

## A Sermon on Mind Games

Sermon by Rev. Minister Angela Smith of COPE for May 31st, 2020 (and beyond)

For those who follow <http://www.twitter.com/heal247> on Twitter, you may be familiar with the #TaoFu conversations among #TaoFu Joker, #TaoFu Riddler, #TaoFu Harvey Dent, #TaoFu Batman, and at times myself. Those are used as teaching tools for promoting Truth and Virtue in a relatable way using arguably bastardized comic book characters. In recent tweets, #TaoFu Joker has been playing mind games which has been annoying me, #TaoFu Riddler, #TaoFu Harvey Dent, and #TaoFu Batman. As a result, this sermon is necessary and hopefully universal enough. The 8th Commandment is "Thou shall not bear false witness". So, the desire here is to help all who read this become better human lie detectors to avoid being deceived by the vicious.

This sermon will also be done primarily in a conversational format with bracketed notes for meditation and discussion.

Lucy: This new breathing technique will change your life. [The statement is too vague and as a result meaningless. It is a mind game played by frauds and liars who soothsay for profit to those who wish to feel better about themselves without doing anything virtuous or honest where they'd actually know beyond a reasonable doubt they've done something of real value for society and themselves.]

Angela: Explain to me the breathing technique. Is it patented? Is it evidence-based? [The statements here are an example of how to exercise due diligence prior to parting with time or money.]

Lucy: You wouldn't understand without extensive training. You can't patent a breathing technique. [This answer is evasive and incorrect.]

Angela: Manuel Laura LaPoint and Sara Marie Sibenaller patented a breathing technique (referencing its use in meditation, Lamaze, Yoga, and more) in the US with attachment to an international patent held by Koninklijke Philips N.V. (Eindhoven, NL). The patent number is 9,974,923. Source: <http://patft.uspto.gov/netahtml/PTO/search-bool.html> So, you can patent a breathing technique. And, I've proven one of your statements to be false. In addition, the patent shown provides a detailed description of the method with pictorial. Do you have a detailed written description of your entire process with pictorial?

Lucy: You are a terrorist and are harassing me with your inquiries. I demand you cease and desist.

Angela: I am not a terrorist and if you don't wish to answer questions then don't advertise your services to the general public in any way.

Lucy: I've answered all of your questions. Stop contacting me.

Angela: No, you didn't answer my questions and/or not effectively and honestly. You belong on the false prophet watch-list or in my conversion program. Either way, you don't deserve anyone's time or money.

Lucy: I'm getting a restraining order. I've repeatedly told you to stop contacting me.

[Meditative Note: Why anyone on earth would give time or money to Lucy is beyond my comprehension as a reasonable person that exercises due diligence and common sense. I'm certain Lucy would interject here if still involved in the conversation or dialogue, "That's because you don't understand and haven't had the training." I understand plenty and can spot a liar and a fraud. So, where I find someone is being evasive, responding to questions with questions, and/or attempting to redirect by making false allegations to avoid taking responsibility for their own misconduct, I find it best not to do business with them. And, frauds don't reveal they are frauds up front no more than rapists reveal they are rapists. A fraud doesn't walk up and say "I'd like to offer you nothing for all the cash in your wallet? I promise when I say "nothing" it means "everything". Have you seen that ad? See: [https://www.youtube.com/watch?v=\\_k8u2TqW3es](https://www.youtube.com/watch?v=_k8u2TqW3es) So, you know if AbbVie Inc, a pharmaceutical research and development company, states that "Nothing Is Everything" that it must be true, right? All you need to do is give me all the money in your wallet and it will change your life. You'll finally see how the other half lives." No, they don't say all that, they only imply it and those who exercise due diligence and ask questions more often than not avoid being taken advantage of by such charlatans. You may wish to see the article here to learn more ways to spot deception to protect yourself and your livelihood: <https://time.com/77940/detect-lying/> ]

A reminder to all congregants of COPE, Tuesday, June 2nd, 2020 is Wat Tyler and Priest John Ball Day which we honor by questioning authority whether secular or faith-based. It is a religious holiday celebrated annually and perpetually by COPE and our congregation. If a congregant, you may wish to notify your employer and take the day off if your employment contract permits or under your own authority.

Before parting with time or money, do your best to find out exactly what you are getting in exchange. Be a friend and act as a friend until feelings are expressly mutual in any other regard by going Dutch (splitting all expenses equally or proportionately like separate checks at a restaurant for example) as you would with a friend unless a special occasion such as a birthday where you'd pay for a platonic friend if taking them out for their birthday. When one party always pays it feeds the vicious side of the beneficiary or could exacerbate the vices of all involved. And, often one person is seeking to satisfy lust while the other's vices of vanity and greed are satisfied. It creates an oppressive foundation of dishonesty where anyone led to believe feelings were mutual learns otherwise at another time causing a lot of discord, distress, and heartache. Again, you are welcome to disagree with me and if you are not a hypocrite that means you welcome me to disagree with you as well.

So, exercise due diligence and fact check to make sure you are not taken advantage of by anyone making false claims whether in personal or business affairs. Simple tips in last

paragraph on personal affairs, and below are 5 things to do before paying and/or contracting for goods or services of any sort:

1. Check for business and professional licenses/qualifications of those selling goods or services. Ask the business for said information and through what licensing office(s) they are licensed/registered then verify that with those offices. [If licensed, their physical location is on file with the government and serving court documents in the event a legal cause of action arises is easier for victims of fraud or malfeasance in such cases.]

2. Read any and all contracts completely and know what you are signing. If you do not understand a term of a contract, warranty, guarantee, or waiver, consult an attorney, contact legal aid, familiarize yourself with the dictionary in the event you don't understand some words or terms, and don't sign until you fully understand what you are getting in exchange for your investment of time and/or money.

3. Check online reviews and complaint histories with any regulatory or law enforcement bodies. This may include news articles, lawsuits, and/or federal prosecutions for falsifying records and fraud like if you run a search at [www.google.com](http://www.google.com) for "UHS Inc and falsifying records fraud".

4. If you have a Pavlovian response to emotionally manipulative marketing and think doing 1-3 is too much work, sloth is why you are ignorant and subject to fraud in most cases. So, the #TaoFu response to temptation to the vice of sloth is exercising due diligence. And, those tempted to sloth fall victim to emotional manipulation as a result of their lack of commitment to Truth and Virtue (aka GOD), particularly the virtue of diligence/due diligence. So, you may find focusing on addressing your own hypocrisy, vices, or other issues beneficial to protecting yourself from falling victim to those subject to other vices like vanity and greed.

5. Think for yourself and independently, particularly when dealing with others who are seeking your time or money. If you are looking to volunteer for a cause or charity, make sure what they do makes sense as a completely objectively reasonable solution in consideration of all factors related to the cause or charity if seeking to truly make a difference. See May 24th, 2020's sermon on protesting for additional perspective on this point.

"And ye shall know the truth, and the truth shall make you free." John 8:32 KJV Willful blindness is an abomination.

COPE accepts Feedback, critical and complimentary. Learn more at <http://www.churchofphilosophicalexploration.church/feedback.htm>. For the sake of keeping myself and others humble, a sense of humor is welcome on all sides.

For More About COPE and the HEAL Mission, see:

<http://www.churchofphilosophicalexploration.church> and <http://www.heal-online.org>