

August 1, 2019

Volume 1: Issue I

ocean newsletter

Overcoming Corruption Encouraging All Nations

In this 1st issue of the ocean newsletter we will explain what ocean is and why we decided to start this newsletter. Then we will look at the Administrative Variances that have changed the program from a Medical Model to a "Psycho-educational" model. Understanding the variances is key to dismantling this unconstitutional system of preventative detention. Then we will share some client testimonies, which are crucial to understanding who is effected by these shadow prisons. Shedding light on their stories will help others learn to take this issue seriously. Then we will see how the gulags ability to maintain public support is crucial to keeping the Murder Machine in operation. Finally, we will see that real treatment is built into the human being and that Cognitive Neuroscience is the answer to changing the man, or woman, who still struggles with unhealthy sexual thoughts.

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Administrative Variances: a Malicious Act to Delete a Medical Model

Rule 26 was established to govern msop as a hospital. However, there is an option to ask the Department of Human Services Division of Licensing for accommodations in the event that msop cannot follow the Rule 26 called a "Variance Request." the MSOP petitioned for more than one Variance Request to Rule 26, which moved the facility away from a medical model and the constraints of following the various state codes outlined at, Minnesota Rule, Chapter 4665, Department of Health, Supervised Living Facilities, because the msop administrators know that the clients are not mentally ill. These Rule 26 Variance(s) are "non-public," stealthy arrangements. These Variances admit, "The vast majority of patients committed to the Minnesota Sex Offender Program do not experience symptoms of mental illness that requires psychiatric treatment..."¹ The msop Executive Director, Nancy Johnson, gave testimony on March 2, 2015, before The Honorable Donovan W. Frank, about the Rule 26 Variances.² In addition, The msop is not a hospital, nor is it calculated to follow a medical model or to administer to ill people. In addition, The Clinical Director of msop, Jannine Hebert, gave testimony on March 5, 2015,³ before The Honorable Donovan Frank, and explained that the msop has not been a hospital since at least 2008. The msop does not work with patients needing medical care; rather, there is an important distinction in her opinion: the msop is a "treatment program" that deals with folks who are "not sick." Also, msop does not use any "independent" Practitioners and does not provide hospital services.

No one can receive medical care and attention at a facility that does not provide medical services. msop should be investigated by an independent party, and shut down. Here at the msop facility, we are all well aware of what is going on here, we hope the public will soon understand the gravity of this situation. This may only affect those who've committed sexual offences today. But tomorrow, anyone can get committed.

Footnotes

1. Variance Request: Department of Human Services, Division of Licensing, 4444 Lafayette Road, St. Paul, MN 55155-3842 OR PO Box 64242, St. Paul, MN 55164-0242, Bob Chilberg, DHS Licensor (218)728-3210, Variance #3, (3030-2), Aug-30-05, signed by Dean Mooney on Mar-4-2005. Also see 2nd Variance signed by John D. Erskine on Apr-4-2008, License number of program: 830611 and 810838
2. Court Trial Proceedings, Vol. XV, dated March 2, 2015, pp. 3198, 3199, 3201, 3336, 3428, 3429 – Case No. 11-CV-3659 (DWF/JJK)
3. Court Trial Proceedings, Vol. XVIII, dated March 5, 2015, pp. 3957, 3958, 4001, 4002, 4203, 4204 – Case No. 11-CV-3659 (DWF/JJK)

"It is difficult to get a man to understand anything if his paycheck depends on him not understanding it." - Albert Einstein

Client Interview

If the public and the state authorities are going to keep us locked up forever, they are at least going to know how we're getting along. After praying for an interview, God provided.

Q: *"How do you cope with the surroundings in which you live to maintain a level of sanity?"*

Being a Bible-Thumping Born Again Christian here, this is a very difficult question. There are many tricks I see other people doing to cope; i.e. video gaming, movies, etc... to do battle with these unhealthy and demonic surroundings. We are a goal-oriented species. We have to have some sort of goal-set. Some only have short-term goals. This may even include most people. I have short-term goals too. But they are matched by, and line up with, my ultimate long-term goal of staying true to God and getting out of here. I have not given up. Therefore: I choose to fight.

I choose this fight willfully and with pride. Just under my surface, there is always this searing hot anger directed at my captors; what they are doing to me and to my family through their unlawful acts of deceit and unrighteousness. Fighting back alleviates some of the appetite I have for this anger and penchant for violence I have toward them.

So I cope by trying to right this clearly wrong act committed against my humanity. I read legal materials, psychiatric & psychological journals that deal with sexual violence and any corresponding treatment for it relentlessly. The documents I read is where the truth is told, where their scam falls apart; and through the knowledge I gain, where my fight against them takes place.

I choose to fight by bringing the truth to them—allowing them to experience my knowledge of their malevolent deceit, their lies; and I take them to the place where they can wallow in their unrighteousness like pigs. Once they know the truth—have the knowledge of what harm they cause me, they can choose to go work somewhere else. If they don't, I am then justified to determine they are evil, or demonic beings; not worthy of my time, effort, or patience. I can then ignore them in good conscience.

It is my belief that the education of these misguided and tortured souls is the most important Thing. It's one thing to stand and watch an innocent man get beat up without cause. But it's entirely another to stand there and beat someone without cause. Once they have knowledge of the truth, they are the ones beating me without cause. Once I relate this, they have a choice to make: do good, or commit evil.

In reality, the staff I find easy to deal with for the most part. It is my fellow peers who cause constant struggle for me. I don't care about X-Box, JPay, Cable Television, or how many hours I work as a slave. I care about one thing and one thing only and that is: going home and regaining my life! We don't live here, we only exist. I need to live, I can't settle for existing. so I fight!

"It is my belief that the education of these misguided and tortured souls is the most important Thing."

Msop Reputation [strategy] is to Maintain Public and Political Support

msop knows how important their reputation is to maintain public and political support and are desperate to protect this at all costs. msop is the most obvious example of what it means to put lipstick on a pig. Right before audits and certain tours, msop staff is frantic to clean the facility, make sure their clients are sitting in a tight nit circle during group and other bogus prepping, to further promote the illusion that there is some form of treatment occurring at msop.

msop staff knows how to redirect and recreate itself to confuse and distract the public and the Clients. They have most recently done this with the new tier system. The tier system is used to appeal to the selfish mindset of a sex offender by offering a number of privileges in exchange for performance. This seems like an innocent exchange. However, the incentive is meant to create an illusion that clients are participating in a meaningful treatment. If clients actually had a treatment that helped them recover from impulsive and compulsive sexual deviancy, with clinicians they trust and respect, they would gladly do the treatment, without any persuasive incentive. However, the moment treatment turns into an incentive program, it's no longer treatment because the clinician naturally becomes skeptical of who is in treatment for the right reasons, and who is in it for the incentives. This causes a conversation between a clinician and a client to morph into a never ending cycle of interrogations. Whether it's past or current behaviors or intentions, the goal seems to simply "get the truth" as if the client will receive relief from his sexually immoral mind by simply revealing the truth about it. A clinician's obsession with getting the "truth" reveals that they have used intimidation and incentive to promote treatment—which tends to suppress the truth—training clients to tell clinicians what they want to hear. The clinicians know that they have created an untrusting environment where the client has reasons to lie: the client believes that only consequences and criticisms come from the truth, with the exception of small privileges for "moving forward" in the program – although the juice is hardly worth the squeeze. In addition, the client does not necessarily receive relief from his sexually immoral mind, by telling the truth.

It is the clinician's job to pose as a friend, but work as a spy. Every word said by the client, is recorded and sent to the Attorney General who represents the state's interest to keep the client committed.

msop Mission statement is, "To promote public safety by promoting comprehensive treatment and successful reintegration opportunities for civilly committed sexual abusers." Although the MSOP mission statement sounds good, it is absolutely contrary to past policies that require staff find reasons clients should NOT reintegrate back to society: "When documenting in a medical record, the following guidelines must be adhered to: ... Progress notes should include factors that justify need for continued stay"¹

When an msop clinician gives credit to the msop system for a client that gets released, they reveal one of two things about themselves: their ignorance or their willingness to deceive their clients. When a Client goes to SRB or CAP to get released, the Attorney General represents msop and the state of Minnesota and it's the Attorney General's job to argue why the client should stay committed. msop has never been responsible for any client's release from msop.

In theory, clients are supposed to move to St. Peter where there is a less restrictive living environment, when they reach certain milestones in their treatment. However, the system was never physically designed to actually allow this. Currently, there are many clients approved to go to St. Peter. Nevertheless, clinicians are forced to find reasons why clients should not move forward in the program because if every client that should move forward, did, there would be nowhere for them to go. The system has bottlenecked because double agent clinicians have exhausted their excuses over the years, finding no other choice but to "graduate" clients to "higher levels" of treatment that really lead nowhere. However, these much earned titles have come with no real privileges for the clients.

With any other profession consisting of "sick" people, if the clients do not get well, it is the fault of the doctors and nurses, not the clients and. Any clinician who decides to get an education to help others, should expect to see the results of their hard work. However, msop is like the surgeon who simply leaves

his patients on the operation table to die because no client ever gets rehabilitated at msop. However, in the scheme of msop civil commitment, clients do not work with clinicians, therapists or doctors, but government agents in sheep's clothing. Without growth, there is no life and those that work at msop are satisfied with their work environment and its lack of life, vitality, or joy.

Those that currently work at msop fall into one of two categories: they are either new naïve bright eyes hoping to change a system they know is corrupt by becoming a part of it or they are the "left overs" of decades of staff that have had the integrity to walk away from what is clearly wrong.

"The right to be free from confinement is of the very essence of a scheme of ordered liberty." -*Palko v. Connecticut*, 302 U.S. 319, 325 (1937)

Footnotes

1. Policy 24.1, Reissued 4/00 Reviewed 5/01, approved by Frank Milczark, former Chief Executive Officer of msop. (Note: This is an old policy. However, we have yet to find a new one stating, "When documenting in a medical record, the following guidelines must be adhered to: ... Progress notes should include factors that justify need for *reintegrating the Client back to the community.*" In practice, this old policy is still used.

Introduction to Cognitive Neuroscience

We hope to soon launch our new renewal curriculum, The ocean 3 Degrees Renewal Course which uses the proven science of neuroplasticity and the timeless power of God's Word to change the way we think. Practicing neuroplasticity to make real life changes takes motivation, discipline and dedication. However, living a healthy, offense free life, is priceless. Neuroscience has helped us make real and permanent changes to the brain. This change is called Neuroplasticity.

There are many different mechanisms of neuroplasticity, ranging from the growth of new connections to the creation of new neurons. When neuroplasticity is applied, it is believed that the change is fundamentally no different than other forms of achievement that induce changes in the brain. In other words, consistent prompting to think and behave differently, for any reason, will cause the brain to adapt. In addition, if the skills of neuroplasticity are applied long enough, the adaptation of new thinking and behavioral patterns will become second nature.

Neuroplasticity is achieved with the process of targeted, external stimulation, over a continuous period of time, resulting in substantial changes to the physical brain. Each area of the brain is responsible for a different kind of learning. Therefore, the impact of a shortcoming in each area of the brain is also different. Precision and consistency are essential to acquire progress. In the most recent studies conducted, once brain function has been augmented, that gain is permanent and normal use offers its own stimulation. Accordingly, the changed brain stays changed. Using the skills of neuroplasticity after 10,000 hours of consistent practice, an offender will see significant results. After 20,000 hours, a physical change happens in the brain, making it nearly impossible to undue the positive habits created.

10,000 and 20,000 hours may sound like a lot of time. However, practicing neuroplasticity is a lifestyle practiced throughout the day. Assuming we are awake 16 hours a day, 7 days a week, we can make significant changes to our thinking, in less than 90 weeks. Furthermore, in less than 180 weeks, those changes become permanent.

We have heard that researchers have said that sex offender treatment lasting longer than 18 months can be potentially iatrogenic. However, the ocean 3 Degrees Renewal Course is not sex offender treatment. The ocean 3 Degrees Renewal Course focuses on positives rather than negatives. Conversely, traditional sex offender treatment tends to use talk therapy, focusing on the past sexual history of the Client and on sexual deviance in general. However, in this course, we will spend very little time doing this, because we know that whatever our problem is, the solution will not change. Like the Apostle Paul, we look to the future and keep our eyes on Christ, not on the past, "...one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus." (ESV Philippians 3:13, 14)

We are not discouraged by the duration of the cognitive and behavioral process for change. The level of difficulty, or the amount of time it takes to make changes, is not as important as the quality of the techniques employed. Most of us will not even notice the work we are putting in, after we have built our foundation. Each day we begin with the simple process of waking in the morning and starting the day off on the right foot. Over time, we will recognize that we are effortlessly developing ourselves into agents of change.

Many believe that we cannot teach an old dog new tricks. However, research on neuroplasticity shows that we remain amendable to some degree of change throughout our lifespan. Therefore, It's vital that we maintain an initiative to keep the mind active into old-age to prevent cognitive deterioration. No matter your age, you can benefit from this course.

So How Does Neuroscience And God's Word Relate?

The ocean 3 Degrees Renewal Course is a rigorous mental discipline and its effects on the brain will last a lifetime. We believe that we can be released from the bondage of selfish thought patterns. We will do

this by implementing the same kind of persistence described in God's Word and used in neuroscience.

Largely overlooked by the scientific and psychological communities, the Bible is man's most sufficient and effective resource for changing the brain. At its center, Jesus Christ demands our obedience to a way of life that puts service to God and neighbor at its pinnacle. In fact, Jesus told us that this was the greatest commandment, "... You shall love the LORD your God with all your heart and with all your soul and with all your mind. This is the great and first commandment. And a second is like it: You shall love your neighbor as yourself." (Matthew 22:36-39 ESV)

Therefore, if we truly follow Jesus, we could never offend against someone again. For this simple reason, Jesus Christ and His teachings are at the center of the ocean 3 Degrees Renewal Course.

The ocean 3 Degrees Renewal Course uses the proven science of neuroplasticity, and the timeless wisdom of God's Word, to create new behavioral attitudes in the participant. We do this by focusing on the heart of God's Word – Jesus Christ. By focusing on Christ, with the tenacity required by the Bible we will beef up the Insula, a part of the brain that is directly associated with high states of empathy. We will also address fears that tend to override the brain's ability to produce Oxytocin, which is essential for compassion. This empathy and compassion will make it less likely for us to reoffend.

Indeed, how else could we obtain the "mind of Christ," than to focus on Christ? For instance, if we follow a certain celebrity or athlete – if we do everything he or she does, if we go where they go and do what they do, we will think like they think. Similarly, if we follow Christ, we will be like Him and our brains will reflect this change. In fact, God created us for this very purpose and what scientists have recently discovered about neuroplasticity, the Bible has been telling us all along. (1 Corinthians 2:16)

But I Thought we were saved by Faith Alone

The Bible teaches that we are to turn away from what is "bad," and turn towards what is "good," according to how the Bible defines these terms. Easier said than done, right? However, before we get into how God makes this possible for us, we find it necessary to defend the lost doctrine of repentance.

Repentance is a conscious choice that we make, and it was the point of Jesus' message from the beginning (Matthew 3:2; Mark 1:15; Luke 5:32), to the end (Matthew 28:19-20; Mark 16:15; Luke 24:47), of His ministry. However, due to the famous Lutheran doctrine, "we are saved by faith alone" (inspired by Romans 1:17 which actually says "...the righteous shall live by faith" [ESV]), we must convince OCEAN participants of the necessary work required to change. Unfortunately, Martin Luther's radical teaching has created passive cheerleaders for Christ. However, scripture is clear about the importance of repentance and turning away from sin, and other compulsive actions.

Martin Luther was not a big fan of the book of James because it clearly conflicted with his theology. In his book, *The Plain Truth about the Protestant Reformation*, Dr. Roderick C. Meredith reveals that Luther had not resolved his conflict with the book of James when he drafted his reformative ideas:

In the debates, Luther, as he always did, confused justification and salvation. He maintained that faith alone – without any works – suffices for salvation. When confronted with conflicting statements from the Epistle of James, he called into question the authenticity of the epistle. (Roderick Meredith 46)

Sadly, it's often the misunderstanding that a Christian doesn't have to live any certain way – which causes many unbelievers to turn away in disgust. Thus, we can see that the following adage has merit:

The greatest single cause of atheism in the world today is Christians who acknowledge Jesus with their lips & walk out the door & deny Him by their lifestyle, That is what an unbelieving world simply finds unbelievable. (author unknown)

However, anyone who accepts the current canon of scripture, including the book of James, will heed to its teaching. James 2:14-24 has given us the full explanation of true faith:

What good is it, my brothers, if someone says he has faith, but does not have works? Can his faith save him?

If a brother or sister is without clothes and lacks daily food, and one of you says to them, "Go in peace, keep warm, and eat well," but you don't give them what the body needs, what good is it? In the same way faith, if it doesn't have works, is dead by itself.

But someone will say, "You have faith, and I have works." Show me your faith without works, and I will show you faith from my works. You believe that God is one; you do well. The demons also believe – and they shudder.

Foolish man! Are you willing to learn that faith without works is useless? Wasn't Abraham our father justified by works when he offered his son on the alter? You see that faith was active together with his works, and by works, faith was perfected. So the Scripture was fulfilled that says, Abraham believed God, and it was credited to him for righteousness, and he was called God's friend. You see that man is justified by works and not by faith alone. (HCSB)

We are to work to follow Christ, and this work will change our brains. When we do work towards salvation, the work is considered an act of God, "...work out your own salvation with fear and trembling, for it is God who works in you, both to will and to work for His good pleasure. (Philippians 2:12, 13 ESV)

Our brains are actually intelligently designed – by our loving Creator – to actively challenge the temptations of this world. Jude 4 tells us that grace is not to be used as a license to sin, "...certain men... have come in by stealth... turning the grace of our God into promiscuity (license to sin) and denying our only Master and LORD, Jesus Christ." (HCSB)

Many scriptures are misquoted when a "Christian" is held accountable for his sinful lifestyle. For example, some will say, "well, we '...all fall short of the glory of God...,'" taking from Romans 3:23 (ESV). Of course the scripture is true, in its proper context. However, this abuse of Scripture can be corrected if we read to the end of chapter 3, "Do we then overthrow the law by this faith? By no means! On the contrary, we uphold the law." (Romans 3:31 ESV)

Even the Christian often forgets that there is one God (monotheism). Conversely, He is not "in" everything, making Him an empty, inanimate god. That's animism. Also, He's not "everything," making all actions and intentions permissible, as long as we are part of that whole. That's pantheism. Instead, He's living within His people, working through us, when we are in Christ. 1 John 3:5, 6 further defends the doctrine of repentance and tells us what it means to be, "in Christ", "You know that He appeared in order to take away sins, and in Him there is no sin. No one who abides in Him keeps on sinning..." (ESV)

Identified Neurotransmitters

Amygdala

A kind of "alarm bell" that responds particularly to emotionally charged or negative stimuli. The olfactory, hippocampus and amygdala are the foundation for developing and nurturing empathy through moral behavior. *Insula*

Senses the internal state of your body, including gut feelings; helps you be empathic; located on the inside of the temporal lobes on each side of your head.

Oxytocin

Promotes nurturing behaviors and bonding in couples; associated with blissful closeness and love; women have more oxytocin than men. This part of the brain is also attributed to compassion, which comes with a spontaneous desire to relieve suffering.

Power of Prayer

Prayer is similar to meditation in that it involves focusing your mind intentionally. We agree with

Christian author and speaker Jay Payleitner, who said:

Every day of your life has 1,440 minutes, and God deserves a few of them and, you deserve the experience of spending a few quiet minutes every morning with your Creator. So, if you haven't already done so, establish the habit of spending time with God every day of the week. It's a habit that will change your day and revolutionize your life. When you give the LORD your undivided attention, everything changes, including you.