



Conspiracy Versus Truth

By Dr. Linda Hancock

ABOUT THE AUTHOR

Dr. Hancock has written a regular weekly column entitled “All Psyched Up” for newspapers in two Canadian provinces for more than a dozen years. Over the years, her readers and clients have said that they have benefited from her common-sense solutions, wisdom, and sense of humour. Dr. Linda Hancock, the author of “Life is An Adventure...every step of the way” and “Open for Business Success” is a Registered Psychologist who has a private practice in Medicine Hat. She can be reached at 403-529-6877 or through email office@drlindahancock.com

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In the past few weeks, I have been hearing a lot about “conspiracy theories” and “conspirators” so thought I would see if I could get a better understanding of what these terms mean.

The Merriam-Webster dictionary states that a conspiracy theory “explains an event or set of circumstances as the result of a secret plot by usually powerful conspirators”. Sounds to me like the stuff mystery novels are based upon. Joy in the reading comes from seeing the “secrets” revealed as the plot develops and motivation of the characters is uncovered.

Conspiracies are tied to beliefs that individuals hold. I am sure that there were times when scientists or inventors were thought to be “crazy” because they believed in something that had not been previously done. Think of the Wright brothers who told others that they were going to build a flying machine. They couldn’t prove that this was possible until they did it and I’m sure that many individuals were critical of their belief. Perhaps they were called “conspirators”.

Until there is proof or evidence that something has occurred, it is easy to think that a theory is ridiculous.

Over the centuries there have been many conspiracy theories. In the 1960s The John Birch Society promoted one that a United Nations force would arrive in black helicopters to put the United States under United Nations control.

Some conspiracies have been associated with the deaths of President John F. Kennedy, Princess Diana and even Elvis. Others involve the cause of the twin tower collapse, the existence of aliens and the idea that we are all being “watched” through technology. But none of these have been proven by evidence or fact. (I just keep thinking that whoever is watching me must be really bored!)

And now, there are many conspiracies surrounding the 2020 global lockdown due to a pandemic. Some do not believe that there ever was a virus. Others think that it was deliberately released into the world to reduce the population. There are theories that suggest billionaires and pharma care organizations would benefit from being able to make money and control populations with a vaccine.

I am a strong believer in truth. Merriam-Webster defines truth as “the body of real things, events and facts”. I am not resistant to any theories, but I always need to do my own research to determine if they are true.

Because of the internet and twenty-four-hour television, there are so many opinions that are merely that – opinions. Stories can be “spun” to suit the teller. When something doesn’t make sense, I don’t believe it naively no matter who is the source. Instead I read and do my own research.

Here’s my advice for the week: When you hear something that is new to you, do not be resistant. Listen and do your own research. Watch for evidence or facts that you can verify and trust.

And if you have a theory that is new to others, do not try to force it on them. Just because you think that something is true doesn't mean that others are ready or willing to adopt it as their own. Give them seeds and time to do their own research.

Search for the truth and as ancient Scriptures states "The Truth will set you free".