

DEEPER INSIGHTS INTO THE ILLUMINATI FORMULA by
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PODCAST 29

HOW HELP COMES ABOUT FOR MIND CONTROL
VICTIMS

[continues]

ABREACTIONS, the avoidance of

OVERVIEW. The original programming traumas are perpetrated by the programming cult because these traumas are dependably severe enough to cause the mind to split. Later traumas are the result of ongoing abuse by the slave's users. They may cause splits because the multiple has developed splitting as a natural mental reflex to difficult situations.

The original programming traumas are so severe that if the slave remembers them, the memories of these traumas are enough to splinter the mind again. Traumas that result from ongoing perpetrator use of the slave may not be so traumatic, but they will also bring with them painful body memories, confusion, and the potential to splinter the mind.

Until recently, the major thrust of the therapeutic community has been to try to push the victim towards abreacting the trauma, which is actually causing more psychological stress and harm than good to the victim's mind.

The correct Goal & some Basic Techniques.

Memory work needs to be done with the goal of preventing abreactions. Memories can be looked at by journaling, being placed on internal movie screens (or VCR players), by artwork and a number of other techniques. Of course the programmers are now a step ahead of therapists and are placing in programs to prevent these non-abreactive memory techniques. We will review some of the techniques for dealing with - abreactions. They basically follow common sense. When a person has a memory:

- they can be distracted to pull away from it,
- they can intentionally encase the memory in some box, vault, safe, room or other storage unit,
- or they can develop ways to slow down and tone down the affect of the memory so that the mind is cushioned from the severity of the memory.

As an alter struggles with memories, another alter can be intentionally shifted to hold the body. Some therapists will also develop a temporary safe room where an alter can retreat from memory work for a temporary respite. It is going to be nearly impossible for the victim not to suffer from their memories, in fact, every victim we know has suffered incalculable torment from their memories. The slogan "no pain, no gain" seems to have been written for their situation in life.

ABREACTIONS, understanding

MEMORY FLASHBACKS. A review of history will show that victims of torture/trauma can potentially get memory flashbacks for the rest of their life. These memory flashbacks can be triggered in a number of ways, and the memories may lay dormant and hidden for any length of time. The disadvantage of having memories is that they

often bring fear, body pain, and loss of sleep. They are like nightmares—although technically memories are different than nightmares in that they are more closely rooted to an actual torture/trauma. The person experiencing these flashbacks typically thinks they are going crazy. It is important for you to realize that millions of people who have been tortured have also thought they were going crazy, but that what was really happening is that they were having just like you a normal reaction to some very frightening events. To get flashbacks means that the mind is again trying to overcome a bad experience. Flashbacks are not a reason to panic, they are normal, and if a person can remind him/herself to stay calm as possible, one will get through them better. It may be difficult to stay calm during a difficult memory. But staying calm is one of the goals which can be worked toward and achieved. One reason that flashback occur during sleep is that the mind's defenses are weaker during sleep so the resistance to the memory coming is reduced. There are a number of positive things that can be done in response to memory flashbacks. Although the memory flashbacks on the surface appear to be negative experiences—there also can be some positive benefits. If the memories are correctly handled they can break down the dissociation. The memories can be used to protect the person from future danger. What I suggest as a plan of action is that you accomplish several goals:

1. reduced and eliminate the feeling of passive helplessness that comes from not being able to control memory. I will suggest ways to control memory.
2. take measures during the memory to restore your contact with present reality.
3. continue to breakdown dissociation.

There are a list of things a person can try when flashbacks occur. Some will work and others won't. One may try these

in the order listed:

- a. Try to think of something that is opposite of what the memory is about or something that is incompatible with the event. If the event is centered around hate, think of an event that is centered in love.
- b. Next, one might try to think of the negative consequences of going through the memory. This might encourage action to sidestep it.
- c. Try an activity that will distract the mind.
- d. Find out what triggered the memory flashback and then try to remove the flashback via the memory-on-a-movie-screen method or the memory-locked-in-a-safe-box method.
- e. If nothing else try pushing it back from the mind—see if clenching your teeth and pushing your tongue hard against your palate will help.

To gain control of the flashback when it occurs here are some suggestions:

- a. Learn and know of what situations cause certain flashbacks. This will give you a greater sense of control and lessen the panic that comes from certain flashbacks. Gaining control over flashbacks can seem like one step forward and one step back but eventually control is gained—sometimes without the person realizing the progress they have made.
- b. When in a memory—first move a finger then bit by bit the rest of the body. Then start controlling your breathing (this can all be practiced anytime). Then get up and look out the window to prove to yourself that you are at home and not in the memory. Then write down the memory. This will help in several ways

including the dissociation. If it gets difficult to write the memory—then interrupt yourself with

quiet deep breathing. After writing down the memory—don't reread—but go get something to drink which will be calming such as a cup of coffee. If the relaxation is practiced and can be achieved in response to bad memories it will give you a sense of control over the memories. c. The victim can talk with their support person about what the trauma was and what it meant to you at the time it happened. This will allow you to achieve an assimilation of the experience into yourself. If you can discuss the event in full and the personal meaning you have a greater chance of conquering and controlling the flashback. It has been reported that memories that are too difficult for people to talk out because they have contradictory feelings, embarrassment etc. regarding them, will repeat themselves and the mind will often become obsessed with those difficult flashbacks. Talking them out can be healing. Why deal with memory flashbacks? One reason is that flashbacks intrude into the present and mean that you are pulled away from enjoying the present reality into reliving something in the past. Relief from flashbacks will help you, the healing victim, to concentrate better, get more pleasure out of being with others, and make life more enjoyable. Bear in mind also, that everyone who has been tortured goes through periods in time when they disconnect from others. This has been called different names such as “emotional anesthesia” and “psychic numbing” so don't be hard on yourself if you temporarily lose the ability to feel close to others. The torture was aimed at breaking the victim's personality. Accepting that that was a goal of the perpetrators of the mind-control programming is a step in restoring the identity that could have been there. This leads to the next area of concern: the dehumanization.

DEHUMANIZATION. Because devaluation of another person makes it easier to torture them, devaluation normally occurs in the minds of torturers. They dehumanized not only to control you—but to build up their own image enough to partially justify torturing you. They most likely were also devalued and dehumanized in their own lives and passed on that devaluation. Realizing the reasons why dehumanization was carried out may help a person overcome the process. Another help is to set yourself up in situations where you have positive experiences using your talents and skills will help you overcome the negatives of dehumanization.

Child's subconscious mind protects itself:

- goes into denial
- learns a. not to trust anyone including self, b. since trust is the basis of communication they also learn not to be in touch with the world.

VISIBLE CLUES: · emotional distance · collecting spirit · clingy behavior or independent behavior · learning difficulties

INTERNAL CLUES:

- lack of emotions
- denial of abuse

Child's subconscious mind protects itself:

- to guard itself it creates free floating fears
- to further guard itself withdraws from people or acts aggressive toward others
- splits off a part to take the trauma
- tries to remedy by reaction in the other direction, i.e. becomes an obsessive caretaker of others
- learns a. help & support do not exist, b. that there is no power against the programmers.

VISIBLE CLUES IN VICTIM:

· eating, sleeping and bedwetting disorders · nightmares · phobias · withdrawal or aggressiveness from others · obsessive caretaking

INTERNAL CLUES

· DID (MPD) · Suicidal thoughts

Child's subconscious mind protects itself: · preserves a sense of the world—I must be bad. It was my fault. · preserves self-respect—Since I didn't resist, I am at fault. · preserves good image of abuser—I can continue to love him, because I was at fault. · preserves happiness—What a thrill to be abused, I must have wanted this for being so bad. · learns to have a. a comfort zone of self-blame, b. to become a caretaker which sets the victim up for more self-blame when things go wrong, c. fantasize to stop the pain.

VISIBLE CLUES IN THE VICTIM: · wants to punish one self · sabotages self achievements & acts of love by others · isolates

INTERNAL CLUES IN VICTIM: · guilt, shame, & a "bad" self-image

Child's subconscious mind protects itself: · mind accepts the violations · concludes that all touching is a sexual come-on · learns a. confused & inappropriate behavior and values, b. perceives its value from being a sexual object

VISIBLE CLUES IN VICTIM: · far too-early sexual development · strong negative or positive feelings/reactions to sexual issues · confusion about sexual norms

INTERNAL · lots of sexual issues

Child's subconscious mind protects itself: ·decides not to tell about the trauma, becomes secretive · believes it has a guilt to punish · either it decides to quit risking failure by reaching for success OR over tries to succeed but never feels successful.

VISIBLE CLUES:

· secretive · self-destructive behavior

INTERNAL CLUES

· feelings of guilt, shame, self-hate, and isolation

Child's subconscious mind protects itself:

· creates amnesia walls & splits the mind into dissociative parts · the mind disowns the body · learns to a. dissociate as a defensive habit & b. to copy others in cult as role models.

VISIBLE CLUES:

· no sense of danger · dissociative behavior · phobias · eye-rolls · sleeping disorders · inconsistent behaviors · lost time · denies acts that others have witnessed · moody · uses pronoun "we"

INTERNAL CLUES:

· helpless feelings · no confidence · DID (MPD) · depersonalization · emotions locked up

ABUSERS, confrontations or not

Several victims of mind-control have said that they felt the best pay-back that they could give their abusers was to get well. This is probably right. There wouldn't be any

punishment that would do justice to the crimes that have been committed. We victims should try and fight evil with something positive, something good. But what about confronting an abuser, and letting the perpetrator's system know the suffering they've caused, etc. Just because the victim has worked through some issues, doesn't mean the abuser has. The abuser had to sear his mind years ago. What abusers do, is that first they sear their consciences and then they develop justifications in their mind for what they do. They are deeply entrapped in their own rationalizations. The Network has prepared them excellent alibi's to "prove" they could not have done it. Talking to an abuser about your mind-control issues is like talking to a cement wall. All it will do is get the therapist and the victim into more problems. In some cases, the False Memory Syndrome has helped the abuser and the therapist ends up getting taken out of commission. Keep the therapy work private. Go toward health quietly. The world is not even ready to understand the healing of the victim. And the abuser is even less ready to be understanding. The abusers simply feel threatened. Some victims have a deep drive to make their abusers understand. They are struggling with the effects of the mind-control, and have not yet realized that the abusers are NOT their friend, but another multiple who is also deeply trapped in what they are doing.

ALTERS, how to work with deep Illuminati alters (issues for therapists)

Up to now, therapists have chosen therapeutic modalities that resulted in avoiding dealing with the deep Illum. alters. One of the most acclaimed centers for helping programmed multiples only works on issues that presenting alters have, and uses electro-shock techniques to try to wipe out deeper issues in the mind. Other prominent psychiatrists who have travelled & trained other therapists

how to deal with MPD/DID have incorrectly taught that right brain-left brain issues are simply a program. Therapists have by & large ignored Illuminati religious beliefs, which has insured that deeper alters are not going to present themselves to be ridiculed. Others have attempted to cast the deeper alters out, which in reality buries them deeper into the subconscious, where they carry out their influence at an even harder-to-find level. In fact, when this is being written in 1996, most therapists still remain ignorant of or in denial that the Illuminati exists. Our system has unsuccessfully looked far & wide for a professional who understands the deeper Illuminati alters. We believe this material will make a fresh and valuable contribution in the work needed to free Illuminati slaves. Therapists are in a difficult position to work on Ipsissimus/Grand Master alters or Grand Dame or Mother-of-darkness levels, because, before they can learn how to work with deeper parts, they must forget many things they have been incorrectly taught. Therapists need to see the interrelationships between Illuminati cosmology & beliefs and the programming that is carried out. Witchcraft rituals of the Illuminati are a form of deep level programming. This is why it is ludicrous for Wiccan counselling centers to help mind-controlled slaves, & yet there are a number of licensed wiccan centers counseling'' multiples with programming. The very teachings of witchcraft are intertwined with the programming that needs to be disassembled. Several elements that are common to all forms of witchcraft are: a. the stimulation of an awareness of a hidden side of "reality", b. the awakening and training of hidden powers of the mind, c. the intense training and discipline of the various levels of the subconscious mind. For instance, psychic abilities and astral projection are basic components to witchcraft. Witchcraft at the higher Illuminati levels is the skill to work in the subconscious mind & change consciousness at will. Witchcraft, especially

the cabalistic and hermetic-based witchcraft of the Illuminati, understood how to work with the subconscious mind long before modern psychology existed. Modern psychology is actually based upon cabalistic doctrines. There is a one-to-one correspondence between Freud's theories and Jung's theories and the older witchcraft philosophies. The child, adult, parent of transactional analysis is simply the maiden, mother, crone triple goddess of the Illuminati. And these three parts of the mind have been well understood and manipulated in rituals for centuries. 2 important steps to take in order to help deeper parts are: a. realize that the deeper parts are centered in a trance state in their internal world, and are developed not to function in the conscious world, but are highly skilled to function in the subconscious mind, b. dream state therapy should be developed to help the deeper parts unravel their programming.

CLONES

When the core is split, the dissociated parts that split when the child was in a rage are used to make clones. These little child parts are very small, and have not had a chance to grow up. The creation of clones is described in Vol 2. After they are discovered by the programmer he uses hypnotic magic to drop a robot suit over the child alter. The suits are made of different types of metal and there are a number of different types of suits. Often the children turned robots are given serial no.s. They may perceive themselves as military units. Clone splits are formed into armies that come to the front of the mind to protect the programming. They are like a nursery of screaming children. It is impossible for the front host alters to calm these clones down. What has been found to work on the clones from the 40's through the 60's programming is to put water on them. Water paralyzes them. Then one can go around to

the back and find wires or switches on their suits. A switch may shut them off. Or perhaps the wires can be tampered with. When these little children are looked at, these parts still have probes and needles in them. These child alters need to go to an internal hospital, where they can mentally go through some care to get them relieved from the state they perceive themselves in. After they are out of their suits, the robot suits can be vaporized.

JUDGE ALTERS

Judge alters are alters who enforce the laws of the system, which of course are the guidelines & programming established by the programmer. In witchcraft paradoxes are used. Each split of the mind is valued. The alters, such as the judges, are mirroring their abuse. Fear is the basis of their obedience. They have seen the worst terrors. They have seen things others haven't seen. They are structured along the lines of demonology, and they believe that they must answer to Lucifer. They have no doubt that they are going to hell. They believe the better they obey, the better life they will have in hell. Their obedience in keeping the rest of the system in line with the programming is their desire for a better life in hell, which they already have a foretaste of. Much of their programming was put in during the sensory deprivation, so they don't fully comprehend why they do what they do, they just believe that what they are doing is for their survival. Many of the deeper alters are functioning with a survival of the fittest attitude, where only the strong and obedient survive. They have been given the Spirit of War & they war for the system. They carry the full force of demonic possession. The starting point for many of these deeper alters is to realize they were programmed to their script. MIRROR IMAGES. The script for the mirror images came from God floating over the water in the Bible's Genesis. Mirrors of an alter are simply

fragments of some alter. They are taught they are separate, but the separation is an illusion. There are several programming tricks they do with the child such as "This is your hand" trick, to confuse the child's mind about the mirror image. The splits are done in front of mirrors. "ITS THE MIRROR IMAGE THAT IS GETTING HURT, AND HAS BLOOD ALL OVER IT, NOT YOU." After the child accepts the mirror image as real, they put it into hiding with hypnotic suggestions, & they tell the child the mirror image split doesn't exist. The mirror image will take the programming traumas & the anger.

HOW TO WORK WITH DEEPER ILLUMINATI PARTS (deeper issues for therapists)

The following are things for therapists:

STUDY:

- a. how illuminati beliefs intertwine with programming
- b. how the external Illuminati is structured
- c. how to do dream therapy and to be sensitive to dreams

BE AWARE OF:

- a. the Illuminati reinstates (reprograms) sealing programs over the dream state approx. every 3 years to stop revealing dreams from surfacing.
- b. how Helping Alter can work deep in the subconscious to pull memories and to interact in a positive way with deeper parts
- c. how programming hits at a subconscious level. It may seem benign to the conscious mind, and yet be building up subconscious momentum and growing power.
- d. how complex it is for deeper alters to separate objective & subjective realities.

TREAT WITH RESPECT

- a. the training in programming that the deeper hierarchy alters have
- b. that the deeper alters will respond in a manner that reflects their position, status and training.

BACKACHES, suggestions for body aches

Body aches, especially backaches, can keep the mind so preoccupied with pain that the rest of the mind doesn't work on other issues. The body, mind, and spirit all need healing. When building an alter system, the Illuminati programmers build in protective programming by using spinal surgical techniques. This kind of programming is usually done in a hospital. It is done by specialists who know the spine and the nerves. There are several variations of what is done. They will attach this spinal pain to a hypnotic trigger that if you remember such and such, you will relieve the intense spinal pain. The variations on this, are to paralyze someone from the waist down, or a leg, or an arm. Using surgical drugs and procedures, they can even make a person "blind" by hitting certain nerves and this can be used to create blind alters, or blinding programs. Simple electroshock to parts of the back can be painful. The Illuminati also lay in the spirit Leviathan which lays on the spinal column and causes intense pain if the victim goes toward health. A number of Illuminati victims have gotten relief from intense back pain by deliverance from Leviathan. What this means is that a support team that is working on issues may want to have a good chiropractor on the team, and maybe a masseuse. Working the muscles of the body will free up trauma pains, and alters that get locked up throughout the entire body. Needles that are still mentally in the body are also locked up in body pain too. If a victim hits programming that flips them into pain, the alters will of course be preoccupied with the pain in the body and they will lose sight of the

memory. Go directly to the pain and work on the pain issues, because the memory is sheltered in the pain.

The following inventory can be worked on by a victim of mind-control as home work or the therapist can use the questions as a means to build rapport and understand the client better. In order to save printing costs this section will not provide room to write the answers down. Sheets of paper or a tape recorder are needed to record answers. Questions are numbered for easy reference. This inventory is for the therapeutic process—which means ultimately it is for the victim. The questions are meant to be a guide, feel free to speak about anything that pertains to each biographical time period. If something important happened that you want to report, you don't need a question to talk or write about it.

EVERY ONE HAS ROOTS. The following questions are about the client's roots. Roots are important, we need to know where we've come from to know where we're headed. Understanding the client's family may reveal a great deal about the client. Learning one's roots can reveal important clues as to why things occurred in your life.

- 1. Tell the story about how your parents met and fell in love?
- 2. Tell a story that would show what your mother was like.
- 3. What can you say about your mother, do you know where she came from, where she was born and what her life was like before she met your father?
- 4. What are some of your mother's emotional traits, was she warm and loving, or strict, or nagging, or unstable, or humorous, how was she?
- 5. What was the best thing about your father?
- 6. What was the worst thing about your father?
- 7. What do you know about your father's bloodlines, his genealogy?
- 8. What do you know about your mother's bloodlines, her genealogy?
- 9. Was there anything unusual about your

mother or father? · 10. Did your mother ever give any sex education to you, what was her attitude towards the subject in your view? · 11. What was your father's work? · 12. What kind of bedtime stories did your father tell you? · 13. Is there something important to say about your grandparents or greatgrandparents? · 14. In what ways were your uncles and aunts important to you?

CHILDHOOD (pre-school) This section will be one of the most critical. Don't be embarrassed if you don't remember, just be open & frank, because this inventory is for you. The therapist needs to watch for protectors to surface with the "approved solutions", & watch the different slants that are given by the client at different times to the same subjects.

· 15. What is your earliest memory? How old were you? Where did you live? · 16. What do you know about your birth, were you pre-mature, were you c-section, were you tiny or frail? · 17. Did you have older siblings who helped raise you? · 18. What was the neighborhood like that you grew up in before kindergarten? · 19. Did you ever get into trouble when you were between 3 and 5 years old?

· 20. Were you ever sent to your room, or made to stand in a corner in your first few years? · 21. How did your parents punish you? · 22. Who disciplined you the most? · 23. What kind of religious experiences did you have as a small child? · 24. Who was more religious, your father or your mother? · 25. Who was your first grade teacher? · 26. What was your first grade teacher like? · 27. Can you describe your first day at school? · 28. How would other people have described you when you were a small child? · 29. What kind of chores did you have as a child? · 30. What kind of games did you play as a small child? · 31. Do you think you had a happy childhood? · 32. What are some of your favorite childhood memories? · 33. What is your worst childhood memory? ·

34. How did you feel about going to doctors when you were little? · 35. What did you want to be when you grew up? · 36. Do you remember putting your teeth under the pillow for the tooth fairy? · 37. Do you remember Christmas or some other holidays? · 38. Did you know any crazy people when you were little? · 39. What did you think about people who were a different race when you were little? · 40. What did you think about Halloween when you were little? · 41. Did you ever get sick when you were a little child? · 42. Did your family go on any vacations, could you describe one?

ELEMENTARY SCHOOL DAYS. If the client is talkative, let them provide as much as they want. When dealing with victims of mind-control everything about their life tends to be a clue as to what has gone on. The therapist can trust their own curiosity and ask further questions. For some victims, their host alter will not have memories below the age of 18, or their memories will be spotty. However, the newer mind-control victims are getting better childhood cover memories laid in so that their mind-control is not so obvious.

· 43. Do you remember the first book you read? · 44. What kind of things did your parents like to read? · 45. What kind of toys did you have in elementary school? · 46. What were some of your favorite games during your elementary school days? · 47. Did you learn to play any musical instruments? · 48. What were some of your favorite songs during that time period? · 49. Did your family move a lot, and how did that affect you? · 50. What was the worst experience that you can remember from your school days? · 51. What was the best experience that you can remember from your school days? · 52. Did someone in your class of the opposite sex have a crush on you? · 53. Can you remember what was the most memorable gift that you gave as a child? · 54. Can you remember what your favorite gift that you received was? ·

55. Did your family take vacations during your school years? · 56. Did you have any strange people in your school or in your neighborhood, and how did you feel about them?

· 57. What kind of pets did you have growing up? What happened to them? · 58. Do you remember your tenth and eleventh birthdays? · 59. List the names of your elementary school teachers. · 60. Describe your elementary school building on the inside & outside. · 60. What was the name(s) of the Junior High that you went to? · 61. What was the most influential teacher that you had during your school days? · 62. Did you hang around with any kids, and if so, what were they like? · 62. What kind of neighbors did you have? · 63. What kind of trouble did you get into?

HIGH SCHOOL & TEENAGE YEARS. The high school years are years when the child is meeting interesting members of the opposite sex, preparing for their future, and working at their first jobs. It's a time for new beginning as well as turmoils. It is also a time when the victim will be in many secret rituals, and will be used for many mind-control assignments. There are no right or wrong answers, if the client thinks of something else, besides what initially comes to mind, then it is quite alright to have several "most" events in answer to a "what is the most...?" type of question.

· 64. What was the craziest thing you ever did in high school? Why did you do it, and what happened? · 65. Who was your favorite person during your high school days? · 66. Who were your best friends during high school? · 67. What is the funniest thing that happened to you as a teenager? · 68. What did you expect to do when you graduated from high school? · 69. Did you go to your high school prom? · 70. Do you remember any of the nicknames you had for your teachers? · 71. What was your favorite

subject in school? · 72. In your opinion, which did you like more in high school, sports or intellectual pursuits? · 73. Could you describe what the high school building looked like? · 74. Were you active in a church during your high school days? · 75. Did you do any great activities with other teenagers in some religious club or sunday school group? · 76. Were you a leader of any activity during your high school days? · 77. What was it like going to the movies as a teenager in your area? · 78. Who were your heroes during your teenage years? · 79. Who were the heroes of your peers when you were a teenager? · 80. Did anybody ever accuse you of being dishonest as a teenager? · 81. Did you try to pattern your life after anyone, if so who? do you still admire the qualities you saw in that person? · 82. What kind of conflicts did you have with your parents? · 83. What kind of conflicts did you have with your teachers? · 84. What kind of conflicts did you have with your peers? · 85. What was your attitude toward drugs and smoking during your teenage years? · 86. Was there ever a point in time where you went against your parents wishes? tell the story about how you managed to get your way.

ADULT LIFE. It almost goes without saying that the therapist is trying to build rapport with these questions not to interrogate, not to judge, but simply to listen and learn. Find out what was the most important thing(s) in the person's life. Find out what the client remembers that was interesting.

· 87. What kind of things were you involved in after high school? · 88. Where did you go to college or trade school? · 89. What was it like to leave home, to go to higher education or to be on your own? · 90. Did you join any fraternity or sorority? · 91. What was your major field of study after you left high school? · 92. Did you have any part-time jobs, after you got out of high school? · 93. Who

were your best friends during the first few years after high school? · 94. When was the first time you met your spouse? Describe the meeting. · 95. Where did you live after you first got married? · 96. How much did it cost for different items when you first got married, for instance, a packet of bacon, a gallon of gas, a dozen eggs, a hamburger? · 97. What did the future look like when you graduated from high school? · 98. What did the future look like when you graduated from college, or a trade school? · 99. Do you think attitudes about sex have changed for the better or worse over the years? Why do you think attitudes are changing? · 100. What did your family think about your first spouse? What were their reactions? · 101. Did you have any common interests with your first spouse, & if so, what? · 102. Who would you have liked to have married that you didn't? · 103. How would you describe yourself in your twenties? · 104. From where you are today, when did you decide upon your career? When did you first entertain thoughts of this career? Were the seeds of where your life has ended up present in your early life? · 105. What do you consider your most important achievement so far in your life? · 106. How do you feel about God, and could you please describe your image of what kind of person God is? · 107. Did you have military service, and what was that like? · 108. Are you a flashy dresser, conservative, sloppy, well-groomed dresser? · 109. How important is it to dress well? · 110. What kind of pets did you have in adult life? · 111. Do you think much about death? Do you fear death? · 112. What do you think happens to people when they die? · 113. Did you ever have an ESP experience? · 114. Did you ever have a ghost experience? · 115. What do you think about magic? · 116. What kind of foods do you like? What kinds of foods do you detest and why? · 117. What did you think about Watergate? · 118. Where was the edge of the city when you graduated from high school, has the city grown

since then? · 119. Is there something that we have failed to talk about that you feel is important?

There are reasons why each of the questions was selected and why it was placed in the order that it appears. Those reasons are based upon experience with mind-control victims. To prepare this list of questions we looked at several books that were designed to inventory a person's life. We were greatly assisted by William Fletcher's book *Recording Your Family History*. Berkeley, CA: Ten Speed Press, 1989. The book is an organized guide to asking family history questions. This or other sources might provide more ideas on reconstructing the client's bio.

We will let our support person Fritz write about how a support person can deal with burn out: Allow me to start by saying, if you're feeling stressed at this moment, take a deep breath, close your eyes for a moment and then exhale and relax. Burnout hits people who have nothing more to give. When you have been stressed to the max, the rewards are not there, and you have all these nagging agitating issues. Even a well-working piece of equipment will eventually rust—so don't be too hard on yourself. Working with programmed multiples & implant victims will give a person long periods of distress, pressures from all angles, & a nauseating feeling that you are stuck and not going anywhere. I have always found that it's healthier mentally & physically for me to be actively doing something, no matter how small against the mind-control, rather than being passive in difficult times. In fact, military units often find that their men handle stress better being on the attack than sitting around in a defensive mode waiting for the bombs to drop. I manage to keep a healthy positive outlook by continuing to take steps, even tiny ones. Attack the problem? You may feel like an ant against an elephant trying to bite off more than you can chew. There are indeed

limits to what a single person trying to fly solo against the mind-control can achieve. Try to find some support from a few intelligent listening people. One therapist cries her heart out to God. Tears are not a bad idea. Did you know that tears contain stress hormones, so that crying actually empties the body of stress hormones. (Now wouldn't we like to see our clients do more crying?) If it doesn't seem like anyone, the client, friends, or God is listening to your difficulties, unfortunately your body quietly is. Emotions are the bridge between the body and the mind. Interaction between the two need emotions. Remember the reptilian brain controls the body, and is connected to emotions. The higher minds control thoughts, and they too are connected to emotions. Your body will respond to stress, with symptoms like higher blood pressure. Mine doubled in one year. Obviously, there is a price to pay for such challenging work. So where does this leave you? If you can connect with the tragedy of what is happening to your client, then therapy will take on a purpose. The price you pay will be worth every drop of sweat, or every diastolic & systolic number on your blood pressure. You may have to learn how to blow some things off. Multiples will say a lot of things. Everyone has buttons. Don't be hard on yourself that you have buttons. My favorite ones are:

- Nobody listens.
- You can't count on anyone.
- It's never good enough.
- Don't tell me what to do or think.
- Is anybody thinking?

Can you identify with any of these, what is on your list of buttons? Some of us are like ballistic missiles. When our buttons are pushed off we go. Realizing that we have buttons, and how the firing mechanisms got put in during our lifetime, can be helpful to diffuse these. A person only has so much energy and when they are constantly going ballistic they burn up a lot of energy quick. And if you stuff

it under the emotional rug—you will still bum out, because your body is connected to the rest of you, and all those unused stress chemicals are still there. In fact, support team members should look at symptoms like pain in the gut, headaches, pain in the neck and realize some of these are simply the stress of all that is being dealt with. Do you have unresolved emotional or physical pain, that are visible as buttons and pain?

Perhaps you are wearing down because you have self-doubts, and negative expectations. Who wants to be like the greek mythological Sisyphus who pushed a boulder up the hill, only to have it roll down again and again? Don't devalue your little forward steps. Keep taking those steps forward, and recognize your accomplishments. Perhaps you need to write out what has been accomplished for you the support person and the client. I discovered that progress reports have been very-encouraging and well received. Often when I thought that success was self-evident the system was not able to see any until they read the progress report. Each of us are unique, and I am in no position to tell you what will or won't encourage you or your client. However, some people have been helped by writing out all their self-doubts and then dumping them into a trash can. Let's face it, bad news is often not as bad as it seems; and good news is often not as good as it seems. Throw your doubts away, but do try and get some support. Even if you are creative and capable, when you begin to get exhausted you will begin to lose that creative edge to meet the latest challenge. Does the problem still seem too big to fix? Trying to figure out how to deal with all kinds of alters as well as people in the external world is a big chore, and the work keeps accumulating of things that need to be worked on with your client. I don't have all the answers, but part of the answer lies in remaining flexible, learning how to negotiate and communicate clearly with alters, and part of

it lies in just accepting that some things come with the territory. The trust issues with programmed multiples are difficult and persistent. They will wear a person down, in the same fashion that having a boss looking over your shoulder the entire time gets old. Blow it off. It comes with the territory. And again, I can't repeat this enough we need to work in teams. I have been greatly revitalized by working with others.

If you think you've got problems, put yourself in the victim's shoes! With several victims who have just begun, their alters asked how long it would be until they were well, & I've told them, 'Your beginning a long journey, like walking from New York to California. If we have to walk the entire distance, it's going to be a long journey. If we can do some flying it will go quicker.' I was trying to balance the enormous amount of work that needs to be done, with the actual truth that some of the better methods can get a great deal done in short intense periods. I want the victims of mind-control to see the hope. In order for victims of mind-control to obtain better results, and to minimize burnout among therapists/support persons, I suggest that we carry out an ongoing process to weed out self-defeating habits and behaviors, we continue to learn new techniques for helping mind-control victims, and that we continue to give ourselves a chance to grow, and learn too. After all therapists have needs too. I think the lack of recognition by people that therapists are people contributes to "therapeutic chronic fatigue". While the client is wanting to discover their feelings, the client is expecting the therapist to bury the therapist's own feelings. I think that it is healthiest for the support persons to actually touch base emotionally with everything that is happening to both the client and the therapist. In the long run, I believe that burn-out will happen lots slower if the support persons are emotionally invested in the work, rather than simply being

a paid automaton. Therapists will have less stress, when they have someone that can mentor them. Victims are tough, they are survivors of a lot of abuse, & they often survive incompetent therapists. What may seem like a tragedy for your multiple may not derail the therapy as much as the novice might expect. I not suggesting an uncaring attitude, I'm just saying that experience brings some calmness. Perhaps you're not in position to put the time & energy into the client that your client wants. Sometimes we don't have perfect answers. If you are giving it your best shot, who can complain? Be kind to yourself.

If all alters had the same thoughts and were in agreement, this book would not be needed. The essence of why trauma-based mind-control is so successful is that there are substantial differences between the various alters. Those differences allow the Illuminati to create good front alters as covers. Those differences allow the Illuminati to maintain control and prevent the system from finding their freedom. Incompatibilities and conflicts between alters is a given from the get-go with a DID client. The support team may hear of light and dark sides to a system. Internal persecutor alters are a given. Alters that self-mutilate the body have been programmed to do it. Psychologists have been baffled at the hate that some alters have for other alters or for those other alter's body-which they don't perceive as their own body. The longer the programming goes on the more established the self-persecuting alters become. When dealing with such alters, the support team must not be judgmental. These are simply hurting child alters doing what they have been programmed to do. They are simply trying to do their job right. Without reinforcing these alters dangerous behaviors, it is possible to give them some attention and friendship. They are not used to holding the body and will tire of holding it after a few minutes. Having them out regularly may diffuse some of their rage.

The therapist should not scare them by threatening to get rid of them, or kill them, although occasionally they need to be restrained by a support person, for instance if they are trying to mutilate the victim with a knife. These persecutor alters can have their identity validated, they were just trying to help the system by doing the job that was expected by the programmers. The persecutor alters may often be the ones that took the pain for the "a" alters that function so well in life. When the host alter acknowledges the existence of the persecutor alter, and the persecutor alter's pain & needs, it helps remove some of the animosity in their relationship. Alters can write each other letters. Because most systems are creative, they can use their creativity to think of some way to resolve the conflict, if they try. However, the answer that may occur to some readers, to internally lock up persecutor alters is not a good idea. Someone in the alter system must be the light on the hill, that moves toward freedom. Generally that will be the front host alter that came originally into therapy. It may not be. Sometimes the original "person" who came in for therapy, dissolves into a mass of different personalities, and the therapist has trouble knowing who now is the client. The answer is the entire system is, they just don't know it. And who speaks for the system? For instance, one alter says for the therapist to quit working with the system and another says they want the therapist to work, but only the non-cooperative alters show up for the sessions? All of our old ways of looking at people are obsolete, and the support team will encounter difficulties that boggle their mind. One way to overcome some of this is to treat a system as a city. How did God treat the church of a city? How does one relate to a city of people? How does one get cooperation in a city. Within an alter system, the change for health has to come family by family. One family of alters after another family must make the choice "I want to change direction. I don't want to be like my

abuser. I don't want to conform to the programming." Many alters will not really know what is going on, they will only have a sense of it. They will sense, "Something is wrong here." That may be enough for them to make a decision for a change of direction. Persecutor alters can learn not to act out. Alters can be given another script. Each alter can be shown that the system has gratitude for the part they played in the system's survival. Things that are helpful for alters are good reading, good friends, support groups, and learning from each other internally. Some alters can clearly see the good from the bad, some have very limited understanding. The system can begin taking their power back. The alters can work as a team, and become co-conscious. Responsible alters can be given the care of other alters who need attention. It's somewhat like how a teacher may delegate some children to be leaders so that they can help the troubled children. Internal peer pressure can work for good too. And alters can pray for each other too. Light side alters can form prayer circles or prayer chains. Even non-multiples have ego-states that can present problems, such as the part of you that wants to eat too many sweets. How is this overcome? By mental discipline. It will take some mental discipline for the victim to grow. Alters need to change their thinking from "I can't to I can." Get rid of "I can't." Getting rid of fear is a big step in overcoming alter conflicts. This is just one more reason why safety for the system is so important.

Most competition for having the body by alters occurs during the following times:

- a. when cult programming goes off, and part of the system is trying to go to a ritual or a drug run, and the light side alters are holding the body.
- b. when something exciting or fun is happening and everyone wants a piece of the action.

- c. when alters are in conflict over goals or in conflict about what the system is doing in therapy.

Originally, the alter switches were subconscious and carried out mainly by the handlers. After getting to know one's internal system better, the alters can begin to control their own switching. The alters need to build harmony. If they change the internal job description, or give an alter an external job, then that alter needs to be allowed to have that role. The alter can be asked internally, "What would you like to do?" and then give that alter a chance to develop that. Give everyone an important role. After a while of working together, the alters begin to get co-conscious. After alters are co-conscious, the conflicts will cease between them.

