

# **Mass Formation: The Psychology of Totalitarianism**

## **A Special Interview With Mattias Desmet**

### **By Dr. Joseph Mercola**

#### **Dr. Joseph Mercola:**

Welcome everyone. Dr. Mercola helping you take control of your health. And today we are joined by one of the major thought leaders in these challenging times we've gone through the last few years, and that's Mattias Desmet. He is a professor of clinical psychology at the University of Ghent in Belgium. And many of you may recall his work being heavily promoted by Dr. Robert Malone, who radically popularized it when he was on a Joe Rogan podcast, believe in New Year's Eve, which if you don't recall, was seen by at least 50 million people.

And during that podcast, he discussed Dr. Desmet's concept of mass formation. And interestingly, shortly after that, no surprise that term, "mass formation," was very popular in the Google search engine. And then interestingly addition to that, Google decided to immediately, I guess, shadow-ban or gaslight, or both of them, that term. And they basically totally manipulated the search engine results for that and attempted to discredit the concept and Dr. Desmet.

#### **Dr. Joseph Mercola:**

You give it the term "mass formation," and that seems to be a clinical term, but it's certainly useful in conveying the concept. But, I think, for most of us watching it, I think if we could just simply substitute the word "Hypnosis," we would be right on target. And that's what they've done. And I'm just really looking forward to dialoging with you about some of the ways they've done this, sort of repeating some of your foundational premises, and then loads of questions that relate to things I haven't seen you discuss previously on podcasts, but that relate to the technology and the advancements of the technological capacities that have really only occurred in the 21st century. Because, much of your work, I think, accurately reflects back to the tyranny that have developed in the past, specifically in Russia and in Germany. And you reference Hannah Arendt's work so much that I decided to get a copy of her book and read it, and I couldn't get all the way through it, because your book was so much better.

#### **Dr. Joseph Mercola:**

You've written your new book is, "The Psychology of Totalitarianism," I believe.

#### **Mattias Desmet:**

Exactly. Yes.

#### **Dr. Joseph Mercola:**

Yeah. So, it is brilliant. It's so much easier to read than Hannah's book, and it's so much more current, and it just makes a lot more sense. She's good for the basis and, I think, it seems like you extracted a lot of the principles from her pioneering work, but you really have done a magnificent job on it. So, with all that preface, I want to welcome you and thank you for joining us.

**Mattias Desmet:**

Oh, thank you very much for inviting me. Yes.

**Dr. Joseph Mercola:**

Yeah. So, I guess, maybe if you could – you also have a master's degree in statistics, although you're not a statistician. But, that really, I guess, flavored your views as we entered into this pandemic, and really helped you understand that this we were dealing with just irrational viewpoint. So, why don't you share with us what motivated you to really bring this concept that I think is so desperately needed to help people that can be helped, who aren't hypnotized, to understand that we need to learn from history. And you provided an incredible historical context that can accurately predict the future.

**Mattias Desmet:**

Yes. In the beginning of the Corona crisis, so back in February, 2020, I started to study the statistics a little bit on the mortality rates of the virus and the infection fatality rates, the case fatality rate, and so on, and immediately I got the impression, and with me actually several world-famous statisticians, such as Dr. John Ioannidis of Stanford, for instance, to name only one.

So, I immediately got the impression that like the statistics and the mathematical models that were used dramatically overrated the dangerousness of the virus. And in the beginning of the crisis, I immediately, from the first week on of the crisis, I wrote an opinion paper trying to bring some of the mistakes to people's attention. But I noticed immediately that people just didn't want to know. It was as if they didn't see even the most blatant mistakes at the level of the statistics that were used, that people just were not capable to see it.

**Mattias Desmet:**

And one way or another, I decided quite early, in an early stage, that I should focus on the psychological mechanisms that were at play in society. And as I lectured since five or six years about a mass formation, and the specific effects of mass formation, which is actually a specific kind of group formation, I noticed, I think from May 2020 onwards, I got the impression that what we were dealing with in society was a large scale process of mass formation indeed.

So, I tried to describe that process of mass formation in such a way that many people could understand it. And this process of mass formation indeed, the most salient characteristics of it, or for instance, that it makes people radically blind for everything that goes against the narrative they believe in.

**Mattias Desmet:**

So, mass formation is like a kind of group dynamic that emerges in society under very specific conditions, and it has very strong effects at the psychological level. And one of the most crucial is that it makes people completely blind for everything. It makes people incapable of taking a critical distance from what they believe in. And then also another very specific characteristic is that this process of mass formation makes people willing to radically sacrifice everything that is important to them, even their health, their wealth, the health of their children, the future of their children.

When someone is in the grip of a process of mass formation, he becomes radically willing to sacrifice all his individual interest for instance. And then a third characteristic to name only a few is that once people are in the grip of a process of machination, they typically show tendency to commit cruelties towards the people that do not buy into the narrative, or do not go along with the narrative.

**Mattias Desmet:**

And they typically do so as if it is an ethical duty. And in the end, they are typically inclined first to stigmatize and then to eliminate, to destroy, the people who do not go along with the masses. And that's why it is so extremely important to understand the psychological mechanisms at work. Because, if you understand the mechanisms at work, you can avoid the mass formation to become so deep that people reach this critical point in which they really are fanatically convinced that they should destroy everyone that does not go along with them. So, it's extremely important to understand the mechanism. If you understand it, you can make sure that the crowd, the mass, will first destroy itself, or will exhaust itself, before it starts to destroy the people that do not go along with the mass.

**Mattias Desmet:**

So, it's of crucial importance. And that's actually what my book describes. It describes how a mass, or a crowd, emerges in a society under which conditions it emerges in a society, what the mechanisms of the process of mass formation are, and what you can do about it. That's extremely important. I will mention this from the beginning. Usually it is impossible to wake up the masses.

Once a process of mass formation emerges in a society, it's usually extremely difficult to wake the masses up. But, that's important. You can avoid that the masses and their leaders become so fanatically convinced of their narrative, that they start to destroy the people who do not go along with them. So, that's crucial, I think. And it's all depends. And in order to really understand what we can do, you have to understand the psychological mechanism as well as possible.

**Mattias Desmet:**

And then you will see that actually mass formation, as you mentioned already, is identical to hypnosis. It's not similar. It's identical. Mass formation is a kind of hypnosis. And in the full technical, psychological, sense of the word, it's hypnosis, and a kind of hypnosis emerges on the very specific conditions. And that's exactly what happened for instance in the Soviet Union, in Nazi Germany, which were examples of a totalitarianism from the early 20th century.

A totalitarian state is something radically different from a classical dictatorship for instance. And the main difference is situated at a psychological level. A classical dictatorship at a psychological level is very primitive, is just society that is scared of a small group dictatorial regime because of its aggressive potential.

But, a totalitarian state, which was radically new in the 20th century, it didn't exist. Totalitarian states didn't exist before a 20th century. A totalitarian state is based on a completely different psychological mechanism. It's based on mass formation, which is a hypnosis, which emerges under very specific conditions, which were met just before the emergence of the Soviet Union and Nazi Germany, and which were met again even more just before the Corona crisis. So, that's

so typical. It's a different kind of totalitarianism now, it's not the same, it's a technocratic totalitarianism. But, the basic psychological dynamic and mechanism is the same. It's mass formation.

**Dr. Joseph Mercola:**

So, you had mentioned the tendency towards cruelty and inhibitions to that really removed when they're in the mass formation. And I reflect on some of the things that happened, and was literally shocked to see the behavior of some of the people attempting to enforce these mandates and such they were literally doing more harm than they were trying to prevent. They were injuring and just cruel, violent behavior to hitting people who weren't wearing masks with clubs. They were killing someone when they were just so convinced to the narrative.

And it seems like one of the most astonishing aspects of the mass formation is the abandonment of the critical thinking skills. That if they had just looked at objectively, they could see that there was irrational behavior and there's just no way they could justify what they were doing. But just because of this, this hypnosis, they just engaged in the behavior, which is just – from someone who's not familiar with what's going on, it's literally shocking.

**Mattias Desmet:**

Yeah. It is. Yes. It is. I think mass formation, in the first place, is a process that is effective in nature, not so much cognitive. And once you understand that, you also understand why people become so fanatic during mass formation. Maybe do we have some time to go a little bit into the details of the-

**Dr. Joseph Mercola:**

Oh, sure. Absolutely. Sure.

**Mattias Desmet:**

So, as I mentioned, mass formation emerges in a society when very specific psychological conditions are met. And the most crucial condition is that many people should feel socially isolated or lonely. There should be many people that stopped resonating with their natural and social environment. And for instance, just before the Corona crisis, the number of people that felt lonely was extremely high, probably higher than ever before in history.

Thirty percent of the people worldwide reported in a Gallup world poll that they did not have one meaningful relationship and that they only connected to other people through the internet. So, that's one important aspect, one important condition that was met. And then once people feel socially isolated, something else will happen. They will typically start to be confronted with experiences of lack of meaning-making. That makes sense. It's logical.

**Mattias Desmet:**

Just because people are social beings and if the bond with the other deteriorates, they will typically start to experience the lack of meaning-making. And that's also, that was also extremely high, the number of people who experience lack of meaning-making was extremely high. 60% of the people worldwide, for instance, reported before the Corona crisis, that they considered their

own job to be completely meaningless. That were the so-called bullshit jobs described by David Graeber in his book "Bullshit Jobs."

And only 15% of the people worldwide reported that they considered their job meaningful. The rest was somewhere in between. And once in this condition of the lack of social bond and a lack of meaning-making, people are typically confronted with what we call "free-floating anxiety, frustration, and aggression." That means anxiety, frustration, and aggression, that are not connected to mental representations, meaning that people feel anxious, but they don't know what they feel anxious for.

### **Mattias Desmet:**

They feel aggressive, frustrated, but they don't know what they feel aggressive for, or what they feel frustrated for. And that's typical condition. Social isolation, lack of meaning-making, free-floating anxiety, frustration and aggression, is highly aversive, because if people feel anxious, but without knowing what they feel anxious for, they typically feel out of control. They feel they cannot protect themselves from their anxiety. And under these conditions, something very typical might happen.

If under these conditions, a narrative is distributed through the mass media, indicating an object of anxiety, and at the same time, providing a strategy to deal with the object of anxiety, then all this free-floating anxiety might connect to the object of anxiety. And there might be a huge willingness to participate in a strategy to deal with the object of anxiety, no matter how absurd the strategy is. Even if it is clear from the beginning for everyone who wants to see it, that the strategy to deal with the object of anxiety might claim much more victims than the object of anxiety itself.

### **Mattias Desmet:**

As was the case, I think, in the Corona crisis, even then there might be this huge willingness to participate in a strategy to deal with the object of anxiety. That is the first step of every major mechanism of mass formation. Whether it concerned the Crusades, or the witch-hunts, or the French Revolution, or the beginning of the Soviet Union or Nazi Germany, we see the same mechanism time and time again, there is a lot of free-floating anxiety.

Someone provides a narrative which indicates an object of anxiety and a strategy to deal with a narrative. And then all the anxiety connects to the object of anxiety. People participate in a strategy to deal with the object of anxiety that yields a first important psychological advantage. From then on people have the impression that they can control their anxiety. It's connected to an object and they have a strategy to deal with it.

### **Mattias Desmet:**

And then in a second step, something even much more important happens, because many people participate in a strategy to deal with the object of anxiety, a new social bond emerges. So, people have the feeling, symptomatically, that they are no longer lonely, that they are no longer isolated. And that's the real reason. This leads to a kind of mental intoxication, a kind of new connectedness, which is the real reason why people buy into the narrative, no matter how wrong it is. Even if it is utterly absurd, they'll continue to buy into the narrative because it creates this new social bond.

And in one way or another, we could say, "Is that a problem, because people felt lonely and now they feel connected again?" Yes, it is a problem, because all this free floating frustration and aggression needs to be directed at someone. And that's always directed at this part of the population that doesn't want to go along with the narrative. And a second problem, even much more problematic, is that there's new social bond that emerges in the masses, or in the crowd, is not a social bond between individuals.

**Mattias Desmet:**

It's not a social bond between individuals, it's a social bond between every individual, separately and the collective. Meaning that in a mass, people feel a fanatic solidarity. That's typical for masses. A fanatic citizenship. But it's never a solidarity towards individuals, it's always a solidarity towards the collective. And that explains for instance, why during the Corona crisis, everybody was talking about solidarity.

But, people accepted that if someone got an accident on the street, you were no longer allowed to help that person, unless you had a surgical mouth mask and gloves at your disposal, which almost nobody has. That also explained why while everybody was talking about solidarity, but the elderly people accepted that if their father or mother was dying, they were not allowed to visit them. So, that's this strange solidarity that exists in a mass or a crowd.

**Mattias Desmet:**

It's not a solidarity with other individuals, it's always a solidarity of the individual towards a collective. And that in its term explains why totalitarian state states, which are always based on mass formation, always end up in a radical paranoid atmosphere in which people absolutely do not trust each other anymore, and in which people are willing to report themselves and their loved ones to the government.

So, that's the problem with mass formation. It's solidarity of the individual with the collective, and never with other individuals. That explains why has happened during the revolution in Iran, for instance. I talked with a woman who lived in Iran during the revolution, which was actually the beginning of a totalitarian regime in Iran. And in which she witnessed with her own eyes, how a mother reported her son to the government, and how she hung the rope around his neck just before he died, and how she claimed to be a heroine for doing so. That's the dramatic effects of mass formation.

**Dr. Joseph Mercola:**

I don't think you could describe a more horrifying, despicable behavior than a mother killing her son. If you can reach into the mind and cause that type of behavior, you've got a very powerful tool.

**Dr. Joseph Mercola:**

So, now you had mentioned earlier that totalitarianism really only existed in the 20th century, not before then. So, I'm wondering if you can compare things a bit, because the value of learning from history is enormous. As I mentioned, it helps us really get the tools so that we can prepare ourselves for the future. But, I'm wondering if the totalitarianism from last century isn't dramatically different from what we're experiencing now.

**Dr. Joseph Mercola:**

And in two ways. One: Is that it seemed to be isolated in specific countries, and even in the earliest part of the 21st century, as you mentioned, in Iran. But, there's two things that seems to have changed. One is the exponential explosion of the advancement of technology. It literally doubles every year or two, what we're able to do. So, that increase in technological proficiency allows us much more sophisticated and capable tools of influencing this mass formation, the ability to hypnotize people, far more effectively they did when literally in Germany and Russia, all they had was radio. That was it. And newspapers.

**Dr. Joseph Mercola:**

But, now we've got social media, and this consistent barrage, but control of the mainstream media, literally. So, that's one. And one is – let's address the technological component first. Do you think that has made a significant difference? And it seems like it's so much more effective. And it can lead into what my next question would be was: Emerging from the single country totalitarianism to essentially a global totalitarianism, which it seems like we're on the accelerating path to that being achieved.

**Mattias Desmet:**

Yes. That are two most important differences, of course. But, I think that, indeed. I think the basic mechanism is the same thing.

**Dr. Joseph Mercola:**

Right.

**Mattias Desmet:**

The basic mechanism, totalitarian regimes always use indoctrination in propaganda in the first place. And then in a third place, they often use terror. But, the first and most important strategy of totalitarian regimes is always to use indoctrination and propaganda intuitively or consciously. It depends. Like Stalin did it in a very intentional, conscious way, Hitler in a little bit more intuitive way. But, then in both cases, totalitarian regimes always realize that their grip on the population is a psychological grip in the first place. And that's why they have to maintain a kind of hypnosis through indoctrination and propaganda by infusing the voice of the leaders in the population constantly.

**Mattias Desmet:**

So, that's what's happening. And actually that's so important to understand that it is a kind of hypnosis. So, what is hypnosis? In hypnosis, when a hypnotist hypnotizes someone, in the first step he detaches, he withdraws the attention of someone from reality, from the environment. And then through his hypnotic suggestion, he focuses all the attention on one single point. And I think it's important to understand that mechanism a little bit in order to answer your question.

So, in the first stage, the hypnosis withdraws the attention of someone from the environment, and then through his hypnotic suggestion, so which is like actually a simple narrative he articulates in front of the hypnotized, he focuses all the attention on one small aspect of reality. For instance, a pendulum that moves before the eyes of the hypnotized, or just a narrative or his voice.

**Mattias Desmet:**

And then once this happened, it seems as if reality doesn't exist anymore for the hypnotized person. And this to an extreme extent, and to give the people who are listening an idea of the strength, the power of this mechanism, we can look at when hypnosis is used to make people insensitive to pain during surgical operations. A really simple hypnotic procedure in which a physician or a hypnotist focuses the patient's attention on a small aspect of reality is sufficient to make someone radically insensitive to pain to this extent that the surgeon can cut through the skin, the flesh, and even straight through the breast bone to perform an open heart operation without a patient noticing it.

So, that shows how incredibly strong this focusing of the attention is. And that's exactly what happens during a mass formation. First, there is this period in which the population starts to feel socially isolated, in which all the emotions, the psychological energy, is withdrawn from the environment, from population.

**Mattias Desmet:**

And then suddenly, as I just explained, there is this narrative in the mass media, which focuses all the attention, for instance, on the Jews, but also on the coronavirus, or on the anti-vaxxers. And then once all the attention is focused on this one point, the rest of reality seems not to exist anymore.

So, that's what is happening. So, for instance, no matter how many victims the Corona measures claim, people starving, children starving in developing countries, and so on, this won't have a psychological impact anymore because the attention is focused on this one point of reality. So, once we understand that, and need to understand that, that's why all this propaganda and all this indoctrination is constantly used just because the totalitarian regime feels that it has to keep people in the process of mass formation.

**Dr. Joseph Mercola:**

Can I interrupt you for a moment, because I just have such an apt example to illustrate that point so effectively. And it has to do with those who are dying from the side effects of the vaccine. And there are many. There are some projections that it's over million right now. But, it just shocks me and I've seen it hundreds and hundreds of times, and not personally, but read reports in the media, that someone prominent a celebrity or something will get the vaccine, and literally within a day or two, die. And their friends and family are convinced it is absolutely unrelated and just a coincidence. And it probably would've been worse if they had not been vaxxed.

**Mattias Desmet:**

Yes.

**Dr. Joseph Mercola:**

Absolute divorce from any critical thinking skill. And it just so powerfully exemplifies what you just said. It's the classic example.



**Mattias Desmet:**

Yes, it is. I experienced the same several times. And even while I know the mechanisms at work, I'm still baffled every time it happens-

**Dr. Joseph Mercola:**

It's hard not to be.

**Mattias Desmet:**

Yes. I just almost can't believe what I see. I know someone whose husband died a few days after the vaccine, during his sleep, from a heart attack. And I thought like, "Now she will open her eyes, wake up," [crosstalk 00:29:16]. Not at all. Not at all. Not at all.

She just continued in the same fanatic way, even more fanatic. Talking about how happy we should be, because we have this vaccines and stuff. Unbelievable. Yes. And indeed, now we are confronted with the kind of totalitarian phenomenon, and the phenomenon of mass formation, which is worldwide, and which has no external enemies anymore. I think at the same time, that's a disadvantage and an advantage for the people who do not go along with the narrative, who are not into the process of mass formation.

**Mattias Desmet:**

It's a disadvantage, because of course the totalitarian system which is worldwide cannot be destroyed by external enemies. That's a disadvantage. For instance, Nazi Germany was destroyed by external enemies. That cannot happen anymore now. But, in several respects, it's also an advantage, because totalitarian states always need an enemy. They always need an enemy. That's something that was very well-described by George Orwell in "1984," for instance. In order for the process of mass formation to continue to exist, you always need an external enemy.

And at the same time, like internal, the resistance from within the totalitarian state, also can be very efficient. It can be very efficient. And that's so crucial. We have to realize that. Resistance from within a totalitarian system always has to stick to the principles of nonviolent resistance. That has been remarked time and time again. Time and time again, people who studied mass formation have remarked that nonviolent resistance, for instance, Hannah Arendt talked about it very extensively.

**Mattias Desmet:**

That nonviolent resistance is very efficient from within as a kind of resistance from within. And the first and foremost principle, the resistance has to stick to, during a process of mass formation and emerging totalitarianism, is that people who do not go along with the masses have to continue to speak out. That's the most crucial thing. And you can easily understand that. As totalitarianism is based on mass formation, and mass formation is a kind of hypnosis, the mass formation is always provoked by the voice of the reader which keeps the population in a process of hypnosis.

And when dissonant voices continue to speak out, they will not be able to wake the masses up. And that's crucial. That's really crucial. They will not be able to wake the masses up. Someone like Gustave Le Bon described this already in the 19th century. They will not be able to wake the masses up, but they will constantly disturb the process of mass formation.

**Mattias Desmet:**

They will constantly disturb, interfere, with the hypnosis. And Gustave Le Bon for instance, described this already in the 19th century, that if there are people who continue to speak out, the mass formation will usually not become so deep, that there is a willingness in the population to destroy the people who do not go along with the masses. That's crucial. And that's also historically speaking, if you look for instance, at what happened in the Soviet Union and in Nazi Germany, it's clear that it was exactly at the moment, the resistance or the opposition, stopped to speak out in public space, that the totalitarian system has started to become cruel. For instance, in 1930 in the Soviet Union, the opposition stopped to speak out, and within six to eight months, Stalin started his large purges, which claimed tens of millions of victims. And then in 1935, exactly the same happened in Nazi Germany.

**Mattias Desmet:**

The opposition was silenced, or stopped to speak out, preferred to go underground. They were thinking that they were dealing with a classical dictatorship, but they were not. They were dealing with something completely different. They were dealing with a totalitarian state. And by deciding to go underground, it was a fatal decision for themselves.

So, also in Nazi Germany, within a period of one year after the opposition stopped to speak out in public space, the cruelty started, and the system started to destroy, first, its opponents. That's always the same. In the first stage totalitarian systems or the masses start to attack those who do not go along with them. But, after a while, they just start to attack and to destroy everyone, group after group. And the Soviet Union, where the process of mass formation went very far, much further than in Nazi Germany.

**Mattias Desmet:**

We first noticed, we could first observe, that Stalin started to eliminate the aristocracy, the small farmers, the large farmers, the goldsmiths, the Jews, all people who according to him, would never become good communists. But after a while, he just started to eliminate group of the group without any logic, just everyone. So, that's why Hannah Arendt said that a totalitarian state is always a monster that devours its own children. And that typically, that destructive process, starts when people stop to speak out.

That's probably the reason why in the beginning of the 20th century, there were several countries, a lot of countries actually, where this was this mass formation. But, where there was never a full-fledged totalitarian state, probably because there were enough people who didn't shut up, who continued to speak out. That's something that is so crucial to understand. And when a mass formation emerges, people who try to speak out typically feel [inaudible 00:35:41], of the feeling that it doesn't make sense to speak out, because people don't wake up.

**Mattias Desmet:**

And then because people don't seem sensitive to their rational counter arguments. But, we should never forget that's so important that speaking out has an immediate effect. Maybe not that it wakes the masses up, but that it disturbs the process of mass formation and the hypnosis. And in that way, prevents the masses to become highly destructive, literally destructive, towards the people who do not go along with them. And in that's case, something else happens. The masses

start to exhaust themselves. They start to destroy themselves before they start to destroy the people who do not go along with them. So, that's the strategy to be used for internal resistance towards totalitarian.

**Dr. Joseph Mercola:**

Okay. Can I stop you there? Because, I wanted to tie that together with my earlier question, which you really didn't address, which was the technological advancements in the 21st century relative, [crosstalk 00:36:48]-

**Mattias Desmet:**

Yes.

**Dr. Joseph Mercola:**

-20th. And it relates to your most important principle, which is to speak out, no argument. I think that is crucial and critical. But, it ties back to my earlier question though, and the fact that much of our communication, our ability to speak out, is not so much in groups locally, where we live. The average person doesn't even know their neighbor. So, typically the communication is through the internet and virtual.

So, now we've got this 21st century technology of the internet that has allowed the government and the modern mainstream media to essentially control that, and censor that speaking out. So, entire groups of individuals, myself included and many others, have been deep platform and our voices discredited. So, they get the mainstream media going 24/7, same lies that support their narrative, and really limit the ability of that speaking out to be heard by the masses. So, in my mind, it seems that the ability to implement this, that really important aspect of speaking out, has been throttled back and limited so much because of the advancement of technology.

**Mattias Desmet:**

Yes. I think up until now, it works in two directions. Indeed, as you've said, the mainstream now has a machine to disseminate-

**Dr. Joseph Mercola:**

Yeah. Last week we got the Ministry of Truth to dis-

**Mattias Desmet:**

Yes. [crosstalk 00:38:21]. Absolutely. So, they have a machinery now that of which the Nazis and the communists could only dream of, that's [crosstalk 00:38:31] much more powerful now. But, I think, up until now, it goes in two directions. Also, the people who want to go against the narrative also have means at their disposal. We have social media and stuff through which we can also speak out in a much more effective way. And my intuition tells me that within a period of a few years, we will be banned from social media if we do not buy into the narrative, I think, we might be-

**Dr. Joseph Mercola:**

That's happening now. It's not two years-

**Mattias Desmet:**

It's happening now to a certain extent. It's happening now to a certain extent that it'll happen even more radically, I think. In Europe, here, the government might introduce the so-called "European Digital ID." I don't know if you're familiar with that, but it's like a kind of QR code, which centralizes all the information of an individual, the financial, the judicial, of the health information, and so on, on one-

**Dr. Joseph Mercola:**

Yeah. It's the precursor to the CBDCs (central bank digital currencies).

**Mattias Desmet:**

Yes. It's yes.

**Dr. Joseph Mercola:**

[crosstalk 00:39:45] right before it. Yeah.

**Mattias Desmet:**

It is. So, we might be banned more radically from social media. But, at the same time, I think in that case, we will have to continue to speak out, but in a different way. In the real world, wouldn't as well as it works. And I think it will work, because we should not forget that while we are speaking out now on the internet, we have an effect around the globe. So, that's important. But, at the same time, when you talk in the real world, your voice has a different effect. It has a-

**Dr. Joseph Mercola:**

What do you mean by the real world?

**Mattias Desmet:**

When we talk to someone just face to face-

**Dr. Joseph Mercola:**

Face to face, okay. That's what I thought you meant. Okay.

**Mattias Desmet:**

In the real world, a real conversation has different effects. It has much more a resonating effect. People often tell me that if they attend the lecture of me, that they experience my speech in a different way than if I talk through the internet. The internet is extremely helpful and extremely efficient to spread [crosstalk 00:40:48] information, is extremely efficient to do so. But, maybe at the level of the resonance of the voice, and at the level of the deep, physical effect of speech, that we might have more and more profound effects when we talk on the real world. So, you'll have to find out how we-

**Dr. Joseph Mercola:**

That's a very good point. Very good point.

**Mattias Desmet:**

Yeah. So, it'll be difficult. Of course, it'll be difficult, because we are facing the emergence of a technocratic state, a technocratic system. It'll use all means and all its power, I think, to try to impose itself to society. So, it'll be a difficult time, but we should accept a challenge. And no matter how, continue to speak out. And I'm sure in that case that we will be able to prevent that the same happens as happened before in history. But, we will have to be prepared of course, to lose some things. Yeah. We will probably not be able to avoid that. No.

**Dr. Joseph Mercola:**

So, that's such a crucial point. I think the fact that as I was listening to you, answered my question, it occurred to me that, yes, indeed there are newer platforms, that have merged since essentially YouTube has been eliminated as, for almost, over 90%, 95% of people who seeking to speak against the narrative. So, there's other emerging platforms like BitChute and Rumble, and some other video platforms, that this message can be spread. So, that is useful. But, it's important to meet together with people locally, and in person, in real life, and share this message.

But I'm wondering, because I just have not heard you, I'm sure you've done it in previous interviews, I haven't seen you mention it, but I wonder if you could comment on the numbers. If we divide the population into three groups. One group is absolutely hypnotized, there is nothing you could ever say to get them out of that hypnosis. It's literally physiologically impossible. Then there's the people who have not lost their critical thinking skills. And the group in the middle. So, I've heard experts say it's 30% of each of the two groups, and the group in the middle is 40%. What would you put the numbers at?

**Mattias Desmet:**

It depends on the stage of the process of mass formation, I think, but definitely in the – I think it's 30% who are really in the hypnosis, in the mass formation, who really believed the narrative, you could say. And then about 60% who feels that there is something wrong with the narrative, but who will-

**Dr. Joseph Mercola:**

Wow.

**Mattias Desmet:**

Yes. It's a lot. That's a lot. Usually-

**Dr. Joseph Mercola:**

But, it's only 10% that didn't buy it.

**Mattias Desmet:**

No, it's a small group. Yes. It's a small group.

**Dr. Joseph Mercola:**

I did not realize it. That is surprising. I thought it was higher. Wow.

**Mattias Desmet:**

No. It depends. No, usually not. It's like psychological experiments also show this number-

**Dr. Joseph Mercola:**

Wow.

**Mattias Desmet:**

Yes. This percentage. And also extremely important is that also the public leaders of the masses. So, the people who pronounce the hypnotizing narrative in public space usually are hypnotized themselves. So, that's extremely important. That's something that is very well-described by Gustave Le Bon. He says that the leaders of the masses – and we are talking then really about the people who articulate a narrative in public space.

So, not the people who maybe manipulate things from behind the screens. But, in the first place, the people in public who articulate the narrative that leads to the mass formation in public space, they usually are hypnotized themselves, or Gustave Le Bon said, without exception, you can never hypnotize a mass, or you can never provoke a process of mass formation if you do not fanatically believe of, and that's important, extremely important.

**Mattias Desmet:**

The people who lead the masses fanatically believe in the ideology they promote. So meaning that, for instance, in this situation here in the Corona crisis, the underlying ideology of the people who are in charge here is transhumanism, I think. People who promote these narratives believe that in order to overcome the problems we are facing, maybe climate change, or the terrorism, or [crosstalk 00:45:45] coronavirus, it's all the same, we have to reshape society from a democracy, into a technocracy.

For all kinds of reasons they believe that the future is ready for a technocratic state system. If you want to, someone like Yuval Harari, describes this very well in his book, "Homo Deus," for instance. So, people believe that only the transhumanist technocratic ideology can save the world and that's how a society should be reshaped.

**Mattias Desmet:**

And now that's important. Most people who lead the masses, who articulate this narrative, fanatically believe in the underlying ideology, transhumanism, technocracy, but a part of them doesn't believe a single word of the narratives they use. They consider the narratives they use, for instance, the climate narrative, or the Corona narrative, they consider the narratives they use, purely as a kind of justified manipulation of the population to convince the population to accept all the societal changes that have to happen in order to install this transhumanist technocratic system.

So, that's important. They fanatically believe in the ideology, but quite often they absolutely don't believe the narratives they use to convince people to accept the ideological changes they promote. So, the better you understand that the better you know that it's also extremely important towards the leaders to continue to speak out, because also the leaders will become much more fanatic if there is no counter argumentation anymore, if there is no dissonant voice anymore.

**Mattias Desmet:**

So, yes. So, in the end, what is the ultimate challenge is to try to show people that not so much that the coronavirus was not as dangerous as we expected, or that [inaudible 00:48:04], that the narrative is wrong, but is of crucial importance to show people that this ideology is problematic. This transhumanist and this technocratic ideology itself is a disaster for humanity.

So, this mechanistic thinking, this belief that the universe and man is a kind of material/mechanistic system, which should be steered and manipulated in a mechanistic technocratic transhumanist way. That's the ultimate challenge. To show people that in the end, such a transhumanist view on man and the world will imply, or will entail, radical dehumanization of our society.

So, I think, that's the real challenge we are facing. Showing people like, "Look, forget for a moment about the Corona narrative. But, that is what we are heading for if we are continuing in the same way to – you will arrive in a, in a radically technologically controlled transhumanist society, which will leave no space whatsoever for a really humane, or a life for a human being.”

**Dr. Joseph Mercola:**

It sure seems to be the case. And it seems like we're rapidly heading towards global totalitarianism. And right now to many it may not seem that way, because as we're speaking in the middle of May, about a month before your book launches, things seem to be in the lull, or might be in the eye of a hurricane, or a tornado, because the mask mandates for travel have been lifted. You don't have to wear them when you're flying anymore. Thanks to Leslie Manookian filing of a lawsuit against the CDC (Centers for Disease Control and Prevention) mask mandate for air travel.

And just across the country, and I suspect the globe, the mass mandates are coming down. When you travel now, you just see hardly anyone wearing them. There's still a few people within that 30% who are brainwashed. But, I'm wondering what your views are. Because to me, it seems like things are going to get much, much, much worse, and this was just a minor taste, and that we're in a lull. And I'm wondering what your thoughts are on that. And then of course, we want to go and discuss some of the simple, practical things that we can do to prevent this from occurring.

**Mattias Desmet:**

Yeah. I also believe that-

**Dr. Joseph Mercola:**

You believe that it's going to get worse?

**Mattias Desmet:**

Yes. It'll get worse. Yes. Of course. Like the-

**Dr. Joseph Mercola:**

A lot worse. A lot.

**Mattias Desmet:**

You're at the beginning of the process.

**Dr. Joseph Mercola:**

Okay, good. It seems so obvious, but you've studied this much more carefully. And you've studied the history, which is such a foundational component of predicting the future. So I really value your input.

**Mattias Desmet:**

There are many signs that we are really in the beginning of the process of a totalitarianism. But, we will really have to understand and realize that it'll be of crucial importance to continue to speak out. Now, I have stressed that several times now, but in order to make sure to keep open a certain part, a small part for the people who do not want to go along with the system to survive, that's just crucial.

But, I also expect it's clear that the introduction, for instance, of the QR codes here were just a small pilot study for the introduction of digital ID. And this will be combined with the introduction of digital coins from the central banks. So, we are facing, really, an enormous system of digitalized control.

**Dr. Joseph Mercola:**

It's not so much a coin, it's a currency, it's an absolute-

**Mattias Desmet:**

Yes. [crosstalk 00:52:17].

**Dr. Joseph Mercola:**

-control of every financial aspect of your life, and the ability to purchase food, or anything, or your shelter. If they shut you off, you bet you're going to be homeless and you're on your own. And that's a pretty severe stress for most people-

**Mattias Desmet:**

Exactly.

**Dr. Joseph Mercola:**

21st century. This-

**Mattias Desmet:**

Exactly.

**Dr. Joseph Mercola:**

19th century wouldn't be a big deal, but this is 21st.



**Mattias Desmet:**

Yes, of course. Exactly. And there's one thing we always have to keep in mind, everyone who studied mass formation and totalitarianism has concluded that both mass formation and totalitarianism are intrinsically self-destructive.

**Dr. Joseph Mercola:**

That's encouraging.

**Mattias Desmet:**

Yes. For instance, a classical dictatorship can continue to exist for hundreds or thousands of years. If the classical dictator uses his brain and loves his population even a little bit, then he might succeed in establishing a system that is very robust, and that doesn't perish very soon.

**Dr. Joseph Mercola:**

It's interesting you say that – I'm sorry for interrupt you. But, Saifedean, who has written the book, "The Bitcoin Standard," and absolute anarchist said he's beginning to change his views and thinks a benevolent monarchy might be the best option.

**Mattias Desmet:**

Yes. That might be the case. Yes.

**Dr. Joseph Mercola:**

Yeah.

**Mattias Desmet:**

But, in any case, the totalitarian system always destroys itself sooner or later. And now that's the interesting thing. The more means it has at its disposal to control the population and to impose its power to the population, the sooner it might destroy itself, because totalitarianism destroys the core of the human being. It tries to eliminate each space for a human being to make its own singular choices. That's what totalitarian system tries to eliminate.

The word "Totalitarianism" refers to the ambition. Totalitarian states always have to impose a total ideology, or a total theory, on the population. So, to control the population totally. And that in itself destroys, really, the core of the human being, because psychological energy in a human being emerges at every moment a human being can make a choice that is really its own choice.

**Mattias Desmet:**

That it's not forced to by other people. So, that's what human beings need. They need a certain privacy, a certain space, where they can make their own choices. And it is at that moment that someone can make a choice that is really his own choice, that he receives a little bit of energy, psychological energy. And a totalitarian state destroys this space in which people can make their own choices.

It really imposes one uniform ideology to everyone, literally. In a totalitarian state, everybody should dress in the same way, should build the same houses, and so on, because I think we will

really very soon see the same happening here. People will not be allowed anymore to build their house as they want it. They will use, for instance, the climate narrative to impose a certain way of living and of building houses to everyone in the same way.

**Mattias Desmet:**

So, that's this typical fanatic way in which totalitarian leaders think they should organize society and all push it in the same uniform way of living. But, at the same time, while this happens, and the more the government can control, or the more the state system can control the individual, the more it destroys the energy in individuals, and the sooner the system collapse. So, that's one thing.

I cannot explain it in detail. I talk about this in my book as well, but there are much more mechanisms at work. But, in one way, or another totalitarianism always destroys itself. And now, as I said before, the only thing we have to make sure of is that by continuing to speak out, we can make sure that there is a small space, where the group who doesn't want to go along with a system can try to survive and can continue to survive.

**Mattias Desmet:**

And then if we want to succeed, we will have to think about parallel structures, which can allow us to be a little bit self-sufficient, and which we can try to make sure that we don't need the system too much anymore. But, even these parallel structures would be destroyed in a moment if the people do not continue to speak out. So, that's the crucial – I try to bring this to the attention of everyone.

We can build parallel structures as much as we want, but if the system becomes too destructive and decides to use [crosstalk 00:57:50] its full aggressive potential, then the parallel structures will be destroyed. But, the system will never reach this level of depth of the hypnosis if there [are] dissonant voices that continue to speak out. So, I'm very convinced that I – very dedicated to myself to continue to speak out.

**Dr. Joseph Mercola:**

Okay. So, let's reconcile those interesting perspectives on what's in your guess, or view, the most likely scenario. So, we're in agreement that things are likely to get much worse. It's only 10%, which shockingly surprises me, of the population who have retained their critical thinking skills, 60% are in nebulous area, and 30% are brainwashed. And essentially nothing we can ever do will change that view. Is this brainwashing? And before I go and finish my question, is this brainwashing permanent? Can they ever get out of that mass formation that they've been dove really deep into?

**Mattias Desmet:**

It depends. Like in the Soviet Union, it seemed difficult for many people to really wake up, even after the Soviet Union collapsed. In many other systems, people do wake up after a system collapses. But, the strange thing is that – the strange – we can understand it from a psychological point of view, but when these people are being asked afterwards, like, "How the hell? How could you participate in such a system? How could you believe? How could you really believe that the image of the Ayatollah Khomeini was printed on the moon – that are something that in Iran that

the state told people, that the image of the leader, Khomeini, was printed on the surface of the moon. And people believed it. When it was a full moon, they were looking up at the sky and they actually saw the image of the Ayatollah on the moon. Yes, it's strange, but it is like that. And so, most people when upon being asked afterwards, like, "How could you believe this narrative?" They just don't know what the answer. And that's because they were really in a state that is similar to hypnosis. So, can they wake up? Yes. And many of them then will start to realize what happens. Some of them probably not. Yes.

**Dr. Joseph Mercola:**

Okay. So, we've got the 10% who are awake, 60% who are in the netherworld. So, as it gets worse, is this 60% going to shift over to the completely brainwashed? Or will we lose any of the 10% with critical thinking skills? Are we going to go below that number?

**Mattias Desmet:**

It depends what happens. No, you won't go below that number, because once you see what's happening, you never fall asleep.

**Dr. Joseph Mercola:**

Okay, good. [crosstalk 01:01:02]. Yes.

**Mattias Desmet:**

Yes. No. Rather the other way around. Some of the 60%, a certain percentage-

**Dr. Joseph Mercola:**

[crosstalk 01:01:12] to 30%. So, by 50%, 40%. Okay.

**Mattias Desmet:**

No. They will go to the 10% as well.

**Dr. Joseph Mercola:**

Oh, they will? Okay. Good.

**Mattias Desmet:**

Yes. If they see the damage done, and if they see what's happening, some of them decide to – as it happens all the time, actually in very small portions, but the group who decides to speak out is becoming larger. And that's what the system feels. And that's why it'll become more repressive. It'll become more aggressive, a little bit in several ways, probably in the nearby future because more and more people will start to feel like, "Look, I didn't speak up until now, but now I feel that it is necessary to speak out in public space." So, that's the good news, I think.

**Mattias Desmet:**

But at the same time, of course, we are still dealing with this substantial group who is really deep into the hypnotic state, and who won't wake up even if the system will become fatal for

themselves. We have seen this everywhere, in the Soviet Union, the communist leaders who were condemned by Stalin, who received a death sentence of Stalin, and who usually didn't do anything wrong, they didn't complain at all. They just said, "Oh." They just said, "If that's what I can do for the communist party, it'll be my pleasure to-"

**Dr. Joseph Mercola:**

"I'm happy to do it." Happy to do it.

**Mattias Desmet:**

Yeah. "I'm happy to do it." Yes. Sure. That also shows in a very concrete way that usually the leaders of the masses are hypnotized themselves. I know many professors at university hospitals who just take the jabs while they are confronted with all these adverse effects in their own hospitals, or who sometimes suffer severe adverse effects themselves. That's one of the dramatic things about mass formation that it makes people willing to sacrifice themselves. That's a-

**Dr. Joseph Mercola:**

Yes, indeed. So, let's seek to provide some range of estimates for the future. There's two scenarios. One is that we're, for whatever means or mechanism, able to convince the significant percentage of the 10% to continue following your advice and speak out so that we don't stop, because we know from historical perspective, when that's speaking out stops, it gets much worse in the very near future.

So, say we get the good case scenario and everyone's continue speaking. How much longer to the other side? How long is it going to get bad for? Is it two years, three years, four years, 10, 15, 20? I know you can't give a specific – I'm not asking you to be as fortune teller. But, just give a range in your gut feeling, how much longer are we going to have to endure this irrational craziness?

**Mattias Desmet:**

Yes. Indeed, Niels Bohr, the famous physician who received the Nobel Prize-

**Dr. Joseph Mercola:**

[crosstalk 01:04:25] physicist. Great.

**Mattias Desmet:**

Yes. He-

**Dr. Joseph Mercola:**

[crosstalk 01:04:27] physics.

**Mattias Desmet:**

He said predicting is always difficult, in particular if it is about the future, he said.

**Dr. Joseph Mercola:**

[crosstalk 01:04:36].

**Mattias Desmet:**

Yes. My gut feeling, for what it's worth tells me something like seven or eight years. That's what my gut feeling tells me.

**Dr. Joseph Mercola:**

Okay. So, by the end of the decade.

**Mattias Desmet:**

Yep. Before the system destroys itself. But, it could be less, it could be more. But, I think the most important thing is this, we cannot be sure about what's will happen around us. It'll be definitely a very chaotic state, because the system will try to control society. But society is a complex dynamical system, definitely. It's a complex dynamical system, and even simple/complex dynamical systems can never be predicted.

I described it in my book as well, in the last part, how even simple/complex dynamic systems, even if you have the mathematical formulas at your disposal that determine the system, even then you cannot predict the behavior of the system one second in advance. Yes, that's true. It's literally true. It's called deterministic unpredictability of complex dynamic ecosystems. And exactly the same, of course, holds true for society.

**Mattias Desmet:**

There are now people who believe that they can control everything with a sophisticated technological system, but they will be confronted with a disaster. The more they try to control the system, the more chaotic it'll become and the less it'll be controllable. And it'll change in a way that is fundamentally unpredictable for everyone. And that's why many leaders now of this system start to realize that they will have to speed up their plans, because they feel that things evolve in a way that they didn't expect. And that's typical. A complex dynamic ecosystem cannot be predicted and controlled. And so, we cannot never be sure about what will happen, and everything will change. And we cannot really prepare very much for the changes or for what will happen, but we can be sure of something else.

**Mattias Desmet:**

We can be sure that we will stick to the elementary principles of humanity. That's so important. That's the only thing we can be sure of. That we, ourselves, will stick to certain principles of humanity, which we will have to find out again. We feel a little bit what it is to be humane. And we feel a little bit, we know a little bit about the principles of humanity, but we will rediscover them in the years to come. And that's something we can be sure of.

That no matter how inhumane society around us becomes that we will do our utmost best to stick to certain elementary principles of humanity. I don't know if you're familiar with the work of Aleksandr Solzhenitsyn? Aleksandr Solzhenitsyn is this Russian writer who received the Noble Prize for his book, "The Gulag Archipelago." A book he wrote during his 15-year stay in the Gulags of Stalin, in the concentration camps of Stalin.

**Mattias Desmet:**

And he has this wonderful chapter in which he describes that in the concentration camps of Stalin, the prisoners lost all ethical awareness, and they became beasts to each other. They became a radically unethical, inhumane, cruel, to each other, prepared and willing to kill each other, to steal each other's food.

But, he also describes how there was a small percentage of the prisoners who evolved, who went in exactly the opposite direction. And they were very determined that in this pool of cruelty and inhumanity, they would stick to the rules, to ethical rules, themselves. And Solzhenitsyn describes something wonderful. He describes how many of these people who stick to their principles and to their ethical awareness, and many of these people became incredibly strong at the physical level.

It's wonderful how he describes it. He describes that certain prisoners who refused to steal other prisoners' food, even if other people had stolen their food, he described how, when certain prisoners were punished by the guards, or were commanded by the guards to do something that they could not consider ethical, how they refused to do so, no matter what the punishment was.

**Mattias Desmet:**

And he describes how these people typically, while being in the concentration camps, became stronger and stronger at a physical level. So, very strange. He describes several examples. Not everyone he said became stronger and stronger and strong, but many of them. And many of them survived the concentration camps, he said. Not all of them, again.

But, I think that's so important to keep in mind in the years to come. No matter what happens around us, no matter how inhumane the system becomes, I think the real challenge is to focus on this one aspect of human existence, namely, that we should do our best to follow, to live up to a certain ethical awareness. And that maybe is the one and only thing that can guarantee us of the good outcome of the entire process. Which is a necessary process, I think. This crisis is not meaningless. It's not meaningless. It's a process in which society can give birth to something new, something much better than exists up until now.

**Dr. Joseph Mercola:**

Yeah. That's that is kind of the silver lining of this whole process. Unfortunately, there's going to be a lot of pain to get to that point. So, just summarizing your recommendations. One is to speak out consistently, don't stop, continue doing it. Ideally face to face if you can. Maintain your ethical commitments and never abandon them, no matter how bad it gets, no matter if they've integrated the equivalent of the concentration, perhaps the FEMA (Federal Emergency Management Agency) camps that they're going to put people who are ostensibly infected, or contaminated, in these camps and keep them, or for speaking out because the Ministry of Truth says, "You're a heretic and you are a threat to society," and get thrown in these camps.

This is a very real possibility. I'm not saying it's going to happen, but it is absolutely on the table. And the third thing you said is these parallel structures. And by that, I'm assuming you're suggesting that we engage in activities has allowed us to become somewhat independent of the supply chain. So, in other words, being able to access our own food, to have our own energy, to have a community, so that we could survive without the state, essentially.

**Mattias Desmet:**

Exactly.

**Dr. Joseph Mercola:**

Does that seem to be a good summary? And if not, could you refine that and then we can add any other recommendations you have?

**Mattias Desmet:**

No. Yes. That's are the most important recommendations, I think. First and for all speak out. Second, indeed, we have to try to establish certain structures that allow us to be a little bit independent. Probably not entirely, but a little bit independent. [crosstalk 01:13:00].

**Dr. Joseph Mercola:**

Independent is possible. [crosstalk 01:13:01].

**Mattias Desmet:**

And also like – yes. Is it possible? Yes. To a certain extent it will be possible, I think. I also think that if we continue to speak out that society will allow us to do so, actually. That's also important. And there are other important things as well. In the end, what really has to happen is that we arrive at a new view on man and the world.

We have to learn to think beyond mechanistic ideology. Every one of us to a certain extent, is in the grip of this mechanistic ideology, which emerged starting someone in the beginning of the 16th century in which makes us believe that essentially the universe and the human being, is a material phenomenon, a set of elementary particles, atoms, neutrons, and so on, elementary particles, which behave in a mechanistic way, and which can be completely and rationally understood.

**Mattias Desmet:**

And as long as we think in this way, we will end up in totalitarianism. That's something Hannah Arendt also described like totalitarianism, ultimately, is a consequence of mechanistic thinking. And she doesn't describe the psychological mechanisms at work, she's not a psychologist. And that's what I describe in my book. I describe why exactly this view on man and the world ultimately leads to social isolation, then to mass formation, and then to totalitarianism. So, the real ultimate cause of totalitarianism is this mechanist view on man and the world.

**Mattias Desmet:**

And in between my 16 and my 20 years old, when I was about 16 years old, I also fanatically believed in this mechanistic thing. Or at least I really believed in this mechanistic human in the world. It took me 15 years, I think, to start to understand, just by learning about physics and also about complex dynamical systems theory, that it is not true.

There is a certain part of the world can be understood in a rational way, in a mechanist way. But, the major part of the world can never be rationally understood, and can only be known in a

different way, by empathically resonating with it. René Thom, one of the most famous mathematicians of the 20th century described this in a very eloquent way.

**Mattias Desmet:**

He also said like that part of reality that can be understood in a rational way is extremely limited. And for the rest, we can only know the things around us by empathically resonating with them. And it's this new kind of knowing, this new kind of knowledge, this new kind of knowing the world, that's what we can expect everything of. If the more we cultivate that, the more we succeed, and resonating with the world around us, the more we'll see how the most fascinating potentials are discovered in the human being. And-

**Dr. Joseph Mercola:**

It sure sounds like you're referring to frequencies when you're saying, "Resonating." It's a frequency thing. It's maybe the missing component, which is a form of energy, which is another form of spirituality.

**Mattias Desmet:**

Yes.

**Dr. Joseph Mercola:**

So, this is the missing piece of the equation that's not integrated into most of the things. So, is that fair to summarize what you just said?

**Mattias Desmet:**

Yes, that's fair. Indeed. And, I think, all the major scientists before us, [inaudible 01:17:11], Max Planck, [Werner] Heisenberg, Erwin Schrödinger, Niels Bohr, Edward Lawrence, [Benoit] Mandelbrot, they all arrived at the same conclusion. Rationality is extremely limited. We can only know a part of reality through rationality. And for the rest, they all moved from a materialist view of man and the world to a much more mystical view of man and the world, in which they claimed central importance of a resonating way of knowing the world.

And I believe that just to arrive at this new way of knowing the world, we just have to follow rationality until the utter limit. That's what we have to do. And then we will get in touch with this other way, to know the things around us. Which is much more fundamental and which allows us also to overcome our fear for debt and suffering, because that's one of the major problems of our culture in our society.

**Mattias Desmet:**

That in one way or another, we are not capable anymore. We cannot stand the idea of dying, the idea of suffering anymore. And as soon as you start to be connected to the world in a more resonating way, you start to feel, and to intuitively know, that you are part of something that is eternal, a kind of resonance, a kind of consciousness, a kind of eternal music of life. And that's, I believe, what can make us less afraid of that and accept that sooner or later we will die, that there is suffering in the world without doubt.



**Dr. Joseph Mercola:**

And I believe it's not just less. I think you can absolutely have no fear of death, ultimately. It's not an unreasonable goal. And that if you are able to integrate this strategy that you just outlined, that you will get intuitive guidance as to what the next step is, because we just don't know, we can't predict the future. But, become intuitively obvious when things start to fall apart, depending on how they fall apart, what you need to do next so that you can rely on this intuitive wisdom to figure things out too, but you still need to be committed to some basics.

But, just to understand, there's a deeper element that needs to be accessed to help really get the information you need. Because, in some ways, you're convinced that it's a self-destructive process, but it's a pretty significant existential threat to humanity, what they're doing. The eugenics component, they're looking at reducing the population by 90%, 95%. That's not going to wipe out the species, but it's pretty significant. So, in many ways, it's a battle. But, I think, you getting out of fear, and especially eliminating the fear of death, is definitely a powerful tool in your arsenal to have, because it's going to give you a lot more freedom and ability to move around.

**Mattias Desmet:**

Indeed.

**Dr. Joseph Mercola:**

Yeah. So, any other strategies you'd like to recommend. This was really great. I'm just loving your philosophical perspective.

**Mattias Desmet:**

Maybe one more thing.

**Dr. Joseph Mercola:**

Yeah.

**Mattias Desmet:**

One more thing maybe. I think it doesn't make sense to try to convince people to go back to the "alt normal."

**Dr. Joseph Mercola:**

Oh yes.

**Mattias Desmet:**

I have the feeling that-

**Dr. Joseph Mercola:**

What caused it?

**Mattias Desmet:**

Yes. Many people who try to speak out, try to convince everyone of the absurdity of the rules, and the Corona measures now, and so on. But, they often make the impression in that way that they try to convince people to go back to the old normal, but nobody wants to go back to the old normal.

The old normal, that was the old normal with this epidemics of burnouts, the bullshit jobs, the antidepressant use, and so on, the rat race of life. It was exactly, because people didn't want the old normal anymore, that they were sensitive and that they were willing to accept all these lockdowns and Corona measures.

So, we never should try to convince people to go back to the old normal, but we should try to show people that there are several options to escape the old normal, and that we do not necessarily have to move to a society in which there is a social credit system, and mandatory vaccination, and so on. So, we have to show people, I think, that there are different options, that there are other options than the transhumanist society to escape the old normal. I think that's also something from a tactical, strategic point of view that is very important to keep in mind. Yes.

**Dr. Joseph Mercola:**

Yes, indeed. We're going to have the new normal, not the old normal. And it's going to be inspired by this connection to source, really, that will help us understand how we can improve things, not go back to the fatally flawed systems of the past that were essentially controlled by these corporate oligarchs who captured most of the financial power in the world and been able to implement these systems.

So, we've got some challenges ahead of us, but you've given us some really good food for thought, and philosophical grounding, and how to be prepared for this. So, really thank you for your work. I thank you for writing the book, "The Psychology of Totalitarianism." If you have any interest in this topic, I strongly recommend picking up a copy of this book, because it's not like Hannah Arendt's book. It's really easy to read. It's enjoyable. It makes sense. It's really straightforward. So, I'm so glad – it was originally written in Dutch, which made it a challenge. I wanted to pick up a copy so badly, but thankfully it was translated, and now it's available in English. So, definitely highly recommend.

**Mattias Desmet:**

Thank you very much for inviting me.

**Dr. Joseph Mercola:**

Yeah. And do you have any, other than your book, any other recommendations for people want to find more about what you're doing?

**Mattias Desmet:**

Oh, I've given several podcasts, of course, who are available on the internet, but I think my book is the most-

**Dr. Joseph Mercola:**

Best way to do it. Yeah.

**Mattias Desmet:**

For my-

**Dr. Joseph Mercola:**

Yeah. And thank you for mentoring Dr. Robert Malone. I know he went over to – was it – he visited you in Belgium, didn't he?

**Mattias Desmet:**

In Spain. We-

**Dr. Joseph Mercola:**

In Spain. Okay. Yeah. I know you guys connected. And you were mentoring-

**Mattias Desmet:**

Met in Spain.

**Dr. Joseph Mercola:**

He's such an important influence over here. Such a smart guy.

**Mattias Desmet:**

Yes, he is. He is definitely.

**Dr. Joseph Mercola:**

Such integrity. This guy is amazing. So, thank you for helping him understand these principles so he can be more of a powerful voice in helping speak to the truth.

**Mattias Desmet:**

Yeah. And it will. Yes, if we can help each other, we definitely should do it.

**Dr. Joseph Mercola:**

Yeah. All right. Thanks for everything you're doing, really appreciate it.

**Mattias Desmet:**

Thanks for inviting me.

**Dr. Joseph Mercola:**

All right.