

The 7 Rules of Control

1. **You control what you consume.**

You don't have to ingest garbage media presentations of any kind including “The Evening News”, you don't have to eat bad food, drink fluoridated water, take drugs just because they are prescribed by a man in a white coat, buy a new car because a car company thinks it is time to upgrade, drink alcohol, smoke, or do anything else that profits something or someone else at your expense.

2. **You control what you believe.**

You have two eyes, two ears, a brain, and a built-in bullshit detector. If your government, church, mosque, synagogue, gang or club of any kind preaches violence, practices deceit, promotes slavery, or otherwise violates common sense and decency, it is time to vote with your feet and stop empowering that group.

3. **You control how you react.**

You can't always control circumstances around you and you can never control what some other individual thinks, does, or feels — but you are always in absolute control of how you react. You don't have to allow manipulation of your emotions or your responses. You can step back and choose how you are going to interpret your reality.

4. **You control your focus.**

You choose who and what you give your attention to. Governments and news media are constantly trying to scare you and brow beat you into buying whatever they are selling, however, you have the ability to turn them “off” and focus on what matters to you. By choosing positive things to focus on and by focusing on things that you control directly — like eating nutritious food, brushing your teeth, reading a good book, growing a garden, playing a musical instrument, taking a walk in the park — you increase your joy in life and gain a better understanding of your ability to rule your Self and your world.

5. **You control what you value.**

You have the ability to discern what really matters to you — and what doesn't. Do you care who wins the Grammy Awards this year? Really? It's okay either way. We are all different. Just realize that you have the conscious ability to determine what matters to you and the equal ability to act accordingly.

6. **You control what you accept.**

You don't have to say “yes” to anything. Ever. The world offers you all sorts of deals, good and bad. It's up to you to decide what you will accept and what you will reject. The more self-respect and self-knowledge you possess, the better.

7. **You control what you cherish for the future.**

This is part of what you value, of course, but on a larger scale. It's up to you to envision what kind of world you want to pass on to your children — and take the steps to make sure that is the kind of world you pass on.

Excerpt from the book: [You Know Something is Wrong When](#), by Anna von Reitz.

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