

DEEPER INSIGHTS INTO THE ILLUMINATI FORMULA by Fritz Springmeier and Cisco Wheeler

PODCAST 27

HOW HELP COMES ABOUT FOR MIND CONTROL VICTIMS

[continues]

BALANCE

The support team needs to develop a strong spiritual walk where they are not a leaf in the wind to every scare tactic the Network carries out. The Illuminati's Network thrives on scare tactics and fear. On the other hand, the support team needs to have a well-informed understanding of the capabilities of the other side. There is nothing to be gained from being reckless. Prudent precautions are worth a great deal. The saying a ounce of prevention is worth a pound of cure is very accurate. If the support team is negligent or sloppy just one day out of the year, it will be that day that the victim is reaccessed. The Illuminati will watch for months, waiting for their chance to grab the victim. Most people don't realize that they will exercise that much patience. The therapist & victim figures if they haven't been bothered for a while that they are out of the woods. The support team needs to realize that all victims have been stripped of their ability to see danger from their abusers. This is so important it bears repeating: The support team needs to realize that all victims have been

stripped of their ability to see danger from their abusers. Those on the support team should not let their guard down simply because other victims don't seem to have to protect themselves. First, the few victims that are public may not be telling what happens to them. And second, if victims are not telling about constant surveillance, constant harassment, and constant attempts at reaccessing and reprogramming, then please draw the obvious conclusions.

First, it should be recognized that every victim of mind-control has to make a choice whether to fight for freedom or not. If they do not make this choice at some level, they will not have the commitment to try and counter the powerful self-destruct programs that are layered in. Freedom for a mind-controlled slave can only result from total commitment to the slave's freedom by the therapist and a strong commitment on the part of at least a few alters within the system. Neither the slave nor the therapist can do all the work. Therapists are often totally surprised at how intense self-destructive system-persecutor alters will hate the host alter and how determined and intensely they will inflict harm upon the body. This is because they are still not realizing how almost all DID victims are programmed structured MPD (DID) slaves. Nor have most therapists come to grips with how intense the programming is that created these "system persecutor" alters. The "system persecutor" alters believe that they are protecting from greater harm, and in that sense they are more accurately described as "protectors". Most protectors are simply frightened children who are filled with rage. They may also surface with obnoxious belligerence, for instance, they may spit in the therapist's face. The therapist or support team member must simply stay calm. Try to "bore the protector alter to death" with your calmness. The therapist needs to dig deep into their surplus of love and compassion and realize that this is just a wounded, hurting

programmed child. The therapist needs to validate their role, and their feelings. They are not designed to hold the body for great lengths of time, and will get tired holding the body for long lengths of time. Many protector alters if they are allowed to surface, and ventilate their thoughts, and work through their feelings, fears and programming can return to the internal world with their destructive programmed behavior defused. If the therapist makes the mistake of trying to lock such an alter up, rather than negotiate and work them through their programmed destructive misbehavior, then a serious power struggle and a bigger mess could result. Sometimes if they are allowed to act out, for instance, a cutting alter is allowed to cut-but with dull plastic scissors, they can feel like they have done their job and go back inside. The protector alters believe that they are doing their job by protecting secrets. This lie can be exposed when working with them. Because they may have strong demonic elements attached to them, they will usually need some spiritual deliverance. Many therapists have asked their systems to make contracts "I will not hurt myself..." It is important that the therapist establish groundwork, a platform upon which to work from. Contracts have been more successful than not having contracts, but the therapists need to go beyond simply making contracts. Contracts only work with the front of a system, and the host alter is usually very dissociated from the deeper part of the system. First, the therapist needs to work with the front, the host personality, to make them aware of the self-inflicting-harm programs that will go off. It is important that the host personality learns his or her triggers, learns how to help identify protector alters within the system, and to help creatively discover methods to negotiate with the protectors. The host or therapist might ask, "Do you really think you need to inflict harm? Are you really bad or have you just been told that? Do you know that even [clowns, rabbits, kittens, horses...] do not hurt

themselves?” Try to find the human part of the person. It is always there - even though it may be very remote. Work with the survival instincts of every alter. “Did you know that kittens don’t hurt themselves?” Try to get them NOT to act like the cult, but to have new behavior. Try and reframe the abuse cycle, so that they see it in another light. The little protector alters may present a hard outer shell, but deep down are just fearful little special purpose fragments that are doing the job they have been trained by behavior modification to do. The entire support team as well as some of the alters can cooperate in repeating triggers so that they can be defused. It is important that triggers are not found out the hard way. What will be automatic triggers? Across the board, the programmers have put in heavy-duty protector alters and self-destruct programs to protect the victim from dealing with all past mother and father issues, in other words from really seeing their childhood. As long as the host alter stays in the here and now, they are “fine” in terms of not triggering the self-harm programming. This is so that the host (front) alter will not go down through the layers. Two other important areas that have lots of protectors are the core, and the no-talk programs. Of course, the abuse will create many of its own natural “self-hate” problems for alters. One way to defuse the self-destruct programs is for the therapist to take the victim down to a level 4 trance or deeper and use the Universal Codes that were given in Vol. 2. Those are the actual universal (standard) codes, but they only work if the therapist has the alter deep enough into trance. The programmers have built in a wall that will bounce the codes off, if the alter is not deep enough into trance. (As far as we know, these universal codes haven’t been changed. This is part of the problem with giving answers, is that before the therapeutic community picks up on the answers, the other side has had time to react.) The programmers create jokers and scrambling alters to insure that code words said above

a level 4 trance never have effect. The code words become merely garbled words, that bounce off the system. When triggers do go off, they trip off a domino effect, so that soon whole groups of alters are immersed into all kinds of self-destruct programs. The therapists need to understand that when a single trigger goes off, there is likely to be several self-destruct programs triggered. Most therapists are not aware of what happens deeper in the system. Internal and external abuse is often triggered on a regular basis by the work that is being done, and the therapists and the host personality are generally oblivious to it all. The host may be so dissociative they do not know why their leg or foot hurt. They may not realize why it hurts to urinate. Female slaves often cut their vagina up. Male slaves often simply shoot themselves. There are few male slaves that survive the suicide programs, due to the cold logic of their programmed minds. Front alters may not know there are suicidal parts, they then fall asleep, out pops a suicidal alter and the system may die of a heart attack. The potential for self-inflicted harm is present across the board in everything the victim tries to do. The victim will sabotage their credibility, their therapy, the love and trust of others, and their own successes. The therapist needs to be prepared for such things happening and not let them side-track the therapist from what needs to be done—WHICH is to show love, and care toward the victim. The therapist may feel like this is calling for superhuman endurance, and sometimes it does, so the therapist needs to learn new behavior—how to endure in the face of repeated failure, and keep on keeping on. When fresh memories surface, and when new alters surface, the programming has the same fresh power as when it was originally put in. The stronger alters need work done with them so that they will be prepared to handle the burden of the power of new self-destruct programs hitting the system when new material and new alters are revealed. The few

strong front alters can create safe places internally where they can nurture more vulnerable “weaker” alters. These safe places must be deep enough so that they don’t trigger whoever is holding the body. (To get to this point, presupposes that the therapist has a few strong front alters that can help out in therapy.) The feelings of abuse and anxiety of the new alters can be placed into a box while they are in the recovery room. The recovery room system can be similar to how hospitals take the person out of surgery into monitoring rooms, and then finally to their hospital bedrooms, and then finally they are let out for outpatient observation. The internal recovery room can have pillows, and other gentle things within it.

SPIRITUAL ISSUES

There are numerous Spiritual issues that confront the victim, and many of these issues may be the most critical factors in the improvement and healing of the victim. However, it has been hard for most people to separate religion from spirituality. One of the most powerful tools of the Illuminati for controlling people are the various religious fronts that they have created. The mainstream religious groups are but fronts to control people. Within religion you will find controlling spirits, judging spirits, spirits of denial, spirits of guilt and shame, and spirits of obesity. Not all obesity is from a spirit of obesity, but obesity (gluttony) seems to be the sin that is used to substitute in for the other things that are rejected as sin. God’s creative force works within the universe. We are meant to be like God. He gave each of us some creativity. We can creatively take responsibility for our own lives and our own walk with God and our own spiritual growth. God gave each of us free will. Sad to say, but these important gifts, are often surrendered by religious slaves to whatever organization controls them. They give up their creativity

and free will. They seem to think God wanted them to be a little puppet. The puppet mentality likes black & white orders, and black & white thinking, because it removes responsibility for the puppet's actions away from the puppet. Again God made it clear, He was going to make each person accountable. There is no one else who can answer for you, when you face God. Religion can be one of the best covers to hide the stench of trauma-based mind-control. Under the guise of religion, the pressure to look good-to look like the organization's "approved solution" conspires to cover up the truth, real feelings, failure, and sin. Religion can be so stifling it becomes a pressure cooker. In order to make reality fit the religious mold a great deal energy is put into fantasy and denial. A great deal is done in the name of God that has nothing to do with Him. A great deal of how the Illuminati keep their slaves in place under their control is that they overlay the deeper levels of mind-control with the absolute control over the front system by one of their numerous religious denominations, such as the Catholic Church, the Mormon Church, the Watchtower Society, many Pentecostal groups, authoritarian New Age groups, and other religious groups too numerous to mention here. These groups emotionally strip their victims, and create a dependence within their members upon their church hierarchy. Christ came to set the captives free, and from his ministry it is clear that many of the people he set free were captives to religion. One of the greatest spiritual steps is to take back what God gave you and use it like He intended. Many mind-control victims can't move forward toward freedom, because the religious group that controls them won't give them their basic God-given freedoms, abilities, and free-will. The Illuminati doesn't have to depend solely upon the mind-control programming, their religious groups will do the day to day work for them all in the name of God.

STRUCTURING, how it is done, its consequences and its treatment (an intermediate issue for helpers)

It is important that the people helping a victim of total mind-control understand that the slave has had his or her mind and thinking totally structured. Structuring means that the person's mind is complex. Illuminati slaves usually have thousands of alters. Usually, therapists play around with the surface alters of a front world, who even after a decade or two of therapy will have very little idea of the full story of how their body and mind is being used. Structuring is the bracing that holds the programming structure in place. If the programs are the plywood, tile, shingles, and the other material, then structuring is the engineering, the design, the bracing that puts the materials together in a firm workable manner. Another article "Multiplicity, understanding it" will deal with aspect of understanding the parts that build the house. Structuring means that each alter has its script or way of thinking. Everything is cut and dry, black and white. If life challenges the alter's thinking it will either a. dissociate the information it can't reconcile with its script, or b. switch to another alter who can deal with thoughts. The switching is so ingrained within the mind, that it is hard for the mind to prevent it, but the mind can be trained to stay in place; not dissociate and learn material outside of its script, but it takes effort and time. This is why is good to journal, map the system, and keep other written records because the mind of an alter of a slave has a powerful tendency over time to continue dissociating whatever is not part of its script. The black and white thinking makes it difficult to deal with complex issues. An example of that would be for instance, a critical comment by a therapist on one tiny aspect of work which may be interpreted by the victim as rejection of their work. Structuring means the victim (the victim's alter system) is not allowed to know or see anything but what they are to

know and see. The concept of Multiple Personalities is difficult enough for the therapist to manage, let alone the puzzle of a labyrinth system of alters who are entangled in thousands of secret scripts that all work as one vast interconnected machine. In understanding the structuring, therapists should be aware of dual and triple functions. The external function of an alter will not coincide with the internal function. The alters will relate to each other in a complex way, similar to the complex ways a city of persons relate to each other. Each system will have its own internal political setup, and sometimes internal politics as alters begin trying to change the structure. Everyone hates to be stereotyped, even alters. Even though alters are programmed and structured, so are most people in the external world, and no one likes to be told they are programmed and structured. But just as a mother acts like a mother, and a prostitute acts like a prostitute, different alters which are common features of all systems will be recognizable. And although the host alter will quickly be known, often the host alter is actually several co-conscious alters, who will emerge with their own identity during treatment. The host may be one of the hardest alters to get to admit to the MPD (DID). One of the primary bracing devices used in structuring is FEAR, for instance, fear of being found out and considered insane or a criminal, fear of remembering the traumas, fear of the pain. Another primary bracing material is the dissociation from one's emotions. Without the emotions around a memory, the memory is a stale fact with no more impact than some statistic about Outer Slavakia, and the programming remains intact. When the affect (the emotions) return to the alters when they do memory work, it re-humanizes them. Humans have emotions, and that is what the alters need to regain. Emotions make the memories real. During the structuring, alters that had to have special responsibilities in the outside world, or had to have special

cult responsibilities have had to have special programs tactics done so that they will not have emotions. The mother cats will have special shadow alters that take their emotions. The alters that take the affect of the trauma, are not but to sleep, because they need to be handy to continue siphoning off the emotions of any new experiences. The emotions must be kept separate by the Programmers so that there are no weak links. The spinners will have absolutely no emotions. Deep down in the spinner area each cat family will have some emotion alters carefully hidden. The alters systems are structured not to have emotion. Logic (luciferian logic) is a great stabilizer. Much of the beginning structuring to remove emotions from the alters begins in the cages, where the dehumanization starts. The child in the cages (this trauma is described in several places) is deprived of everything, isolated, whipped, shocked, prodded, raped, etc. After that period in the cages, the child moves on to the next stage where they are caged near animals (such as cats) which are treated wonderfully. The child is encouraged to act like a cat. The child is behavior modified to become a cat. This early part of the programming is designed to split off the emotions and take the alters back to their animal survival instinctual level of thinking (that means thinking with only their reptilian brain.)

In order to regain their emotions, memories may have to be seen with their emotions from a great distance, and reviewed on an ever-closer screen many times, until the alter(s) are desensitized enough to the memory to look at it close up. To get in touch with one's emotions, will cause alters to be suicidal. The therapist will have to separate out mirror images, and the false memories that have been laid in. (Unfortunately, memories usually surface with a lot of baloney.) Then the therapist will have to encourage the feeling parts to come up. The feeling parts weep, sob, have

broken hearts and much suffering. They may have anger, fear, and panic. The hurting part may be a screamer. It may not have a name, or might even be called screamer. It is probably a small child stripped of its identity. This small child has never had a chance to express itself. It probably feels that if it expressed itself, it would drown the world in tears. The structuring is designed to incorporate anything that will help create a feeling, an atmosphere of helplessness. If the therapist can give power back to the alters, this will help them take responsibility for themselves rather than looking to the master.

Without a doubt, people who have been subjected to Illum./govt. mind-control have suffered and continue to suffer. It's no surprise to find suffering in these people's lives; they are masters at suffering. They often have very high pain tolerances. The fact that they are continuing to suffer, creates a multitude of spin-off problems for the victim. Rather than deal with the spin-off problems, the therapist or helper may want to deal with the issue of suffering itself. The Word of God says, "Many are the afflictions of the righteous." PS 34:19. Therapists & ministers should be careful not to blame the victim's problems on victim. Ministers need to be reminded that not all suffering is the result of personal sin. Much of what happens is simply the result of living in a fallen world. In real life, many of life's stories do not have a happy ending. Bitterness toward God is dangerous, because it leads to all types of problems emotionally. The therapist & victim should avoid blaming God. If the client wants to delve into having a deeper understanding of why evil & suffering exists, then they should by all means be encouraged to find a book that answers this, or to contact this book's authors. In the beginning God described everything as "exceedingly good", but the fall of man has echoed down the centuries. A deep understanding of God's justice will explain why

suffering exists. A deep understanding of God's love explains why God allows suffering and pain. We can not assume to know the answer to each tragedy or pain, yet we can still help alleviate the suffering. Today, pain clinics teach people ways to cope with pain, and so does this page.

First, dear therapist, treat the person who is suffering as you would want to be treated if you were undergoing what they are experiencing. Unfortunately, few therapists have had much inkling of the extent of the trauma & suffering that their clients who were victims of trauma-based mind-control continue to experience. This is very evident, because until recently, therapists have had little concern for the safety of their clients once they have stepped outside the therapist's office. Ongoing victims of mind-control have been popularly labelled "survivors of SRA" by the therapeutic community, and yet so far neither Fritz nor this author, Cisco, has ever seen someone who is past having to suffer. These are not "survivors" of some past abuse, they continue to be ongoing victims, and not of their own choice. The helper should evaluate the suffering, its causes, its purposes & benefits. Although all things work together for good to those who love Almighty God, not all things are good. It is not wise or benevolent to lecture the sufferer on the edification he will receive from the pain he is experiencing. In the long run perhaps the victim will see that the suffering can bring joy, enhance one's future glory, yield greater wisdom, produce true humility and true comfort. If the victim is a devout Christian, they may already be able to see the silver lining to the cloud. However, the helper/ therapist wants to find ways to alleviate the emotional suffering & lessen the pain. Ignoring or belittling it, or heaping more shame or guilt upon the person is like rubbing salt into the wound. Once the suffering is identified, the therapist should free the victim from their shame. After Adam & Eve sinned & got

their lives into trouble, God still made clothes from skins to hide their shame.

SUFFERING (client complaint)

Allow client to express his pain. Treat the client as you would want to be treated in similar circumstances.

Let the client confront their own pain.

DO: a. allow people to express their pain. b. let people confront their own pain, c. be with the sufferer in silent caring. d. be a cheerful heart, give kind words for the health of the body, mind and spirit, e. free the client from the shame of suffering.

DON'T: a. assume you know the answer to every tragedy or pain, b. lecture the client about the blessings they will receive from the suffering, c. shame the client.

FINALLY:

Point the person to the goodness and strength of God, for: IF THE LORD DOES NOT BUILD THE HOUSE, THOSE WHO LABOR BUILDING IT LABOR IN VAIN. No client can resist the suffering in their own strength, they need the strength and consolation of a higher power, God.

Page 380 ...

SUICIDAL THOUGHTS (early client complaint)

Suicide is an ongoing threat to ALL victims of total mind-control. All victims of total mind-control have strong suicide programs that are activated if they learn or talk about anything that has gone on in their life, except what the programmers want the victim & world to know about.

Therapists have greatly underestimated how suicidal victims of mind-control are once they begin moving toward freedom. Most alter systems are designed to have a calm front. The front alters can be very calm and stable, while all hell is breaking loose on the inside. Nor do the front alters have the ability to see what is happening behind/under them. Threats of suicide can be broken down into immediate threats that require immediate intervention, & long term therapy. Because all victims of total mind-control are suicidal 24 hours a day once they begin work, therapists should assume that ALL VICTIMS are always a few thoughts & seconds away from suicide. This is why a support person should be around a mind-control victim 24-hrs a day to support the client & to protect the client from his own suicidal tendency. Suicidal thoughts & suicidal alters are programmed into a slave. These pose an ongoing threat. BUT there is another threat that can overwhelm the victim. This is the accumulation of all the horror & trauma that the mind is dealing with. The victim must also deal with his own guilt, with the abuse cycle which kicks in & says, "It's all your fault." Suicide may be a fear of living, a feeling of hopelessness. When it comes to suicidal thoughts, sometimes mind-control victims display the same clues as non-victims. These clues might be the verbal clues such as "life is not worth living", "I'm in the way", and "I would be better off dead." Indirect talk of having a friend who wants to commit suicide might also be a clue. They might also have the behavior clues of being depressed, buying a gun, drugs, or a rope. Another clue might be writing a will while depressed. The victim of mind-control will also display in their handwriting a number of clues showing depression and suicide, such as a higher than norm frequency of "x's" throughout the letter formations. The immediate response of some therapists is to place the mind-control victim into a hospital, but hospital settings usually back-fire & trigger even stronger suicidal behavior, due to many

programming/memory issues involved. The hospital should be a place of last resort, and then only under the most ultra-extreme cases. Hospitalization has its own set of considerations to be taken into account for the victim. During an immediate crisis, a suicide alter can be given something in which to act out their suicide desires, such as a plastic gun to do russian roulette, or they can be dealt with so they feel they have done their job well enough without actually killing the body. The therapist/support person needs to have the love to listen to the victim, & show genuine concern. The support person can determine what pressures (prog., emot., work, financial, memories, etc.) have built up to cause the suicidal tendency & see if some of these can be diffused. If a non-suicide alter is contemplating suicide, they can be temporarily distracted until the crisis is over by asking them to genuinely help the support person with something. This alters self-esteem should be encouraged, because the alter is probably tapping into all the negative images they have had drilled into the system's head.

SUICIDAL THOUGHTS (early client complaint)

IMMEDIATE SUICIDE THREAT Genuinely listen to the person with love and concern.

Is this a suicide alter or a despondent non-suicide alter thinking about suicide? ®YES® Deal with this special purpose alter by getting it to restrain from killing the body and to return inside the body. Be sure to praise this alter, who is most likely a highly programmed child purpose alter.

NO

Size up the situation:

· Listen for verbal clues to suicide · Look at how much agitation & stress exists · Watch the person's communication for goals, for feelings of rejection, or guilt · Ask about behavioral clues to suicide, such plans & equipment · Ask about pressures that could have built up to cause the suicidal thoughts, incl. med. pressures and drugs. · Brainstorm how you as a support person can bear this person's burden (GAL 6:2) & how others might help relieve some of the pressure driving the person to suicide. · If inspired pray, if nothing else give HOPE.

Give:

· Hope & emotional strength & praise · Positive encouragement · Positive distractions, such as ask for help from the victim.

LONG TERM WORK

Work on:

· Dealing with hurting, rejected or crying parts · Learning how to cope with what's been done · Seeing what is behind the suicidal depression · Untangle the confusion of feelings · Pace the disclosure of traumatic material · The no-talk messages and the no see messages. · Seeing programs and memories via journaling, art, etc. · The many fears, esp. the fear of one's own anger. · Rage issues, trust issues, denial issues, spiritual issues. · Realize that the suicide thinking can be helped more by one's attitude than hoping to change the external situations of life. · Find the positives, "It's a positive that I'm taking this little step." Live minute by minute. · Don't worry about tomorrow. If you make it thru today, then its a. good chance you'll survive tomorrow.

SUPPORT TEAM, organizing one

The ESSENTIALS OF SINCERE HELP

S Safety I Information N And C Creative E Eject, erase, eliminate, expel the PDE/computers R Realize E Emancipation

ATTRIBUTES of a SUCCESSFUL TEAM T Together E Easily understood goals A Attainable but challenging goals M Measurable goals G Good solutions O On the spot rewards A Applied creativity & risk taking L Loyalty to team & goals

The slogan “If you want to get something done right, you have to do it yourself” reflects the independent spirit of Americans. In some situations, the rugged Rambo is the best solution. The overwhelming needs of a programmed multiple who has not just cities but worlds of alters are too much for a single support person. The overwhelming needs of the multiple to stay safe 24 hours a day are too much for a single support person. The skills needed to tackle the challenges soon wear out a single person. There is great wisdom in setting up teams (whether formal or informal) to work with programmed multiples. Fritz and I have done this quite a few times in therapy. The rewards have been extremely gratifying. We still have a great deal to learn. Fritz and I are working as a team on this book and on this article. Other people have assisted us too. Fritz brings his skills and I bring my skills and together our contributions are worth much more than if we each worked separately. Teamwork brings varied experiences and complementary skills together. The mix of skills and insights enriches the therapeutic process, and adds flexibility to the process. Teams can respond to a changing situation far better than an individual. Over and over we have seen that one person catches a clue to what a victim is trying to say, while another team member is mentally distracted or fails to

catch the clue. A team is not created to create a team. A team is created as a means to an end. A team needs a goal and needs to perform. A team can handle one victim at a time. One thing that we have seen work well was to make a large banner of the goal for the victim during a particular session. For instance, when work was done with our gatekeepers who were locked up in heavy programming the goal was "To discover the true self." When goals are chosen they need to be results, not activities. The victim and the team will perform best if they have goals. When working on a goal, seek quality rather than deadlines, because the foundation of the team is performance. If the team performs, it will build everyone up, and foster more team spirit. If the team doesn't perform its very reason for existing is in question. When setting goals, perhaps the goal can be defusing a particular type of programming. Or perhaps the goal is to uncover the multiplicity of the victim. The team members need to be given a chance for personal growth. The team should share ideas. The team should have fun together. The team can switch roles, or help each other learn. Each person on a team needs to be given some status. The alters of a system also are part of the team. Each individual is valued for what they can contribute. Don't forget to assign each team member a significant role, and to assign meaningful significant goals for the team. Divide up job responsibilities so that success can only result if everyone pulls together. As time goes on responsibilities can be rotated so that personal growth between various specialists occurs. One person on the support team can reward the alter system when they achieve a goal. A trip to an aquarium, or to a park, or something special that the alter system has never been able to do may be a significant reward. The therapy should be fun. When teams work around the clock, they need to be very wise & careful about how hard they push, and when stopping is too soon. (When one is in the middle one has to

continue to a breakthrough.) An alter system can only process so much so fast. After several days to accomplish a goal, and a day to reward the goal, then a break should be taken before hard work again. The recovering victim may also be able to find a situation where they show to themselves their new growth. At present some therapists are working several days alone to achieve major breakthroughs, at least this is what has been reported. However, we have never heard of any follow-up for these victims. Without proper followup and long term protection and long-term work, we seriously doubt that much will really be accomplished beyond an impressive yo-yo effect. The Mungadze Association (817-354-1389) & Care, Inc., are 2 groups using Christian principles & support teams & safe houses to help programmed multiples. The two groups are some of the best examples of what has been done. Who is qualified for a team? The most important criteria is commitment to the goal. If someone is seriously committed to contribute toward a common team goal, then they are worth having on the team. But Americans (including the American churches) tend to want short term answers. Short-term patchwork jobs just do not hold up in deprogramming slaves. We need to have concern for the long term for anything effective. That takes commitment. A programmed DID does not want to “expose their guts on the operating table if the doctor and nurses are going to walk out in the middle of surgery.” If a team member is seriously committed to the goal, they will work harder to overcome the barriers and obstacles in working with other team members. When the team overcomes an obstacle, a natural outgrowth of that is team spirit. Team spirit isn't artificially made, it is a by-product of a successful team. To focus on “building a team” is the wrong goal. The commitment (strongly willed) is to the therapeutic goal. Teams that are highly committed to each other personally are the best high-performance teams. Too often we have

focused on the head (talents), or the hands (work produced) and not seen the heart (spirit). The love and good spirit of a support team are really the best leadership qualities that can be brought to a team. Don't misunderstand, a team will invest in creating an ongoing committed well-skilled group, but they don't make the team an end in itself. Bring together team members who have deep trust and respect for each other. Bring together a female mother-figure therapist and a male father-figure therapist. At some point team members must have some type of discipline and accountability. There has to be some type of structure. (A team member can't do a job half-way and then decide that they are finished. Nor should other members try to push other team members off the team before the goal is achieved.) That doesn't mean the structure can't be flexible. A team should be what is needed for the job. Numbers are not important, commitment is. Of course the therapeutic team needs to take into account that the spiritual dynamics, the psychological dynamics and the safety needs of the client need to have specialists who will be committed to these jobs. The most successful team will be one where there is no rule "Don't do anything wrong." Everyone on the team will make mistakes, but that is O.K. because those mistakes can be learned from and can promote personal growth. The team needs to promote the personal growth of its members too. The team should not waste time on small risks, but go for the gusto. Be creative. Create an informal environment where everyone is relaxed. Take risks, but don't be foolhardy daredevils. The team needs to be committed to new innovations. Pride in what a member knows will go before the fall. Programmed multiple systems are full of surprises. What if team members argue? Get them together immediately and ask them how this conflict is going to help the victim? "Let's work together. The victim needs to see the people she looks up to being committed to the victim's freedom, and not

some non-relevant viewpoint.” Competition between the team members will be counterproductive. The team is not being assembled to win a contest or a race. The victim will contribute lots of ideas, and a great deal of sensitivity and patience needs to be forthcoming from the support team to allow the recovering victim to be the center of the teamwork. However, an alter system is not set up to help itself, and it will need some external input. Devote time to what is successful. Brainstorm alternatives. Ask team members how they feel they can contribute to a goal. Ask the client, “What would you like to do that we aren’t doing?” If the place to work provides a nearby spot to relax, it will provide the client and the rest of the support team a chance to relax and diffuse some of the tension. This means creatively looking for good safe houses or good offices to use for therapy. Treat each other on the team with equality. This doesn’t mean that a person’s skills are not to be respected, it means that all have a shared sense of mission and all are important. The example of team work and cooperation will also be beneficial for the alters. It will give them examples to build on, that they can apply to creating internal cooperation. Somehow the team needs to give space so that members can vent their concerns. Some of the problems therapeutic teams can develop is when concerns are stifled. This means others must be restrained from interrupting. Practicing a forgiving spirit between team members will also give alters a good example to draw from. The team needs to be as open as possible without any secret agreements between people. The recovering victim needs to see that they are part of the process. In many cases, it is very difficult to speak about particular therapeutic paths, when that will only trigger resistance and programming prior to the onset of a session. For this reason, goals can be stated but particular methods are best devised as the process unfolds. It is not productive to make the recovering victim feel powerless. On the flip side, some

alter systems will entertain a spirit of control, and this spirit will have to be firmly and gently rebuked. As the team works on their goal, they will have to navigate through the following rapids, how do we deal with differences of opinion?, What do we do when one is upset?, What do other team members like? How does one handle feelings? In the end, these are all issues that alter systems have to work out amongst themselves too in order to succeed. Remember the four essential areas of help: Safety, the Victim getting to know themselves, Building the positives, and dismantling foundation programming & the PDE. The support team needs to determine how the victim can establish safety 24 hours a day, 365 days out of the year. Make sure that all the helpers in this area are very aware of what the safety issues are. One victim had the Illuminati come directly into a Christian safe house and take the victim out with them, without being stopped. Fritz & I hope that we have stimulated you to investigate forming a support team for your general geographic area. We welcome your comments and questions in this area.

