

# North Korean Defector Shares Her Story

Analysis by [Dr. Joseph Mercola](#) ✓ Fact Checked

## STORY AT-A-GLANCE

- › Yeonmi Park, a North Korean defector and human rights activist, sees clear parallels between the United States and North Korea
- › Our educational system has been infiltrated by socialist and totalitarian ideologies, which is driving the loss of freedom we see in the U.S.
- › Totalitarian brainwashing tactics routinely deployed in American institutions of higher education include anti-American propaganda, the stifling political correctness enforced through shaming and cancel culture
- › America is slipping into tyranny, but we can reverse this by getting engaged in our local communities and taking local action to safeguard American principles, rights and freedoms

Is America spiraling into totalitarianism? All the signs are there, suggesting we're well on our way. Naomi Wolf, a former adviser to the Clinton administration, has been warning us about this for well over a decade.

In May 2021, I interviewed her about [the 10 steps of tyranny](#), described in her 2007 book, "The End of America." While we've been inching our way toward tyranny for many years, Wolf warns we are now at Step 10. Soon, there will be no turning back — unless we break free, assert our rights starting with our freedom of speech, and put a stop to this transformation.

As noted by Benjamin Franklin, "Whoever would overthrow the liberty of a nation must begin by subduing the freeness of speech." Similarly, Samuel Adams stated, "For true

patriots to be silent, is dangerous."<sup>1</sup>

In the video above, Yeonmi Park, a human rights activist and author of "In Order to Live: A North Korean Girl's Journey to Freedom," talks about the clear parallels she sees between the United States and North Korea, one of the most repressive countries in the world.

Although she's been presented in a critical light by an Asia-Pacific owned publication,<sup>2</sup> I am a huge fan of Park as she is such an inspiration to warn us of what will happen if we neglect to preserve our hard-won freedoms. Please be sure and watch the much longer second video below. I suspect you too will be moved by what she and millions of others have suffered and are enduring in North Korea.

Park fortunately was able to defect from North Korea to China in 2007 at the age of 13, eventually settling in South Korea two years later, but only after first falling into the hands of human traffickers and being sold into sex slavery for less than \$200. Her mother was sold for \$65. Park and her mother were eventually able to escape to South Korea through Mongolia.

In 2016, she transferred from a South Korean university to Columbia University in New York. In a June 14, 2021, interview with Fox News,<sup>3</sup> Park stated she believes "America's future may be as bleak as North Korea," adding that "even North Korea was not this nuts."

*"I expected that I was paying this fortune, all this time and energy, to learn how to think. But they are forcing you to think the way they want you to think," she told Fox News. "I realized, wow, this is insane. I thought America was different but I saw so many similarities to what I saw in North Korea that I started worrying."*

## **Not Having Problems Is a Problem**

In the video above, Park explains why she told her story to Fox News rather than a more mainstream media outlet. The answer? They were the only one that asked her to share

her views.

While the Fox News interview went viral both in the U.S. and South Korea, not a single legacy news outlet picked up the story. This makes sense, considering corporate media are part of the tyrannical network responsible for the implementation of this brainwashing.

**“ I would rather die a free person than live as a slave. You cannot even fathom what it's like when you don't have freedom ... America is falling into tyranny ... Let us stop this before it is too late. ~ Yeonmi Park ”**

In North Korea, the day-to-day problems are life and death problems. The daily threat of starvation, torture, imprisonment without cause, and knowing that the utterance of one wrong political statement will get three generations of your family killed.

*"I would rather die a free person than live as a slave," Park says at the end of her video. "You cannot even fathom what it's like when you don't have freedom ... America is falling into tyranny ... Let us stop this before it is too late."*

## **Real-World Socialism**

In the video above,<sup>4</sup> Park is interviewed by Valuetainment host Patrick Bet-David. I know 90 minutes is a long video, but trust me, your life could change if you watch the entire video. If you don't have time now, just watch it instead of some movie or TV series. I suspect very few of you have any idea that this type of tyrannical oppression and unethical human behavior is rampant in North Korea.

In this hour-and-a-half interview, she delves a lot deeper into what life is like in one of the most oppressive regimes in the world, and what it really means to lose your freedoms. Even certain words have been censored from the North Korean language.

There are no words for "depression" or "stress" for example. The absence of such emotions is further indoctrinated through the one and only available TV channel, where every program highlights the rightness, beauty and benefit of the socialist system, and how wrong capitalist Western systems are. Here are some other examples in real life:

---

Government tells you what clothes and colors you are allowed to wear

---

Government tells you what haircuts you are allowed to have, with choices being limited to fewer than 20

---

Government tells you what kind of makeup you are allowed to use

---

Government decides what kinds of songs you are allowed to sing and what music you can listen to

---

Government dictates what kind of dance moves are allowed

---

Government tells you what kind of movies you can watch

---

Your profession is dictated by the political class of your parents

---

Who you can marry is dictated by the political class you were born into

---

Public executions are routine and everyone in the neighborhood is required to attend, including children. Crimes punishable by death include watching banned movies, reading banned books and criticizing the regime

---

Every single thing about your life is dictated by the regime. You have no individuality. You have no "personal choices." Guaranteed, you can say goodbye to gender pronoun preferences. That's just being pushed right now to lure you into this false idea that the socialist system actually provides you with more of everything – including individuality and individual rights – rather than less.

But if you think about it logically, how can we create an "equitable" society unless all individuality is removed? How can you and I end up in the same place and be treated exactly the same unless everything that separates us — our individual characteristics — are eliminated? The end result is the oppression of everyone and the wasting of everyone's natural talents.

Corruption is also guaranteed. Regardless of your profession, your salary will not be able to feed you, let alone pay for anything else. As a result, corruption is the norm. Food is also always scarce. Park routinely caught and ate grasshoppers. That was her primary source of protein growing up.

In fact, Park admits that it was hunger that drove her to risk death to escape North Korea with her mother. "I didn't know I wasn't free," she says. "I didn't know what freedom was. I risked my life for a bowl of rice."

## **Reject the 'New Normal'**

The good news is, the would-be tyrants have not won. That said, we have no time to spare. Time is of the essence and we have no time to remain idle, hoping it will all just go back to normal on its own. I can confidently assure you it will not, and you will need to take action. I believe one of the answers is peaceful civil disobedience.

In the U.S., we do have the Second Amendment, which allows citizens to own and bear arms. That said, peaceful disobedience is still the primary and preferred strategy. We must also rally behind legislation that prevents the alteration of laws that safeguard our freedoms.

I believe that we will ultimately stop the globalists' drive toward global tyranny. It's not going to be easy. It may take years, and it may get far worse before it gets better.

The founders of the U.S. fled repressive societies or were children or grandchildren of those who did. They had to personally reckon with criminalized speech, arbitrary arrests and state sanctioned torture and even murder. The men who signed the Declaration of Independence knew that if they lost the war, they would be executed for treason.

The forefathers of the United States were radicals, fighting for liberty and personal freedoms. They had a vision of reality that was an absolute slap in the face of what the rest of the world tolerated. They were willing to sacrifice their lives to turn that vision into a reality.

Park discusses this in the featured video at the top of this article. How the story of our Founding Fathers — who cared enough about equality and human rights to sacrifice everything to achieve it — has been twisted.

It requires an illogical mindset to get our history so backwards. But each of us, individually, must also accept our share of the blame, for as Thomas Jefferson said, "The price of freedom is eternal vigilance."<sup>5</sup>

We must also realize that the current cancel culture trend is not about tossing a dusty past into the trash bin and highlighting more pleasant aspects of our history. Far from it. As noted by The Most Important News:<sup>6</sup>

*"A huge national debate about our most important national symbols has erupted, and it is rapidly becoming one of our hottest political issues. But what most people don't realize is that this isn't really a debate about our past.*

*Rather, it is a debate about what our future is going to look like. Those that are demonizing the American flag, the national anthem, the Declaration of Independence and the Constitution are not doing so for the purpose of winning a historical debate.*

*Their true goal is to 'cancel' those symbols and replace them with new ones, because our existing national symbols represent values and principles that are diametrically opposed to the values and principles that they wish to impose upon society.*

*If they ultimately get their way, the United States will eventually become an extremely repressive high tech dystopian society where absolutely no dissent is tolerated."*

## Focus on Taking Action Locally

Get involved in your child's school, and make sure that what is being taught is in line with your values which, hopefully, if you're reading this, this includes personal freedom, which is what the United States was indeed founded upon. Remember, the American system of governance places the bulk of the power at the local level, not at the federal level.

Government is currently fighting to centralize power at the top, but they can only do that if we let them. In the United States, local action can eventually have national impact, and that is how we peacefully take our power back and ensure our freedom. We've had this power all along. We may have just forgotten how to use it.

## Sources and References

---

- <sup>1, 5</sup> [ZeroHedge July 4, 2021](#)
- <sup>2</sup> [The Diplomat December 10, 2014](#)
- <sup>3</sup> [Fox News June 14, 2021](#)
- <sup>4</sup> [YouTube Valuetainment August 21, 2020](#)
- <sup>6</sup> [The Most Important News July 5, 2021](#)