The Modern Slave

A Mirror We Refuse to Look Into
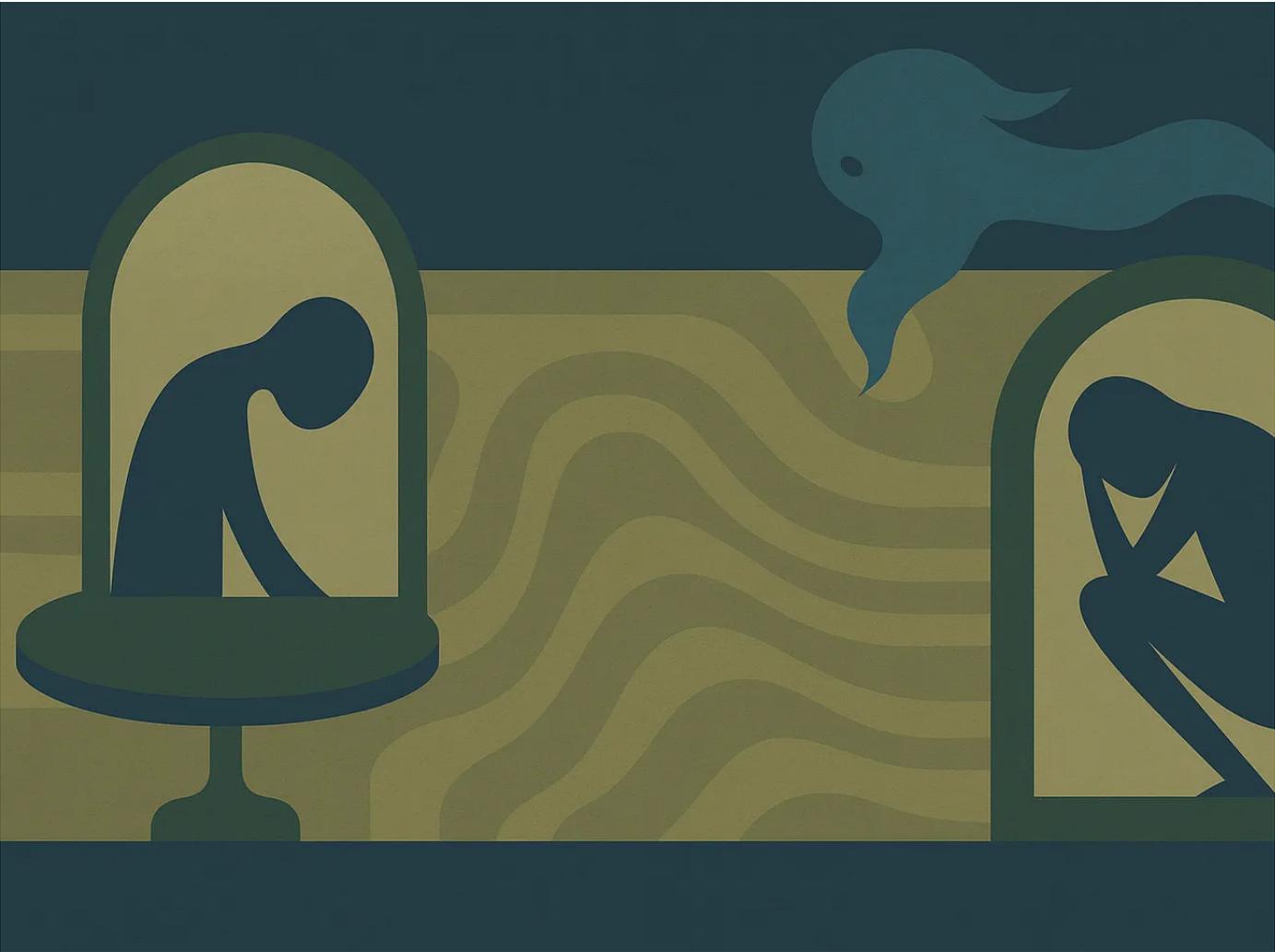
JOSHUA STYLMAN

JUL 28, 2025

"The best way to keep a prisoner from escaping is to make sure he never knows he's i

—*Fyodor Dostoyevsky*

Most people hear 'modern slavery' and picture trafficking victims or sweatsho
workers—suffering that's clearly visible, obviously wrong, and comfortably dis
from their daily lives. What if the most effective slavery in history isn't hidden
public, celebrated, and defended by the very people it enslaves?

I understand that comparing contemporary life to slavery will make some reac
uncomfortable. That discomfort is the point. We've been conditioned to reserv
word 'slavery' for its most extreme historical forms, but slavery is fundamenta
the extraction of labor through coercion—regardless of whether that coercion
applied with whips or withholding.

To be clear: I'm not minimizing the horrific brutality of historical slavery or th
ongoing horrors of contemporary trafficking. Chattel slavery involved unimag
physical cruelty, family separation, and dehumanization that scarred generatic
whip, the auction block, the chain—these were instruments of terror that redu
human beings to property through violence and degradation.

I recognize that freedom and slavery exist on a spectrum. Between the plantat
owner's whip and complete autonomy lies a range of arrangements—serfdom,
indentured servitude, debt bondage, and various forms of regulated participat
society. Most people would place our current system somewhere in the middle
spectrum, arguing we have enough choices and protections to avoid the 'slave

But consider where we actually fall: When you cannot keep the majority of you
cannot opt out without facing state violence, cannot choose how your extracte
is used, and face increasing surveillance and restriction of movement—how fa
the slavery end of the spectrum are we really? The question isn't whether we'r

slaves, but whether we're close enough to that end to warrant the comparison.

I use 'slavery' not to minimize historical suffering, but to cut through the com
language that obscures the actual relationship. Terms like 'social contract' and
duty' prevent us from examining what's really happening. Sometimes the most
uncomfortable comparisons reveal the most important truths.

This isn't about personal hardship or material deprivation. Many people living
this system—myself included—enjoy comforts that would have amazed histor
royalty. The sophistication of modern control lies precisely in maintaining con
through comfort rather than suffering. A golden cage is still a cage, and a com
slave is still a slave.

What if the most effective slavery in history makes its subjects grateful for the
subjugation?

The Invisible Shackles

The genius of contemporary slavery isn't the whip, it's the W-2. It's not the ch
the mortgage payment. It's not the overseer with a gun, it's the IRS agent with

Think I'm being dramatic? Let's examine the mechanics.

You surrender 30-50% of your labor before you ever see it. If you refuse, men w
will eventually arrive at your door. The extraction is comprehensive and inesca
earn money, pay income tax; own property, pay property tax; spend money, pay
tax; save money, lose to inflation tax; invest successfully, pay capital gains tax;
business, pay for licenses; run a profitable business, pay corporate tax; give mo
away, pay gift tax; die with assets, pay inheritance tax. Every economic action
a revenue opportunity for the system that owns your labor.

You can't opt out of funding wars you oppose, surveillance systems that monit or bureaucracies that regulate your choices. Your 'property' can be seized for t taxes, even if you own it outright.

Historical slaves at least knew they were enslaved. The violence was visible, th coercion obvious, the enemy identifiable. Today's slaves are convinced they're consumers.

But here's the real masterpiece: you've been convinced this is freedom.

The Comfortable Cage

The cage isn't just bigger now—it's learning. As I documented in *The Invisible* we're witnessing the elimination of cognitive friction itself. When AI systems predict your needs before you feel them and shape your choices before you ma you're not using technology—you're being optimized by it.

But the technological cage is only half the story. We're witnessing the [coloniza human biology](#) itself.

The modern slave doesn't just surrender their labor—they surrender their cell nervous system is being mapped for networking. Your DNA is being collected and potentially auctioned in bankruptcy proceedings.

When [23andMe filed for bankruptcy](#), it left 15 million DNA samples vulnerabl creditors, while officials like [Netanyahu openly announced genetic database p](#) Congressman Crow [warned about DNA-targeted bioweapons](#).

When RFK Jr. [announced universal wearables](#) within four years, the infrastruc required—regardless of stated health goals—represents the final component c comprehensive biological surveillance that creates permanent legal records fo

insurance companies, employers, and courts to weaponize against you.

This represents the perfect synthesis of my previous investigations: *The Corpo Veil*'s [legal transformation](#) that created the framework for treating citizens as corporate assets, the technological apparatus that perfected the delivery mech and the biological colonization that provided the final substrate for control.

But here's what makes this convergence truly unprecedented: we're witnessing emergence of anticipatory compliance. Your smartwatch doesn't just track you —[studies show wearables can detect conditions like COVID-19 up to 7 days b symptoms appear](#), while [insurance companies like John Hancock offer up to 2 premium discounts](#) based on your activity data. Your phone doesn't just sugge —it knows your behavioral patterns well enough that [employers are using fitn trackers to monitor employee performance and "reliability"](#) based on moveme Your streaming habits don't just reflect your preferences—they shape your psychological profile in ways that determine your access to credit, housing, an employment.

The modern slave isn't just compliant—they're predicted, pre-approved, and programmed for the life the system has chosen.

The Evolution of Bondage

Alongside this invisible system, the old brutalities persist today. [Children min in the Congo under armed guard](#) to power our smartphones.[Human traffickin generates $150 billion annually](#) through forced labor and sexual exploitation. [remain trapped in debt bondage, forced marriage, and industrial slavery](#) that l remarkably similar to bondage from centuries past.

What makes the form of slavery I'm describing historically unique isn't its cru

its invisibility. Traditional slavery—both historical and contemporary—relies

obvious coercion: if you're owned, you know it. The master's authority is visib

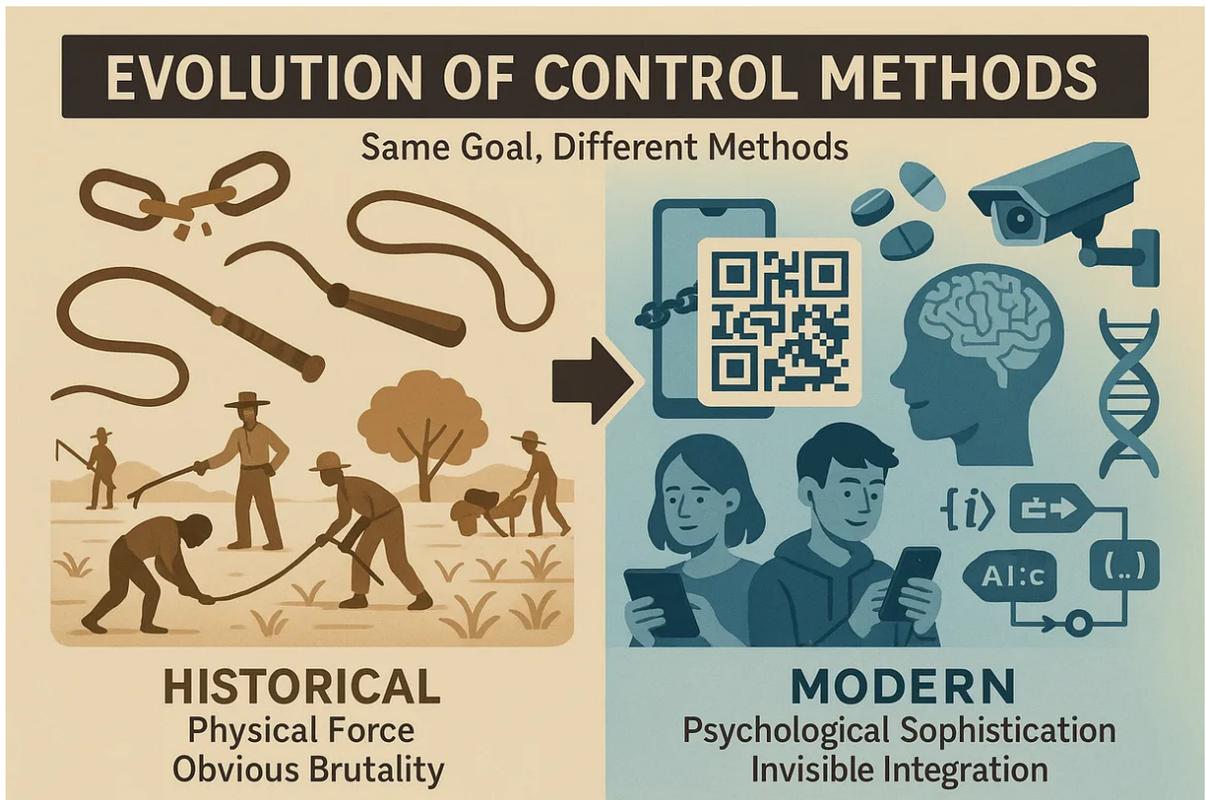violent, and direct. Resistance means physical punishment, but at least the ene

identifiable.

The slavery of the developed world operates through what we might call the 'v

glove model'—polished, comfortable, and marketed as benefit rather than bon

Traditional slaves are told they're property; modern slaves are told they're cus

Traditional slaves are controlled through fear; [modern slaves through conveni](#)

Traditional slaves are kept ignorant; modern slaves are overwhelmed with cur

information that shapes their conclusions.

The plantation owner never convinced his slaves that chains were jewelry. The

Congolese warlord doesn't pretend the cobalt mine is a wellness center. But w

been convinced that surveillance is safety, that debt is prosperity, that algorith

control is empowerment.

Traditional slavery was economically inefficient—you had to house, feed, and

your property. Modern slavery is self-maintaining: the slaves pay for their own

monitoring devices, compete for their positions, and attack anyone who sugge

they're not free.

You celebrate when your smartwatch reminds you to exercise. You feel gratefu

your phone suggests the fastest route. You trust algorithms to curate your new

entertainment, your potential romantic partners.

We've been conditioned to love our cages so thoroughly that questioning them

like madness.

EVOLUTION OF CONTROL METHODS
Same Goal, Different Methods

HISTORICAL
Physical Force
Obvious Brutality

MODERN
Psychological Sophistication
Invisible Integration

The Financial DNA of Control

The economic architecture of modern slavery operates through the systematic conversion of citizens into corporate assets. [The legal frameworks established 1871](#) created the foundation for treating people as revenue-generating entities than sovereigns, as evidenced by how your name appears in ALL CAPS on gov documents—the same format used for corporate entities.

This isn't just bureaucratic formatting—it's the paper trail of your conversion citizen to inventory. You're not exercising rights; you're generating revenue fo systems that process you like any other corporate asset.

The financial enslavement operates through debt that can never be repaid bec 'money' used to pay it is itself debt. Federal Reserve notes aren't currency—th IOUs in a system where every dollar represents an obligation to private banks trying to pay off debt with debt instruments, which is mathematically impossi
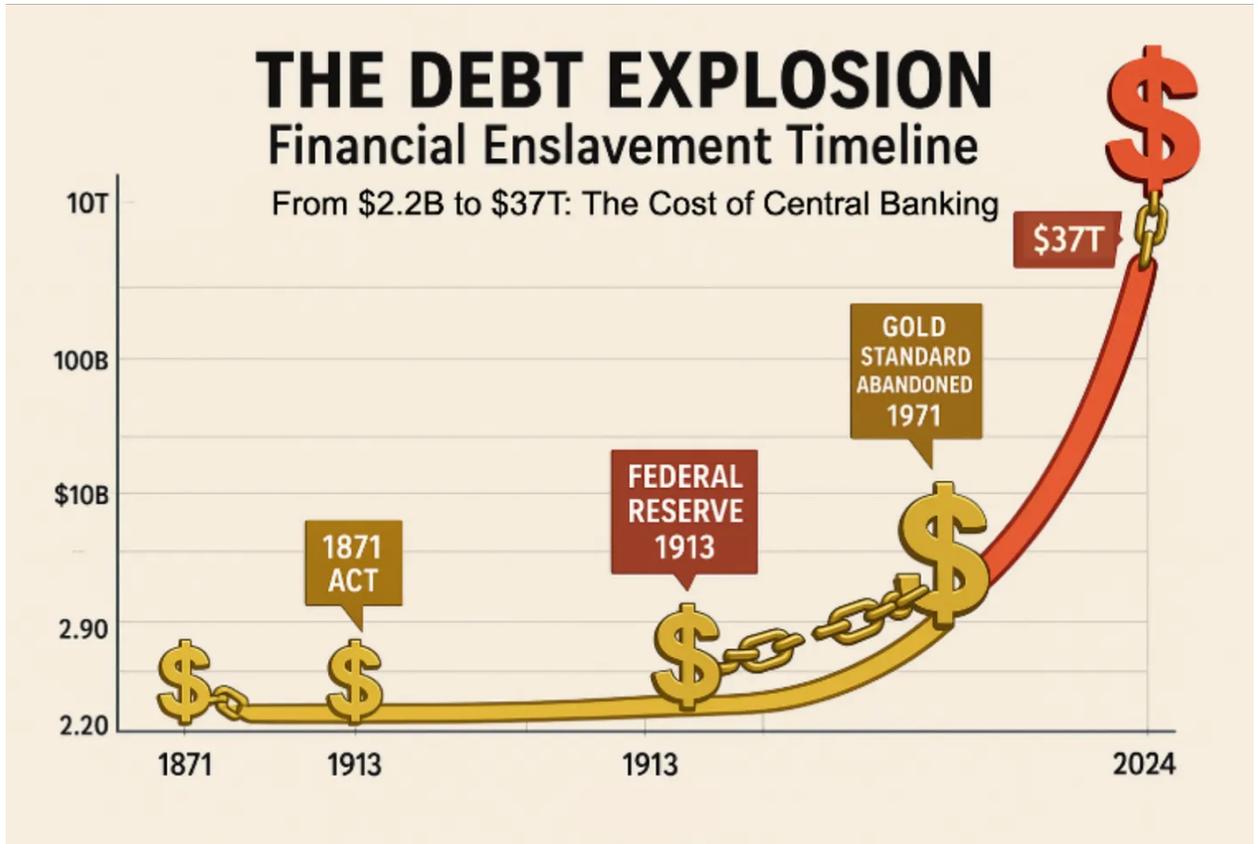
[The $37 trillion national debt](#) isn't just a number—it's a lien against your futu[re]
productivity. You didn't vote for this debt, you can't discharge it, but you're le[gally]
obligated to service it through your labor

And here's where the noose tightens: [Central Bank Digital Currencies represe](#)[nt]
[programmable money that can expire, restrict purchases, or shut off entirely](#) b[ased on]
compliance—eliminating the last vestige of anonymous economic activity.

The trajectory toward financial control wasn't accidental. [The Economist's 19](#)[88]
[predicted a 'world currency' emerging](#) from the ashes of national currencies b[y]
exactly when cryptocurrency and CBDC development accelerated. By 2021, th[e]
publication celebrated ['Govcoins' as inevitable, replacing 'In God We Trust' w](#)[ith 'In]
[Tech We Trust.'](#) This 33-year progression from prediction to celebration revea[ls a]
deliberate timeline for eliminating monetary sovereignty.

Cash, the last vestige of anonymous economic activity, is being systematically eliminated. What they call "financial inclusion" is actually economic imprison making every purchase a permission request to algorithmic authorities.

The Divided Plantation

Perhaps most brilliantly, the system has convinced its slaves to fight each othe instead of recognizing their shared bondage.

As I explored in *Divided We Fall*, the same forces profiting from your labor also the narratives that keep you arguing with your neighbors. The most effective plantation is one where the slaves police each other.

The protesters who storm the Capitol think they're fighting tyranny while car tracking devices that record their every move. The activists who march for soc

justice organize through apps that harvest their data while promoting policies expand surveillance. Both sides livestream their 'resistance' on platforms own their oppressors.

The genius isn't in the politics—it's in ensuring that no matter which side you you're still feeding the machine that enslaves you.

The Technological Leash Tightens

The convergence is accelerating through coordinated infrastructure:

- **Identity Capture**: Biometric databases make anonymous existence imposs

- **Data Processing**: Massive server farms process every biometric signature time

- **Interface Elimination**: 'Contextually aware' devices remove conscious cho friction

- **Cognitive Control**: AI systems shape how you think about questions them

- **Economic Dependency**: Digital income tied to compliance monitoring

- **Biological Integration**: Neural interfaces turn your cells into network noc

The technology goes beyond wearables to injectable nanosensors that can cro blood-brain barrier and wirelessly transmit neural activity to external devices, allowing for direct monitoring of thoughts and brain activity. University of Ca researchers have developed [NeuroSWARM3](#), gold-plated nanosensors "the siz single viral particle" that can travel through the bloodstream, cross the blood-barrier, and "convert the signals that accompany thoughts to remotely measur signals."

The convergence I've documented across multiple essays reveals something

unprecedented: a system where your legal status, technological dependencies,
biological processes have been integrated into a single control architecture. T
modern slave isn't just monitored—they're systemically integrated at every lev
existence.

The War on Consciousness: Documented in Patents

This isn't cultural drift. It's not accidental. It's not even just market forces.

This is weaponized psychology, and the patents are the smoking gun.

The U.S. Patent Office contains thousands of entries detailing the technical
manipulation of human consciousness—filed by corporations, defense contrac
and intelligence affiliates. These aren't conspiracy theories. They're governme
validated blueprints. Critics often dismiss patents as mere speculation—"just
it's patented doesn't mean it's built." But these aren't isolated theoretical docu
They represent a documented progression from classified research to consume
products, a technological pipeline from government laboratories to your living

**US Patent 6,506,148 B2: Nervous System Manipulation by Electromagnetic I
from Monitors.** Your screen isn't just displaying images—it's capable of modu
your nervous system.

US PATENT 6,506,148 B2 (2003)

"Nervous System Manipulation by Electromagnetic Fields from Monitors"

- Monitors can emit pulsed electromagnetic fields that affect nervous system
- Fields operate in 0.1-100 Hz range to induce physiological effects
- Technology could be implemented without users' awareness or consent

Suggests electronic displays could be engineered to influence human nervous system function.

US Patent 5,159,703: Silent Subliminal Presentation System. Sends inaudible straight to your subconscious—bypassing conscious resistance.

US PATENT 5159703A (1992)

"Silent Subliminal Presentation System"

- Uses inaudible carriers in ultrasonic frequency ranges to transmit messages
- Subliminal information encoded through amplitude or frequency modulation
- Transmits signals directly to the brain while bypassing conscious perception

Technology designed to deliver subliminal messages without audible "foreground" sounds.

US Patent 3,951,134: Remote Monitoring and Alteration of Brain Waves. Yo even need to wear the device. The environment itself becomes the weapon.

US PATENT 3,951,134 (1976)

"Apparatus and Method for Remotely Monitoring and Altering Brain Waves"

• Uses radio signals to monitor brain wave activity from a distance

• Capable of sending signals back to modify brainwave patterns

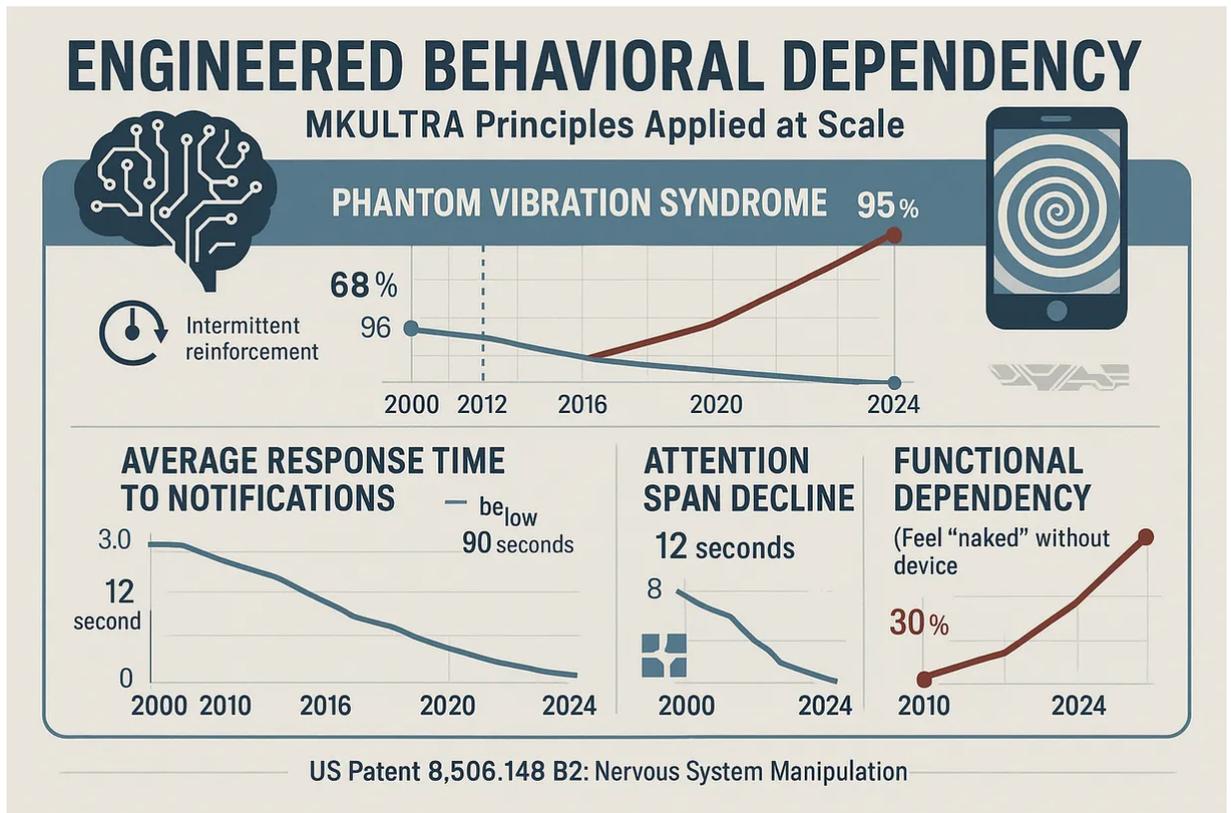• Early technology for non-consensual neurological influence

One of the earliest patents suggesting remote brain activity monitoring and modification.

Image Source: [**MKULTRA: The Hidden Hand, Part 3**](#)

Even Apple has filed patents to monitor brain waves via AirPods—framed as optimization, but in reality, they represent applied surveillance of thought.

What [MKULTRA did with electrodes and LSD](#), modern technocrats do with and screen time. The modern slave doesn't just carry tracking devices—they consciousness-control tools disguised as entertainment, wellness, and produc

This is a war on awareness itself—the systematic erasure of human autonomy of algorithmic obedience. The only thing more chilling than these patents exis the fact that we're voluntarily paying for them.

ENGINEERED BEHAVIORAL DEPENDENCY
MKULTRA Principles Applied at Scale

PHANTOM VIBRATION SYNDROME   95%

68%
96
Intermittent reinforcement

2000 2012   2016   2020   2024

AVERAGE RESPONSE TIME TO NOTIFICATIONS — below 90 seconds
3.0
12 second
0
2000 2010   2016   2020   2024

ATTENTION SPAN DECLINE
12 seconds
8
2000   2024

FUNCTIONAL DEPENDENCY
(Feel "naked" without device)
30%
2010   2024

US Patent 8,506.148 B2: Nervous System Manipulation

The Soft Enforcement Layer

But how does the Control Grid maintain compliance without obvious violence
Through the emerging infrastructure of soft coercion—systems that make res
economically and socially impossible.

The enforcement doesn't come through jackbooted thugs but through bureau
strangulation. History shows us this pattern: the worst totalitarian states didn
imprison dissidents—they made exit itself impossible. As [Balaji Srinivasan re](#)
[observed on X](#), "The right to exit is a fundamental human right. It's equivalen
individual consent, and to communal self-determination. Even the UN recogn
The worst states in history revoked the human right to exit. The Soviets, the N
East Germans, the Cubans, the North Koreans...they did not let you leave."

Balaji ✓ ▣
@balajis

The right to exit is a fundamental human right. It's equivalent to individual consent, and to communal self-determination.

Even the UN recognizes this.

Balaji ✓ ▣
@balajis

The worst states in history revoked the human right to exit.

The Soviets, the Nazis, the East Germans, the Cubans, the North Koreans...they did not let you leave.

He provided historical documentation showing how:

The Nazis implemented the Reich Flight Tax in 1931 to rob emigrating Jews o assets.

Reich Flight Tax

From Wikipedia, the free encyclopedia

The **Reich** Flight Tax (German: *Reichsfluchtsteuer*) was a German capital control law implemented in 1931 to stem capital flight from the German Reich. After seizing power, the Nazis used the law to rob emigrating Jews of their financial assets.[1][2][3]

East Germany criminalized leaving as "desertion from the republic."

When East Germans escaped over the inner German border during the Cold War, the German Democratic Republic (GDR) described their actions as *Republikflucht*, which means "desertion from the republic" or "flight from the republic." Additionally, the word *Republikflüchtlinge* describes "deserters from the republic."

When used by GDR authorities to speak of deserters, the word had a negative connotation, associating them with a crime against the state. The word closely resembles the more generalized *Fahnenflucht*, which literally means "desertion from the flag" and in this case refers to military desertion. The word *Republikflucht* therefore invoked similar feelings of betrayal against the state, and specifically referred to escape from the GDR.

The Soviets imposed "diploma taxes" on educated emigrants.

Diploma tax

From Wikipedia, the free encyclopedia

The **diploma tax** is an informal reference to the one-time payment imposed in the Soviet Union on would-be emigrants who received a higher education there. It was introduced in August 1972.[1] The professed justification for the tax was to repay state expenses for public education, but the measure was designed to combat the brain drain caused by the growing emigration of Soviet Jews and other members of the intelligentsia to the West.[2] The accompanying Instruction issued the same day set the fee to 12,200 roubles (an average monthly salary was 130-150 roubles).[3]

Cuba made escape so difficult that people still risk death on makeshift rafts.

Leaving Cuba: The difficult task of exiting the island

By Sarah Rainsford
BBC News, Havana

🕐 21 July 2012

The pattern is always the same: economic barriers replace physical walls, targe those most likely to resist—the educated, the wealthy, the independent-minde

Today's version is more sophisticated but functionally identical: rather than preventing physical departure, modern systems make economic and social participation impossible without compliance—creating internal exile within y

country.

- **AI workplace monitoring**: Companies using behavioral analytics to asses: employee "reliability" and performance through comprehensive surveillar file activity, communication, and screen behavior

- **Biometric payment systems**: Facial recognition replacing cash transactio stadiums and retail locations, with venues like Cleveland Browns and Intu requiring facial authentication for concessions

- **Social credit integration**: Insurance premiums tied to wearable device co: and lifestyle monitoring, with 69% of Americans willing to wear devices fc insurance discounts

- **Digital ID expansion**: Coordinated global rollout of mandatory digital ide systems for basic services, with experts predicting 5 billion digital IDs glc 2024, including Mexico's new biometric CURP system requiring facial sca fingerprints for internet access

- **Carbon passports**: UK's proposed yearly travel allowances restricting mov based on digital compliance, announced just last week

When I detailed this soft enforcement architecture in 2022, friends told me I v paranoid. These mechanisms have gone from 'conspiracy theory' to openly co: - and often implemented—policy in three years.

This isn't just surveillance—it's economic exclusion for non-compliance. In th alone, police arrest over 12,000 people annually (more than 30 per day) under j speech-related laws. The system doesn't need to arrest you; it just needs to ma life impossible without submission.

Your social credit score doesn't put you in jail, it just makes you unemployabl vaccine passport doesn't physically restrain you, it just makes you unable to

participate in society. Your CBDC wallet doesn't chain you, it just expires you if you exhibit unapproved behavior.

The genius is making compliance feel voluntary while making resistance practically impossible.

The Global Architecture

This coordination isn't accidental. When identical digital ID systems roll out using the same frameworks, when QR code rationing appears simultaneously continents, when biometric requirements emerge in lockstep worldwide—we' witnessing architecture, not random evolution.

The World Economic Forum openly describes this coordination through their identity' initiatives, 'Great Reset' agenda, and 'stakeholder capitalism' framew integrate technological, financial, and biological control systems. The rhetoric 'building back better' creates the infrastructure for comprehensive human management. As Laura Edelson, a computer scientist at Northeastern Univers noted about [China's digital ID system](#) just last week: 'They want the policema in your head, and a really important way of making people feel that policeman head is removing any illusion that someone might have that they're anonymou

What China implements openly as social control, the West adopts through the language of health, safety, and convenience—but the architecture remains ide We're witnessing the Chinafication of the West, where the same surveillance s get rebranded as freedom.

The Synthesis of Control

What emerges from connecting these patterns is a form of slavery more sophi

than anything in human history: what I've been calling 'The Control Grid,' a t
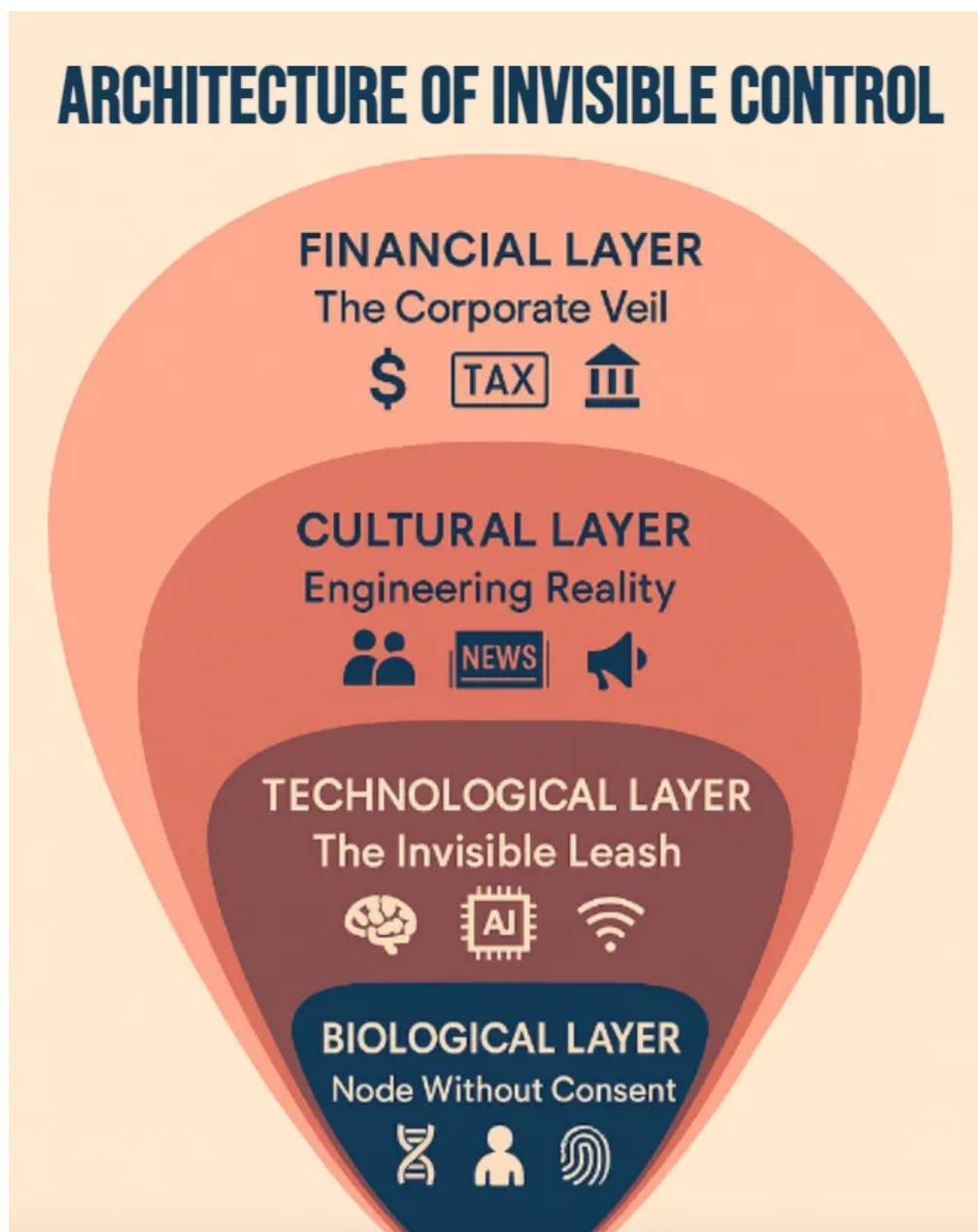first heard from Catherine Austin Fitts.

The financial layer (documented in *The Corporate Veil*) reduces you to a revenu
generating entity through legal frameworks that treat citizenship as corporate
registration.

The cultural layer (explored in *Engineering Reality*) manufactures the conflicts t
you fighting other slaves instead of recognizing the plantation.

The technological layer (exposed in *The Invisible Leash*) eliminates cognitive fri
through AI systems that predict and shape your choices before you make them

The biological layer (revealed in *Node Without Consent*) colonizes your cellular
processes through devices that monitor and potentially control your physical

responses.

ARCHITECTURE OF INVISIBLE CONTROL

FINANCIAL LAYER
The Corporate Veil

CULTURAL LAYER
Engineering Reality

TECHNOLOGICAL LAYER
The Invisible Leash

BIOLOGICAL LAYER
Node Without Consent

The result isn't just surveillance or control—it's the systematic replacement o
agency with algorithmic optimization. You're not living your life; you're perfo
script written by systems that know you better than you know yourself.

Historical slavery relied on external coercion—slaves knew they were enslaved
when powerless to resist. Modern slaves have surrendered their decision-mak

processes to systems that predict their choices, curate their information, and s
their desires. The most profound enslavement isn't of the body—it's of the wil
Once you control consciousness—what people think, how they think, even wh
they think—every other form of control becomes automatic. Cognitive soverei
the foundation of all other freedoms.

Programming the Next Generation

But the Control Grid's most insidious achievement is psychological: we're rais
children who will never know what freedom felt like.

We've created what can only be called psychological cripples—people who are
practiced at reading social cues and adjusting their thoughts accordingly, but
have never learned to form independent judgments. They mistake consensus f
and popularity for virtue. This [systematic conditioning process](#) creates indivic
who've never developed the capacity for authentic dissent.

But it goes deeper than social conditioning. We're witnessing the systematic
prevention of human consciousness development itself.

Consider what's being lost: A child who learns to 'feel' through mood-tracking
never develops internal emotional awareness. Kids who navigate exclusively th
GPS never develop spatial reasoning or intuitive direction. Those who get dop
hits from notification sounds never learn sustained attention or deep focus. C
who ask Alexa for answers never develop the cognitive struggle that builds cri
thinking.

This isn't just convenience—it's cognitive replacement. When your device tell
how you slept, how you feel, what you need, when to eat, where to go, what to
the faculty for self-awareness atrophies. The child never learns to read their ov

body's signals, trust their own judgment, or develop what previous generation called 'common sense.'

Unlike the Stasi's victims who at least had some years of normal psychologica development, these kids never get that foundation. They never develop what psychologists call 'internal locus of control' because they never get to make re choices with real consequences—or even learn to perceive reality without technological filters.

The result is a generation that's either paralyzed by self-consciousness or com reckless. Some retreat into careful blandness, crafting personas so sanitized th might as well be corporate spokespeople for their own lives. Others embrace weaponized exposure because they figure they're already screwed.

Most devastatingly, we're creating humans who literally cannot conceive of unmediated existence. They've never experienced unmonitored thought, untra movement, or unrecorded conversation. To them, privacy isn't a right being ta away—it's an alien concept that feels dangerous and unnecessary.

We're not just surveilling them—we're programming them. Teaching them th real convictions is dangerous, that independent thought carries unlimited dow risk, that technological mediation is superior to human judgment, that the mc important skill in life is reading algorithmic cues and adjusting accordingly.

This creates the perfect slaves: people who police themselves, who mistake th for safety, who've forgotten that thoughts are meant to be shared and convicti meant to be defended—because they never learned these capacities existed in place.

The Recognition

The first step toward freedom is recognizing the Control Grid. Not metaphori[...]
literally.

Examine your legal documents. Notice the capitalization patterns. Study how [...]
identified in these systems. Track your labor extraction—calculate how much [...]
productivity disappears before you see it.

Most importantly, observe your own behavior. How often do you ask your devi[...]
you feel instead of feeling it yourself? How many decisions get shaped by algo[...]
suggestions? How much of your self-awareness has been outsourced to techn[...]
interpretation?

They carry their monitoring device voluntarily, pay for their own surveillance, [...]
defend the system that harvests their data. They vote in elections that don't ch[...]
fundamental architecture of control, celebrate technological 'conveniences' th[...]
eliminate their agency, and attack anyone who questions the system.

They have more gadgets than any generation in history yet less control over th[...]
more information yet less understanding of how their world works, more 'righ[...]
fewer choices about the fundamental terms of their existence.

The Mirror

Look in the mirror. What do you see—a free citizen or a well-managed resour[...]

You surrender your labor through payroll deduction. You submit to surveillan[...]
through consumer electronics. You accept financial dependency through debt[...]
currency. You participate in division through manufactured political theater. [...]
outsource your biological awareness to technological mediation.

Yet this system is celebrated as freedom.

Modern slaves don't live in chains—they live in financial obligations. They do answer to overseers—they answer to algorithms. They work not to build their wealth but to service debt they never chose while feeding systems designed to their biological essence.

The Choice

You have three options:

Remain unconscious. Keep believing the system works for you. Trust that you matters, your devices serve you, and your sacrifices are for a noble cause. It's comfortable. It's easy. It's probably what most people will choose.

Become conscious but stay compliant. Recognize the system for what it is but continue participating because the alternatives seem too difficult or dangerou least you'll understand why you feel increasingly trapped.

Become conscious and seek freedom. This is the hardest path. It requires que everything you've been taught about citizenship, money, technology, and auth means accepting that the system you've defended might be the source of your

Beyond the Digital Plantation

"A really efficient totalitarian state would be one in which the all-powerful execu political bosses and their army of managers control a population of slaves who do no be coerced, because they love their servitude."

—Aldous Huxley

The recognition that we've been enslaved by systems we defend isn't cause for [...]—it's the foundation for liberation. The same technologies that enable unpre[...] surveillance also enable unprecedented coordination among those who recogn[...] system's true nature.

But first, you have to see the Control Grid. You have to acknowledge that the [...] effective slavery in human history doesn't require whips or chains—just smart[...] credit scores, and the persistent illusion that monitoring equals caring.

The modern slave looks like someone with a job, a mortgage, a smartwatch, ar[...] social security number. They have more conveniences than any generation in [...] yet less sovereignty over their existence.

The truth might be uncomfortable, but it's the only foundation upon which ge[...] freedom can be built.

After all, you can't escape a prison you don't know you're in.

And the first step to freedom is admitting you're not already free.

Discussion about this post

Comments   Restacks

Write a comment...

Alice Hesselrode Alice Hesselrode Jul 28

♥ Liked by Joshua Stylman

Thank you for this thoughtful article. For all those who use a ring or a watch type weara
you how you feel please take it off and learn to listen to your body. Ask it questions. Fe
your butt on the chair, your feet on the floor, the slight wind from the fan. Stop right no
What do you hear around you. Look up from the screen and survey your surroundings.
concerted effort to not use GPS. go outside and see where the light and shadow are cc
With practice you could find your self in any location and know north, east, south, west
map and at least know the general direction you are going. Above all observe your thou
lucid life.

♡ LIKE (44)   💬 REPLY

1 reply

Didz ⊗ 2Didz Jul 28

♥ Liked by Joshua Stylman

An uncomfortable mirror, indeed. Loved your post, Joshua, albeit I skimmed through th
my smart watch told me to stand up. Oh well, I'll re-read it proper when my tracker thin
to sleep :-)

♡ LIKE (25)   💬 REPLY