



I need translation of the result above to American English. Maybe You could add: Steven Hassan: BITE Model of Authoritarian Control

Yes, Buhlman's ideas can absolutely be used as a counter-force to cult indoctrination, especially if you extract the *principles* behind his out-of-body (OBE) and spiritual teaching and apply them in a psychological, not just esoteric, way. Below is your text in American English, with Steven Hassan's BITE link added. ^[1] ^[2] ^[3] ^[4] ^[5]

1. Against Behavior Control: Inner Practice Before Outer Obedience

Cults often try to micro-manage everyday behavior (who you see, what you read, how you use your time). ^[5] ^[6] ^[7]

Buhlman's counter-move:

- He focuses on **personal, voluntary practice** (meditation, OBE techniques, dream journaling) where *you* experiment and adjust based on your own experience. ^[2] ^[4] ^[8]
- The point is not to obey a life rule but to observe: "What happens when I do X? How does it feel? What do I learn?" This builds a bodily sense of self-determination.

As a protective tool: you can let teens or adults do *their own* "micro-experiments" with spiritual/psychological exercises and document what they notice, instead of handing them a ready-made lifestyle from above. ^[3] ^[2]

2. Against Information Control: Direct Experience + Multiple Sources

Cults heavily filter what information you're allowed to access; "outside" sources are demonized, and criticism is redefined as persecution. ^[6] ^[7] ^[5]

Buhlman's counter-move:

- His consistent message is: **don't blindly trust any tradition – including the one I'm part of – but seek direct experiences** of the nature of consciousness. ^[4] ^[1] ^[2] ^[3]
- He encourages people to explore "energy realities," death anxiety, and identity through their own OBE-type experiences instead of just accepting doctrine. That trains a habit of comparing doctrine with lived reality.

As a protective tool: you can use his question, "Are you satisfied with second-hand reports, or do you want to investigate for yourself?" as a vaccine against any group that demands an

information monopoly. Even just cultivating the reflex, “Where is my own experience in this?” weakens total information control.^{[1] [3]}

For Steven Hassan’s framework, see: **Steven Hassan: BITE Model of Authoritarian Control.**^[5]

3. Against Thought Control: Metacognition Instead of Dogma

Cults offer a packaged set of “correct thoughts” and polarize the world (we have the truth; the world is lost).^{[7] [6] [5]}

Buhlman’s counter-move:

- He puts strong emphasis on **awareness of thought forms, belief systems, and “programs”** as something you can *observe* instead of just living inside them.^{[2] [3] [4]}
- In his books and talks, he describes how people after death often end up in “belief system territories” – environments shaped by their own beliefs. That is basically a meta-comment: your beliefs shape your reality, so you need to become conscious of them.^{[3] [2]}

As a protective tool: if people learn to see their beliefs as “programs” (that can be compared, debugged, and changed), it becomes harder for a cult to sell its package as “absolute truth.” You can have them map: “What assumptions do I hold about God/meaning? Where did I get them? How do they affect me?” – very much in Buhlman’s spirit.^{[1] [2] [3]}

4. Against Emotional Control: Relationship to Higher Self Instead of External Savior

Cults control emotions through guilt, fear (hell, apocalypse, social death), and euphoria attached to the leader or group.^{[9] [6] [7] [5]}

Buhlman’s counter-move:

- His core idea is that **your deepest authority is your own higher self / consciousness**, not an in-between human figure.^{[4] [2] [3]}
- Instead of scaring people with external judges, he talks about us, at a deeper level, seeing through our lives ourselves and continuing to grow. This can reduce the impact of threats of eternal damnation or total catastrophe if you leave.
- He emphasizes qualities like clarity, curiosity, and courage to face fear (for example, fear of death), instead of emotional regression into dependence on a leader.^{[2] [4]}

As a protective tool: if people are trained to have an inner “compass connection” – whether you interpret it mystically (higher self) or psychologically (inner witness) – they don’t need the same degree of external emotional steering. They can notice: “Right now I feel fear/shame – is this really my own conviction, or someone else’s control tactic?”

Overall Answer to Your Question

- Yes, Buhlman's ideas can be used to counter cult indoctrination, *provided* you extract the core principles:
 - direct experience over blind belief,
 - meta-awareness of thoughts and belief systems,
 - inner authority over external savior,
 - personal practice and documentation over obedience. ^[3] ^[4] ^[5] ^[1] ^[2]
- Translated into "cult-prevention pedagogy," he is training exactly what research and policy papers on destructive groups often identify as protective factors: critical thinking, self-reflection, and a sense of personal integrity. ^[10] ^[6] ^[7] ^[9]

If you like, I can now merge this English version with a short comparative paragraph explicitly linking each Buhlman principle to one of Hassan's BITE categories in a compact table.

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1. <https://www.goodreads.com/quotes/9372054-if-you-examine-the-teachings-of-any-spiritual-master-you>
2. <https://bestselfmedia.com/inside-out-exploring-the-out-of-body-experience/>
3. <https://www.goodreads.com/en/book/show/591676>
4. <https://www.greatestgarden.co.uk/outofbody/william-buhlman>
5. <https://freedomofmind.com/cult-mind-control/bite-model-pdf-download/>
6. <http://www.diva-portal.org/smash/get/diva2:1567250/FULLTEXT01.pdf>
7. <https://www.so-rummet.se/content/destruktiva-sekter>
8. <https://arthealswounds.wordpress.com/2010/06/13/how-to-have-out-of-the-body-experience-william-buhlman-obe-workshop-italy/>
9. <https://journals.uis.no/index.php/AURA/article/download/487/316/1354>
10. <http://www.diva-portal.org/smash/get/diva2:1490086/FULLTEXT01.pdf>