

The cover features a central illustration of a human face from the nose down, with the top of the head cut off. A hand is shown reaching down from above, with several vertical lines (some white, some red) passing through it and extending down to the top edge of the white bowl-like structure that forms the top of the face. The background is dark.

Michael Nehls, MD, PhD

Foreword by
Naomi Wolf

THE INDOCTRINATED

How to Successfully Fend Off the Global
Attack on Your Mental Freedom

BRAIN

The book cover features a central illustration of a white, bowl-shaped object that resembles a face without eyes. A hand is shown reaching down from above, with its index finger touching the top edge of the bowl. Several vertical lines, mostly white and one red, pass through the bowl and extend upwards. The background is black.

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BRAIN

THE **INDOCTRINATED** BRAIN

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Attack on Your Mental Freedom**

Michael Nehls, MD, PhD
Foreword by Naomi Wolf



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*To Buddy,
who sensed the global threat much earlier than I did.
Thank you for your foresight!*

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DISCLAIMER

For ease of reading, it was decided to refrain from any gendering, except of course in quoted statements.

All facts presented in this book are based on publicly available documents and studies, the majority of which have been linked. Nevertheless, in some places the author has also expressed personal opinions, where it seems to him that the facts can be put together like pixels to form a larger, yet partly speculative picture. The author has made an effort to clearly separate facts and such interpretations in terms of language.

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This also applies to quantities of micronutrients. These usually refer to the needs of an average adult. Differences in dosage can result from lifestyle (e.g., vitamin D, B12, or aquatic omega-3 fatty acids), gender, age, body size, and possible preexisting conditions. Therefore, supplementation should only be carried out after consultation with a trusted physician and in any case on one's own responsibility—the publisher and author accept no liability.

The author does not endorse the contents of cited websites. Reference is made to their status at the time of initial publication. All citations have been carefully checked at the time of this writing in Summer 2023, but it is not uncommon for the content of a source to change or even disappear

completely. Unfortunately, the “autobiographical memory of the internet” can no longer be trusted: It forgets and confabulates.

FOREWORD

Dr. Naomi Wolf

The fact that the brain is plastic—modifiable—has become much better understood by the public in the past few decades.

General readers understand by now that the human brain can be altered; and that experiences can modify its reactions and processes. We understand now for example that PTSD leaves lasting changes in brain functioning. It's been established that motherhood changes the brain and that bonding itself is a chemical process modified by the brain.

We also understand, as general readers, that propaganda is real. Some of us have studied propaganda in the past. We have a working knowledge of Joseph Goebbels, and of the artistry and craft that underlay his manufacturing of National Socialist consent. The work of Edward Bernays, one of the earliest practitioners of what became the field of public relations, has been widely read in English. Decades-old bestsellers such as *Subliminal Seduction* by Wilson Bryan Key exposed the fact that advertisers use every tool at their disposal to alter our reactions to their products—down to the level of the subconscious mind.

Modern general audiences also understand that governments use “messaging”—and often, heavy-handed propaganda—to lead us to take actions that can be against our interests or our better conscious judgments; to create prejudices and divisions that may not otherwise exist; to heighten fears and to trigger a sense of vulnerability in us, so that we can be better manipulated and guided to goals that are not our own.

But Dr. Michael Nehls's thesis in this book is revolutionary because it brings together all of these fields of inquiry and proposes a set of questions

so radical that they make the mysteries of the past three years fall into place. This is the indispensable book.

In *The Indoctrinated Brain*, Dr. Nehls brings these areas of study together in a way that has never been done before. By applying neuroscience to the otherwise bizarre events of the recent past, he explains what has happened to humanity.

Many of us have noted that our loved ones and colleagues have changed. Post-mRNA injection rollout, we notice that people who were highly educated critical thinkers, have become unable to think outside of two simple binaries. We watch in astonishment as formerly sophisticated loved ones and friends regurgitate talking points with no self-awareness. We wonder why there is a sense of something inchoately missing when we sit with a vaccinated or COVID-fearful friend. We cannot fathom what has caused this sea change.

Dr. Nehls's hypothesis can explain it. "*The Indoctrinated Brain* introduces a largely unknown, powerful neurobiological mechanism whose externally induced dysfunction underlies these catastrophic developments," as the publisher notes.

Dr. Nehls argues that the spike protein, along with other COVID measures, represents an intentional attack on the human hippocampus—where autobiographical memory and individuality itself originate—and that "fear porn" keeps us from holding on to the autobiographical memories that encompass our former selves. As a result, humans have become deindividualized, more suggestible, more forgetful, more compliant, and less able to engage in critical thinking and creative reasoning. This argument utterly accords with what many of us are seeing, to our horror, every day. Dr. Nehls's *The Indoctrinated Brain* is an indispensable book because it applies neuroscience to politics and especially to the politics of fascism. The need for that has existed for as long as modern fascism has existed.

Neuroscience should be applied to politics and to social change, but it is rare indeed when those fields of analysis meet. By bringing these fields of knowledge together and mapping neurological science against propaganda, and vice versa, Dr. Nehls brings vast new insights to the reader that would not have been attainable previously.

After you read *The Indoctrinated Brain*, you will think: Of course. Of course, the propaganda of the past few years must have been predicated upon intensive study of the brain and its reactions. Of course, the hundreds of millions of dollars that were recently spent and are currently being spent by the US and other governments on behavioral science and behavior modification, would result in insights that would be applied by the US and other governments to making populations more tractable, less able to reason, less creative and more compliant. Why else would they so heavily have invested in such studies? Of course, the constant messaging, especially about fear, over the past three years, would have an effect that is not just about public health or perhaps not at all about public health—but that it is rather about making humans in free societies more tractable—with public health as the excuse, the proxy, for this deployment of life-altering and consciousness-altering fear. It is not the fear porn about the specific scary thing that matters, Dr. Nehls persuasively argues here: the fear itself is the deliverable. The fear itself changes and indeed damages the brain.

I've long been interested in the psychiatric effects and, as I guessed, intentionalities behind “lockdowns” and “pandemic” messaging. But I did not have the neuroscientific background to understand exactly what was being done to people via “lockdowns” and the “fear porn” of the pandemic years related to the virus—to other human beings. Through my study of the psychiatric effects of torture and isolation, that I took on for a book about closing democracies, I realized that isolation causes profound and sometimes permanent changes in the brain. I knew intuitively in the post-9/11, “Global War on Terror” years, that constant fear would wear down faculties needed for critical thinking. And I applied those insights to the isolation and fear messaging of 2020–22. But I did not have the complete picture.

This book provides it. It is the “aha” hypothetical for our time.

The Indoctrinated Brain provides the missing practical knowledge of neuroscience, that explains why isolating people creates a more befuddled, more easily manipulated population. It explains exactly why a message that closeness with other human beings can kill you, or you can kill others (especially your grandma) through physical closeness, might rewire the

human brain to create the vulnerability to delusion and bad science and cultlike thinking, that many of us observed in formerly critically thinking loved ones and friends, post-2020. It even raises the question of whether the spike protein contributes to brain fog and to the erasure of a sense of an autonomous, resilient, individuated, and questing self.

If Dr. Nehls is right, his theory here will be as important as Dr. Sigmund Freud's discovery of the subconscious, if not more so. If he is right, his theory explains why governments around the world mandated "lockdown" measures and mRNA injections, which would not ultimately then be about public health but about creating manipulable, passive citizens. If Dr. Nehls is right, it explains so many baffling features of the past three years—notably the fact that formerly thoughtful, highly individuated leaders of institutions, down to rank-and-file citizens, followed cultlike dicta without a murmur, and pursued nonsensical goals such as isolation, masking, and submission to vaccine mandates, without protest. Dr. Nehls's thesis would explain the bizarre experience many of us are having of watching our formerly analytical loved ones, find themselves unable to keep two thoughts in their heads at the same time, unable to engage in calm debate without exploding emotionally, unable to maintain contact and connection with people with whom they disagree.

As I write, another global crisis is being spun up, this one in the Middle East. Within a day, highly educated and formerly skeptical loved ones of mine are repeating glaring legacy media talking points without any self-consciousness. It's upsetting not to know why they would change in this way—and it is even more upsetting, though incredibly enlightening, to read Dr. Nehls's argument and realize what the cause may be of their submissiveness to propaganda narratives. It makes it both easier and harder to contend with loved ones, friends, and colleagues who have been intellectually blunted in this way, to understand Dr. Nehls's point of view and realize that this sad change in cognition might be simply physical—the spike protein—and neuropsychiatric: the repetition of fear messages and their impact on the brain.

In my social media feed today—on a day when the news has brought images of endless atrocities to our media streams, and when we are being told that this Friday will be a "Day of Jihad" with plenty of stabbings—

someone wrote, “Protect your amygdala.” That meant, do not expose yourself to endless scenes of rape, murder, beheadings, atrocities, and horrors.

Dr. Nehls’s book is ultimately a hopeful one, since if we understand the damage to our brains from both spike proteins and fear pornography, we can find ways to protect ourselves and our conscious minds. I appreciate the practical suggestions Dr. Nehls gives us to do just that.

It is scary that we are living in a time in which there is, as Dr. Nehls so powerfully points out, a war on our brains. But it must be less scary to understand what is being done to us, with Dr. Nehls’s help, so we can protect and strengthen our autobiographical memory and critical thinking, and so we can survive this onslaught with the full range of our intelligence—and our humanity—intact.

ABBREVIATIONS

ACE2	Angiotensin-converting enzyme 2 (enzyme that acts as spike-receptor respectively coronaviruses)
AI	Artificial intelligence
BMBF	German Federal Ministry of Education and Research (Deutsches Bundesministerium für Bildung und Forschung)
BMI	Federal Ministry of the Interior (Deutsches Bundesministerium des Innern und für Heimat)
<i>BMJ</i>	<i>The British Medical Journal</i>
CDC	Centers for Disease Control and Prevention
COVID-19	Coronavirus disease, which first appeared in 2019
DKFZ	German Cancer Research Center (Deutsches Krebsforschungszentrum)
DNA	Deoxyribonucleic acid, double-stranded genetic material of humans or e.g. the pox-or chickenpox virus
EMA	European Medicines Agency
FDA	Food and Drug Administration
GAVI	Global Alliance for Vaccines and Immunization
GLT	Global Leaders for Tomorrow, the cadre school that preceded the YGL of the WEF
GVAP	Global Vaccine Action Plan
LNP	Lipid nanoparticles packaging of mRNA vaccines, help enter the brain and causing system-wide inflammation.
MIT	Massachusetts Institute of Technology
<i>NEJM</i>	<i>New England Journal of Medicine</i>
NIAID	National Institute of Allergy and Infectious Diseases
NIH	National Institutes of Health

NZZ	<i>Neue Zürcher Zeitung</i> (Swiss newspaper)
PCR	Polymerase chain reaction, molecular biological technique to exponentially amplify genetic material
POWs	Prisoners of war
RNA	Ribonucleic acid, single stranded genetic material of corononavirus and influenza
RKI	Robert Koch Institute, the German equivalent to the US CDC
SARS	Severe Acute Respiratory Syndrome
SARS-CoV-2	Strain of coronavirus causing COVID-19
STIKO	German Standing Committee on Vaccination
UNICEF	United Nations International Children's Emergency Fund
VAERS	Vaccine Adverse Event Reporting System, US program for vaccine safety, comanged by the CDC and FDA
WEF	World Economy Forum
WHO	World Health Organization
<i>WSJ</i>	<i>Wall Street Journal</i>
YGL	Young Global Leaders (cadre school of the WEF)

Indoctrination

The word comes from the Latin word *doctrina*, meaning “instruction.”

The purpose of indoctrination is to implant an ideological narrative into people’s brains—a new belief that allows no discussion and no contradiction.

The goal is obedient, unthinking conformity. The means to this end is a controlled selection of information, intensive propaganda, and psychological manipulation, up to coercive measures and threats of punishment.

The more skillful the mental manipulation, the more immune the implanted ideological thought system becomes to critical arguments and inner doubts.

Indoctrination is to be understood as a vicious attack on our humanity, on our personality, and ultimately on the most precious thing of all: our freedom of thought.



Resisting indoctrination is a lifelong endeavor. It is a matter of preserving one’s freedom of thought and search for meaning.

INTRODUCTION

Everything that happens out of intentions is reducible to the intention of increasing power.

—Friedrich Nietzsche (1844–1900)

The coronavirus pandemic was an eye-opener for me, partly because I have been witness to the events and partly because it has been a medical and immunological topic in which I have some expertise that allows me to assess the facts. For the first time, I became fully aware of how far people are capable of going to achieve their goals, even if it means walking over mountains of corpses. Several years of intensive research led me to the conclusion that in order to achieve this particular goal, which was hidden in the background of the events that determined the overall direction of global politics, these mountains could grow sky-high. And since that eye-opening moment, I have been asking myself every day, *Is this really happening?*

But first, let us step back in time a couple decades. Shortly after the concerted terrorist attack on the United States in 2001, rumors began to circulate that the preparations for such a complex and long-planned multiple attack, which would claim a few thousand victims, could not possibly have been overlooked by the US intelligence services. But it remained at least conceivable for some—including me—that a constellation of unfavorable circumstances led to the realization of this gruesome crime essentially without resistance. At least I hoped so. No individuals could be that ruthless, could they? However, it was also clear

that a great many individuals and organizations profited from this monstrous disaster, which left deep wounds in not only the American psyche but also the worldwide consciousness. In any case, US President George W. Bush seemed to have found an issue suitable for legitimizing numerous military interventions that had apparently been planned months earlier. Immediately after the attacks, he announced a global war on terror. Those who had regained their sense of reality after the immense shock knew at the time of the declaration of this war that it would be impossible to win. In addition, antiterrorist laws were gradually enacted all over the world, restricting people's personal freedom to this day. For example, it became much easier to collect information on private citizens and share it between intelligence agencies. In the United States, people suspected of terrorism can be detained and interrogated without a lawyer or trial.

Only a few weeks later, the "war on terror" evolved into a war against Afghanistan, ostensibly because Osama bin Laden, the leader of the terrorist organization al Qaeda that had claimed responsibility for the 9/11 attacks, was suspected of being there. No doubt, the arms industry profited greatly from the 9/11 attacks, especially because on March 20, 2003, the third Gulf War against Iraq was also justified on the grounds that al Qaeda, with the help of Iraqi President Saddam Hussein, was storing weapons of mass destruction there in order to carry out another attack on the United States. This was based on evidence proven to be fabricated just one fateful year later.¹ However, the claims were not very convincing from the start. Based on these events, I believe two fateful questions arise for the very future of humanity itself: 1) How far would the profiteers go to capitalize on a terrorist attack or other (e.g., viral) attack on humanity just to increase their profits, power, and control over humanity? 2) How can we ensure that such dramatic events are not only not exploited but also, especially, not co-orchestrated by the profiteers, when the resulting benefits are so enormous?

In 1860, Thomas Joseph Dunning (1799–1873), secretary of the London Consolidated Society of Bookbinders, wrote a pamphlet on the philosophy of trade unionism at the time, in which he described an extreme characteristic of economic power and greed for profit: "Capital eschews no profit, or very small profit, just as Nature was formerly said to