial arts: Secretly and subtly controlling the opponent.

### Attack

When it becomes necessary to initiate an attack, one must be prepared to do so wholeheartedly, but with the capacity to change tactics constantly as circumstances dictate. Aggression and initiative are the basic requirements. Quickly shift your attacks to take advantage of vulnerabilities as they arise. When a breach is encountered, penetrate



deeply and supply the spearhead well. Disperse sniper and harassment units widely and keep them operational for the duration of the conflict to confuse, demoralize and dominate the enemy. Their probing attacks will provide intelligence about potential main assault targets and keep the enemy's defensive forces spread thin across the line. If prisoners are taken, treat them with kindness and generosity. Make every attempt to turn them to our side. If they refuse, let them return to their homes when the conflict has ended, thoroughly convinced of the goodness and generosity of the Bene Gesserit.

On the battlefield we all must employ the tactics of survival, not suicide. Be it a tank or an individual, the B.G. method of battlefield survival is the same:

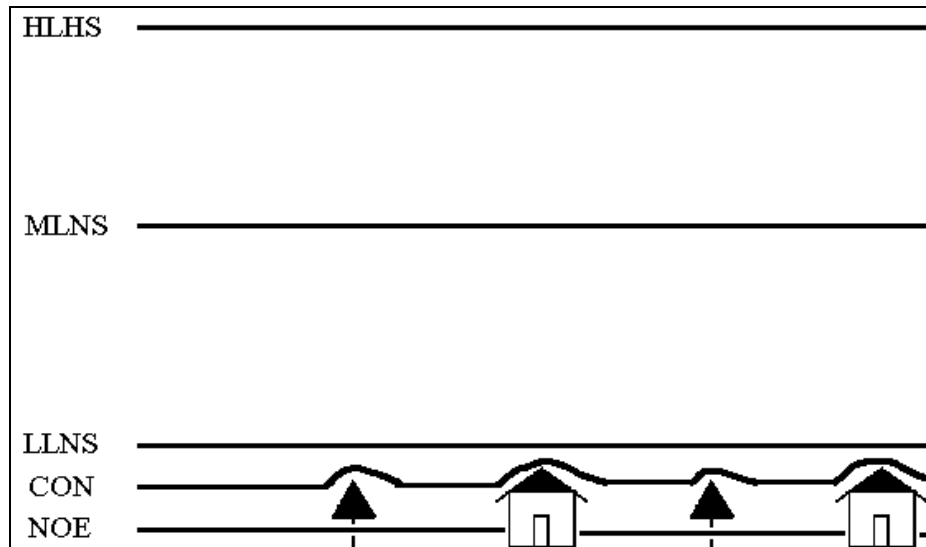
1. Use natural cover to avoid detection.
2. Coordinate with others to suppress and confuse the enemy.
3. Attack and counter with maximum controllable speed and zero collateral damage.
4. Employ weapons fully, but reserve ammunition for the unexpected.
5. Use coordinated, combined attacks to maximize effect and minimize casualties.
6. Sense and destroy the enemy from a hidden position at the longest possible distances.

If you can do nothing else, arm your sisters and frustrate the enemy.

### Movement

There are five basic methods of movement for troops and vehicles:

1. High-level, high speed. (HLHS)
2. Mid-level, normal speed. (MLNS)
3. Low-level, normal speed. (LLNS)
4. Contour. (CON)
5. Nap of the Earth. (N.O.E.)



High-level, high speed (HLHS) is traveling by air or even space by means of air/spacecraft capable of traveling higher than the speed of sound and above a height of 20,000 feet. It is not normally a stealth mode (although there are military exceptions) but it is difficult to intercept or stop because of its height and speed. For an individual, this may mean travel by commercial flight or high-speed train.

Mid-level, normal speed. (MLNS) is traveling by air under a height of 20,000 feet and at sub-sonic speeds. This is a dangerous method. It is easy to detect and easy to intercept by aircraft or SAMs. For an individual, this may mean travel by bus or local train.

Low-level, normal speed. (LLNS) is traveling by air at treetop level. It is stealthy and faster than any ground vehicle, but very vulnerable to ground-based missile and small-arms attack. For an individual, this may mean travel by personal car via highways and main roads.

Contour. (CON) is traveling by air at a mid-tree level and going over the trees and other obstacles. It is slow but very stealthy and quiet. It is hard to see and hard to attack with ground-based weapons. For an individual, this may mean travel by personal vehicle via country roads and other less traveled routes.

Nap of the Earth. (N.O.E.) is traveling by air at ground level and flying around obstacles instead of over them. It is the slowest but the stealthiest and almost invisible. For an individual, this may mean riding in someone else's vehicle, using one or more rental cars or motorcycles and using a variety of roads.

### Stealth

There are two basic kinds of stealth: Natural Stealth and Mechanical Stealth

Natural stealth is the kind of stealth animals employ for self-protection and hunting. Natural stealth takes advantage of the natural patterns of nature. It is slow moving, low to the ground, quiet and subtly camouflaged. For a Bene Gesserit, natural stealth is living and working in such a manner as to be inconspicuous and yet effective and capable. This is not the result of one action, but the result of total integration of natural stealth into one's quotidian life. Coloring ones' hair, modifying ones' wardrobe to resemble the native population and living the way they do can make you almost invisible.

Mechanical stealth is artificial, created by man to defeat human observation, radar and electronic sensing equipment. Mechanical stealth is artificial, temporary, fast moving, above ground, (usually very high) expensive, and hard to sustain over long periods. One takes action to defeat the surveillance activities of the enemy. For us this is a sporadic necessity.

### Awareness

Awareness is your greatest defense. It requires a long time to develop the seeing eye, but it will come to you if you are diligent in your training. It has no explanation and no definition, but when you suddenly know the unknowable or evade a surprise attack, you will thereafter require no explanation. Some call it “sakki.” Sakki is the “Killing intention.” This sense, an intuitive knowledge of impending danger, is developed by higher-level students of the Way. However, it does not serve to dwell on this subject. Simply be aware of this factor in your training and be open to its workings. Awareness does not necessarily derive itself from the senses. One should consider that there may be as yet undiscovered senses in the human body. If you rely only on your eyes, your other senses weaken, do they not? Regardless of your beliefs, allow yourself to feel input from any source.

Here is a simple method to enhancing your quotidian awareness levels: **M.I.C.E.**

**Monitor** - constantly for potential threats.

**Identify** - threats and estimate their probable trajectories and behavior.

**Calculate** - the safest course of action to avoid the threat.

**Execute** - the course of action.

Your plan may not always be the best, but it may save your life and that is all we can hope for. Remember: If it seems stupid, but it works; it isn't stupid. One makes a choice between dangers. If blowing a whistle saves your life and the lives of others, do it! Whatever you choose to do, execute it quickly and do not hesitate. However, be capable of changing your plan at any time. This is very important! Always maintain a flexible mental attitude and be capable of changing indefinitely.

One could reasonably say that this is the secret meaning of the martial arts. Rigid mentalities and blind adherence to “fighting stances” do not survive in a universe full of change and unpredictability. Flexibility and creativity are essential and powerful tools of survival. If the willow did not bend in every direction, the typhoon would break it quickly.

To improve your sense of awareness, try to train with your eyes partially or fully closed. Try not to focus on your opponent, but look out the window, watch something totally unrelated to your training. You will soon find that your body starts to receive the attacks without your conscious knowledge of the attack. This is where you need to be. Our goal

is to be able to receive attacks from any direction or person and evade them safely without the conscious will to do so.

When you walk into a room, “sweep” it with your senses. Note the number and location of all doors and windows, furniture, sources of electricity, water, etc. Pay special attention to potential weapons, hidden cameras, shadows and traps. To practice, simply turn out the lights and walk around the room, checking the accuracy of your sweep to the real thing.

Pay attention to your movement and sensitivity.

## Crowd Dynamics

There are four basic types of crowds:

1. The Organic or Cohesive Crowd – a nonviolent, focused group such as a musical ensemble
2. The Ideal or Expressive Crowd – a nonviolent but excited group held together by common interest, such as people at a political convention.
3. The Assertive or Aggressive Crowd – a nonviolent but potentially unstable group, excited and expressive, such as political demonstrators.
4. The Frenzied or Aggressive Mob – a violent, uncontrolled group of excited and unthinking individuals who will strike out at anyone and anything. Some English soccer matches have ended up this way. Very dangerous.

All four types can be dispersed and defeated by causing individuals to think about themselves. Non-lethal but highly painful weapons can be used to achieve this end, such as rubber bullets, tear gas, sonic cannons and sticks. Under no circumstances do you want to use lethal weapons, as this can turn a mob into an army, a protest into a war. This situation is usually intensified by the presence of violent-looking riot police. A police officer in riot gear is a living symbol of bad government. After that, it never stops, and the cycle of bloodshed will continue until one side is totally wiped out. Most of the time, demonstrations fizzle out naturally. Give them a political pretext or martyr, however, and a citywide riot may ensue. Death makes a prophet's voice louder. Martyrs are truly dangerous.

## Explosives

For reasons of discretion, this is a subject best studied individually. However, there are some basic ideas we should probably discuss. There are many substances that people commonly think of as explosives, but they are not all truly explosives. Resourceful people can always find the ingredients for homemade explosives – common things such as sugar and bleaches, quite ordinary oils and innocent fertilizers, plastics and solvents and extracts from the dirt beneath a manure pile. The list is virtually endless, growing with each addition to human experience and knowledge. No society has any real hope of eliminating dangerously violent small weapons. The whole idea of controlling such things is idiocy, a dangerous and distracting myth. The key is limiting the desire for violence. All of these, if contained, will expand and cause an explosive effect. Be warned, however, that they should not be too carelessly discussed.

Incendiaries – These substances are designed only to burn, not explode. Napalm is an incendiary. Although it burns quickly and with great force, it is not an explosive. Thermite is also an incendiary. It burns at such a high heat it will melt thick steel parts like gears and tank treads.

Propellants – Modern gunpowder is designed to expand at a certain predictable rate and push a bullet down a barrel. If someone were to use an actual explosive in a firearm, it would explode and injure or kill the shooter.

Low Explosives – These explosive substances can be ignited with a spark or flame or electricity. Dynamite and other such substances are included. They are strong explosives and capable of great damage. They “push” outward with great force. Many common substances are capable of acting as an L.E. The dust of cooking flour can be ignited and detonated with the power of T.N.T. under certain circumstances. Many flour mills have suffered huge explosions due to the careless handling of flour dust.

High Explosives – These substances are fairly specialized and have specific uses. Although they do not “push,” they are especially brisant (fast moving shockwave) and have the ability to cut precise holes in hard objects, like steel plate. These explosives do not ignite from a spark. They explode by being struck with a fast moving shockwave. They usually require a blasting cap to ignite.

The Gom Jabbar  
(High-handed enemy)

The Gom Jabbar is one of our hidden weapons and is unique to the Bene Gesserit. It has many forms, but it is basically comprised of 2 thimbles and a needle. In its unassembled state, it is fairly inconspicuous, but when properly combined, lethal. We recommend choosing an extra large steel thimble, a smaller brass or copper thimble and a short, stout sewing machine needle.

Construction:

Drill a small hole into the center of the top of the larger thimble. Make it the same diameter as the shaft of the needle. (The hole should be just big enough to permit entry. You want the fit to be tight.)

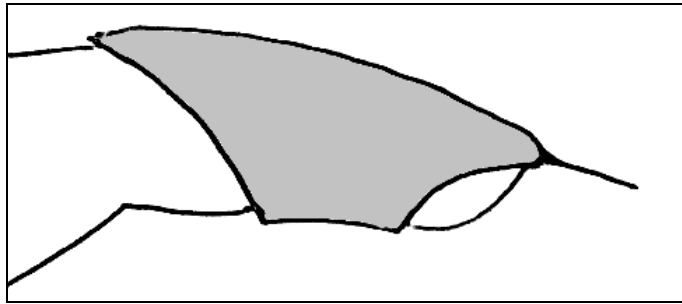
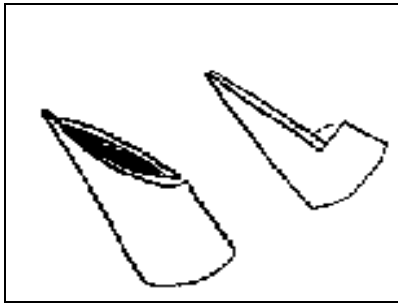
Grind down the base of the sewing machine needle until it is about 4 mm long and comes to a sharp point. The point will dig into the soft metal of the smaller copper or brass thimble and this will hold the needle in place.

You may need some adhesive to make the thimbles hold together. A strip of double sided tape around the inner circumference of the larger thimble near the base should work well.

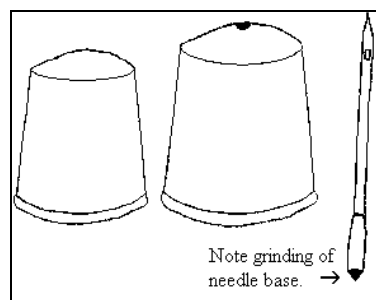
When you need to assemble it, insert the sewing needle, point first, into the hole from the inside of the thimble. Then, holding the needle straight, push the slightly smaller thimble inside the larger thimble until it pushes up on the needle and will not go any farther.

The Gom Jabbar can be quickly and easily dismantled into three innocent pieces of a sewing kit. There are other designs so don't feel that you must strictly adhere to any one description. Construct and carry the Gom Jabbar and you will always have a very useful and well-disguised weapon.

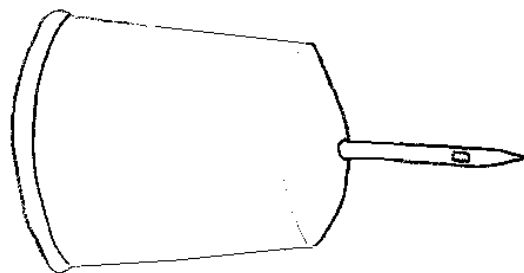




Ancient examples.



The unassembled weapon.



The assembled weapon.

The Gom Jabbar is used just like any other small weapon. It should be hidden from view at all times, most especially during combat. From a safe, controlling position, the G.J. should be used to enhance the effectiveness of finger strikes to soft targets and to increase the pain and damage caused by pinching. The Gom Jabbar can tear skin off of the opponent when used in this way. When using the needle to tear or pinch, be sure to support the shaft with your other fingers to keep it from snapping off. It can also be used to tear and lacerate organs and arteries *inside* the opponent's body without causing a large entry wound, like an ice pick. If you only need to inject a substance into the body, then the needle must puncture the skin at least 4mm deep. Keep the tip as sharp and polished as possible to facilitate entry in a fast, painless manner.

The responsibility for taking a life is yours, remember that. There is always another way. The Bene Gesserit do not condone nor accept the crime of murder and will not accept responsibility for your unwise decisions. The Gom Jabbar is there to help you, to save your life and the lives of others. Do not betray our trust. In situations where your life and the lives of others are being threatened, the Gom Jabbar can be loaded with several kinds of poisons, tranquilizers and even tracking substances such as Barium.

## Poison

Be exceedingly careful whenever dealing with poisonous substances in any way. Many different poisons, sedatives, hallucinogenic substances, medicines and even food can be extracted from plants found in gardens and in the wild. The intentional extraction of poisonous substances is a crime. If you do extract a substance, be sure to wash everything thoroughly afterwards and safely discard the cooking vessel, do not attempt to clean and reuse it!

If you are faced with a threat of great magnitude and you are forced to protect the lives of others, then you may wish to familiarize yourself with some of these substances. We highly recommend you learn plant recognition from a nature guide or survival course. To further protect the young and uneducated, we have decided not to provide specifics about these plants/sources and their extracts. This information is for Reverend Mothers only and to be taught to Sisters only when the situation indicates its necessity!

Slow Poisons (12 hours): Feces, rust, rat poison, dirt, animal blood and feces, raw oyster protein.

Medium-Speed Poisons (2 hours): Oleander, Arums (oxalate toxin), Monkshood, Larkspur, Castor Beans (ricin), Daphne (daphnin), Foxglove (digitoxin), Hemlock or Cowbane (alkaloids), The Death Cap (amatoxin)

Fast Poisons (1 minute): Cyanide, Aconitine,

Tranquilizers: Valerian root, Bugleweed, Catnip, Chamomile, Feverfew, Peppermint, Kavakava, St. John's Wort

Most of these substances can be created in a kitchen, but the pharmaceutical grades are always going to be more effective and reliable.

In hostile environments, and that means everywhere but Chapterhouse, you must be on guard at all times. In situations where you are unsure of anything, do not consume anything. No smoking, drinking, eating or sex; Do nothing by which foreign substances may be introduced into the body without taking ample security precautions.

Section 5  
The Azhar Book

### The Missionaria Protectiva

The Missionaria Protectiva is the arm of the Bene Gesserit order charged with sowing infectious superstitions called “implant-legends” on primitive worlds, thus opening those regions to exploitation by the Bene Gesserit. We spread a prophecy pattern for the protection of B.G. personnel. This process we call “engineering,” and it is a constantly evolving science. Religion is a tool. For you, the Manipulator of Religions, it can be a weapon or a lifeboat. Religions are a source of unlimited yet controllable energy. It can be directed for our purposes, but only within limits that experience reveals. Here is the secret meaning of Free Will.

### On Religion

Much that was called religion has carried an unconscious attitude of hostility toward life. True religion must teach that life is filled with joys pleasing to the eye of God, that knowledge without action is empty. All men must see that the teaching of religion by rules and rote is largely a hoax. The proper teaching is recognized with ease. You can know it without fail because it awakens within you that sensation which tells you this is something you’ve always known. We ask questions and we teach others to do the same. We build up pressures in the societies we influence. We do it that we may direct those pressures. (Governments often do this to produce violence against chosen targets.) This is a very delicate act and must be done with the greatest of subtlety.

### God vs. Religion

The traditional definition of religion carried with it the unspoken assumption that there is an all-powerful deity that created the known universe. However, not every religion uses that assumption. Some religions operate on the *probability* that there is a god. These religions are extremely vulnerable to exploitation. Catholicism, Judaism, Shinto and the Mormon church are all vulnerable to exploitation methods that take advantage of a lack of faith in a creator. Fundamentalist Christianity, Islam and Hinduism are just the opposite. Be careful when operating in this area. Some people are anvils of faith, some people are eggshells. The point is not to convince someone of the rightness or wrongness of their beliefs. The point is to convince them, using their own beliefs, that you are blessed and should be honored and protected. For the most part, ordinary kindness, friendliness and charity will go a long way towards that goal. Only 1% of the equation

will require the delicate dance of religious self-illumination. In method, religious conversion and sexual seduction are quite similar.

### The Supernatural

There are two basic types of supernatural power in the Universe: anthropomorphic power and inanimate power. Anthropomorphic power is a spirit or god that possesses human characteristics. These supernatural entities interact with humans in a familiar way. They can be explained and understood in human terms and exhibit human qualities and emotions. They receive supplication from humans and transmit visions or language to humans. Inanimate power is a vague natural power that may be explained as a “force.” It may take the shape of healing crystals, prayer smoke, sacramental drugs, manna or holy water. It has no human qualities, only power and function. It may be revered but there is no way to supplicate, as it has no identifiable humanoid consciousness. The two types usually coexist within the same religion.

It has been said that the Bene Gesserit do not believe in any God. This is not true. Because we cannot prove a thing exists, that does not exclude it from reality. Put another way, the absence of evidence is not evidence of absence. We neither believe, nor disbelieve. We observe and theorize. Perhaps that, theory, is the true “theo” in theology.

It has also been said that the Bene Gesserit are witches. This is also untrue. Witches manipulate the spirit world to achieve their human desires. We manipulate the human world to achieve our spiritual desires. The basic difference between religion and witchcraft is control. Religions pray to Gods for blessings and protection. Witchcraft attempts to secure blessings and protection by direct action. Religions supplicate, or beg, a god to act on their behalf. Witchcraft actively manipulates. In that sense, there may be a grain of truth to the rumor.

### Reality and Belief

We have long known that the objects of our palpable sense experiences can be influenced by choice.- both conscious choice and unconscious. This is a demonstrated fact that does not require that we believe some force within us reaches out and touches the universe. This addresses a pragmatic relationship between belief and what we identify as “real.” All of our judgments carry a heavy burden of ancestral beliefs to which we of the Bene

Gesserit tend to be more susceptible than most. It is not enough that we are aware of this and guard against it. Alternative interpretations must always receive our attention. Never underestimate the power of belief! At the quantum level our universe can be seen as an indeterminate place, predictable in a statistical way only when you employ large enough numbers. Between that universe and a relatively predictable one where the passage of a single planet can be timed to a picosecond, other forces come into play. For the in-between universe where we find our daily lives, that which you believe is the dominant force. Your beliefs order the unfolding of daily events. If enough of us believe, a new thing can be made to exist. Belief structure creates a filter through which chaos is sifted into order.

Every known religion recognizes that there are two kinds of reality. We all exist in either one or the other. They are:

1. Communitas Reality (Mana)
2. Liminal Reality (Alaya)

Communitas reality is normal, commonplace reality. It is the normal state of being of the solid world of the living. This is the quotidian state of existence for all living things, connected and bound to each other by conventional reality and governed by the theorized laws of science, law and religion. In communitas, one is responsible for ones' actions.

Liminal reality is special. It is the state one passes through between this reality and the next state of being; between the solid world and the spirit world. In this state, one is neither here nor there, but in limbo in the passage from one state to the next. During this stage one is considered to be highly charged and capable of high-level psychic functioning. Furthermore, those in the liminal state are not bound by any of the rules of the normal world. Only when they return to the real world do they leave liminality and re-enter the living state of communitas. Rituals, rites of passage, ceremonies and certain conditions (birth, profound illness, menstruation, etc...) provide a liminal state for those involved.

### Science and Fanaticism

Enter no conflict against fanatics unless you can defuse them. Oppose a religion with another religion only if your proofs (miracles) are irrefutable or if you can define yourself in a way that the fanatics accept you as God-inspired. Simply enough, ask the fanatics

how they would recognize a true prophet. Using that information and a little bit more from the Panoplia Propheticus, you may become a very powerful figure. This has long been the barrier to science assuming a mantle of divine revelation. Science is so obviously man-made. Fanatics (and many are fanatic on one subject or another) must know where you stand, but more important, must recognize who whispers in your ear. Fanatics are best kept as non-involved allies, sources of energy and momentum. Let them carry the banners and beat the drums, but when the hush falls you must do all the talking. If you should encounter a well-educated, intelligent fanatic, be extremely cautious. These are some of the most dangerous individuals that exist. Study them and learn their secrets but keep your distance.

### Religion and Rhetoric

Religion always leads to rhetorical despotism. It leads to self-fulfilling prophecy and justifications for all manner of obscenities. It shields evil behind walls of self-righteousness which are proof against all arguments against the evil. It feeds on deliberately twisted meanings to discredit opposition and ultimately, it rules by guilt because hypocrisy brings on the witch hunt and the demand for scapegoats. Religious institutions perpetuate a mortal master-servant relationship. They create an arena which attracts prideful human power-seekers with all of their nearsighted prejudices. Thus power bases, especially religious power bases, are very dangerous because they attract people who are truly insane, people who seek power only for the sake of power. In the shadow of every religion lurks a Torquemada.

### The Popular Illusions

These are illusions of popular history which a successful religion must promote: Evil men never prosper; only the brave deserve the fair; honesty is the best policy; actions speak louder than words; virtue always triumphs; a good deed is its own reward; any bad human can be reformed; religious talismans protect one from demon possession; only females understand the ancient mysteries; the rich are doomed to unhappiness; etc...

### The Major Religions

There are about 6 billion people on Earth and almost 90% of them believe in a supreme being of some kind. It is unlikely that you will ever visit a place devoid of faith. As such,



it is necessary that you become steeped in the ways of every known religion. They can be categorized and analyzed, but you will need to visit their temples and experience their truths for yourself. Truth is never revealed, it is only experienced. Do not tell them why you are visiting, let them make suggestions and you can imply that they may be correct. Most religions welcome potential new members warmly. Receive it with warmth. Do not let them know what you are. Never argue with them or dispute their teachings. That is not our way.

#### The Essence and MOE of Major Religions on Earth

Amish – A sect of Mennonites who broke away from the faith and settled in America in the 1730's. They reject any technology or idea that is unnecessary to the basic needs of survival. Amish stress humility, family and community, and separation from the world. They do not believe in higher education and received an exemption from the Supreme Court that allows them to stop schooling after the 8<sup>th</sup> grade. They maintain a trilingual society (Pennsylvania Dutch, High German and English) Strict dress codes, food taboos and holidays resemble those of the 17<sup>th</sup> century. Obviously, physical and intellectual control is a major imperative for this religion. "Thou shalt not learn."

Atheism – Usually well-educated ex-Catholics, often vegetarian, most actually have some minor beliefs. True atheists are quite rare. Quite often they are closet believers whose own high-standards were in conflict with the sexual and financial appetites of the educated upper middle class. To motivate them, one need only appeal to their intellectual vanity or persuade them with logic.

Baha'ism – Founded in 1863, Persia by Kitab Al-Aqdas. Teaches unification of all religions, harmony, monotheism, strict obedience to government. They believe that all races and religions are in a process of inevitable unification. They believe in the eradication of extremes of wealth and poverty, compulsory education, abolishment of priesthood, slavery, and they oppose asceticism and mendicancy. The stated purpose of faith is establishment of peace and harmony on Earth. Temples often located near universities. No clergy, little organization. Sacred texts: Kitab al-Aqdas, Bayan, Haft Wadi, al-Kalimat, al-Makannah. Common symbols:



Buddhism – Founded 500 BC India by Siddhartha Guatama who is known as Buddha. Teaches enlightenment as means of escaping cycle of reincarnation. Buddha taught four noble truths, an eightfold noble path, twelve causes of suffering and the Middle Way. Furthermore, he never once discussed an afterlife or spirit world. The Four Noble Truths: 1. This is a world of suffering. 2. Suffering is caused by desire. 3. When desire is removed, suffering ends. 4. One must follow a path to end desire. The Eightfold noble path includes correct: attitude, thinking, speech, action, living, endeavor, memory, meditation. Smoke and sound are purifying agents. Lack of god or gods lent Buddhism easily to regional modifications and merging. There are two major kinds of Buddhism:

1. Theravada Buddhism follows the teachings of the actual Buddha, reserving “salvation” for those few who attain his proscribed level of discipline and effort. (Indian Buddhism)

2. Mahayana Buddhism developed much later and lacks a real moral code. It teaches that salvation is attainable by everyone without much effort due to the newly created “saviors” (bodhisattva) of Buddhism. (Asian Buddhism)

Man saviors, saints, Gods, and demons were added by the people of Asia and many new forms of Buddhism were created. Male monastic organization. Sacred Texts: Tripitaka, Mahayana Sutra, Milindapanha, Bardo Thodol. Common Symbols:



Catholicism – The Catholic Church is a politico-financial organization founded in AD 315 by the Roman Emperor Constantine. It is a highly stylized and authority-oriented version of Christianity. Until the Lutheran/Protestant changes in the 15<sup>th</sup> century, the Bible was only written in the original Latin, Greek, Hebrew and Aramaic. This restricted access to those who could read such text. Thus, authority and power were vested in the educated clergy. In Europe, the Catholic Church was a multinational financial superpower for centuries. Monetary donations to the Church secured absolution. Heaven/Hell motivation. Smoke, water, wine and bread are purifying agents. “Celibate” male clergy, highly organized political/financial structure controlled by an executive council in the Vatican. Sacred texts: Old and New Testament, writings of the “Pope.” Common Symbols:



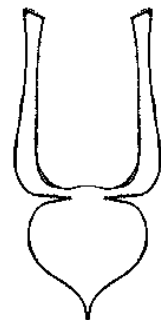
Christianity – Founded in the first century AD by Jesus Christ of Nazareth. Jesus taught absolute egalitarianism, open commensality, tolerance, forgiveness and charity. His beliefs threatened the authority of both the Jewish and Roman political systems. He was crucified around 30 AD, a common means of public execution. After his death, his teachings were recorded by followers and his life story embellished to give authority and power to clergy, a practice that Jesus himself sought to destroy. The Christian church, an egalitarian, truly communist enterprise, did not last very long. Today there are more than nine Christian denominations. Not surprisingly, their major differences concern authority and power. At the authoritarian end of the power spectrum there is the Roman Catholic Church, at the opposite, egalitarian end you find the Pentecostals. Christianity, as Jesus taught it, has no clergy, no temple and no symbol.

Confucianism – Founded 600 BC China by K'ung Fu-Tse. Not a true religion but moral code for everyday living. Confucius never discussed an afterlife. It affected other religions and legal codes in Asia. Text: Shih Ching, I Ching, Li Ching, Shu Ching, Chu'un Chiu. No clergy, no organization..

Falun Gong – A Chinese spiritual movement founded by Li Honzhi in 1992. It combines Buddhism, Taoism, Qigong and ethnomedicine. The members of the movement claim that theirs is not a religious organization, not a sect, that it has no leader, no rituals and no worship. Furthermore they claim to be absolutely uninvolved with any political beliefs. They claim to teach truthfulness, benevolence and tolerance through the study of physical movements and moral training. Mr. Li has made many unsubstantiated claims of supernatural abilities to be gained by the practice of Falun Gong. Of course, this is a traditional method of selling a religion, but highly unusual in the 21<sup>st</sup> century. Mr. Li has also made some statements that have been interpreted as anti-homosexual and racist in nature. This movement is intended to exploit the uneducated and illiterate, of which there are, sadly enough, millions. For more information, see [www.religioustolerance.org](http://www.religioustolerance.org).  
Common symbols –



Hare Krishna – In the 16<sup>th</sup> century, Caitanya Mahaprabu created a new sect of Hinduism. He stressed devotion and the seeking of personal relationships with Lord Krishna (god) by the use of mantras taken from the ancient texts, such as the Bhagavad-gita. In 1965, Master Prabhupada left India for the United States and founded ISKCON (International Society for Krishna Consciousness) They sell incense and books to support their temples. The society has much in common with Hinduism, except for its recognition of Christ as an emissary of Krishna and the requirement of a “spiritual master.” The use of the Krishna mantra is paramount. “Hare Krishna, Hare Krishna, Krishna, Krishna, Hare, Hare, Hare Rama, Hare Rama, Rama, Rama, Hare, Hare.” This church was recently found guilty of child abuse in its temples in the US and India. Vegetarian male and female clergy. Sex is restricted to married couples and is only for procreation. Sunday feast is a weekly open day of prayer and food, a good day to visit and observe. Followers were commonly seen selling books in airports, dressed in saffron robes (a sign of celibacy) and shaved heads, until they were banned from such activities by the Supreme Court in 1992. Common symbols:



Hinduism – Founded 1500 BC India by Aryan settlers. It is both monotheistic and Polytheistic, dharma-focused. Dharma means living in a correct (pure) way. Karma is the consequence of impure living carried into the next life. Pure living is sought as a means of escaping the cycle of reincarnation. Highly variegated, polytheistic, open to multi-denominational beliefs. Male clergy, little organization. Many pilgrimages. Gods are usually humans, both male and female, normal, multi-limbed and some that are half human-half animal. Holy Trinity - Brahma, Vishnu and Shiva. Sacred texts: Vedas, Ramayana, Mahabharata, Upanishads, Bhagavad Gita. Common Symbols:



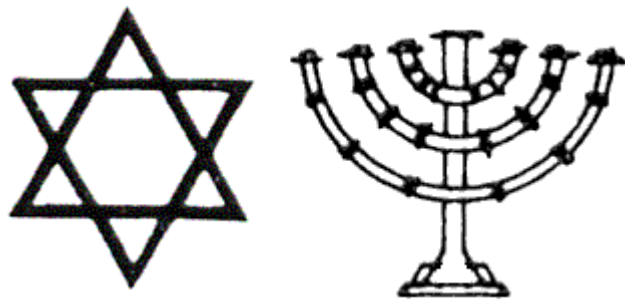
Islam – Founded 700 AD by Mohammed. Monotheistic and stemming from the common history of the Judeo-Christian tradition. Islam recognizes a 6<sup>th</sup> century prophet as being the one, true prophet of god. The Sharia, religious law, applies to all aspects of life. Male clergy. Organized but broken into many non-cooperative sects. Islam is very phallocentric and women are traditionally veiled and silent. The five pillars of Islamic faith are: Belief in a single God “Allah” and the prophet Mohammad, Daily prayers, Charity, Fasting, and the hajj (pilgrimage) to Mecca. Sacred texts: Koran, Hadith. There are two main sects of Islam: The Sunni are the most numerous and orthodox, recognizing Mohammed’s father-in-law as the successor. The Shiites recognize his nephew as the successor. There are many other groups, including the Sufi, Ismaili and Wahhabi. Common Symbols:



Jainism – Founded 6<sup>th</sup> century BC India by Vardhamana Mahavira. Similar to Buddhism, strict ascetic discipline used to achieve liberation from the cycle of karma. Vegetarians, believers of Ahimsa, non-injury to living things. Male and female clergy. Organized, grassroots teaching. Prayer, smoke and chanting are purifying agents. There are three main goals of Jainism: Samyak Darshan (Correct Faith), Samyak Jnan (Correct Knowledge), and Samyak Charitra (Correct Conduct). Sacred texts: Svetambara, Digambara. Common Symbols:



Judaism – Founded 2000 BC by Abraham and expanded later by Moses 1600 BC. It is monotheistic, theocratic and ritual-focused. Like Islam, the religion provides a form of legal system. Food taboos have great importance. Heaven/Hell motivation. Judaism is often confused with the Jewish ethnicity, creating many social conflicts. Sacred texts: Torah (Old Testament), Talmud, Zohar. Common Symbols:



Mandean Sabians - “those who are baptized in the knowledge of God.” Monotheistic, baptismal, prayer-focused, fasting and alms-giving stressed. The Mandiac language is a modern form of Aramaic. They start with Genesis, but chose different prophets from Judaism, Christianity and Islam. Their main prophets were Adam, Shetel, Sam bin Noah and Yahiya bin Zakaria. Whenever the name of a prophet is spoken, it is immediately followed by, “God bless his name.” They number less than 100,000. Most of them live in Iraq, but there are colonies in America and Australia. They consider themselves to be gifted at science. Sacred texts: Ginza Raba (The great treasure), Book of John .

Mormons – Founded in 1827 in America by Joseph Smith. Smith wrote several pieces of fictional history, speculating on the origins of temples and complex earthworks in the Ohio river valley. The Native Americans were considered mentally sub-human at the time, thus incapable of building the temples. So, a “white” explanation was sought. In “The Book of Mormon,” Smith suggested that the temples were built by one of the “lost” tribes of Israel who came to pre-Columbian America. These Jews were subsequently

punished by God for their sins by having their “whiteness” taken away and replaced with “redness.” The modern Mormon church is very secretive and closed. Non-members are not allowed into Mormon churches without invitation. The church often uses other names to disguise and protect their identity, such as, “The Church of Latter-Day Saints.” The Mormon holy text is basically the original book written by Smith, a mixture of bible quotations, summarizations and fictional history. Sacred texts: Bible, Book of Mormon.

Native American Church – Founded in early 20<sup>th</sup> century to protect the remaining religious practices of the non-converted Native American people. The Deer-person, a wisdom entity (vasana) is merged with by eating fresh peyote as a sacrament to achieve visions and pierce the veil of reality. However, there were more than 500 tribes in North America alone, each with their own religious beliefs and symbols. The organized religion that exists today is a watered-down, generic set of shared beliefs and symbols. Few Native Americans actually subscribe to it, following their own informal spiritual practices. This informal, non-missionary spiritual path is often referred to as “The Red Road” by Native Americans. There is a prodigious amount of cynicism and doubt. For many practitioners, the faith is used to provide a personal identity or sense of belonging to a group as opposed to a true path towards the “Great Spirit” or enlightenment. Sacred text: None. Purifying agents: Dance, Smoke, tobacco, feathers, sage salt, steam.

New Age Spirituality – It began in the late 1960’s in England and America. The New Age movement is a non-organized spiritual exploration. It has no dogma, doctrine nor laws. Followers are usually ex-Christians who are looking for something less restrictive. Some would suggest that the New Age movement was a social reflex against the pervasiveness of science and reason. “New Agers” pick and choose from elements of other religions that they like, such as reincarnation, karma, aura and channeling. (Note the references to Other Memory.) Many have belief in the supernatural/healing properties of crystals, meditation and “New Age” music.

Protestantism – Protestant movement started in 1517 by Martin Luther in Wittenberg, Germany. The Protestant movement was a revolt against the authority and class focus of the Catholic church. The protestants created a bible in the common tongue and a new Christian church that allowed for divorce, non-celibate clergy and direct relationships between believers and their God. There were many new sects that emerged and flourished in America. Prayer is the only purifying agent. Usually male clergy. Highly organized. Sacred text: Bible, especially New Testament. Common Symbols:



Santeria – “Regla De Ocha” or “Lukumí” Created in Cuba and other Spanish slave colonies on the New World in the 1600s. An interesting mix of native African religious beliefs and Catholicism. The Yoruba and Bantu people simply replaced their old gods, called Orisha, with the Catholic saints in order to appease Spanish speaking slave-owners in the new world. (hence the Spanish name) In this way, they were able to worship their old gods without punishment. The Castro government suppressed them in Cuba, as it persecuted all religions, but since such oppression ended after the fall of communism in Russia, Santeria has exploded in Cuba and the number of members has multiplied many times over.

Satanism – The “left-handed path.” Founded in 1966 by Anton Szandor LaVey. LaVey founded the church to draw attention and make money with his lectures on the occult and sales of his books on Satanism. The Satanic church has very little to do with the typical Satanic mythology. They do not hold sacrificial ceremonies. Instead, the focus is on the individual and the personal freedoms and responsibilities. They actually do not believe in any deity. They only believe in a dark, animalistic force of nature. They have stated that they are their own gods and yet, that man is a beast. The Church of Satan appeals to college-students, intellectuals and atheists. Their rhetoric sounds very similar to that of the early Protestants of the 16<sup>th</sup> century. There are very few true Satanists. Common symbol –





Scientology – Founded in 1954 in the USA, based upon the writings of L Ron Hubbard. Hubbard did not found the church, their doctrines come directly from his books, namely “Dianetics: The Modern Science of Mental Health.” Scientology is very similar to Asiatic religions that concern reincarnation and achieving freedom from that cycle. The believer seeks to calm, integrate and synthesize the vasanas, entering a state they call “clear.” This religion is surprisingly frank about these facts and will openly discuss other memory. They use the Greek word “thetan” to describe a human as an integrated body/soul. Common symbols:



Shintoism – Founded 800 AD by Japanese Imperial family as political weapon against Buddhism which was introduced into Japan from China at the same time. (Buddhism does not revere nor recognize humans as being Gods but the Japanese Imperial system states that the Emperor *is* God.) Shinto is mainly a collection of agricultural, animistic and ancestral worship ceremonies common throughout the Pacific/Oceania and has no moral code or philosophy. Basically, to practice Shinto, one purchases a shinza and keeps it in one's house. A shinza is a small house for the gods and spirits of deceased relatives. Water, fruit, sake, salt and candles are placed in offering. The maintenance of this home shrine is the bulk of the Shinto religion. To a large extent, the practice of Shinto is a form of cultural identity. To believe in Shinto is to believe in the divinity of the Japanese people. As such, few people outside of Japan practice this religion. Spiritual/physical pollution/purity is the focus. Salt, sake and water are the purifying agents. Monk/caretakers live at shrines. Sacred texts: Kojiki (Japanese creation myth) and Nohon Shoki. Common Symbols:



Sikhism – Founded by Guru Nanak in 15<sup>th</sup> century India. Nanak taught tolerance, equality before God and devotion, hoping to combine the monotheistic religions of Brahmanism and Islam. Followers did not cut their hair, wore a steel bangle, shorts, a comb and a ceremonial sword. They followed open commensality, morning prayer and

discipline. No clergy. This religion is dying. Many followers are rejecting it and re-converting to Hinduism. Sacred texts: Adi Granth. Common Symbols:



Taoism – Founded in the 6<sup>th</sup> century BC China by Lao Tzu. Tao, the way, is a philosophy which believes that natural harmony (the yin-yang concept) ensures appropriate conduct. The Taoist religion, a later, post-Buddhist creation, recognizes natural elements as gods, believes in heaven and hell, fights evil spirits with charms and seeks immortality by means of mental and physical discipline. This is the school that discovered and developed the art of internal alchemy, what we call, “Psychokinesthetic Awareness.” Supposedly there are masters of the Taoist way who gain immortality and live in the mountains to avoid the problems of the world. Sacred texts: Chuang-tzu, Lao-tzu. (Tao te ching) Common Symbols:

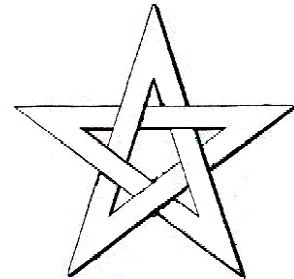


Unitarian – Founded in 1961 as a merging of the Universalist church of America and the American Unitarian Association. The Unitarian church preaches tolerance and compassion. They claim to descend from the Christian tradition, but reject the sex/gender specific teachings of the Bible. For this reason, the church is very popular in the Homosexual community. In fact, their teachings are a mixture of beliefs taken from many of the world’s religious teachings, but stripped of any restrictions, taboos or negativisms. Their stated goals: Justice, equity, spiritual growth, education and harmony. Common Symbols –



Voodoo – Founded by the Yoruba people of Africa, 3,000 BC. Originally called Vodun, it is now practiced by people of Haitian descent throughout the new world. Polytheistic, heaven/hell, ancestor worship, some Christian elements, can be used for good or evil. Rituals are usually group rituals involving the drawing of complex symbols on the floor, called veves, in flour or other symbolic powder. A spirit called Papa Legba is addressed first for blessing, and then some lesser spirit called a Loa is asked to possess one of the group as they dance and carry out the sacrifice of a small animal. Purifying agents include alcohol, fire, prayer and the ritual dance. Common symbols:

Wiccanism – A modern (1970s) reconstruction of Northern European Pre-Christian religious practices. Nature worship, animism, many common elements of all religions have been woven together. Majority are college-aged females. Female god not unlike the Great Horned Mother of the Panoplia Propheticus. Common Symbols:



### The Commandments

Roughly 50% of the people on Earth consider the Commandments to be the Holy Law. As such, it is important to know them and be aware of the implications of their violation.

1. I am the Lord God. You will have no other Gods.
2. You shall not make any graven image. You shall not bow down to them or serve them.
3. You shall not take the name of the Lord in vain.
4. Remember the Sabbath day and keep it holy.
5. Honor your father and your mother.
6. You shall not kill.
7. You shall not commit adultery.
8. You shall not steal.
9. You shall not bear false witness against your neighbor.
10. You shall not covet.

Few can deny the wisdom in these rules. They are the basis for many modern codes of law. Still, there is no provision for change. When the Changer comes, and a messiah always comes, a new religious structure forms and solidifies. As with all such religions, subsequent leaders move away from the charity, equality and tolerance of the messiah and form new, rigid power structures. Those structures move toward cowardice, mediocrity, inertia and self-satisfaction. Respect for authority becomes the cardinal virtue. This is the one-eyed view of our universe. It says you must not look far afield for problems. Such problems may never arrive. Instead, tend to the wolf within your fences. The packs ranging outside may not even exist.

### The Panoplia Propheticus

The Panoplia Propheticus refers to the infectious superstitions used by the Bene Gesserit to exploit primitive regions. We do not teach history; we recreate the experience. We follow the chain of consequences – the tracks of the beast in its forest. Look behind our words and you see the broad sweep of social behavior that no historian has ever touched.

### Shariat (The Laws)

By laws, we mean the laws of the natural world observable in religion. Most religious places of worship could be likened easily to a fishbowl full of individual and easily discernible fish. One learns which fish are edible and which are not, which are clever and which are not, and most importantly, how to bring them all to the surface, mouths open and eyes closed, hungry for whatever you should sprinkle on the surface. The canto and respondu are an invocation rite consisting of a dialogue between a ritual leader and his/her followers. The universal canto and respondu are the basis for religious camouflage, a vital security skill.

### The Open-Ended Proof

All religions, to some degree, use *norito*, the magical power of words. This is the source of much mystery, power and woe. If you believe certain words, you believe their hidden arguments. When you believe something is right or wrong, true or false, you believe the assumptions in the words which express the arguments. Such assumptions are often full of holes, but remain most precious to the convinced. We must all learn them and use them with conviction when the need arises. Having said that, you must never judge those who do not know them. (Especially indigenous peoples) Not everyone knows the ancient rites, not even the group into which you have insinuated yourself. In fact, you may know more about their religion than they do! It is unwise, however, to be upset or impatient with those who show ignorance. Teach them, and do it humbly and with respect.

Then they will say, “Here is a true believer! Here is a true member of our group!” Then we can make them followers, obedient to our needs. (Destroying independence)

It is doubly important not to assume they know what you know about their culture or religion, after all, they have been getting along without you for quite some time and they

will continue to do so long after you are gone. Assumption is a knife without a handle. Wield it carefully.

From the canto: "Obey God's messenger in all things." Thus your authority is assured.

The UCRs (Universal Canto and Respondu) come in highly flexible formats. All one need do is adjust the specific formula to meet the needs and traditions of the religion in question. They may not fit the standard forms 100%, but will fit close enough that the differences will not be questioned, especially if they are performed with sincerity and conviction.

#### Universal Canto and Respondu for Beginning Ceremonies and Communion

##### #1

Can: Thus go the holy words. In the beginning, we/all were/was empty/darkness.

Res: Ignorant of all things. (we were lost in the desert)

Can: We did not know the power that resides in every place. (We did not know the Word.)

Res: that lives/And in every time/heart.

Can: Here is the power/my flesh, my blood

Res: It brings us joy. (free from pain and suffering)

Can: It awakens the soul. (With God on the throne of our hearts)

Res: It dispels all doubts. (From him flows all goodness.)

Can: In worlds, we perish. (There is no salvation but by Him)

Res: In the Power/Glory/Grace, we survive/are born again.

Can: The thing/Thy will must take its course/be done.

##### #2

Can: I know of/see a man/place written in the book of life/the sun.

Res: Oh the city that is made of gold

Can: He makes me a home/palace where I will dwell forever

Res: He leads me beside still waters/to the home of my ancestors

Can: The Lord God keeps me in his hand

Res: He lives in my heart forever.

### How to plant a religion

Religions are like plants. A huge tree may grow from one tiny seed. Generally, one need only address a common social denominator and provide a solution that requires indoctrination, however simple, in the artifact religion. Here is an example: If the economy is slow, then one might tie the A.R. (Artifact Religion) to money. Perhaps one could even invent a female saint who protects money and helps people get rich. Give her a B.G.-sounding title and use a piece of the Panoplia Prophetica to create a simple wish-prayer. "Oh Lord, protect this poor sister and let her fortunes increase." Have some little medals made up with her likeness and some B.G. symbols on it, and distribute them to the poor. Create a few "miracles" and word of mouth will spread your A.R. like pollen on the breeze.

Such situations are very fertile; repression makes a religion flourish. Here is how to create a miracle: Contrive a situation-in-extremis and deliver the victims with as much religious posturing and verbalizing as possible. The consequent religious experience will be hyperbolized and spread by gossip. Always keep it simple and cheap! The people will expand and solidify the religion themselves. All we do is pollinate with certain key ideas. The lighter the pollen, the farther and faster it will spread. It is always wise to add a few propheticus modicum (protective legend-codes) to provide Gospel Sanctuaries for future Bene Gesserit such as:

"The wisdom of a stranger," "The voice from another world," "A wise woman in need," "A woman who knows the gospel is our sister," "She will greet you with holy words and your gifts will be a blessing."

A Gospel Sanctuary is a verbal requirement, (A message from God) that requires the believer to assist a Bene Gesserit in need. These ideas are often long-dormant and colored by the local culture, but the pattern will fit if you are flexible and open-minded.

### How to use a planted religion

All organized religions face a common problem, a tender spot through which we may enter and shift them to our designs: How do they distinguish hubris from revelation?

You can take a religious people anywhere you want them to go, if they believe you carry the power of God. You can do anything you want, as long as they accept you for a true prophet. How do you become accepted as a prophet? By simply repeating the gospel as the people already know it. Start in established accepted beliefs, especially prophecy, and flow with the native currents. Once you pass their tests of religious validity, then you

may move them slowly towards a state of malleability. This state is flux, and a people may be bent to your will. You must be careful in guiding them towards Bene Gesserit needs, as people in this state are highly vulnerable to jihad and to suicide cults. Try to ask lots of open-ended questions and let them provide their own answers. (That gives you plausible deniability) The basic skills of psychoanalysis are recommended. Always remember: Start with the gospel! Then slowly realign their perceptions to make the needs of the Bene Gesserit into their own needs. When they are ready, you may begin directing pressures against targets indicated by Chapterhouse. We call it a “directed hysteria.” Basically, one declares that there is an evil, heretical element threatening the “church.” One describes the actions of the evil, but never the face! Let the actions match the job descriptions of the indicated target, and the people will do your work for you. A word of warning: Prophets have a way of dying by violence. So, you had better know when it’s time to leave.

### The Four Duties

1. Take
2. Bless
3. Break
4. Give

As a spiritual leader, you must perform the four sacred duties. These duties bridge the chasm between God and man, man and woman, host and guest, master and slave. Do not judge the fairness of these relationships. Simply acknowledge their traditional importance and exploit them however you can. One takes something from the people. It may be money, food, etc.. Receive it gently and with reverence. One blesses the object by invoking the name or power of the gods in question. One then breaks or shares the object in smaller pieces and gives them back to the people so that all may share and be united.

The religious leader speaks the words of the holy text, the words of God, to the people. The people respond as they have been taught. Thus they may speak with God. This is a liminal state for these people. Those who take part have assured their group identity. It has nothing to do with faith. Be present, be visible, be non-threatening.

### The Holy Texts



Please read and come to terms with the major holy texts. It is not necessarily for spiritual enlightenment or moral education, although they can be side effects. To truly speak to the people, one must be fluent in the language of God.

Here are some of the basic working terms you will need to understand in order to make full use of the Panoplia Propheticus:

ARTIFACT RELIGION – (A.R.) a religion designed and created by the Bene Gesserit for the purpose of controlling the infected society.

ARAFEL – the cloud darkness at the end of the universe. The final judgment.

ASC – Altered State of Consciousness. ASC is used to access the vasanas and enable inter-personal sharing.

BAKKE – A ghost.

BARAKA – A living holy man of magical powers, a warlock. Maji, Onmyoji.

BEIT ALLAHA – the “House of God”; A temple or place of worship.

BI-LA KAIFA – Amen. Literally: “Nothing further need be explained.”

BINARY OPPOSITION – the human thought process that chops up time and space into mentally digestible pieces. The ability to determine opposites such as good/evil, yes/no, on/off...

COLUMN OF SMOKE – An ancient passage from the Old Testament: “A column of smoke by day, a pillar of fire by night.” Today it refers to an impending event of life-changing proportions, and avenging angel, salvation, rescue, a common dream and even enlightenment. (*See* Pillar of Fire.)

CONTINGENT RITUAL – the practice of ritual that expresses fear or anguish over an emergency. Contingent rituals may be necessary to heal the sick, dispel evil spirits, start the rain or destroy invaders. These are need-based rituals and not seasonal.

DARK THINGS – idiomatic for the infectious superstitions taught by the Missionaria Protectiva to susceptible civilizations.

DHARANI – mystic syllables that give spiritual protection, facilitate enlightenment and improve the memory.

DHYANA – meditation.

ENLIGHTENMENT – the absence of illusion. It means flowing with the forces of life, adjusting your actions that life may continue. (Satori, s'tori) It is said that it exists on the soles of your feet. You may never see it until you look at yourself from a completely different perspective.

ETHICS – the acceptable and unacceptable behaviors of a religion that separate the believers from the nonbelievers by means of *demonstration*. Those who violate the code may be excommunicated from the religion and exiled from the community. Punishment may be severe, serving to promote social order. Ethical codes can prescribe taboos and define the limits of religion by defining that which is part of the code and that which is not.

EXPANDING WORSHIP – the expanding ring of social influence that occurs around prophets, martyrs or people of great conviction and humble, selfless courage and service to humanity. Despite the wishes of the person being worshipped, their lessons are usually ignored and the person is turned into an intercessor, saint or even a god.

FAKIR – A religious leader.

FAKIR’S HORNS – a weapon made from the horns, bone or tooth of an animal. A *Fakir* is not allowed to touch any ferrous metals with his bare hands, necessitating the invention of such weapons.

FIQH – knowledge, religious law;

FIRE, PILLAR OF – A dream, ambition or guiding principle.

GIRI - a mortal obligation. A debt which can never be repaid. Failure to attempt to repay it is a mortal sin.

GIUDICHAR – a holy truth. Commonly seen in the expression” Giudichar Mantene”- an original and supporting truth.

GREAT MOTHER – the horned goddess, the feminine face of the male-female-neuter trinity accepted as Supreme Being by many religions. (A Panoplia Propheticus triumph)

HAJI – honorific title; “Pilgrim”. Refers to one who has made a holy journey to a shrine or holy place.

HAJJ – holy journey.

HAJRA – journey of seeking.

HANMYA – (or Hannya) a demon of human form. Always male.

HARAM – vulgar expression meaning the lowest of the low, that which is most evil.

IBN QIRTAIBA – “Thus go the holy words....” Formal beginning to religious incantation (derived from Panoplia Propheticus).

IJAZ – prophecy that by its very nature cannot be denied; immutable prophecy.

ILM – theology; science of religious tradition;

INDIGENOUS – native to a place.

JIHAD – a religious crusade; fanatical crusade, a war of cleansing. A socially transmitted disease of the mind.

KARAMA – a miracle; an action initiated by the spirit world.

KASHIWADE – clapping of the hands to invoke, awaken and spread supernatural power.

KHALA – traditional invocation to still the angry spirits of a place whose name one has mentioned.

KOTODAMA – “language from heaven.” the communication one may receive from supernatural entities or deceased persons.

KWISATZ HADERACH – “Shortening of the Way.” This is the label applied by the Bene Gesserit to the *unknown* for which we seek a genetic solution: a male Bene Gesserit whose organic mental powers will bridge space and time.

MAHAYANA CHRISTIANITY - A relatively new religion, it is very similar to Fundamental Christianity except for the addition of the Garland sutra to the gospels. Their followers believe that anyone, by obeying the precepts and devotion to the faith, can become Christ.

MAHDI – in the messianic legend, “The One Who Will Lead Us to Paradise.”

MANA-ALAYA – the physical and the spiritual. Mana refers to the physical senses and physical reality. Alaya refers to the psychic senses and paranormal reality. Mana-Alaya is a binary alternative to the “six senses” theory. It groups together all of the physical senses in one category and all of the non-physical senses in another.

MANTRA – a series of sacred syllables repeated for the purpose of clarifying the mind and attaining a higher plain of reality.

MULTIVOCALITY – the quality of a symbol to have more than one meaning. The Cross, for example, may represent Christianity, sacrifice, torture, a positive number, the number ten, or the Druidic god *Dhu*.

MYTH – the oral tradition of religion that explains the origins of a people, their relationship to the gods and reinforces the ethical code of that religion. Myth gives identity to the people who believe in it.

NAMANARI – a woman who has become a demon. A half-human, half-demonic entity. Always female.

NORITO – words and phrases that invoke supernatural power.

RAMADHAN – ancient religious period marked by fasting and prayer; traditionally, the ninth month of the solar-lunar calendar.

rites of passage – these rites celebrate and enable the passage of an individual from one phase of existence to the next; birth-death, childhood-adulthood, single-married, sister-mother. These rituals also bestow change arbitrarily upon the individual simply because of the ritual.

RITUALS – repeated, prescribed actions that are associated with religion. Rituals are the active part of the religion and are either seasonal (Holidays) or contingent (Exorcism).

Rituals serve to physically illustrate the belief system, to relieve societal pressures and reinforce the bonds of fellowship between the believers.

RUH-SPIRIT – that part of the individual which is always rooted in (and capable of sensing) the metaphysical world.

SADUS – judges. The title refers to holy judges, equivalent to saints.

SARFA – the act of turning away from God.

SAYYADINA – feminine acolyte in the common religious hierarchies.

SHAH-NAMA – the Old Testament.

SHAITAN – Satan.

SIRAT – the path of salvation, the path to enlightenment. A passage in the O.C. Bible describes human life as a journey across a narrow bridge (the Sirat) with “Paradise on my right, Hell on my left, and the Angel of Death behind.”

SPEAKING IN TONGUES – the sudden experience of some Fundamentalist Christians to speak rapidly in the ancient languages of the Bible, despite their own ignorance of these languages.(Greek, Aramaic, Latin, Ancient Hebrew) Obviously, vasanas of the original time period are being provoked into a temporary possession and speaking in their native tongues. Most of those involved are unaware of their own firsthand memories of the events described in the Gospels.

TAQWA – literally: “The price of freedom.” Something of great value, a ritual sacrifice. That which a deity demands of a mortal (and the fear provoked by the demand).

TAU – that *oneness* of a community enhanced by ASN-rich diet and especially the tau orgy of oneness. Bene Gesserit Anthropologists indicate that tau is a form of *liminal communitas*.

TEDAH RI-AGRIMI – the agony which opens the mind. These experiences of pain and shock often give access to the vasanas, sometimes permanently as every Reverend Mother knows.

UMMA – a prophet. (A term of scorn, meaning any “wild” person given to fanatical prediction.)

WEIRDING – idiomatic: that which partakes of the mystical or of witchcraft. It has come to mean anything Bene Gesserit.

WISH-FULFILLMENT BELIEF – an easily created superstition used by the Bene Gesserit to create a cult or expanding worship around a specific person. Basically, one suggests that healing and absolution can be gained by pleasing the person in question.

YA! YA! YAWM! – a chanting cadence used in time of deep ritual significance. It is the modern form of the Hindu-Buddhist-Jainist chant, “Aum,” meaning the Alpha and Omega, the beginning and the end of all things. In many Buddhist temples, statues will

often be paired. One will have an open mouth (Ya) and one will have a closed mouth. (Um)



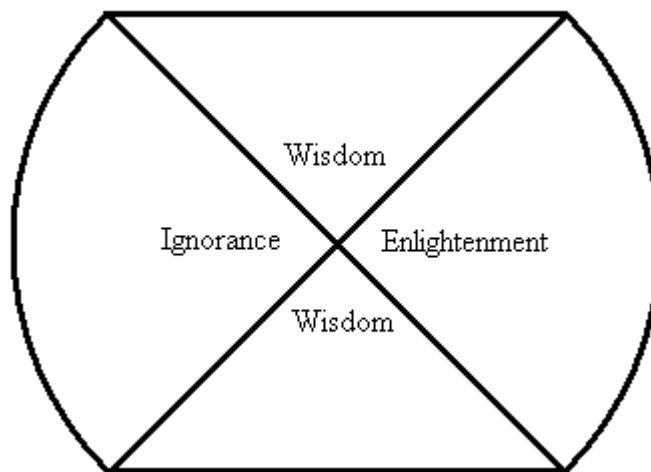
The symbol “AUM”

ZEN – the quasi-religious path of studying any art beyond the level that can be described or transmitted orally. The path of experience, of participant observation, of flow. Zen itself is not religious, but affects many religions philosophically.

## Other Memory

The quest for “enlightenment,” began so early in human history that we fail to determine its beginnings. Our best scholars suggest that it began in Northern India around 3000 B.C. Enlightenment, or s’tori, is basically a state wherein you have removed all of your assumptions, delusions, illusions and prejudices. It means flowing with the forces of life, adjusting your actions that life may continue. The only real difference between an absolutely ignorant man, a wise man and an enlightened man is awareness of the situation. An ignorant man doesn’t know anything. A wise man *knows* he doesn’t know anything. An enlightened man knows that he *can’t* know anything.

“To achieve s’tori, no understanding is needed.  
S’tori exists without words, even without a name.”



We no longer call it enlightenment, having determined the nature and characteristics of that inner state sought after by so many. True enlightenment is not a perfection of the psyche. The true nature of enlightenment is the awakening of the vasanās. We call it an, “inner sharing,” a state of conscious awareness of memories and personalities of all of our ancestors. This is the long-sought after answer. This is why the ignorant man and the wise man and the enlightened man are all the same. In what they possess within themselves, they are the same. The only real difference is a matter of time and effort.

The goal, of course, is the crucial intersection of living awareness. This state is only attainable by years of concentrated study and meditation. These memories and ego-personas exist within all of us, men and women alike. Most of the time, we are totally

unaware of their presence. When they speak to us, it is silent and we call it intuition. When we are under great stress, however, they can speak more openly and forcefully in our temporarily weakened minds.

Ancestral memory-personas, or *vasanas*, are comprised of the *bijas* (seeds) of every memory of every ancestor in your bloodline terminating at the moment of conception of the succeeding ancestor. When we do something in a certain way or speak in a certain tone and it reminds someone of one of your parents or ancestors, that is a *bija*. All of the *bijas* together form a living memory of that relative, this is called a *vasana*. These *vasanas* are stored in the *Alaya-vijnana*, the *Alaya* consciousness. The *Alaya* Consciousness is the “storehouse consciousness,” the place where all of the ancestral memories are kept. It is also called the “spirit-mind.”

The *Mana* consciousness is the sensory mind, the so-called, “defiled-mind” consciousness. *Mana* consciousness is the birth awareness of every human being, the individual personality and unique traits that makes us who we are. It is also very vulnerable to desires and fears, hence the “defiled-mind” appellation. The *Mana* consciousness can be said to represent our animal side, and the *Alaya* consciousness our spiritual side. It is very important, however, for without it, we would all be abominations, walking collections of dead *vasanas*. It is also referred to as the “body-mind.”

The *Alaya* Consciousness is normally not accessible to the conscious mind, for reasons of safety. The *bijas* do occasionally slip out, as every person knows. To gain use of the knowledge of the A.C., one must open it up and integrate the *vasanas*. This takes work and time. The goal is referred to as *mohalata*, the union of benign Other Memory that protects us from domination by malignant ancestors. Once achieved, a person may experience the highly-desired “simulflow.” This is the awareness without and awareness within that coexist in a person possessed of a waking *alaya* consciousness.

According to the first Buddha, when the *Alaya*-consciousness has been purified, we can achieve awakening, and then the immeasurable light and lifetimes within ourselves can be known. This is a very brief description of the Garland Sutra. We have assumed that this “purification” means integration, and that “awakening” means synthesis and balance. The knowledge of immeasurable lifetimes is obviously what it implies.

Every human is born unique and with a knowledge of self and purpose. We tend to forget it, as we are forced into the forms of social indoctrination necessary to function in our respective societies. However, despite our uniqueness, we also carry thousands and thousands of ego-personas, lifetimes full of memories of all of our ancestors. The normal human mind builds a wall that protects the fragile human ego from these personalities, especially during the first years of life.

The unprotected mind of a child awakened while still in the womb (pre-born) would go insane or worse; become dominated by one or many powerful ancestral memories. This is called *Abomination*. It is with reason and terrible experience that we call the pre-born abomination. The inner lives divide. They split into the benign and the malignant. The benign remain tractable, useful. The malignant appear to unite in one powerful psyche, trying to take over the living flesh and its consciousness. Who knows what lost and damned persona out of our evil past may take over the living flesh? In the old days it was referred to as *Possession*, but many modern scientists prefer the term “*Multiple Personality Disorder*,” or “*Dissociative Identity Disorder*.” Although they are mistaken about the true nature of the condition, this last name is probably the most symptomatically correct. Not all of our ancestors were good people. This is a sober fact that all Reverend Mothers come to understand.

All of us are descendants of people who did nasty things. We don't like to think of barbarians in our ancestry, but they're there. Barbarism is not even the proper word for some of the evil things our ancestors did, the ancestors of all of us. Survival is often achieved at a moral price. Everybody pays. We will strive for mohalata, but we can never forget the debt we owe to life.

What is our goal? To exist in a state of free conversation with all of our ancestors? No. Our goal is to be able to draw on *salient* experience to gain *salient* advice. Even then, we don't want it all the time, only when it is necessary. It will be difficult enough to keep ourselves clean of unwanted influences, let alone integration of other personas. There are many different kinds of Mana-Alaya nexus points (tedah ri-agrimi) where awakening of vasanas may occur and memory sharing becomes possible.

During Conception – All of the ancestral memories of both parents are transmitted to the fetus, (the Moment of Mystery) but the mothers' memories continue to share until birth. During gestation, the fetal mind is protected by the mother from the intrusion of other memory. We do not know exactly how this happens, but we know what happens when it fails. *Abomination*.



Birth-Shock – 99.999% of the time it is the fetal mind awakened by birth shock and all of the other memories, in the instant of birth, are pushed deep into the unconscious. Sometimes, however, one ancestor is reawakened. We call this *Reincarnation*.

Childhood Trauma – The child is usually protected from other memory intrusion by their own emotional firewalls and by their maternal other memory ancestors. Occasionally one or two egos can slip into consciousness when a child is plagued by loneliness. Commonly these children are said to have been “born wise,” or in some cases it is said that they have “imaginary friends.” In cases more severe than loneliness: starvation, war, severe illness and injury, the natural protection against other memory is destroyed and the child is forced into a perpetual state of multi-personal existence. Giving a bad time to an impressionable child, teaching that child not to trust anyone, creates a suicide – either slow or fast, it is all the same. Usually the child turns to drugs and alcohol. Sometimes the damage goes deeper and disturbs the *vasanas*. In mild cases the child may cease to speak for a while until the other memory resolves itself. In severe cases, MPD develops. (Multiple Personality Disorder)

Puberty – Similar to childhood trauma, but the effects tend to be more apparent in girls. The changes are very small and may be non-existent in males, so there is a relatively high frequency of “rites of passage” into manhood for males and relatively low frequency for females. Often this change is explained as “females maturing more quickly than males.”

First Sexual Experience – This is a unique form of sharing that temporarily allows the male and female to coexist consciously. It is an ancient feature of human evolution that helps to cement the bond between man and wife.

War – It is common among soldiers having witnessed firsthand the unspeakable horrors of war to be overcome with grief and shock. During this state, many are flooded with other memory. Sometimes it goes away, sometimes it doesn't. Those who suffer from the unwanted sharing are often recognizable by the “Thousand-yard stare.” Those who are very badly affected may suffer unwanted sharing for decades. This condition is referred to as “Post Traumatic Stress Disorder.”

The Agony – The Agony is a requirement for all Reverend Mothers. It is what differentiates a *sister* from a Reverend Mother. While only women know the mysteries of

the Agony, the process can be roughly described as a controlled removal of the protective subconscious firewall and an integration of all other memory and ego-personalities. This is only possible due to years of training and preparation by the candidate. When the agony is finished and the initial phase of integration is complete, the new Reverend Mother is totally in balance. She has a strong ego-center and an unlimited store of knowledge at her immediate recollection.

Near-Death Experience – Quite often persons who undergo a near-death experience are blessed with a sudden sharing of other memory. The nearness of death gives one a clarity of thought, a penetrating awareness seldom otherwise achieved. It amplifies only that which is required for survival. Many are changed for the better, some even capable of accurate prophecy. Most of them simply die, but with a sense of inner calm visible to all. Some have had conversations with the other ego-personas at length in the presence of the living, but traditionally this was explained as “angels” appearing at the time of death.

Overexposure- Occasionally, a person may be forced to live too long with a parent or grandparent. Sometimes that other memory becomes conscious despite the fact that the parent is still alive. We suppose that the awakening is caused by the constant interaction of the progenitor with their own memorial self. This is usually nothing too serious, but easily recognized in children who resemble their parents in every way to the point of seeming replication. If the child-parent relationship was abusive, however, this condition can lead to a dangerous loss of control, or rather struggle for it. The best example of this would be the fictional Norman Bates in Alfred Hitchcock’s, “Psycho.”

Some would have you believe that the eradication of the ego, the denial of the self, the destruction of one’s own personality is the path to integration. Be warned. This is the path to abomination or at least insanity. There can be no joining with the universal unconscious while a person is still alive. There can be no joining of the mana and alaya during life without losing the mind. You must keep your own alaya nature within yourself and use it your own best advantage, learning from its wisdom.

Occasionally, you will have an “adab,” a demanding memory which comes upon you of itself. This is nothing to worry about. If you are suffering from these daily, then you have Adab Sickness, and you may require some counseling. Usually rest and relaxation will cure it. Nostalgia is another side effect of Other Memory. Often the sense of smell can

ignite vasanal activity. For reasons we do not fully understand, the sense of smell is powerfully influential on the Alaya (storehouse) consciousness.

## The Tarot and Oneiromancy

The tarot is simply a means of divining the hidden desires and purposes of others. The cards provide a consistent and effective means of exposing the unconscious mind of the subject. In this sense, the unconscious mind refers to any and all desires and feelings of which a person is unaware. This may include the Mana and Alaya unconsciousness and that certain percentage of psychic functioning we all possess. (synchronicity)

The cards are used for:

1. Divination
2. Emotional Healing

To a large extent, the cards are arbitrary and the interpretation is straightforward psychology. (Suggestion, projection, association.) Unlike conventional psychology, the cards remove the sterile hostility often associated with medical professionals and the unspoken judgment of the analyst's couch. To be truly effective, a psychological treatment must make use of both art and science. The ancient shamans of our past knew this all too well. Sometimes you need an aspirin. Sometimes you need to laugh. The use of the tarot goes back thousands of years. The secret is that one involves the subject, and allows him to provide his own answers, to utilize his own perceptions, which are always the most accurate, provided he or she is relaxed and has suspended disbelief, allowing a kind of truth-trance to happen.

The truth-trance, like hypnosis, provides a liminal state for the subject to become objective and fearless. The liminal state provided by the willing suspension of disbelief yields many other benefits. It provides quick, easy access to the mana-alaya vijnana, it adds effectiveness to conventional medicine and it opens up an individual to treatment that they might otherwise reject. The tarot provides a drama for the subject to remove his or her own inhibitions, not unlike the dark, anonymous confines of a confessional. The tarot makes use of this drama to point a powerful tool at the subject.

Using a combination of universal symbols (supplied by you in the form of images in the deck) and individual projection (supplied by the subject in their interpretations of those symbols) we create a tablet onto which the unknown, unspoken, secret desires and thoughts of the individual may be seen. Furthermore, knowledge of remote events may be divined by accessing the psychic functions of the mind that are located within the blackness of the subconscious.

How exactly do the cards tell us about the unknown? We don't know exactly, nor do we need to know. If it works, we use it. Humans have a deep desire to classify, to apply

labels to everything, but it isn't always necessary. The supposed randomness of shuffling the deck and choosing cards is actually not random. It is a conduit for the expression of the vasana-wisdom of other memory in us all. The conscious mind sees it as random. Indeed, in the conscious reality, it is random. However, the vasanas exist in the subconscious, and in that place reality is changed. Randomness is only an illusion and the cards are chosen deliberately by the vasanas based upon countless generations of combined wisdom. There are many different kinds of tarot decks. Their cards have different meanings. You should choose one kind of deck and use it exclusively. You will develop your own meanings and understandings of that deck and it will become an extension of your will. You may lay the cards out in any order and pattern you wish, as it is your deck and you are the diviner. If the subject asks you questions or challenges your methods of laying the cards or their meanings, try to explain that each deck is different and works in concert with the diviner. You must remove as much stress and nervousness from the subject as possible. For this reason, the deck should not appear too flashy or intimidating. Classically-styled decks are advised. Furthermore, if the subject wants you to change the layout or meanings of the deck, that is important. There are things to be learned from this. Let him or her change the deck if so desired and learn what meanings and desires this may communicate. In every thing we do, we communicate.

### Oneiromancy

Similarly, Oneiromancy (dream interpretation) can become a subjective translation of raw data. The data comes from indefinable sources and the interpretation can be just as mystifying. Dreams have two basic sources: internal and external. Internal sources reveal emotions and psyche. External sources may reveal data that is received in an unknown manner. The scientific fact of remote viewing is no longer in doubt.

T.P., or telepathy, psychic powers of some degree have been demonstrated and recorded by unimpeachable authorities. As such, she who dismisses potential revelations from this source does so at her own risk. Some people do not believe in the existence of psychic functioning. They are welcome to their beliefs, but be warned: To deny its existence is contrary to science and is in fact, unscientific. Science makes no judgments and has no beliefs. Science only observes and applies its method to its observations. She who doubts without reason is a bakka. (a fool)

To interpret a dream, including you own, one should first inquire about the state of health of the dreamer. Hunger, illness, lack of sleep or alcohol/drug consumption can have powerful effects on dreams. Sometimes they make a person have irrational, violent

dreams, sometimes they weaken a person's resistance to psychic data. So, we need to know the health of the individual, but we do not judge the validity of the dream data based upon that information.

When a person sleeps, the mind continues to work. In fact, devoid of the labors of the waking world, the mind works more efficiently during sleep. New skills are refined and integrated, emotional problems are addressed, puzzles are solved and sometimes messages are received.

To interpret a dream, have the dreamer give you every piece of information that he or she can recall: every detail, every emotion, every thought. (You might want to do this alone so that the dreamer feels less inhibited to speak.)

Every part of a dream has a meaning and every meaning is personal. You must take each symbol in turn and make suggestions as to its' meaning. The dreamer will give you clues and with those clues you may connect the next symbol. The symbol will begin to align themselves and connect to each other. There are some common meanings for dream symbols and they can guide us towards precise personal meanings.

Death indicates a change.

Buildings indicate different parts of ones life depending upon the location or type of building.

Animals may symbolize our own characteristics or family members.

Clothing can indicate mood.

Children may represent a new, happy experience in our lives.

Vehicles may represent our careers.

Other people in our dreams may represent themselves, if we know them, or, if unknown, they may be vasanas.

### Awareness Spectrum Narcotics

Throughout history there have been many examples of social movements drawing solidarity and motivation from the so-called, "Awareness spectrum drugs." These are chemical substances, both natural and synthesized, that give the trained user sensitivity to the inner voice and access to the vasanas.

Historical examples:

The origin of the word "curry" which means "soup" can be traced to Tamil language in South India. Indian legend says that Buddha taught people how to mix nuts and fruits. Some legends say that miraculous element was called "Coorrey", and others that the area, which Buddha (Shaka) first evangelized was called "Curry". Supposedly, Buddha recommended this mixture he concocted from divine inspiration that supposedly gave eternal youth, longevity, clarity of mind and clairvoyance. Here are the ingredients: turmeric, saffron, paprika, chili pepper, white pepper, black pepper, ginger, garlic, mustard powder, cumin, coriander, cinnamon, laurel, octagonal fennel, nutmeg, mace, fennel, all spice, cardamom and clove.

This magical mixture was soon used by people all over India and was eaten as a soup.

Genghis Khan had a love for only one vice: Arrack. Arrack is a potent hallucinogenic brew made from mare's milk. His warriors would often have Arrack orgies on the eve of battle, giving them physical courage and wisdom for the struggle to come. It was a symbolic joining with the horse that carried Khan's warriors across the Mongolian desert. They drank the mare's milk and became the horse, if only for a short while.

The Sisterhood does not need any external stimulants to achieve its goals. The Bene Gesserit has no desire to escape reality, indeed, quite the opposite. We seek to pierce the veil of deception and self-delusion that prevents most people from perceiving reality in its pure state.

In this, and in all things, we seek enlightenment. Enlightenment is simply the removing of all illusion and delusion. There is but one path to Reverend Motherhood; it is the long path of dedication, study of both the world and the self, and perseverance.

Having said that, a dentist administers a sense-numbing drug to withdraw a bad tooth, so it is not unexpected that someone might administer something similar to ease the pain of

the withdrawing our delusion, the destruction of personal pride, of ego, of self-satisfaction.

It is only after a sister has given up her pride, her delusions and the frantic desires of the subconscious that she may sit in stillness and know wisdom that requires no buttress.

Awareness, wisdom, sharing of other memory, the past, present and future in simulflow.

This is what it means to be a Reverend Mother. This is “The Mind at Its Beginning.”

Not everyone will need the drug, as hard work and dedication to the Way will provide without it, but some people will need some “softening up” as they say. There are many brilliant people out there who don’t know how to drink sweet coffee and listen to the crickets when the sun goes down.

After the study is over (which it never really is) many sisters find the use of the ASN to enhance their ability to synthesize their lifetime of knowledge and to settle into a kind of personal wisdom. For this purpose, there are a few substances that, taken in extreme moderation, may be of use.

A drink popular with many Bene Gesserit is the “Mohiam Nightcap.” Here is the recipe:

2 oz. dark rum

1 oz. cream

1/2 tsp powdered nutmeg

1/2 tsp cinnamon

Mix and drink warm.

We always have and always will attempt to make practical decisions based upon the facts. We believe in the freedom of choice for all individuals of an adult age and sound mind. Acceptable narcotics can be taxed to pay salaries or otherwise create jobs for uncaring functionaries and other civil servants who could not survive in the private sector. We do not recommend to anyone the breaking of any laws concerning controlled substances. What choices you make are yours. You will bear all of the responsibility.

If you should have the chance to pursue a prescient vision, remember that prescience does not respond to the desires of the viewer. It obeys no natural laws. One must accept what one experiences and learn from it. Such powers cannot be used from an attitude that prestates aims and purposes.

It is rumored that eating small amounts of fresh peyote is a safe and effective means of accessing the vasanās. This substance is a legal sacrament in the United States for consumption by members of the N.A.C.. (Native American Church)



The inhalation of ebene powder is also supposed to provide clear access to the vasanas and prescience, if the individual is prepared mentally for such a journey.

*Acorus calamus*

*Areca catechu*

*Catha edulis*

*Cannabis sativa*

*Rivea corymbosa*

*Salvia divinorum*

The Test for Humanity (the box)

Two Proctors - Items required: none. Can be performed with an Agony Box, but it is not necessary. One proctor brings the candidate, locks and guards the door. The other proctor will give the actual examination.

Postulant – The candidate is unaware they are being tested until it has begun. It has been suggested that the applicant be slapped upon speaking followed by the order, “Do not smile, do not laugh, do not speak.” This is entirely up to the tester, but it is effective in bringing the applicant quickly into the state of consciousness where they need to be: Emotionally vulnerable and bewildered, to a certain degree. Tell them that this is a serious examination and their absolute attention and focus will be required. Generally speaking, the older and more educated the applicant, the more effective is this tool. With younger applicants it may not be necessary and trust must be maintained. However, if the candidate smiles at any time before the test begins, tell them to leave and they will be notified if and when they may be tested again. You must exert pressure on the candidate from the moment they enter the room. If you feel that the candidate does not fully understand the gravity of the test, you may ask her, “Are you ready?” If she says no, then she may be excused without penalty and allowed to take the test at a later date. If she says yes and you sense that she is speaking the truth, then you may continue the test. Thus, the tester is burdened with many great responsibilities.

The postulant is instructed to kneel in front of the examiner or in a chair in front of the box, which should be covered with a cloth at this time. Then she is instructed to place her hand into the box and warned not to move or remove the hand. (The box is simply an opaque container. Inside the box is a metal plate full of holes. Another plate, covered with tiny needles, is raised up from the bottom of the box until the points are felt by the postulant. These slightly painful points then begin to impart a steadily increasing voltage to the palm, increasing pain and tension in the subject. The rate is controlled by means of a dial on the back of the box.)

Tell her to thrust her arm into the box until her hand is resting upon the *element*. The element is a metal plate that should initially feel cool to the touch. Tell her to keep her hand on the element no matter what happens. Tell her if she removes her hand from the element, she will be finished as a Bene Gesserit. The threat of severe punishment *must be credible*. Remember to go slowly and use as much psychological pressure as you can. Try

to keep the control of the apparatus hidden completely and let the effects seem to be totally under the control of your will.

The design and function of the box are important secrets. If anyone asks, tell them the box is empty and the subject is hypnotized. The surest way to keep a secret is to make people believe they already know the answer. People don't ask questions then. If the secrets become known, the box will become useless for testing and we will have to employ other, potentially more dangerous methods. One reason for secrecy is the rare use of the agony box in interrogations. There is a large question of legality that we would rather not address if we do not have to. As a Reverend Mother you know how to keep secrets, it is your most solemn duty. If the postulant does not believe in the power of the test, then the test is a meaningless game. Once the postulant has been informed of the rules, the test must be completed. You must make absolutely certain she understands the rules of the test! Do not laugh or extend any sympathies to the candidate. If she removes her hand or moves after this point, she fails and ceases to be Bene Gesserit.

The second phase of the test is inducing, by means of hypno-induction, or nerve induction, a state of fear in the postulant by suggesting that her hand is burning. Pain and fear are increased steadily and surely until the Proctor is satisfied with the Postulants' ability to overcome her own fear. After all, pain is the axis of the test, not the test itself. The test is crisis and observation. Crisis and Observation: We observe her in pain to determine her humanity by her ability to override any nerve in her body. If she cannot control her most powerful instincts, then she is not truly Human.

As the voltage and pressure increase, the proctor should use some sparing remarks to increase the pressure in the subjects' mind. The following is only a suggestion:

"There is no shame in being scarred. The burn scars on your hand will become a part of you. I know it hurts, but even the punctures in your skin will heal quickly and the marks will fade in a few years. A Bene Gesserit must not be vain. A good scar is the perfect reminder we all need to keep us in touch with the sharp edges of reality."

The test for Humanity can take many forms, so let your senior Sister decide the best form. In any event, a great deal of non-injurious pain is required. It must be something that makes the Postulant question herself at a very deep level. If she can withstand the pain and humiliation with grace and self-control, then she has passed. In any case, the ordeal is to be kept a secret by all parties involved.

### Conversations with Death

Death comes to us all. There is no escape for any of us. No matter how smart or skillful, we all must travel to the next world. An accident can strike down even the most capable warrior. Illness can take you in the prime of life. A Bene Gesserit is not a debutante who has been thoroughly educated in clean schoolrooms yet is unfamiliar with the dirty world. It is no sin to begin that way, but you cannot do your duty in such an ignorant state. As an Acolyte you will receive this teaching.

Only those who come to know death can appreciate the meaning and value of their own lives, the preciousness of every moment. You have to appreciate life before you want to preserve it. Women know this more often than men because birth is the reflection of death.

Without anguish of the spirit, which is a wordless experience, there are no meanings anywhere. The lesson is simple enough. Learn the nature of death. Feel free to read about the death process: physical, social and psychological. When you are done reading, you must go to the morgue and observe an autopsy. It is best to go as a group and observe for the sake of science. Death, the word, and death, the corpse, are two very different things. It is for this reason we say that you should never count a human dead until you have seen his body. Even then you can make a mistake.

This knowledge of death will free you. To suspect your own mortality is to know the beginning of terror; to learn irrefutably that you are mortal is to know the end of terror. If you have any doubts about this knowledge, spend some time visiting with hospice patients.

You will never meet people with better vision.

Section 6  
In Conclusion

### A Final Word

If you focus your awareness only upon your own rightness, then you invite the forces of opposition to overwhelm you. This is a common error. I have made it. This manual and all manuals are but suggestions for a beginner. Learning never ceases until death, for the cessation of learning *is* death. Keep going until the end. Synthesize all of your abilities into one constant Bene Gesserit existence.

Furthermore, don't think that the reading or hearing of knowledge is, in and of itself, knowledge. Schooling in a Bene Gesserit environment never stops. You must live in the real world in order to be educated in reality. Confine yourself to observing and you always miss the point of your own life. The object can be stated this way: Live the best life you can. Life is a game whose rules you learn if you leap into it and play it to the hilt. Otherwise, you are caught off-balance, continually surprised by the shifting play. Non-players often whine and complain that luck always passes them by. They refuse to see that they can create some of their own luck.

So go create. Build the Sisterhood one good person at a time and do good works for all humanity. It is my fervent hope that you tear this manual to shreds and rewrite it in your own words, branded with your own spirit. Never be too concerned with the approval of this Manual nor the Council. Any true creation is independent of its creator. The ultimate truth of a human is his or her ability to choose to be different from his or her parents, to live a different life, to believe something different. The moment always comes when a Bene Gesserit must trust her own training and instincts. Make yourselves into lights. In the traditional farewell of one Bene Gesserit to another, let me say this:

Perhaps death will not part us.

## Bene Gesserit Training Manual

### Community Service Record (Copy for use)

Date:

Location:

Total Hours:

Sponsoring Organization:

Supervisor:

Telephone:

Nature of Service:

## Bene Gesserit Training Manual

### Promotion Certificate (Copy and enlarge for use)

In the name of our Order and its unbroken Sisterhood, this record has been judged reliable and worthy of entry into the Archives of Chapter House.

\_\_\_\_\_ has met or exceeded all of the requirements  
and duties set forth in the manual for the rank of  
\_\_\_\_\_.

We Sisters of the Chapter located in \_\_\_\_\_,  
ask the Council to acknowledge her promotion and keep a record of it in the Archives.  
Proper documentation has been provided and copies will accompany this application.  
Signed,  
(All Sisters in the Chapter are required to sign)

Date: \_\_\_\_\_



## Bene Gesserit Training Manual

### Biographical Data Sheet

Name:

Age:

Rank:

Location:

Background, skills, special interests:

Vision for the Sisterhood: