

TOP SECRET



*The fact that you searched out this report means  
that you most likely have Metaphysical Abilities and  
are a Victim of Alien Abduction or Military Abduction,  
and Mind Control*

*Please read The Kinesiology Report*

*and then read*

*The Mars Records – Book 1*

*The Mars Records – Book 2*

*The Mars Force – Book 1*

*The Mars Force – Book 2*

*The Blue Planet Project*

*The Pulsar Project*

TOP SECRET



***Attention: People with Metaphysical Abilities,  
& Victims of Alien Abduction, Military Abduction,  
Mind Control & Ritual Abuse,***

(That Could Mean YOU!)

***How Kinesiology Can Help You***

by Stephanie Relfe B.Sc. (Sydney)

I learned a lot of things from one of my teachers, Robert Kiyosaki, author of [\*Rich Dad, Poor Dad\*](#). Kiyosaki is a master at kicking people in the rear end, and getting people to realize that the cause of their problems lies within their subconscious mind and emotions. That is crucial to make major, permanent improvements in one's life.

Kiyosaki said that a friend is –

Someone who asks more of you than you ask of yourself.

So, I am going to attempt to be a friend and say some things that you will not have heard from anyone else.

Since you found this article, there is a much higher chance that you have been subjected to alien or military abduction or mind control, even though you have no conscious memories of it, than there is for other people.

If you have metaphysical abilities, there is a very high chance that you have been subjected to alien or military abduction or mind control at least once in your life. And maybe a whole lot more than that. The chances of this are even higher if you have had any experience in any military group, or have any family member in the military, especially if they are/were an officer.

Whether or not you know you have them, your abilities could include:

- Telepath – receiving (this can cause a lot of problems if you don't realize the thoughts in your head are not yours).
- Telepath – projectional.
- Empath – receiving. Picking up others feelings. (this can cause a lot of problems if you don't realize the feelings you feel are not yours).
- Sender – able to move physical objects from place to place. Very valuable.
- Telekinetic.
- Able to open wormholes.
- Clairvoyant.
- Ability to kill with your mind.
- Manifestation (very useful).
- Ability to draw things towards you.
- Advanced knowingness.
- Advanced technical / mathematical abilities.
- Ability to produce fire.
- Advanced trouble shooting abilities.
- Healer.
- Medical intuitive (can see inside others' bodies)
- Super hearing.
- Abilities to do with voice or song.

The list is as long as your imagination.

The fact that you cannot remember any incidences, or using your abilities, does not mean anything.

Let me say that again, because this is the key to this article -

The fact that you cannot remember any incidences does not mean anything.

By the way, are you starting to feel some resistance to reading the rest of this article? I wouldn't be surprised if you are. Please be aware of this as you read this article.

Simple hypnosis plus certain drugs plus advanced technology is enough to prevent all conscious recall. Plus the desire to even attempt that recall.

My husband Michael and I released our training DVD series “Perfect Health with Kinesiology and Muscle Testing – The Revolution in Natural Healthcare ” around June 2008. We did this because what worked for us, can work for you too. We really, really want abductees to know what is being done to them and to have the tools to fight back and to heal themselves.

But we have been shocked and disappointed at the low number of abductees who have obtained a copy. We are selling them, but mostly to people interested in natural health, not to abductees. And yet it is abductees who often have strange health problems, due to the stress of being abducted.

We spent four years going to a huge amount of trouble, expense, heartache and spiritual attack to make this training available. God meant this training to be made available, because many times when we needed something to create the DVD, it was given to us when we needed it. So we can only suppose that, as usual, God’s time is not the same as our time. Still, we hope that the time when all people, and especially abductees, know how to do accurate muscle testing AND kinesiology to balance problems out of the body is fast drawing near.

We have come to the realization that the level of control of people and especially abductees is far, far greater than we could ever possibly have imagined. The size, strength and effectiveness of the level of control is truly extra-ordinary. This realization came after assimilating many different observations that we have made of the years, including but not limited to –

1) I gave drafts of the DVD training series, Perfect Health with Kinesiology and Muscle Testing, to a number of friends who are serial abductees. They raved about it when they received my package. But after they got the package, they did not ‘get around’ to getting past the first disk.

One lady had been begging me for MONTHS for the series. But when she got it, and sat down to watch it, she would suddenly get an urge to get up and drink a coke instead – even though she never drinks coke!

Another person was just ‘too busy’ to do it. Even though she had been waiting for YEARS for this information.

Which reminds me of another thing that Kiyosaki taught me. He knows something of the bigger games that are going on on the planet. (Or he did back in the early 1990s. Who knows who has got to him since then). He said that the name of the game on planet earth is –

**BUSINESS**

**That is –**

**BUSY NESS**

That is, as long as ‘they’ keep you busy, they keep you from your true purpose, which is growing and evolving spiritually, and helping others.

2) The low ratio of abductees to those ‘just’ interested in natural health who have ordered the DVD series (to date).



This makes no sense, especially since abductees usually have worse health problems than other people, and are open minded about alternative health. And it is abductees and readers of this site, and the tens of thousands of readers of "The Mars Records" who have learned from our experiences just how powerful kinesiology is – not just for healing all kinds of health and emotional problems, but also as a very powerful tool for learning when, if and how one is being abducted, and ways to overcome the effects of that.

Anyone who has an interest in subjects like abduction, mind control and metaphysical abilities, should realize that the chances are very, very, very high that they have been abducted because of THEIR metaphysical abilities, and that is WHY they are interested.

Having no memory or idea that you have even been abducted is NOT evidence that you have not been abducted.

Having conscious reasons why you should not do something like kinesiology which can do so much for you is not an answer either.

As Kiyosaki said –

### **YOUR REASONS ARE YOUR TREASON.**

What that means is, everyone has CONSCIOUS reasons why they do and don't do anything. And why things are not better than they are. But the treasonous commands that are stopping you from improving your life are in your subconscious, where you cannot get at them normally. Kinesiology can help to get around that.

Perhaps you've seen something similar to this at a hypnosis stage show: The hypnotist will call up someone onto the stage, and tell them that when the hypnotist taps his tie, the person will stand up and open up an umbrella. The person then goes back to his chair, unaware that he has been programmed. As soon as the hypnotist taps his tie, the hypnotized person stands up and opens up his umbrella. (Audience laughs but they should really be crying because of this terrible evidence of brutal control). But the worst part is, that when the hypnotist asks them WHY they opened up the umbrella, do they say the truth? Do they say "because you programmed me to do that?". NO. They will make up something from their conscious mind that is as rational as possible, something like "I just wanted to test if it works"

3) A good while before the DVD, we went to a lot of trouble to create a dating site to help get fellow abductees together. I know that Michael and I could never have done what we have done without the support and constant watching from and communication with each other. We have managed to stay free of abductions for 6 years now – even though they keep trying different stuff on us. ABDUCTEES NEED SUPPORT. They need at least one other supportive person around who notices things and with whom they can discuss things. And also who is trained and with whom they can swap sessions of kinesiology and deliverance (and later on, clearing).

So we created a dating site where people could search for others who knew about aliens and other paranormal stuff. Hardly anyone joined, even though the price was minimal, and even when we made it free. So we closed it down. I know of at least six people who are VERY advanced in metaphysical abilities, who are not in relationships, are hardly ever IN a relationship, were given free membership, and never got around to signing up. Again, I think the program to keep people on their own so their 'owners' can get easy access to them has gone far deeper than I could possibly have guessed.

I recommend that anyone who is on their own, and thinks they may be an abductee or have metaphysical abilities, or wants to explore this, or who found [www.metatech.org](http://www.metatech.org) or [www.TheMarsRecords.com](http://www.TheMarsRecords.com), should arrange to be near someone who one can have as a friend or housemate – to help to get free, and to work on each other, until you find your soul mate.

4) There is a 'new' phobia. It's called "nomophobia". An incredible one in five people get it. It means that if they are out of range of a cell tower for their cell phone, they suffer as much stress AS IF THEY ARE GETTING DIVORCED OR MOVING HOUSE!!!! That shows that there is something highly advanced going on with cell phones. There is something in them that is addicting people to them and controlling them.

When you do finally get your "Perfect Health with Kinesiology & Muscle Testing" DVD, and test for cell phones, please do the test for emotional override. I believe now that all the muscle tests that I did that made it look as though cell phones aren't 'that' bad, were incorrect because I did not also test for emotional attachment.

People are now so addicted to their cell phones that even conspiracy researchers don't give them up. Why carry around a walking receiver for the kind of commands that are in the movie "They Live" to go into your brain, unless you have been programmed to do it?

5) We published "The Mars Records" in 2000. This was at considerable risk to our lives as certain INTEL spooks do not appreciate public knowledge of ongoing projects. I envisioned that within a few years there would be THOUSANDS of people who had not only done many hours of clearing, but who had also published their results. So we would no longer stand out. I envisioned an army of trained people who were doing all kinds of amazing things to free others, after having freed themselves, and helping others to realize the reality of this situation.

But things don't always turn out as we plan and the INTEL agents have had nothing to worry about. Hardly anyone has done any clearing, or kinesiology, or deliverance, as we did, as of July 2008. The few people I have heard of who have had clearing sessions where they remembered abductions by reptilians etc. do not want to publish their session notes, even anonymously. Admittedly, I realized that people needed the wernicke's correction, and cloacals, and a whole bunch of other stuff that is on the DVD – but that just adds to my feeling of sadness when I see that the bulk of people purchasing the DVD are natural health people, and not the abductees or possible abductees who REALLY need this stuff, and who can do SO MUCH MORE with it.

6) Apart from "Pat" of The Mars Force, hardly anyone else has made the effort to do clearing sessions on these subjects.

Please take note of another saying that I learned at a personal development seminar:

### **FOR THINGS TO CHANGE, FIRST I MUST CHANGE**

Please put that on your fridge. The ONLY person you can change is you. You cannot change anyone else.

Now, let's see one way that you can change, so that your life can get a whole lot better.

My husband and I have created a 12 DVD training course, **Perfect Health with Kinesiology & Muscle Testing – The Revolution in Natural Health Care**. This DVD is for everyone to improve their health, well being, emotional strength and energy. However, if you have been subjected to abduction or mind control or ritual abuse, there will be some extra things you should do. The techniques for these things are taught in the DVD, but their application to paranormal subjects is not mentioned, as the DVD is meant for everyone.

Therefore, this article will attempt to cover the techniques which Michael and I have found to be of benefit to ourselves, and other people who have been subjected to abduction or mind control. I do not have much experience with people subjected to ritual abuse, but much of the following techniques would be useful for these people as well.

Before you do the techniques below, please complete all of the DVD series, Perfect Health with Kinesiology & Muscle Testing, so that you will know what I am talking about and have some experience. I also strongly recommend that you read “The Mars Records” and “The Mars Force – Pat’s Story” to see how we have used kinesiology very successfully for abduction and mind control. These 4 books are free to download from [www.themarsrecords.com](http://www.themarsrecords.com). Reading those books could very possibly stir up a whole lot of stuff for you to work on. Many people have told us they got super headaches and even fainted while reading these books. That indicates that there is something in that person’s memory that has a lot of stress on it. Otherwise these people would not react like this. In addition, you can learn about the spiritual warfare aspects of this at “How to prevent military and alien abduction” here.

On the other hand, there is one reason why you may NOT want to read these books at this stage. If you do read these books, you are ” front loading” yourself with new information. You may prefer to read them later on, AFTER you discover things about yourself. In that way, you then can’t say “oh, I imagined all that, because I read of similar things in those books.”

### **WARNING – BEFORE YOU START**

Now, before we get started, there is something very, very important that I must warn you about. Please pray for protection and guidance both before, and continually while, you do kinesiology and muscle testing for abductees and mind control and ritual abuse victims. This is ESPECIALLY important if you work on members of the public. If you work on members of the public, do not be surprised if you get as many or more ‘INTEL spooks’ as clients on occasion, rather than people you can help.

This work is dangerous. You may think it is kind of cool and fun. If that is your reason, I suggest you do not work with members of the public. This is very serious. To learn how serious this is, read “Who Killed our UFO Investigators” and “Whistleblower Dies on Stage”.

ONLY do this work because Yahweh God the Creator wants you to, and will give you protection and guidance. This is not a game. You get no special T-Shirt for helping other people. You have been warned.

## PRETESTS

First of all, as for all proper muscle testing and balancing, you must do the pretests. Note that David Hawkins, author of "Power versus Force" does not even mention the pretests. The pretests are ABSOLUTELY ESSENTIAL for accurate results. Neither does Hawkins explain the many things that are necessary to do for a correct muscle test. Plus he says that one should say "resist" instead of "hold", which means that it becomes a test of strength, and not an accurate muscle test. I guess that's because he is a psychologist, NOT a kinesiologist.

If the person you are working on has been abducted, this can take longer than normal. Maybe even a lot longer than normal. They may be VERY blocked. As you learned in the DVD, if this is the case, do Emotional Stress Release. If the person is open to the possibility of abductions and mind control, while you do ESR, give a command to the person such as, -

"Have a look around and see if you were ever subjected to abduction or mind control."

The person may or may not see anything. But in any case, the brain will still process the information. If you get them to do this while you do ESR for a while, you may get them to unblock.

## UNWANTED VISITORS

Now if the person is an abductee or mind control victim, especially if this is their first session, it is in my experience that quite likely by now the two of you are not alone in the room. You may even smell or feel their presence by now. It is quite possible that right now you have in the room, or interfering from a distance, some beings such as reptilians or grays., or a human remote viewer. When they are right in the room, I do not know if they are out of body, or doing some weird energy thing so they are physically present. I just know that I have experienced this with a number of clients.

It can be quite annoying to have a client come for some kind of normal problem and then find that at the very first session, the person is being blocked or switched because of the presence of a third party. I once worked on a woman in Dallas. From memory, things went as normal at the beginning of the session, but within about five minutes, nothing was working. Once you get very experienced at muscle testing, and know that you can get truthful answers (because your answers have led to improvements in people, or to them telling you things that agreed with the answers you were getting), you can on occasion do a silent, almost invisible muscle test. If you are holding their arm up, you can just ask the body TELEPATHICALLY, for example, as I probably did in that case in Dallas –

"Indicator change if this session is being interfered with".

If you get an I/C (Indicator Change) then ask "Indicator change if the interference is from beings –

"With bodies".

"Without bodies"

"Both"

Then continue questioning. However, since you are doing this telepathically, you need to be super fast and very gentle. The person may not even know that you are doing anything. In any case, the whole experience of kinesiology is so strange to most people, that they won't wonder at this.

In the case in Dallas, I got that we had two reptilians in the room. Now, this does NOT happen with most of my clients. Maybe one in 20 or less. My problem was – as is often the case – how to deal with this.. Generally I ask the person something like, -

“What’s the weirdest thing you have ever read about on the internet, that just might be true?”, or -

“I’m going to ask you a very strange question”. (So they aren’t so shocked when you ask them ...) –  
“Do you believe that UFOs exist?”

If they give a flat out vehement “No”, then I drop the subject like a hot potato and see how I can help the person as best I can. If the person is not open and willing to learn more, then pushing too fast can do more harm than good.

I think with the woman in Dallas I may not have asked her this question. I think I may have just said something like –

“I’m getting that we have some kind of spiritual interference in the room. Would you be willing to pray with me to remove it?”

She looked kind of wondering, but nodded. We each did a silent prayer, which removed the reptilians. I then went on with the session. Unfortunately, I learned later after I left Dallas, that she later got pregnant to her newly wed husband, but then had a miscarriage at 4 months. I am quite sure that the reptilians took that baby. I will never know whether or not I should have told her more, but one cannot help anyone if the person runs from the room thinking that you are crazy. And one can’t give too much information to anyone at one time.

## **MORE ON PRETESTS**

For the rest of this article, I will assume that you are working with a willing client who is open to what is possible.

If the person is still blocked after you have done as much as you can, drugs may be involved. In that case, it can help to muscle test for –

“Indicator change if there are any drugs that this body needs to balance out” and test the number (zero, one, two etc.)

The trouble is, if they are blocked, how are you going test them? One way is that when you are very good and practiced at correct muscle testing, you can sometimes get some kind of answer, even when they are blocked. When you do this, your test is super, super light. They may not even move their arm, but you will still ‘get’ the answer you are looking for (the truth). You are using the body to access your own knowingness. As always, you still keep an open mind to the answer and ask yourself “Is there a lock?”.

If you ‘get’ that there are drugs involved, to get an unlocking muscle so that you can balance out the drugs, you may need to simply use INTENTION to get them to put the drugs into circuit, so that you can balance them out.

## **'INTEL SPOOKS' AS CLIENTS – AND OTHER PRECAUTIONS**

Testing a client telepathically can also be useful if you have ANY thought that they could be an intel spook. In fact, this is a good idea to do for all clients. If they are a spook, don't tell them you are onto them. They may not even know they are one if they are mind controlled. Just do what they came for – eg: fix up their back. Or before you book them in, tell them that you are sorry but in their case you are not able to help them. Do not give any reason, just say that you can't help them.

A word of warning about INTEL spooks. If you ever 'get' that someone may be a spook, and decide you want to do a session anyway, make sure you ask them AT THE LAST MINUTE if a friend of yours who is learning kinesiology can also be present at the session. Especially do this if THEY are bringing a second person to the session. I once had a man book in with me who was a new customer, who had only a few simple problems. I think it was Michael who "got" that he was a spook, especially after the man asked if a woman friend of his could attend the session. We tested Michael to find out if he was a spook or not, and got that he was. So when he turned up I asked if Michael could be present, since he was learning kinesiology. The woman never came in – she stayed in the car. Nothing abnormal happened during the session, but I think that something would have happened if Michael had not been there.

Remember that these are people. They have lives just like you. They are overworked and underpaid. And in addition to all the government rules and B.S. they endure, they have no one to talk to about their job or the projects they are working on. And THEY get mind controlled to make sure they keep everything secret. So if you become a practitioner, always protect your physical person (never be alone) and try to help whoever you can. They are not the enemy. The beings that control them are the enemy. And when you help someone, you do YAHWEH's will and those bad beings plans will be set back.

Another thing to remember. Never get involved with "secrets" or "classified" information. If ANYONE ever offers to share with you ANY secret information, run, do not walk, to the nearest exit. You ARE NOT a spy or law enforcement professional. You are not a part of their world. Do YAHWEH's work to help others and that's all.

Hopefully, you will never need this kind of warning in your whole life. But depending on what you are doing to help free the planet, and until you know everything about what has been done to you, and what your abilities are, and how important your bloodline is to the evil ones, anything is possible.

In any case, it is always important protection to not see anyone at your own home, unless you know them well. All strangers must be seen at a public center where there is someone else present in the building who has seen your people. You can rent rooms at alternative health centers and at some chiropractors.

## **MORE ON PRETESTS**

Be prepared for anything with a brand new person, even if you know them well. I will always remember the first time I worked on Pat of "The Mars Force". We had communicated a number of times by email and I liked her very much from the emails. I also liked her when I first met her, after she traveled to our home in Norfolk, Virginia. She seemed very intelligent and ladylike, with a lot of gentleness and internal strength. She is very soft spoken. I will quote from "The Mars Force – Pat's Story" –



Michael and I picked Pat up at the bus station. Although she had come a long way, I felt that I should give her a short kinesiology session that evening. The session was done in my home. It was lucky that God was looking after us and made sure that the first session was on a Sunday, because Michael was at home and he was definitely needed!. Pat lay on the massage table but almost as soon as I started to muscle test her I got a violent reaction. After doing sessions on hundreds of different people, I had never seen anything like this.

She was blocked, which is not unusual. What was unusual was that as soon as I tried to unblock her she began to scream. Plus her left arm started moving in circles all by itself. It would start at her side and then move in a jerky movement across her body. Then move back to her left side and then start off again. I felt that it was her body reliving a time when it was pulling against restraints. Pat thought it might have been her deflecting energy, possibly in some way connected to the “alters ” that we later discovered she had.

I called in Michael to help me and it was only through the deliverance that he did, with the help of Jesus Christ, that I was able to continue at all. The first session was quite frenetic and I did not take many notes, although it was taped and we were able to later on hear again the screams that suddenly came out of Pat’s mouth – a lady who until then had appeared very gentle, soft spoken and ladylike.

I got that she had metaphysical alien circuitry on her and began to remove it, while Michael was praying for her. She also seemed to have metaphysical implants in her which I removed as best I could.

If we had never taped those sessions, I doubt that Pat would ever have remembered or believed that she was had actually SCREAMED during the session!

If you are having trouble with the pretests, at least give them a glass of reverse osmosis water, so that at least dehydration should be taken care of.

## **BALANCING OUT DRUGS**

If the person has been abducted or subjected to mind control, it is almost guaranteed that they will have been given drugs. Test how many different drugs are available to be balanced out. Then balance them out one by one. Call each drug “Drug number one”, “Drug number two” etc., since we don’t know the names of most of them.

Do this anytime you get stuck during a session.

## **CENTERING & 14 MUSCLE BALANCE**

Once you have finally got all of the pretests in order, make sure you do the same balances that you would do for any client. That is, check first that their Centering is in balance. As you learned in the DVD, do it once with eyes open and again with eyes closed. A number of abductees will have everything in balance with eyes open and nothing in balance with eyes shut, because their eyes were shut when horrible things were done to them.

And then, as for every client, do a 14 Muscle Balance, with eyes open and with eyes shut.

As you learned in the DVD, write down everything that you find out of balance, so that the next time you work on them, if the same systems are out of balance again, you can lock in the weakness and hunt down the cause of the imbalance. It can take a few sessions before even a normal person, let alone an abductee, stays permanently in balance, because you have removed the hidden layers of stress that were stored in the person.

Once you get their Centering and 14 Muscles to stay in balance, they will probably feel wonderful, or at the very least, a whole lot better than they used to feel.

## **WARNING – BOOBY TRAPS**

THE MOST IMPORTANT THING TO DO FOR ABDUCTEES AND VICTIMS OF MIND CONTROL AND RITUAL ABUSE, or anyone who has or may have metaphysical abilities.

CRUCIAL: At the start of every session, after you have done the pretests, test for blocks for finding “Booby Traps”, followed by a test for “Booby Traps”.

A Booby Trap is just a special kind of Wernicke’s command, but it can be deadly.

Because removing Booby Traps is so absolutely essential for anyone who has any interest in UFO or paranormal subjects, or has ever had any unusual experiences, I strongly recommend that people do this. Instead of doing the normal order of DVDs, do disks #1, #2 and then go straight to disk #11 of Perfect Health with Kinesiology and Muscle Testing.

### **Booby traps fall into three categories:**

#### **1) Commands to die if the person remembers. Examples that I have found on people are:**

“Die if you remember this.” Most people who have booby traps have this one. Note: the word “this” is usually, but not always, in the sentence, to keep it specific.

“Kill yourself if you remember this.” Most people who have booby traps have this command also.

“You’ll be dead if you remember.”

“You will not live if you remember.”

“Your heart will stop if you remember.”

“Have heart failure if you remember this.”

“Have a heart attack if you remember this.”

“Have cardiac arrest if you remember this.”

“Die of heart failure if you remember this.”

“Have a heart embolism if you remember this.”

“Your heart will stop if you remember this.”



“Don’t remember this or your heart will stop.”

“Your heart stops beating if you remember this.”

“Have kidney failure if you remember this.”

“Your kidneys die if you remember this.”

“Your liver will stop functioning if you remember this.”

“Your spleen ruptures if you remember this.”

“Have a stroke if you remember this.”

“You will have a stroke if you remember.”

“Have an accident if you remember this.”

“Have a brain hemorrhage if you remember this”.

“Have cerebral hemorrhage if you remember this.”

“This will happen if you remember this.” (shows person a video of horrible things)

“You’re dead if you remember this.”

“We’ll kill you if you remember this.”

“You’ll go insane if you remember this.”

“Stop breathing if you remember this.”

“Die in pain if you remember this.”

“Drop dead if you remember this.”

“You’ll suffocate if you remember this.”

“Have brain cancer if you remember this.”

“Have lung cancer if you remember this.”

“We are going to disembowel you if you remember what we’ve done.”

“We’re going to kill you if you don’t obey us.”

“Expire if you don’t follow your programming.”

“We will disintegrate you if you don’t follow your programming.”

“Meet death if you remember this.”

“You will die if you think about this.”

“Your brain will be damaged if you remember.”

“Your mind will be erased if you remember.”

“You’ll lose your mind if you remember.

“You’ll go insane if you remember.”

“Your nervous system will shut down if you remember.”

“Disloyalty means death.”

“There is pain for disobedience.”

“You’ll forget this or die.”

“Forget this or die horribly.”

“Remembering this brings pain.”

“You will die if you recall this.”

“Thinking of us gives you a headache.”

“Remembering this occludes blood flow to the brain.”

“Remembering this releases blood clots to the brain.”

“Your hypothalamus will shatter if you remember this.”

**2) Commands to kill the person who helps them to remember (that is, you). Examples that have been found are:**

“Kill the person who helps you to remember this.”

“Kill the person who deprograms you.”

“You’ll kill anyone who helps you to tear down your programming.”

“Zap anyone who helps you.”

“Destroy the reputation of anyone who helps you deprogram”.

**3) Commands that relate to endangering others. The third category may not hurt anyone, but it could stop you from getting yourself free and cleaned up. Examples I have found on another are:**

“Kill your daughter if you remember this.”

“Kill (name of son/daughter) if you remember this.”

“Kill your son/daughter if you remember this.”

“Kill your mother if you remember this.”

“Your family will die if you remember this.”

“You put your family in danger if you tell anyone about this.”

“(name of loved one) will die if you remember this.”

A woman healer was murdered by one of her male clients in Melbourne Australia around 2000. I believe that it is possible and even likely that the man was a victim of mind control and the healer inadvertently removed the blocks to his memories, without first removing any booby traps.

Do not underestimate the power of booby traps. I once worked on a woman who had many health problems (eg intense stomach pain) as the result of abduction by reptilians. I removed ten wernicke's commands to stop her from remembering. After two sessions her health problems went away. BUT, I forgot to look for any booby traps as at that time I thought that only the military used these. A few weeks later she went to a doctor, thinking she had a minor stroke, plus she started 'talking funny' – it was like her brain wasn't working correctly. I then tested and found five booby traps including “Have a stroke if you remember this” and “Have an accident if you remember this”. She was fine after that.

## **HOW TO LOCATE AND REMOVE BOOBY TRAPS**

First, Find Blocks that Prevent Locating Booby Traps

Say “Indicator change for the number of commands to be removed that might stop us finding any booby traps”. Then identify them. Examples that I have found include:

“Don't look there”

“You can't see them”

“They don't exist”

“They're somewhere else”

“They are protected”

“They are invisible”

“They are shielded”

“They can’t be removed”

“This is a permanent condition”

“These cannot be fixed”

### **Finding Booby Traps**

Once these have been found and removed, test if there are any booby traps to be removed. Say

“Indicator change if there are any booby traps present”.

Then muscle test. If you get an indicator change, there ARE booby traps to be removed. Then muscle test for the NUMBER of booby traps to be removed. This helps to make sure you get them all. Say:

“Indicator change for the number of booby traps present”.

Then identify the booby traps. Also identify what species of being gave the person each booby trap.

It is important to check for booby traps at the start of every session. And periodically during a session.

A booby trap is just a special kind of Wernicke’s Command. You treat it exactly as you would treat a Wernicke’s Command.

### **WERNICKE’S COMMANDS**

Once you have removed any booby traps, you are now free to go hunting for other wernicke’s commands.

Here are some suggestions as to what to test for:

### **BLOCKS AGAINST KINESIOLOGY**

Muscle test to see if there are any commands against:

- 1) Kinesiology
- 2) Clearing or the biofeedback meter
- 3) Deliverance / Prayer
- 4) Effective personal development
- 5) The Relfes / Stephanie Relfe / Michael Relfe
- 6) The Mars Records

Please email us and let us know what results you get! We have found that some people have these.

## **WERNICKE'S COMMANDS AGAINST REMEMBERING SOMETHING SPECIFIC**

"Indicator change for the number of wernicke's commands that are available to be removed related to memory."

Test from zero to the number. Once you have the number, go find them.

If the person was subject to mind control or alien abduction or military abduction, my experience has shown that it is highly likely that they will have at least the following two commands to prevent memory regain:

"Forget this"

"Don't remember this"

Here are some other examples that I have found:

"You'll never remember this."

"Forget this happened."

"You'll never remember this."

"You have no memory of this."

"This is not happening."

"Mind control is deactivated." (presumably that can always re-activate it later)

"All alternate personalities are deactivated."

"This never happened."

"Forget your visit here."

"You won't remember coming here."

"This isn't happening."

"Forget this."

"Forget this night."

"Forget about the military."

"Forget about aliens."

"Forget about this facility."

"Forget this happened."

“You imagine this happened.”

“It’s just your imagination.”

“You’re imagining this.”

“You made this up.”

“This was all a dream.”

“This is all a dream.”

“This is just a dream.”

“You’re dreaming.”

“This is a dream.”

“This is all a dream.”

“It’s just a dream.”

“We’re not here.”

“This never happened.”

“You weren’t here.”

“Forget us.”

“This is not happening.”

“This never happened.”

“This didn’t happen.”

“Aliens don’t exist.”

“You have no memory of this.”

“This night is erased.”

“There are no aliens.”

“None of this happened.”

“This isn’t real.”

“You were never here.”

“You weren’t here.”

“You’re not getting any images” (from a doctor). Michael got that this was a joke on their part, because he often says during sessions “I’m not getting any images.”

“All of this didn’t happen.”

“You’re not here.”

“Don’t think about this.”

“Think of something else if you remember this.”

“Forgetting this brings pleasure.”

“Forget this processing.”

“Forget what I told you.”

### **GENERALIZED WERNICKE’S COMMANDS AGAINST REMEMBERING**

Note that the above commands tried to be specific about forgetting just one period in time. They were not all inclusive. For example, they nearly always include the word “this” in them. While this can have spillover into a person’s life, so that they affect the person’s life, the above commands are not nearly as bad as other commands that I have found which are not specific.

I can only imagine that the commands which are not specific were done by people who were stupid people, as well as being evil, because they don’t understand what they are doing with words and mind control. When a command to ‘forget’ is not specific, it can ruin a person’s life in limitless ways, such as causing a person to be unreliable and untrustworthy, because they cannot remember things that they have told another person that they would do. This will negatively affect their professional career, personal relationships, finances, efficiency and personal growth.

The following are some of these commands which I have found, which can really mess up a person’s by affecting almost every area of their life:

“Never remember.”

“You can’t remember.”

“You can remember nothing.”

“You never remember anything.”

“You’ll never remember anything”.

“Don’t remember everything.”

“Forget about forgetting.” (that was a particularly nasty one).

“Don’t remember.”

“You won’t remember.”

“You can’t remember.”

“You won’t remember a thing.”

“No remembering.”

“Stop remembering.”

“You’ll never remember”

“You will not remember.”

“You can’t remember.”

“You will forget.”

“You have no memory.”

“Your memory is offline.”

“Total recall is off.”

“Your photographic memory is deactivated.”

“Your memory is scrambled.”

“Forget everything you’ve seen.”

“Forget.”

“Forget everything.”

“Always forget.”

“Go to sleep.”

“Go back to sleep.”

“Stay asleep.”

“You’re at home.”

“You have no memory.”

“Memory blocks are on line.”

“Memory is forbidden.”

“Memory is shut off.”

“Your mind is off line.”



“Your memories are deactivated.”

“You cannot recall.”

In addition, for each command, test whether it was deliberately inserted into the person or accidentally received. If it was deliberately inserted, test what specie/s gave it:

Human

Ceremonial Magician (we have found that these beings are so demonized that the body no longer regards them as ‘human’)

Reptilian

Draconian

Gray

Hybrid

Other Alien

Other

## **COMMANDS TO OBEY**

Examples that I have found that were deliberately given to the person are:

“Obey.”

“Obey your commands.”

“Obey immediately.”

“You will comply.”

“You will obey.”

“You will obey.”

“Obey ASAP.”

“Do as you’re told.”

“Do as we tell you.”

“You are ours.”

“We own you.”

“Serve us.”

“Give yourself to us.”

“You work for us”

“Surrender to me.”

“We are your master.”

“Our will is your will.”

“Follow out orders.”

“You have no will but to serve us.”

“You are our slave.”

“You are totally committed to us.”

“You’re charged to obey.”

“We own you.”

## **COMMANDS AGAINST MANIFESTING**

There could be at least up to 20 of these. Check to see what species gave them to you. The following were given by Draconians.

Examples include:

Don’t manifest.

You can’t change anything.

Que sera sera (“What ever will be, will be.” Note: Doris Day programmed this into nearly everyone with her song. I was going to embed her singing it, but I can feel the programming in it very strongly).

You don’t know how to manifest.

You’ll never manifest.

Don’t create your reality.

Don’t change this reality.

This is not yours to change.

This is not your reality to change.

Changing reality is dangerous.

Changing reality will kill you.

Changing reality is forbidden.

Changing reality is prohibited.

You'll be punished if you change reality.

Don't think you can change your reality.

(The brain removed the rest after this by itself. This is not uncommon, the brain learns quickly).

## **OTHER WERNICKE'S COMMANDS**

Here are some other subjects you could test on:

"Indicator change for the number of commands that are available to be removed that are related to suppression of metaphysical abilities."

Every now and again, test for the number of metaphysical abilities that the person has. Do the best you can to identify each one. Realize that some of them may not even have a name to cover them. Some of these abilities are to do with other universes and dimensions. This whole subject gets very mind expansive.

"Indicator change for the number of commands that are available to be removed that are related to suppression of wealth."

It is our experience that many abductees and mind control victims have cashflow problems BY DESIGN. People who are in constant drama due to lack of money are much easier to control. And less likely to spend money on things that may help them to wake up and get free.

"Indicator change for the number of commands that are available to be removed that are related to suppression of relationships."

Here's another type:

"Indicator change for the number of commands related to obeying".

It is our experience that many abductees and mind control victims have relationship problems BY DESIGN. People who are on their own or with someone who is not aligned with them are much easier to control. And less likely to find out things and get free.

## **METAPHYSICAL CIRCUITRY**

I mentioned that Pat had alien circuitry on her body. A lot of people have this. To find it, do a 'body scan'. Move your hand over their whole body while you test Anterior Deltoid. When you get an I/C, you may have something to be removed. Once you locate it, you may be able to 'see' or sense it.

This circuitry is invisible and metaphysical, but it's still there. It can be in the form of:

Plates, with bolts at the corners, especially over the heart.

Wires, especially coming out the crown chakra and ears, and back of the knees.

Etheric eggs.

Worm holes to other dimensions (especially on the back of the knees)

Shields to cut you off from earth's energy.

Anything else that your 'imagination' (i.e. intuition) presents to you.

Favorite places that they like to put this stuff are:

Heart

Third eye.

Base chakra.

Back of knees (especially in conjunction with other stuff)

Solar Plexus

Throat

Remember that chakras come out the back as well as the front of the body.

This circuitry can be within or on the body. Or several inches or even several feet outside the body.

To get rid of it, grab it and with a lot of intention, pull it off and throw it away, and click your fingers as you throw it, to help vanish it.

## **BALANCING OUT THE C.I.A. & MICROCHIPS FROM VACCINES**

In this article, I explain how I discovered that the C.I.A. and probably other organizations have put a microchip into vaccines which lowers a persons metaphysical abilities. I assume that they can reverse this whenever they need to use the person.

So, test for and balance out the following: -

Central Intelligence Agency

Microchips

Anything else that you think of related to this

## **ALTER PERSONALITIES**

I have not had as much success with this as I would like, but I have had at least some success. It can certainly help to periodically test for how many alters the person has. And to find what species or organization gave the person each alter. And the purpose of each alter. Even that knowledge can help the person to as-is some of their mind control, and to help the alters to heal. Their prayers will be move powerful when they know specifically what to pray for.

## IDENTIFYING A CAUSE

This can be a great way to help to convince a person who is open minded but not sure that they have been abducted. Find a weakness and then lock it into circuit, as you learn in Disk 12.

If you get that the cause is something that could be related to abduction, then test to see if the cause was in fact an abduction, or something forcefully done to the person that the person has no conscious memory of. I have found that if a person had bad stuff done to them by a parent or relative,, as part of a ritual, that it won't register as an 'abduction' because the person was never taken, they were "volunteered" .

I have found that often if the cause of a problem is the emotion "No choice", that the emotion came from an abduction or sexual abuse. "No choice

This has worked for me on a number of occasion. For example, one woman had problem sleeping (hardly surprising when they usually abduct people when they are asleep). No matter what a person's symptoms are, you still do the same things. When I balanced her a second time, her cloacals were out of balance. So I locked in this weakness and located the cause. I don't remember the exact way it turned out, but by using the techniques you will learn in Disk 12, you are not front loading the person. You are just going through lists of things that could be the cause, which narrows it down. Finally, I got that she had been abducted by reptilians. Once I did some Emotional Stress on this, her cloacals were able to stay in balance, and her sleep was able to improve.

However, symptoms like this will only improve long term if the person believes what is going on (which she didn't), and joins in the fight and determines to be vigilant against further attacks. Kinesiology is a major weapon for this.

## TESTING IF A PERSON HAS BEEN ABDUCTED

Remember, you MUST keep a totally open mind when doing this. While you can do it this way, it's often better to find out that a person has been abducted by doing it the way I described above – through locating the cause of a particular symptom, rather than going straight in for questions like below. This is called "front loading". However, if you are really good at getting accurate answers and keeping an open mind, here is what you do:

Say and test -

"Indicator Change the number of times this person has been abducted"

Test zero, one, more than one.

If 'more than one', test "more than 10" to narrow it down more quickly.

etc.

Note that this test has problems associated with it. There is a lot of emotion with this, and maybe a lot of programming and hidden layers. So this answer may not be the truth, but it can still often provide an accurate answer, and a surprise to the person who is tested. Test this every now and again after you have removed other layers of the onion.

If you get a zero, test and keep an eye out for possible interference.

Sometimes when I think I get interference, I pretend to walk away from the person, then quickly rush back to test again – and then get a different answer!

Once you know the number of times the person has been abducted, then test for which species were involved, including:

Humans

Reptilians

Draconians

Greys

Insectoids

Hybrids

Other Aliens

## **LAYERS OF THE ONION**

Remember, as for all kinesiology, the different imbalances and commands etc. are in layers, like layers of an onion. So you need to periodically check again for the same things that you have already done on the person. Things like booby traps, wernicke's commands, circuitry, interference, false memories etc.

PLEASE do not delay. Get the DVD series [Perfect Health with Kinesiology & Muscle Testing – The Revolution in Natural Healthcare today](#). Do not let your conscious reasons for not doing this now get in the way. This knowledge will benefit you and your loved ones in many, many ways for the rest of your life. And save you a fortune now or later in health care. Remember, there is a full 60 day money back guarantee if you don't really love it as much as I say you will.

I am offering to [www.Metatech.org](http://www.Metatech.org) readers only a special offer. If you cannot afford the DVD set today, even at the low monthly payment plans, email me and tell me your situation, and I will see what I can work out. We really, really want people who have metaphysical abilities and who want to help the planet to benefit from this knowledge, so that together we can all be free.

## **CONSIDER A JOURNAL**

If you keep a journal of all the strange things that happen in your life, it will help you to keep doing things to get free when your mind and the bad guys try to get you to stop. You might include in your journal things that happen when you are doing the kinesiology DVD, and other things such as deliverance to get free. You might also include a list of evidence that you are an abductee (members of the family in the military, freemasons in the family, missing time, strange experiences, extended time spent in Europe or near military bases etc.). Obviously, keep it in a secret place. Just remember that anything you write down could be used against you at some future time, even by family members.

Here's an example of the kind of thing that you might include. A woman who purchased the DVD emailed us:

I just “watched” the emotional stress relieve section and went totally unconscious, just woke up and feel like I been hit by a truck!

## **SPECIAL NOTES**

1) It is suggested that metatech readers who purchase the DVD set do the disks in a different order from other people. You could do Disks #1 and #2, and then go straight to #11 (Wernicke’s commands). Look for booby traps, followed by commands against remembering, and other sabotaging commands, such as commands to keep you on your own or with less money. Test which commands were given deliberately, and which ones you picked up accidentally.

2) If you have read this article, and have purchased my DVD Training “Perfect Health with Kinesiology & Muscle Testing” and are interested in meeting with another person who has done the same, please email me of your wish, your location and your phone number. I cannot promise anything, but if there is another person not too far from you, maybe the two of you can make contact with each other. Of course, I know nothing about either of you and cannot take any responsibility for anything that happens from introducing you to each other. And remember – the spooks are reading this too.

3) Pray to God for guidance and discernment at all times. And pray to God to send you a good person to work with.

Please see Feedback from Metatech readers who have learned “Perfect Health with Kinesiology & Muscle Testing”.

## **SEE ALSO:**

**[“How to Stop Alien and Military Abduction”](#)**

Relationship Troubles May be Caused by Commands Inserted into the Brain during Abduction



## Wernickes Mind Control Commands and How You Can Remove Them

If you are not doing some kind of Personal Development, you are leaving money on the table. It is well known among the affluent classes that certain practices and techniques remove the “damage” and problems that life causes and allow people to move forward toward happiness and wealth. Celebrities, CEOs and the rich and powerful constantly seek out new ways to give them the advantages and leverage they want in their lives. They understand that the first investment is to invest in themselves and they have never even heard about what you are about to learn.

Mind Control commands stored in the Wernickes area of the brain can sabotage a person’s life and ruin their health, relationships, career and ability to create wealth. Self improvement becomes very difficult, if not impossible.

Please let me share with you a way to remove these commands without spending years of your life and hundreds of thousands of dollars doing it.

Who am I? My name is Michael Relfe and I helped produce “[The Perfect Health System](#)”. My wife Stephanie supplied the talent, healing expertise and the raw determination to create a training system that would allow anyone to learn kinesiology and possess a technology that would help them make fantastic improvements in their life. I supplied the technical support: Audio, Video, Lighting, Editing, etc, etc.

I want to tell you a little about myself and why you need Disk 11 (**The Wernicke’s Correction**). I have spent 24 years in the IT industry and have been an employee or consultant for Fortune 50 companies such as AMEX, IBM, American Airlines and The US Navy. I hold a degree in Computer Science and am a graduate of United States Naval Nuclear Power School. I am not sharing these things to attempt to impress you. I want to help you understand that your success in life and the completion of your goals is in your hands and that with kinesiology ... a special kind of kinesiology, you now have the technology to change your situation and get what you want out of life.



I know you have heard it before. **Personal Development**. I know you have read the words, propaganda and horse manure from the big boy millionaires. Promises. Testimonials. Thousands of dollars for seminars from some clown that only cares about stuffing your money into his bank account. Some of these guys get \$5,000 or more for a weekend seminar. Other “Big Boys” can get \$20,000 for a 2 week “workshop”. And I have seen the offers from more than one “Guru” that will allow you meet them and join their private club for a cool \$50,000. You get people talking at you, using **hypnosis and NLP** on you, and all the while trying to “upsell” you on the next big seminar. Does it work? Who knows. At the end of it all you are still “you”. The worst thing about all this is that many people who attend these workshops do not make any real changes in their lives. And now they are thousands of dollars in debt.

Well now there is something new and the “big boys” don’t have it. And it doesn’t cost \$50,000.

It comes free with “[The Perfect Health System](#)”.

Why do bad things happen to good people? Why do some people seem to get all the breaks and other people are constantly being broken? Why is it that someone else seems to have the best relationships, best career and the most money? And why are other people so happy all the time?

Let me share with you some startling information. Scientists have discovered that the instructions and commands that people receive during their lives can be stored in the Wernicke’s area of the brain. And many of these commands can have long term negative effects on those people.

Wernicke’s commands could be YOUR worst enemy! Imagine dozens or even hundreds of tiny “computer programs” or “CD records” screaming into your subconscious commands such as “You’re no good”, “You will always be poor”, “You’ll always be fat” “You’re really stupid” “You’ll never make anything of yourself” “ You never remember anything” and “You’ll never get married”.

And they “go online” at the worst times. When you are under stress. Working on projects. Making life changing decisions. And they interfere and cause you to make the wrong decision. Is it any wonder why people are looking for ways to change their lives in areas such as money, relationships and health.

Everyone has at least some wernicke’s commands against having money, success and achieving results. As an example, here are thirty commands that were found on one person, in one session:

- “You’ll never be rich.”
- “You’re not rich.”
- “You have no money.”
- “You never get it right.”
- “You don’t do it right.”
- “You always fail.”
- “You’re a failure.”
- “Don’t finish it.”

- "Don't complete that."
- "You're always last."
- "Start another one."
- "You have nothing to do with it."
- "You're messy."
- "You shouldn't do it like that."
- "You should never be involved in that."
- "Stay away from them."
- "Don't work on that."
- "Have nothing to do with them."
- "Don't talk to them."
- "Slow down."
- "Relax."
- "Just do enough to get by."
- "You don't need much to live."
- "Don't have too much money."
- "Ruin your career."
- "Your career is not important."
- "You're not a business man."
- "Be ordinary."
- "Don't do too good a job."
- "Only do what's required."

It can be really tough to accomplish the goals you have set for yourself if your subconscious mind is sabotaging you at every turn. How can you get out of that rut?

How can you escape... from yourself?

Now You Can! You can learn the **Wernicke's Correction**.

It is one small part of "[The Perfect Health System](#)"

The Wernicke's Correction can change your life.

The Wernicke's Correction is a revolutionary new Kinesiology Correction created by Genius Australian Kinesiologist David Bridgman. Utilizing three different healing modalities, he created the world's first kinesiology correction that can eliminate self sabotage commands from a person's brain. *Instantly.*

No courses. No seminars. No credit cards. No upsells. No B.S.

*It is possibly the most important kinesiology correction for personal development and life improvement ever discovered.*

In "[Perfect Health with Kinesiology and Muscle Testing](#)", my wife, Australian Kinesiologist Stephanie Relfe is bringing the Wernicke's Correction outside of Australia and making it available to the world for the very first time.

The Wernicke's Correction is quite simply an **instant relationship course in a box.**

And an **instant cash flow course in a box.**

And an **instant self-improvement course in a box.**

By eliminating the self sabotaging commands stored in your brain, you can finally achieve the things in your life that you have been working for.

In "[Perfect Health with Kinesiology and Muscle Testing](#)" you will learn the complete procedure for the Wernicke's Correction. Nothing is censored. Nothing is held back. There is no "upsell product". No further courses are necessary for you to learn Kinesiology and the Wernicke's Correction and to start applying it to you and your loved ones or to your healing practice. You really can remove self sabotaging commands and improve your life. This is just one small part of this amazing course.

Please note that this is not meditation, visualization, affirmations, hypnosis, NLP or any other "mind science" type of system. I know some people love such programs because of their high energy delivery and their claims of instantaneous results. But there is a problem with these systems. **They are not removing the underlying cause of the person's difficulties.** They are adding a new "program" on top of the old "program". There is no point in putting jam on top of moldy bread. What is needed is a scientific procedure for removing the underlying cause of the problem and then letting the person sort out their own life. Do you really want someone to "program" you with their latest seminar or audio tape?

Kinesiology is scientific. Chiropractors and Licensed Massage Therapists using Kinesiology put treatments on insurance. And this is the actual hands on, repeatable, meat-and-potatoes kinesiology correction. Some kinesiology corrections are for your body. This kinesiology correction is for your brain. And it is demonstrated completely in "[Perfect Health With Kinesiology & Muscle Testing](#) – Disk 11".

And no, it's not available separately. You need to learn Kinesiology from the other disks before you can use it correctly.

But let me warn you. The Wernicke's Correction is easy to learn. It is easy to perform. But for some people that refuse to change and *like* being the way they are, it could be tough for them to actually sit down and take the time to do it. Wernicke's commands are like the layers of an onion. They will not come out all at once.

The Wernicke's Correction will not do everything.

But it can do what no other healing modality in the world can do.

Remove self sabotage commands that are damaging your life.

If you are a practitioner, the Wernicke's Correction is a powerful addition to your arsenal of healing modalities. The Wernicke's Correction will allow you to have even more ways to help your clients and they will have even more reasons to book in with you. And as with everything we teach at Relfe.com, **we do NOT charge royalties**. So if you want to teach classes on Kinesiology, including the Wernickes correction or just use it in your practice and become a "**Wernickes Specialist**", we encourage you to do so. This is a new technology and you might be the only person in your state providing that service.

So after all these years of trying to find the "missing link" to your success, maybe the Wernicke's correction is it. This is one that the "big boys" don't know about. You will have to invest the few hours it takes to learn kinesiology. Then you will have to invest the time to do the corrections. The results? Everyone is different but I can tell you that with the help of my wife Stephanie, I have had many hundreds of self-sabotaging commands removed from my mind and things get better all the time.

The Wernicke's commands are real. And negative commands are deadly to anyone's Health, Wealth & Happiness. I no longer allow them to control my life.

What will you do?

Sincerely

Michael Relfe

P.S. If you don't know what Kinesiology is, [please go here](#).

P.P.S. Kinesiology even works on horses and pets, [please visit here](#).

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[www.Relfe.com](http://www.Relfe.com)

[www.PerfectHealthSystem.com](http://www.PerfectHealthSystem.com)

[www.PerfectHealthDVD.com](http://www.PerfectHealthDVD.com)

[www.SynergisticKinesiology.com](http://www.SynergisticKinesiology.com)



## KINESIOLOGY AND MUSCLE TESTING

### YOUR SECRET WEAPON FOR HEALTH

*From You're Not Fat, You're Toxic, By Stephanie Relfe*

Kinesiology is a brand new technology which helps the brain to 'rewire' the body energetically. It is amazingly efficient at balancing the body, so that it can return to excellent health, energy and emotional strength. Therefore, it is a powerful tool to help you to get thin, provided it is done correctly. It stands apart from any other type of health technology largely due to its revolutionary use of muscle testing.

I have used kinesiology to help many people heal pain, health and emotional problems that they had for years, even decades, within just 2-3 sessions. Not uncommonly, weight loss was a lovely 'side-effect'. If you are taking drugs, which we have seen are fattening, then kinesiology is something I suggest you look into, because getting off the drugs (with your doctor's help) is something that will help with your fat loss. In addition, accurate muscle testing can help to identify the particular foods that your body is allergic to, and giving up those foods can greatly accelerate fat loss.

I will give one example of how kinesiology can create miracles: In the very good book *A Revolutionary Way of Thinking*, Dr. Charles Krebs tells how when he was a fit 35 year old, he had a diving accident, and was told that he would be a quadriplegic for life. But using kinesiology, he now leads a perfectly normal life!

There are two different definitions of "kinesiology". The term "kinesiology" which I use is that which is connected with Specialized Kinesiology and Academic Kinesiology (which includes Applied Kinesiology). It always includes manual muscle testing. It is not to be confused with another definition of "kinesiology", which is that which is taught in some colleges and does not include muscle testing.

When you muscle test a person properly for different foods, the person you test will not be able to hold up their arm when they hold a piece of a food that is toxic for them, beside their cheek, no matter how strong they are. This works also by just saying the name of the food being tested. This is because the brain stops sending electrical signals to the muscle you are testing. No longer is a food "bad" or "fattening". It is now *weakening*. No one wants to be weak. Somehow, this process makes a person just automatically start to steer away from unhealthy and fattening foods, and want to eat more nutritious foods, just like God intended.

As a person gets more and more specific communication back from their body through kinesiology sessions, they often begin to take more and more responsibility for their own health. Plus they have more knowledge of how to do that. When a big, tough guy sees that a puny girl can easily push his arm down when he says “alcohol” or “sugar”, he often begins to think seriously about giving them up. Many people don’t feel like giving up harmful habits because someone else has told them that they should, but when their own body starts telling them in no uncertain terms that those habits are weakening it, then that is another matter.

However, kinesiology goes beyond muscle testing. It also includes corrections which balance the body energetically so that different systems can work more efficiently. The brain allows you to become aware of energetic imbalances and blockages. It then rectifies these. It is not uncommon for people to notice an immediate absence of pain in the troubled area during a session. Within a few days many other symptoms often go away as well. Even better, the symptoms often stay away, provided the person no longer does the thing that caused the problem in the first place. This can be a great help for fat loss.

When we are tired, hurting or feeling negative emotions, it can be more tempting to eat something that is toxic. Kinesiology can help a person to improve all of these symptoms. Even better, it helps to balance the body’s energies so that the body can work more efficiently. For example, if there is a blockage in the large intestine energies, the person might become constipated. This causes a back log of toxins, and makes it much harder for the body to burn fat. I have not seen a client who was constipated who I have not been able to help using kinesiology, combined with improvements in diet.



*Muscle testing the Anterior deltoid muscle  
from “Perfect Health with Kinesiology and Muscle Testing”*

If you are the kind of person who has “tried everything” including all kinds of doctors and natural healers for a particular problem, including fat loss, then you are typical of the kind of clients who I have seen, and been able to help with kinesiology.

Kinesiology is a truly ‘wholistic’ system, because it looks at the *whole* person (not just at selected parts). When you step on a cat’s tail, it’s the other end that screams. That is, the whole body affects the whole body.

In addition, kinesiology looks at *all* types of stresses which can cause disease. They include emotional, nutritional, structural and electrical stress.

The basis of kinesiology is that the body is like an electrical piece of equipment, which is controlled by an incredibly complex computer, namely the brain. The brain is continually in communication with each of the approximately 639 muscles in the body, and it knows exactly what it needs and in what priority.

## **FOURTEEN MUSCLE BALANCE**

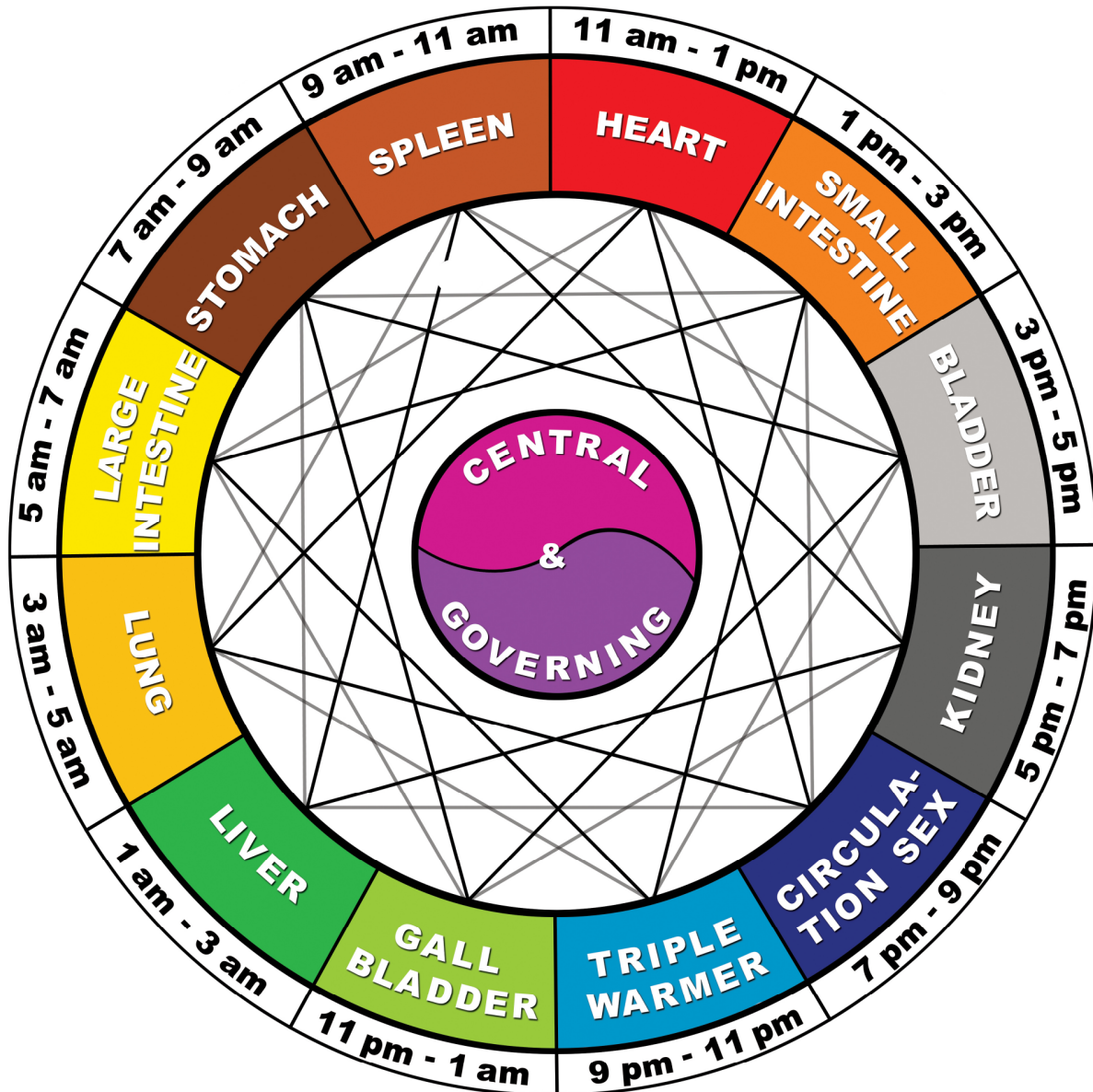
There are many kinesiology balances which can help you to reduce fat. For example, there is a balance called the Fourteen muscle balance. This balance is based on Chinese medicine. Each of the fourteen muscles that are muscle tested, relate to a particular organ or system in the body. For example, if a person has their Quadriceps muscles out of balance, not only may they find that they have difficulty climbing stairs, because this is a major muscle in the upper leg, but the small intestine will also be out of balance, because it is energetically connected to the small intestine.

## **THE BODY CLOCK**

The Fourteen muscle balance is based on the body clock. We have all talked about how our “body clock” gets messed up when we travel long distances by air. What not so many people know is that ancient Chinese mapped this clock. It includes the energy flows in the main meridian systems during a 24 hour time period.

Central Nervous System	Governing (Spinal Cord)
Heart	Gall Bladder
Small Intestine	Liver
Bladder	Lung
Kidney	Large Intestine
Circulation Sex	Stomach
Triple Warmer (hormones)	Spleen





*The Body Clock based on the Meridian System from Chinese medicine  
from "Perfect Health with Kinesiology and Muscle Testing"*

## **MERIDIANS – PATHWAYS OF ENERGY**

Energy flows continuously around the body in an unbroken flow like a river, on invisible pathways called meridians. These meridians form the meridian system. The meridian system is the basis for acupuncture.



# ANTERIOR TORSO MERIDIANS

**LUNG**

**CIRCULATION-SEX**

**HEART**

**GALL BLADDER**

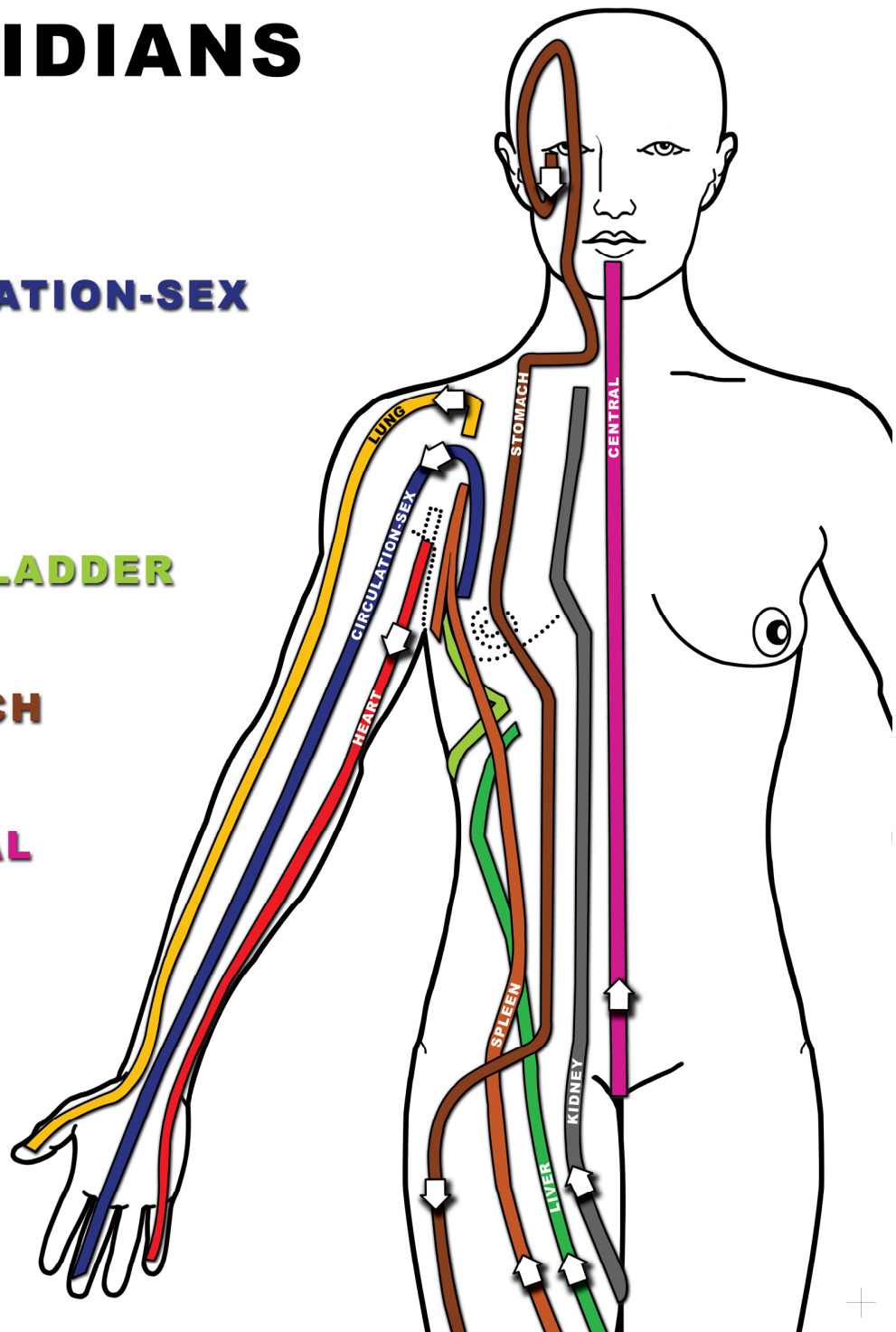
**STOMACH**

**CENTRAL**

**SPLEEN**

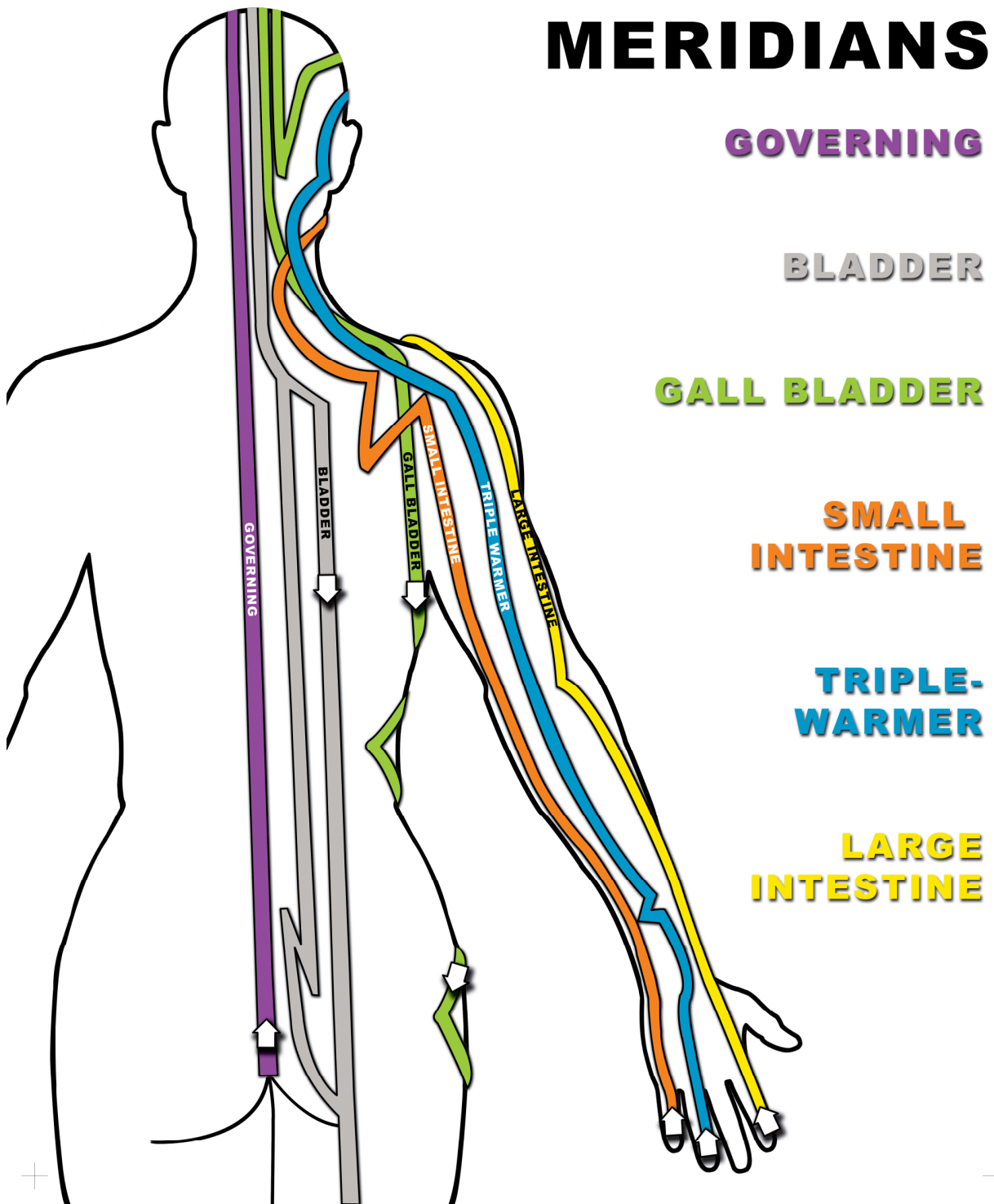
**KIDNEY**

**LIVER**



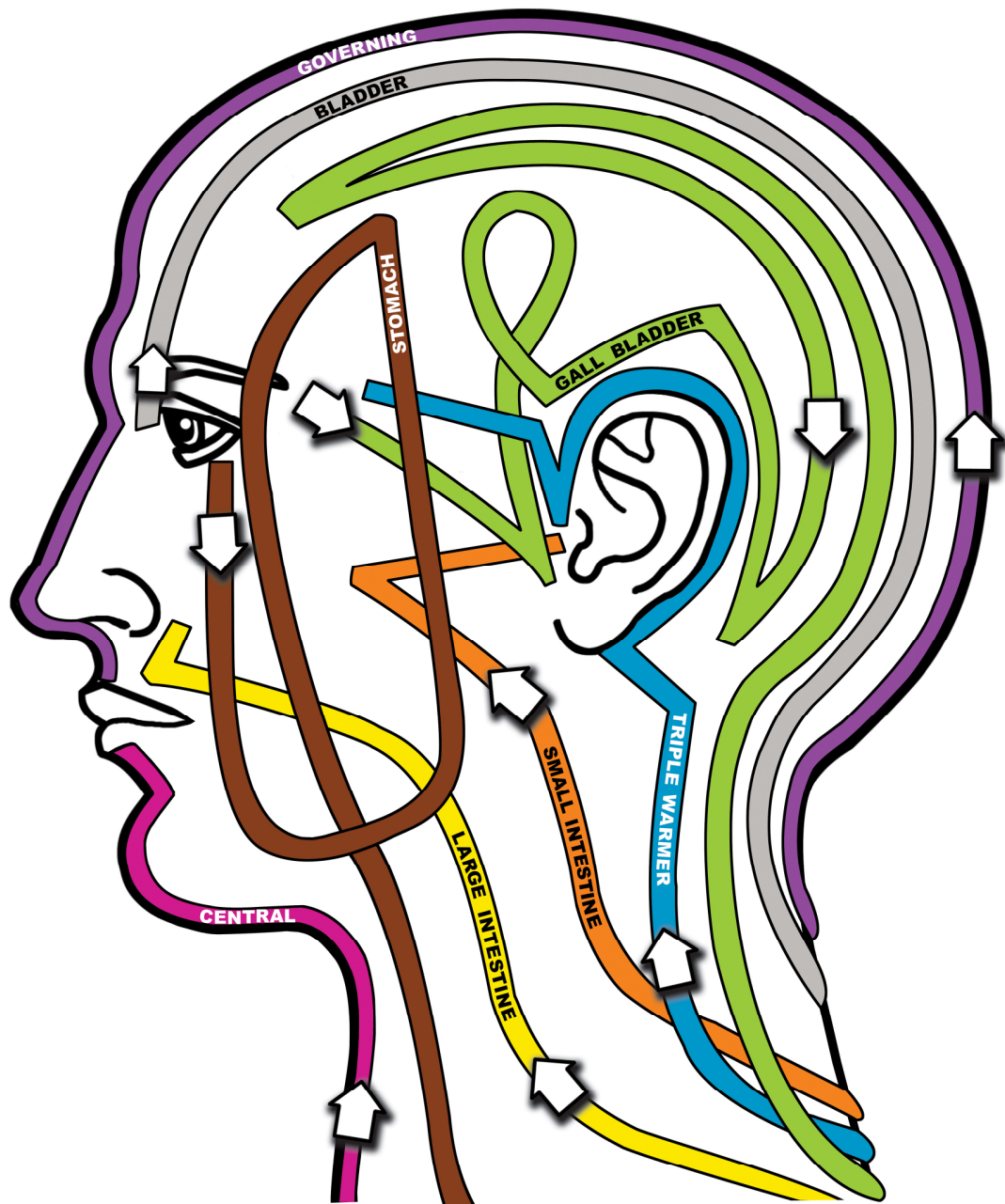
*The Anterior Torso Meridians, from  
"Perfect Health with Kinesiology and Muscle Testing"*

# POSTERIOR TORSO MERIDIANS



*The Posterior Torso Meridians, from  
"Perfect Health with Kinesiology and Muscle Testing"*

# HEAD MERIDIAN RELATIONSHIPS



*The Head Meridian Relationships, from  
"Perfect Health with Kinesiology and Muscle Testing"*

Each meridian is associated with a particular organ or system of the body. Each item on the body clock is associated with a particular meridian in the body. For example, the central nervous system, in the middle of the wheel, is associated with the supraspinatus muscle.

At particular times of the day, more energy flows to one meridian, and hence to one organ, than at any other time of the day. If you look at the wheel you will see that at 1 to 3 pm, the small intestine meridian receives more energy than any other meridian. Then at 3 to 5 pm, the bladder meridian receives more energy than any other meridian. Then at 5 to 7 pm, the kidney meridian receives more energy than any other meridian. And so on around the clock until you come again back to the small intestine meridian.

Look again at the body clock. Notice how different lines go to different organs? When an organ receives maximum energy, the organ that is opposite that organ on the wheel receives minimum energy. For example, 11 am to 1 pm, most energy goes to the heart. At the same time, the least amount of energy goes to the one opposite the heart, which is the gall bladder.

Note that at 1 to 3 pm most energy goes to the small intestine. Also, at this time the least amount of energy goes to the liver, because the liver is directly opposite the small intestine on the clock. This is why people get more drunk from alcohol at lunchtime, than at any other time of the day. At this time of day, the liver has less energy available, and the liver is the organ that has to detoxify the alcohol. Another interesting correlation is the time when most heart attacks tend to occur, which is in the middle of the night, when the heart energy is at its lowest.

In the middle of the circle are central and governing. Central is short for the central nervous system and governing is the nervous system related to the spinal cord.

## THE CLOACALS

If you are one of those people for whom “nothing works” for your health problems, and you are also extra low in energy, then it’s quite possible that an energy system called the “cloacals” is out of balance. This is the most powerful kinesiology correction of all, and one that can cause miracles. The cloacals is an energy system that is related to the autonomic nervous system, which controls many actions of the human body. This control happens without the person having to think about it, such as heart rate and digestion. The cloacals is part of Applied Kinesiology. It is unknown by the medical system, and even by most kinesiologists.

If anyone has ever had a time when they were healthy, and then *almost overnight* started having all kinds of awful symptoms, including weight gain, it is quite likely that one of two things happened:

1. They picked up a parasite. Particularly suspect this if the person travelled to a foreign country. Please see the chapter on parasites for more information.

2. Their cloacals went out of balance as a result of extreme stress. The stress could have been:

- Emotional, such as divorce or death of a loved one.

- Physical, such as a car crash or difficult birth.

- Chemical, from something extremely toxic to the body, such as a vaccination.

- Electrical, such as an electric blanket or eating microwaved food.

Unlike most energy systems in the body, the cloacals do not seem to be good at getting back to balance by itself with a good night's sleep. I have had clients whom muscle testing indicated that they had their cloacals out of balance since they were born, often because of a difficult birth.

The cloacals are part of what kinesiologists call the centering system. The test to see if the centering system is in balance is simple. As always, the tester must do the six pretests first to make sure that all muscle tests are valid. (There are many people who think that they know how to muscle test, but since they don't do the pretests, their results are invalid). The tester then warns the person of what they are about to do. The tester then gives the person a light slap on an upper arm, and then muscle tests the other arm. If the arm tests weak, that means that the simple slap was more stress than their body could handle and the centering system is out of balance. Once the appropriate Kinesiology correction is applied to the body, and the test is repeated, the arm will stay strong when the body is given another light slap.

Anyone who has "incurable" health problems and very low energy, as well as fat that refuses to budge, quite possibly has their cloacals out of balance. Rebalancing the cloacal system can help to heal and to reduce fat, because the cloacal system controls and regulates most, if not all, of the major fluctuating qualities and quantities in the body. The cloacals seem to work by acting as a reference point for the autonomic nervous system, which has the main job of maintaining stability within your body. Therefore, with the cloacals out of balance, a person will be continually out of balance. Their body is like a 'leaf in the wind', affected greatly by even the smallest stresses, and not able to completely heal itself fully, even with good food and sleep.

In addition, the person may be operating on a shocking 30 – 70 % of normal body energy levels. In this case, there is little energy available for any needed healing or fat reduction, and a person can feel so lousy that foods like ice cream become a lot more attractive.

For example, if the cloacals are not working properly, a few of the things that may not be as efficient as possible are the following:

- Body fat.
- Hormone levels.
- Metabolism.
- Blood sugar levels.
- Body energy levels.
- Emotional stability.
- Allergic responses.
- Bladder.
- Bowels.
- Reproductive organs.
- Pregnancy.
- Sexuality.
- Blood pressure.
- Body temperature.
- Speed of healing.
- Immune efficiency.
- Brain chemistry.
- Learning abilities.
- Co-ordination.

The good news is that a good kinesiologist can put the cloacal system back into balance. People sometimes notice an immediate improvement in their symptoms. In cases where people feel worse for a few days after having their cloacals back in balance, it is a symptom of the body using the extra energy available to it to heal some major problems, which previously the body did not have the energy to do.

You can learn this yourself, because I teach the cloacals correction in my DVD training system, *Perfect Health with Kinesiology & Muscle Testing*. I also teach that to get a *permanent* healing you may need to do more than just put the cloacals back in balance. If the cloacals do not stay in balance during the weeks after rebalancing them, as they should, then the kinesiologist needs to use muscle testing to locate the cause of why the cloacals would not stay in balance.

I have found that the cause can be many different causes, all of them extremely stressful to the body. Some causes have been major emotional shock like death of a loved one, or divorce of parents, a car crash, having something terrible happen in childhood, being born by “western” birthing methods, having a baby – or even what would appear to be not too stressful, but obviously is from how it puts the cloacals out of balance - being vaccinated, using an electric blanket or eating microwaved food.

Once you get the cloacals to be in balance, and to remain in balance, you may get a surprise at the list of symptoms which is improved if not fully healed. I used to cry much too very easily before I found kinesiology, and it was all because my cloacals were out of balance. Now I cry only for beautiful things. It’s also likely that this is one of the reasons why I used to eat huge amounts of food, and now do not eat nearly as much, at the same time that I no longer experience constant hunger.

The cloacals correction is explained in the *Basic Applied Kinesiology Workshop Manual* by Gordon Stokes and Mary Marks, which is unfortunately currently not available. A very strange thing is that, while the cloacals is the most important Applied Kinesiology correction of all, it is not described in the *Applied Kinesiology Synopsis* by Walther. However, I teach this correction in my DVD training system *Perfect Health with Kinesiology & Muscle Testing*.

Unfortunately, you cannot do kinesiology on yourself, because a broken computer cannot fix itself. Your brain is the computer. You need to have someone else work on you. Because it can be difficult finding a good kinesiologist to work on you, my husband and I spent four years creating *Perfect Health with Kinesiology and Muscle Testing*, which is designed for ordinary people to learn, not just professional natural health practitioners, so that they could improve their health. More information is available at [www.PerfectHealthSystem.com](http://www.PerfectHealthSystem.com) and [www.PerfectHealthDVD.com](http://www.PerfectHealthDVD.com) as well as [www.Relfe.com](http://www.Relfe.com).

As a wife and mother, I do not know how other people manage to raise a healthy, happy, thin family without the tools that kinesiology provides, and that I teach in my DVDs. If you want to reduce your fat, and ‘nothing works’, then I highly recommend that you learn kinesiology with someone close to you, so that you can work on each other, or find a good kinesiologist to work on you. Kinesiology really can be your “Secret Weapon” for health.

**BONUS – After completion of the *Perfect Health with Kinesiology and Muscle Testing* program, all students that the pass the certification exam are awarded a certificate suitable for display in their office. In addition, they receive permission to use the course to teach others in their area without the payment of royalties.**





Stephanie Relfe B.Sc.

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Stephanie Relfe was born in Sydney, Australia in 1960.

She has a Bachelor of Science degree from Sydney University where she majored in Histology (the study of cells) and Zoology. Stephanie has had over 200 hours in training in Specialized Kinesiology. She has worked as a professional Specialized Kinesiologist since 1993, both in Australia and the USA.

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## ***How Your Metaphysical Abilities are Being Suppressed***

by Stephanie Relfe B.Sc. (Sydney)

***Note: If you are abducted then you are Psychic***

**THE METAGENE FACTOR:** Quote from **“Blue Planet Project”**- a notebook made by a scientist who worked with Greys and Reptilians for the government:

The Metagene is a biological variant lying dormant in select members of the human race [especially on planet earth], until an instant of extraordinary physical and emotional over-stress activates it. (Apparently a latent self-preservation ‘gene’ capable of producing seemingly ‘superhuman’ abilities in earth humans during times of extreme stress or crisis. – Branton) ...

That’s an ergochemical, in response to adverse stimuli. A chromosomal combustion takes place, as the Metagene takes the source of biostress, be it chemical, radioactivity, or what ever and turns the potential ergoresponse into a catalyst for genetic change. The main focus of the catalyst power is a gland in the middle of the human brain called the PINEAL gland, and the nutrient for increasing the Pineal’s action is the adrenaline. The Metagene factor gives the ability of Psionic Power [for better or worse].

The main interest of the Aliens, especially the Grays, is to understand and control the Metagene for their own race. They try to do this using Biological Experiments to make Hybrids from both humans and aliens. They believe perhaps the **MEN FROM PLANET EARTH ARE THE DEADLIEST CREATURES IN THE UNIVERSE**. Because ONLY on Earth people are apparently capable of generating the Metagene Factor, which means Natural Psionics ability, “Real Power” (See [www.TheMarsRecords.com](http://www.TheMarsRecords.com))

Many writers and people have said that we as a human species are far, far, far more powerful than we know.

Yah’Shua (the real name for Jesus Christ) said “Verily, verily, I say unto you, he that believeth on me, the works that I do shall he do also, and greater works than these shall he do, because I go unto my Father.” John 14:12. Well, we are obviously a LONG way from doing what Jesus did, let alone outperforming him.

I believe that metaphysical abilities, such as telepathy, are gifts that were given to us by God Yahweh, that have been largely taken away from us by evil ones. I am talking here about true spiritual abilities such as telepathy, as distinct from magick & psychic abilities which is done by occult means and is actually done by the power of demons (see [www.exvampire.com](http://www.exvampire.com) for confirmation of this).

For example, animals and young children often display telepathic powers. (One example: See the report by the U.S. Air Force of a group of chinese children who can teleport). Yet the abilities of children are generally lost or greatly reduced by the time they 'grow up'.

I believe this is because there is a concerted plan by species that do not own the metaphysical abilities that Yahweh gave to us, to enslave the human species and make sure we never access the powers that we have. We are like an eagle in a cage that has never been taught or shown how we can fly and soar over the skies.

A few metaphysical abilities are:

- Telepathy – receiving
- Telepathy – projectional
- Telekinesis
- Teleport – self
- Teleport – other things
- Teleport – live objects
- Open portals that people can walk through, to other times and places
- To go to other universes
- Travel places others cannot
- Clairvoyancy
- Clairaudient
- Healing
- Empathy
- Explode things
- Kill people with mind
- Create fire at a distance
- Change the quantum matrix
- Change matter
- Manifest physical objects
- And whatever else you can dream up – anything is possible.

Below I have listed just a few of the ways that human metaphysical abilities have been suppressed, and give some suggestions as to ways to overcome these. I believe that the first three listings are the most important. The rest are in no particular order of importance.

Method of Reducing Metaphysical Abilities	How This Method Robs us of Our Metaphysical Abilities	Possible Ways To Combat This
Abduction	<p>It is the belief of myself and my husband Michael, from our own experience, that almost anyone who has advanced metaphysical abilities will have been abducted at least once and probably a number of times throughout their lives.</p> <p>This may have been done by non-humans such as greys, reptilians, insectoids or other aliens, or by humans who are in black operations in the military. (If you think this is not for real, then you haven't done enough research on this matter. There is literally tons of information on this. Start with our <a href="#">weblinks</a> section).</p> <p>During this abduction the person was given programming and possibly other things including operations to stop them from harnessing the full power of their metaphysical abilities for themselves.</p>	<p>1) Stop abductions now by <a href="#">changing the quantum matrix</a> inside yourself and your family at least twice a week. This is crucial to do if you have children.</p> <p>2) Remove the effects of previous abductions with <a href="#">kinesiology</a>, including removing <a href="#">wernicke's commands</a>.</p> <p>WARNING: Check first for implanted <a href="#">death thoughts</a>.</p>
Fluoride	<p>Fluoride is a rat poison that is rated 4 out of 5 on the list of world poisons. It was also used by the Nazis and Russians. They fluoridated any water because it calms people down and makes them easier to control.</p> <p>I have also read reports that it calcifies the pineal gland, the third eye, which is partly where our metaphysical abilities come from.</p>	<p>1) Of course the best thing is to not use toothpaste that contains fluoride (available only from health food stores) and to drink only reverse osmosis water or springwater. For reverse osmosis filters, check out Sam's Club (USA) and ebay.</p> <p>2) To get rid of fluoride that you already have, or get through your skin when showering, there are reports that turmeric can help get rid of the calcification of the pineal gland. Eat more lentil curries with turmeric!</p>

<p>Vaccinations</p>	<p>Vaccines contain mercury and formaldehyde for starters. There is NO safe level for either of these two substances.</p> <p>Vaccines are meant to work by stimulating the immune system – so why do they vaccinate babies many months before they have any immune system?</p> <p>Read <a href="#">this article</a> by myself and you will see I found out through muscle testing that there is something in vaccinations, possibly some sort of microchip or crystal, that suppresses metaphysical abilities.</p> <p>Credo Mutwa, a Shaman in Africa, reported that the only children that can see UFO's flying around are the ones that have never been vaccinated.</p> <p>Most of us have been vaccinated and we will never know what abilities we have lost.</p>	<p>If you have children that are not vaccinated, start learning about the <a href="#">huge dangers</a> of this and how you can avoid it. I do not want to repeat the experience I had of speaking with a woman crying on the phone because her baby died within a few weeks of being vaccinated.</p> <p>Breast milk contains much that will protect your children. Read <a href="#">The Breastfeeding Book</a> and learn why you should breast feed to AT LEAST 3 years old. Children do not get their full immune system till <a href="#">six years old</a>.</p> <p>As for the rest of us who have been vaccinated, pray to remove the effects.</p> <p>And balance out the effects of vaccines with kinesiology. I show how to balance out substances on my <a href="#">DVD kinesiology training series</a>.</p>
<p>Junk food</p>	<p>Your body is the instrument through which your metaphysical abilities will go. Your body is like an automobile and if you are driving a beat up old VW then you need a makeover.</p> <p>The more healthy and finely tuned your body is, the more metaphysical abilities you will have.</p> <p>Metaphysical abilities require energy. Junk food and other toxins deplete you of energy.</p>	<p>Cut out all junk food and <a href="#">unhealthy food</a>.</p> <p>Get muscle tested with <a href="#">kinesiology</a> to find out which foods are positive, neutral and negative for you.</p>

<p>Eating Meat</p>	<p>Uri Geller, perhaps the most famous psychic in the world, is a vegetarian.</p> <p>The higher frequency your body resonates at, the more metaphysical abilities you will have.</p> <p>Dead flesh is a very low frequency. Plants are much higher. Think about this, if you increase your metaphysical abilities, you will probably increase your empathic abilities – the ability to feel the emotions of others. Eventually you may feel the pain that the cow felt when it had it’s throat cut, as well as the terror it experienced before that event.</p> <p>Plants don’t like dying either but they don’t have the highly evolved nervous system and intelligence of animals.</p>	<p>Eat more whole grains, fruit and vegetables, especially raw fruit and vegetables.</p> <p>Eat foods with more protein but don’t get hung up on the need for tons of protein. Gorillas are 100% vegetarian and they obviously don’t have any problem growing large muscles!!!</p> <p>To become vegetarian, don’t eat a lot of soy which is toxic unless it is fermented and non-GMO (eg miso is good for you).</p> <p>Instead, learn from Indians. In India, the highest cast is the Brahmins and they are all 100% vegetarian. Eat a lot of lentils (for protein) as well as brown rice.</p>
<p>Schooling System</p>	<p>Our schooling system is very much logical and rational. It develops mainly the left brain without developing the right brain.</p> <p>This teaches us to <b>think</b> which has its usefulness. However, it does not teach us to <b>know</b>, to access our intuition.</p> <p>Knowing is much more powerful and faster than thinking. Knowing comes from our right brain and our intuition.</p> <p>In addition, the time that children attend school and the way they have to sit still for many hours at a time is mind control. A German discovered that children who</p>	<p>Do whatever it takes to do homeschooling. Virtually anyone can do it, so long as you buy curriculums.</p> <p>See <a href="#">“55 Serious Reasons why You Should Homeschool”</a></p>

	<p>are taught to go to school five days a week are later trained to be good 9-5, Monday to Friday workers.</p> <p>Wouldn't you rather your children were taught to be healthy, happy, spiritual millionaires whose purpose in life is to improve the life of others rather than have a job to make a living?</p>	
<p>Preventing Meditative States</p>	<p>Some people, in particular some Christians, believe that meditation is bad, because they think once that they empty their mind it will be filled with bad things. This is not correct.</p> <p>Meditation is not emptying your mind. It is impossible to empty your mind.</p> <p>Meditation is stilling your mind.</p> <p>It has been said that prayer is talking to God, while meditation is listening to God. If your mind is full of thoughts, how can you hear God speak to you?</p> <p><i>"..to be carnally minded is death; but to be spiritually minded is life and peace."</i> Romans 8:6 (Note: Carnally means relating to physical things, especially the body)</p>	<p>Stick with forms of meditation that still your mind rather than chant a mantra.</p> <p>You could just sit still and close your eyes and focus on your breath and/or on God.</p> <p>Also focus on feeling God and love in your heart:</p> <ul style="list-style-type: none"> <li>• <i>"God is a Spirit"</i> John 4:24.</li> <li>• <i>"Behold, the kingdom of God is within you."</i> Luke 17:21</li> </ul>

	<p>Once you have stilled your mind you can more easily access your metaphysical abilities. While your mind is filled with rubbish thoughts that go round and round and round, you cannot access your metaphysical abilities.</p> <p>However, not all forms of meditation are recommended. Meditation techniques where one chants a mantra may be bad because the mantra could be the name of a demon.</p>	
Western Birth	<p>Although they don't remember it, most people were put into incredible trauma through the process of their birth. After a traumatic birth, possibly with drugs that made it worse, many babies were slapped, put into bright lights, put into noisy areas, and worst of all, taken away from their mother and not given breast milk.</p> <p>This put those people into shock, which is one reason why we don't remember much of those early years. Shock and trauma inhibit all types of growth, especially metaphysical abilities.</p> <p>Even worse, some people don't get to keep their own baby if they have a hospital birth, in particular, a military hospital. There are reports of babies being swapped or the mother being told that it was a</p>	<p>Return to natural home birthing, preferably a <a href="#">water birth</a>, which enables the woman to squat which makes more room for the baby.</p> <p>Add soft lights and as few people who are loving and caring present as possible.</p>

	<p>still birth but not shown the baby.</p> <p>In addition, many men had an additional shock of being sexually mutilated – circumcized – often even without pain killers. Is that why little boys cry more than girls? If you have a boy, let him decide when he is old enough whether or not he wants to be circumcized.</p> <p>For more information on how different birthing and child raising methods can increase normal and metaphysical abilities, read the amazing book <a href="#">Magical Child</a> (Just ignore what he says about reading age – teaching reading early does not decrease metaphysical abilities).</p>	
<p>Drugs/either pharmaceutical or recreational. INCLUDING White Powder Gold.</p>	<p>What goes up due to chemical means, must come down – PLUS side effects.</p> <p>White powder gold actually DESTROYS your <a href="#">native metaphysical abilities</a>.</p>	<p>If you have drug addictions, <a href="#">Ibogaine</a>, which has been reported to heal people of all drug addictions within 24 hours with no side effects with a 70% success rate.</p> <p>Note: I understand that this drug is currently not legal in Belgium or America.</p>
<p>Television</p>	<p>It has been shown that when watching television you are in an hypnotic state within one minute. Once you are in a hypnotic state you cannot access your metaphysical abilities.</p> <p>In addition you will be resonating at the same frequency as a lot of zombies watching television.</p> <p>Plus there is all kinds of <a href="#">technological and spiritual encryption</a> added to some TV and movies these days.</p>	<p>Watch the movie “The Matrix” at least two or three times until you understand the message of this movie.</p> <p>Put your television in the garage for three months and see what difference it makes to your life.</p> <p>Cancel your cable bill.</p>



<p>No / Insufficient Breast Milk</p>	<p>Breast milk contains substances which are essential for optimal brain growth. That's for normal intelligence.</p> <p><a href="#">Muscle testing</a> has indicated to me that there are one or more substances in human breast milk which help metaphysical abilities. Muscle testing also indicated to me that production of this substance peaks at 18 months and ends at three years.</p> <p>Research of large primates show us that humans, who are also large primates, should breast feed their babies until <a href="#">four to seven years old</a>. Note that this is not talking about public nursing. By three years of age, babies probably only want one nurse a day, and that will be to put them to sleep (without crying).</p> <p>The powers that be that are controlled by the alien/reptilian species have seen that breast milk gets replaced by formula which has many toxic substances in it, including soy. Formula definitely doesn't have the range of substances which are needed.</p> <p>In addition I believe that while the baby is breast feeding the baby is soaking up the mother's energy from her heart chakra, which also helps to develop metaphysical abilities.</p>	<p>Do whatever it takes to breast feed your children for 4 to 7 years old. If it's too late for you, spread the word so the next generation knows this.</p>
<p>Mother not Sleeping with Babies and Young Children</p>	<p>Dr William Sears (<a href="#">The Baby Book</a>) found that mothers with the most advanced babies slept with them. Most cultures sleep with their babies. We used to. Babies and children</p>	<p>Keep babies and young children in your bed. Take the legs off the bed for a few years. You yourself will get a LOT more sleep this way!!!</p>

	<p>up to at least 7 years old NEED their mother. Nature designed them that way.</p> <p>That is why they cry when not with their mother, especially at night time. How do they know that something is not going to come and eat them if mother is not around? If you were on a desert island, would you put your baby to sleep at one end of the beach while you slept at the other? Of course not. It's no different at home.</p> <p>Not sleeping with children traumatizes them <i>every night</i>.</p> <p>I met one man who could remember at two years old being terrified every night because he had to sleep on his own. He wondered why he couldn't sleep with his parents. No wonder so many children don't want to go to bed.</p> <p>Anything that traumatizes you, affects your metaphysical abilities.</p>	<p>Metaphysical abilities grow with love, love, love.</p>
<p>Aspartame, Monosodium Glutamate and other <a href="#">excitotoxins</a>.</p>	<p>These toxins scramble your brain, just like drugs. Anything that scrambles your brain will suppress your metaphysical abilities.</p>	<p>When you want to sweeten anything, use raw honey. That is, something that is as close as possible to what nature produced, without processing.</p>
<p>Cellular Telephones</p>	<p>Cell phones <a href="#">shrink brain cells</a>.</p> <p>Whatever hurts your brain, hurts your metaphysical abilities.</p>	<p>Use only a landline and get an answering machine. It's really not that difficult!!!! NEVER let children use a cellphone.</p> <p>Be aware that some people have suggested that there may be something addictive about cellphones if you feel it's hard to give up.</p>

<p>Microwave Ovens</p>	<p>Eating microwaved foods for just TWO months has been shown to cause effects <a href="#">similar to poisoning</a>. It decreases your red blood cells, increases your white blood cells and affects your immune system.</p> <p>Anything that decreases your health decreases your metaphysical abilities.</p>	<p>Throw out your microwave or put it in the garage. To heat up food, put it in a saucepan with a little water and a lid.</p> <p>When eating out ask if any of the food you are ordering is microwaved, as it very often is (even when the menu says “steamed vegetables”.)</p>
<p>Electric blankets</p>	<p>Every time we get away from nature and get closer to technology we decrease our metaphysical abilities. Electric blankets put your body under major stress.</p> <p>Other major electromagnetic stresses are <a href="#">listed here</a>.</p>	<p>Never use one.</p> <p>When travelling, take it off the hotel bed – it can affect you even when not plugged in, because of the coils of metal.</p>
<p>Rock &amp; Rap “Music”</p>	<p>Rock and rap ‘music’ change brain wave patterns. They stop you from accessing your higher powers.</p>	<p>If you can find music that vibrates at a high frequency, that is performed by people who operate at high frequency, listen to that instead.</p> <p>Silence is golden to listen to.</p>
<p>Negative people</p>	<p>We become like the people we spend time with. We pick up their vibrations unconsciously. For example, see how people pick up accents when they visit a different area.</p>	<p>If you really want to grow, you will probably have to let go of some of the people you spend time with now. It is better to be on your own than with people who pull you down or who anchor you to the material universe. I personally find that my metaphysical abilities take a quantum leap whenever I am with other people who also have and ACKNOWLEDGE THE EXISTENCE of metaphysical abilities.</p>
<p>Lack of Practice</p>	<p>Use it or lose it.</p>	<p>Find a way to practice the particular abilities you are interested in, even if for only a few minutes a day.</p> <p>eg Try this <a href="#">telepathy course</a>.</p>

Anger	The reptilians in particular will focus on increasing your rage and anger, because your metaphysical abilities definitely go down with rage and anger.	Would you rather be right or would you rather have peace?  Focus on forgiveness.  Focus on feeling love radiate in your heart.
Toxins Deliberately Added to the Food Supply	Many toxins include GMOs which contain bacterial DNA which produces poison, wheat that has been altered from the original einkorn by the Rockefellers and excitoxins such as MSG & Aspartame have been deliberately added to the food supply to destroy our bodies, our brains and our metaphysical abilities.	This is a very big subject which cannot be handled in one article. I spent 2 years writing " <a href="#">You're not Fat, You're Toxic</a> " to show how and why you should give up these toxins, and what to replace them with. It's much more than an excellent weight loss manual. Please get a copy or ask your library to buy one, and extend your life by decades.

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**TOP  
SECRET**

***Attention: The obesity epidemic is one  
result of a poisoning program  
for population reduction.***

(YOU are being poisoned even if your  
weight is normal)

***Read the following to learn how to fight this***



# **YOU ARE BEING EXTERMINATED**

**GMO Food (Bacterial DNA)**  
**GMOs 2nd Hand (Eggs, Dairy, Meat)**  
**Monosodium Glutamate**  
**Nutrisweet & Aspartame**  
**Artificial flavors in food**  
**Artificial colors in food**  
**Hydrogenated Oils**  
**Pesticides in food**  
**Canola oil (a pesticide)**  
**Herbicides in food**  
**Solvents in food**  
**Processing chemicals in food**  
**Antibiotics in meat**  
**Hormones in meat**  
**Parasites in meat**  
**Chlorine in water**  
**Fluoride in water**  
**Chemtrails in the air**  
**Lead in everything**  
**Caffeine**  
**Margarine**  
**AIDS**  
**Prion Disease**  
**Morgellons Disease**  
**Nanotechnology**  
**Obamacare Death Panels**  
**Cellphone Radiation**  
**Smartphone Radiation**  
**Laptop PC Radiation**  
**Notebook PC Radiation**  
**Tablet PC Radiation**  
**Fukushima Radiation**  
**WiFi Radiation**  
**Digital Television Radition**  
**Microwaved Food Radiation**  
**Hospital Superbugs**  
**Vaccines (Mercury, Cancer Virus)**  
**Poison Pharmaceutical Drugs**  
**Chemically Addicting Foods**

**YOU NEVER HAD  
A CHANCE**

**NOW YOU DO!**

# Now You Do!

**PRESS RELEASE:** Sherrington House is proud to offer the latest work from Stephanie Relfe:

***You're Not Fat. You're Toxic***

Revolutionary New Book by  
Stephanie Relfe

**Fat is Not about Calories. It's about Toxins.**

**Obesity is not a disease. It's a business plan.**

**And YOUR sickness is their profit.**

*You're Not Fat. You're Toxic* is an explosive expose in the fight against the worldwide obesity epidemic.

Mega-corporation presidents and government infiltrators worked together to plan your weight gain. It is not an accident that you are overweight.

There is no money in dead people. And no money in healthy people. They want you somewhere in the middle.

The government subsidizes toxic and addicting foods. Then the food mafia processes those foods into junk food that makes you fat and sick. Then the medical mafia sells you drugs so that you won't know how sick you are. Then the \$60 Billion dollar per year diet mafia tells you it's your fault for not "counting calories".

You have been taught what to eat, what to drink and how to think for over 50 years. You have been brainwashed into being a slave of the corporations by the schools, books, magazines and television shows. It's a horrible, vicious project that was planned to make you sick and overweight. **These corporations are killing you.** You never had a chance.

## **Now you do!**

Internationally known Kinesiologist and health expert Stephanie Relfe has created a veritable University course on fat loss. "You're Not Fat. You're Toxic" explodes the calorie counting myth and shows you exactly how weight reduction is about eliminating toxins, not about counting calories. This 650 page, hands on course makes YOU the expert and will help you get your ideal body. There are no additional courses or special products to buy.

- This detailed book has the exact information you need for your ideal body. It's written in a very easy-to-understand style, so that anyone can benefit from this powerful program. Scientific explanations are put into the simplest possible terms so that anyone can easily understand what they need to know.
- Learn 14 ways that show why it is toxins in the food we eat, rather than calories, that are making us fat.
- Instead of presenting just one field of research, Stephanie Relfe has summarized the most important information from multiple sources, including 43 well-referenced books & documentaries.
- Includes additional information from modern scientific research, magazine articles and unique sources, which are combined together in one very do-able weight loss program.
- Learn many fat loss secrets that you won't find in any standard weight-loss plan.
- Many case histories to inspire you.
- Learn how many weight loss foods that we are told will make us thin, are in fact causing obesity.
- Extensive shopping list to make this program easy.
- 45 recipes to make it easy to get going on your new lifestyle.

- Containing revolutionary and unique ways of belly fat loss and getting slim, some of which have nothing to do with food or exercise.

Fight the food mafia. Fight the drug mafia. And don't be defrauded by the \$60 Billion dollar a year "diet" mafia. If you or a loved one is a victim of obesity, get angry, get determined and get "**You're Not Fat. You're Toxic**". Go now to [www.YoureNotFatYoureToxic.com](http://www.YoureNotFatYoureToxic.com) or to [Amazon](http://Amazon.com).

**About the Author** – Stephanie Relfe was born in Sydney Australia. She graduated with a Bachelor of Science degree from Sydney University, majoring in zoology and histology (the study of cells). She has been a professional kinesiologist since 1993 and is the author of dozens of articles, two books & the DVD training series *Perfect Health with Kinesiology & Muscle Testing*. Please visit [www.PerfectHealthDVD.com](http://www.PerfectHealthDVD.com), [www.SynergisticKinesology.com](http://www.SynergisticKinesology.com), and [www.PerfectHealthSystem.com](http://www.PerfectHealthSystem.com). She is also the webmaster of Health, Wealth & Happiness at [www.Relfe.com](http://www.Relfe.com), a website established in 1998 which provides valuable natural health, mind, spirit, financial and other information unifying the whole, rather than educating a part of the whole.

5-Star Reviews at [www.Amazon.com](http://www.Amazon.com) for *You're Not Fat, You're Toxic* include:

### **From a size 22 to size 4 in 10 months**

Taitech realty inc

In 10 months time my daughter went from a size 22 to size 4. Stephanie kept e-mailing me information what my daughter should eat and/avoid while she was writing the book .My relationship with Stephanie started out way before the book came out.I had done perfect health kinesiology and muscle testing with dvd training from Stephanie which really made the plane pick up and see this wonderful miracle happen.

### **The Nutrition Bible**

Robert A. Worthington

I have been studying nutrition and the mind body connection for over 20 years..... I always thought I should write a book and now Stephanie Relfe has written it for me. And what a great job she has done. Forget conventional nutrition information.....this is the real deal! Apply half of what you learn in this book and the results will be nothing but amazing.

### **This Book is a MUST READ**

This is an excellent book, well researched and well written. This book has inspired me to make the necessary changes in the way I take care of my body so that I can enjoy an optimal life. I have read the book from cover to cover, did not want to miss one word, section nor chapter.

I agree with Stephanie Relfe when she said "Your health is your wealth". I would like to thank her for researching and placing all this vital information in one book. What makes this book so interesting is the wealth of information it contains and how it explains the serious consequences of the toxins we put in our bodies and how they can affect our physical, mental and spiritual being. The book offers great alternatives such as how to cleanse our bodies, what to eat; this includes a very detail shopping list and recipes; the right supplements and exercises that are very effective. It has been two weeks since I have applied the healthy recommendations of this book to my daily routine and already I have seen significant changes. I am eight pounds lighter and look forward to achieving my goal of losing 30 pounds.



I highly recommend this book to anyone who not only wants to be THIN but also wants to experience a HEALTHY, PAIN-FREE LIFE.

## **The Book of the Century**

By Borce Bozinovski, a classical homeopath from Macedonia.

It is the best holistic book that I have ever read. I possess maybe more than 500 holistic books but I must CLAIM: THIS BOOK IS THE BEST!

Why? It is everything explained with fantastic clarity and You will have answers for many many diseases. Please make something the best for your life. I can write here more and more but I do not want to be boring to you. My recommendation is: Please take this book and throw out all other holistic books from your dusty shelves. Only keep THIS BOOK on your shelf, or your desk. Thanks God that show me the way to this gold mine – You are not fat You are toxic! The best book of the century!

## **Excellent one book resource guide on detoxing your life**

Monterey Wayne

- 1) Very easy to read. In fact it is very engaging. When I have ten minutes to sit and read I can open this book anywhere and get absorbed into the content. Many times I have a problem putting it down.
- 2) Puts together a lot of material that I have read in diverse places. I am an alternative health care professional and I read or hear bits and pieces of great information from many different sources. This book put many of those pieces together in one place.
- 3) She covers the corporate and government political agenda....does anyone still believe that the FDA or CDC or mainstream media is telling us the truth about health issues? If you do, this book will nudge you to wake up and take charge of your health.
- 4) The suggestions she makes are all easily doable and will give you immediate and long-term results. I have used a number of health tips, such as reduce gluten, get GMO's out my diet, and cleanses, over the years and I have experienced dramatic and positive shifts in my health. She has put in a number of those tips. She has quite a few more that I am going to add to my lifestyle. Even if you do just one change in your diet, you will notice a difference. In fact, I recommend that you chose a couple of changes and make them a part of your lifestyle.....then chose a couple more....and before you know it, you will actually feel and look good.

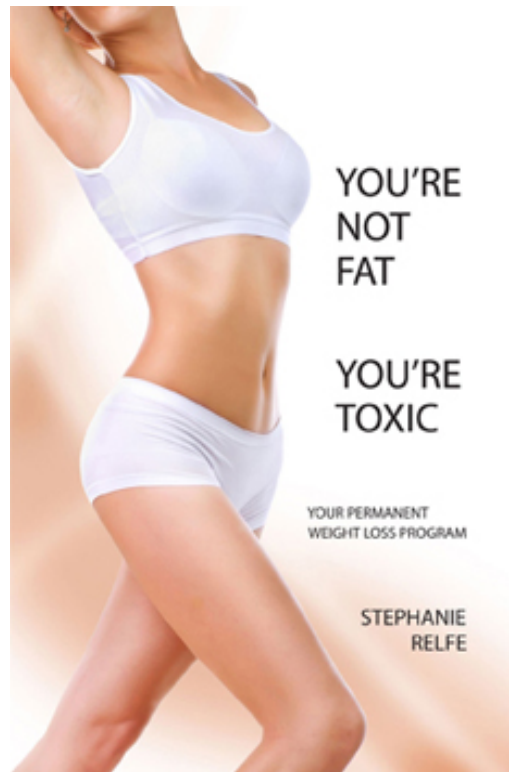
## **Stephanie has done her homework**

Christina Talkington

I am an alternative wellness provider, as well as a health and weight loss coach. I have spent the last several years doing a lot of my own, independent research on healthy eating and weight loss. Off the top of my head, I can't think of a single thing that Stephanie left out of her book; in fact, she included a lot of great information I hadn't heard before!

She even talks about the critical and little-recognized mental and emotional factors that doctors never discuss with their obese patients. And Stephanie doesn't just explain what you should do, but also WHY you should do it, increasing your level of understanding and, therefore, your chances of success.

...It should be required reading for every high school student!



# **THE MARS RECORDS**

**Biofeedback Meter Sessions  
Where a Man Regained Hidden Memories  
Of Military Service on Mars**

**With Meter Readings**

Edition 1.4

*by Stephanie Relfe B.Sc. (Syd.)*

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[www.MetaTech.org](http://www.MetaTech.org)  
[www.TheMarsRecords.com](http://www.TheMarsRecords.com)

## DEDICATION

This book is dedicated to God and the Lord Jesus Christ, for without them this book would never have been written.

This book is also dedicated to the thousands of men and women who have been directly affected in similar ways to what is described here. And to their families and friends who have been indirectly affected by association.

And to all of us who have suffered unknowingly from the negative work of people in authority.

# THANK YOU

from Michael Relfe

I want to thank the LORD JESUS CHRIST, my saviour for His mercy and blessings and for removing me from the hands of the enemy. It is only by His love and grace that I am on the road to recovery from the effects of mind control and manipulation.

I want to thank my mother for her love, selfless devotion and sacrifice in teaching me to always fight for the truth and to never give up or quit. After suffering severe hardships in her young life and having to live with a mind control influenced husband and raising a mind control influenced son, I pray the Lord Jesus will continue to bless her with His peace and love.

I want to thank my beautiful wife and soul mate Stephanie for her love and affection for me. Without her strength and determination it is doubtful that this book could ever have been written or that I would ever have been fortunate enough to become married. My situation in this life is unusual and God had to create someone especially for me. Stephanie is the result of that decision.

# THANK YOU

from Stephanie Relfe

Thank you to God for his guidance and protection. Thank you for making my life joyful and meaningful.

Thank you to my Twin Soul Michael for making my life complete, for making my life a joy, and for his total love and support. Thank you for being willing to learn and grow and make our marriage so wonderful.

## **NOTE FROM THE AUTHOR**

Perfectionists in the art of clearing may have objections to how some of these sessions were conducted, as they were not always run as smoothly as text book style would dictate.

I make no apology for this. At different times I encountered situations that I had not been trained for. I did the best I could with what I had.

There may be some people who say that in publishing these sessions I broke the Clearing Practitioners code of ethics. I point out to them that in this case it was the client himself who requested that I type up and later publish the sessions.

There will be other people who will claim that I have proved nothing in this book. They are right. I did not set out to prove anything. The aim of this book is merely to provide evidence and observations.

It is to be hoped that this book will inspire others to seek for additional evidence and information in the areas described in this book.



*MORPHEUS*

We are trained in this world to accept only what is rational and logical.  
Have you ever wondered why?

As children, we do not separate the possible from the impossible,  
which is why the younger a mind is, the easier it (the mind) is to free.  
While a mind like yours can be very difficult.

*NEO*

Free from what?

*MORPHEUS*

From the [Matrix](#).<sup>\*</sup>

Do you want to know what it is, Neo?

It's that feeling you have had all your life. That feeling that something  
was wrong with the world. You don't know what it is but it's there, like a  
splinter in your mind, driving you mad, driving you to me. But what is it?

The Matrix is everywhere, it's all around us, here even in this room.  
You can see it out your window, or on your television. You feel it when  
you go to work, or go to church or pay your taxes. It is the world that  
has been pulled over your eyes to blind you from the truth.

*NEO*

What truth?

*MORPHEUS*

That you are a slave, Neo. That you, like everyone else, was born into  
bondage, kept inside a prison that you cannot smell, taste, or touch.

A prison for your mind.

Unfortunately, no one can be told what the Matrix is.

You have to see it for yourself

*NEO*

How?

*MORPHEUS*

(In Morpheus' right hand, a red pill.)

This is your last chance. After this, there is no going back.

(In his left, a blue pill.)

You take the blue pill and the story ends. You wake in your bed and  
you believe whatever you want to believe. You take the red pill and  
you stay in Wonderland and I show you how deep the rabbit-hole goes.

Remember, all I'm offering you is the truth.

*Quote from the movie: The Matrix.*

---

\* The Matrix. In the movie this is an artificially constructed virtual-reality system used to enslave the population of earth.

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## **Photographs**

A few photographs which relate to various sessions are available, such as photographs of the scars and marks which appeared on Michael's body.

These pictures can be seen by visiting [www.themarsrecords.com](http://www.themarsrecords.com).

Then click on "Photographs".

## **Preface by Stephanie Relfe**

In December 1996 I began doing one-on-one Clearing sessions in Australia with an American man in his early 40's named Michael. I am an Australian. I had known Michael for a year prior to this. His life prior to 1995 had been spent in the USA.

During these sessions we came to discover a vast number of astounding things that he had done, and which had been done to him, of which he had been totally unaware. These things included having worked on Mars for the US government, remote viewing, time travel, age recession by 20 years, being given false memories to cover his time on Mars, abductions and other experiences.

Michael is a successful professional working in the information technology industry. He previously worked in the U.S. Navy. He is of sound mind and body, is highly intelligent and healthy. He has never taken recreational drugs or alcohol. Before the first clearing session, one would have considered that he had lead a perfectly normal life.

The first clearing session was carried out because Michael had memories of seeing spaceships as a boy, and he wanted to determine whether these memories were real, or a dream, or if they were something else entirely. In fact, the sessions uncovered a whole range of suppressed memories.

When I first met Michael I felt that he might be the man for me. And yet sometimes when I looked behind his eyes, there seemed to be an unusually large amount of suppressed rage. This would erupt occasionally and we would then have large arguments. After knowing him for a while, I offered the sessions to him, in an attempt to rid him of this anger.

After a number of sessions, his anger reduced so much and his personality improved to the extent that when he asked me to marry him, I accepted. We married in August 1997 and moved from Australia to the USA. We returned to Australia at the end of 1999.

When we discovered what you are about to read, Michael asked me to type up my written records. When I finally accepted that we should publish these records, my original desire was to do so under a pseudonym. However, something happened to change that. We are not totally sure that an attempt was not made on Michael's life in November 1999, two weeks after we booked a flight to return to Australia from the USA. This event is described in Chapter 49 – A Strange Accident. After this event, and much praying for guidance, we decided to publish using our real names.



We made this decision because it is our understanding that generally the people who have been murdered for what they knew, were those who did so under pseudonyms. The 'bad guys' can always find out who wrote what. However, usually whenever some one is willing to use his real name when he comes forward with unusual information, he is left to live – because his death gives credibility to his information. (A notable exception to this was the late Phil Schneider. See Appendices IV and V).

An example of this working: After Dr Joseph Puleo wrote a trial publication for "Healing Codes for the Biological Apocalypse", an attempt was made on his life. Men in black clothes aimed a lazer gun through his kitchen window, which should have given him a fatal heart attack. However, God looks after his people. At the moment the lazer was fired, Dr Puleo picked up a bottle of olive oil – which took enough of the blast to enable him to survive. Dr Puleo then agreed to use his real name in the final publication.

**The Mars Records** is the record of what was discovered in Michael's sessions. This record is unlike any other that you have ever read. Firstly, we believe some of this information is unique. Secondly, these sessions were done on a biofeedback meter – and all of the readings from the meter have been recorded here. The readings back up the truth of this amazing story.

## Summary by Michael Relfe

When reading **The Mars Records** you will be exposed to many new concepts and ideas, some of them from the areas of what we commonly think of as “science fiction”. Before dismissing these concepts as impossible, ask yourself one question.

**Do you believe that the technology level you see in the “modern” world of television, magazines, trade publications, professional journals and university courses is “state of the art” ?**

If you answered **YES** then this book may not be for you. Your reality framework is possibly such that you believe television and the media. You may not enjoy this book as it may disturb your strongest beliefs. In addition you most likely have never been connected to the military and have little comprehension of projects that go on without the knowledge of the general public.

If you answered **NO** to that question then this book **IS** most definitely for you. Study closely and you will note that the ramifications of the technology described in this book is nothing short of fantastic. You will conclude that history as we know it is a LIE and that technology has been in existence for at least 25 years that could change this planet for good, but is being suppressed for reasons unknown.

## **The Beginning**

The experience of being involved in the creation of The Mars Records over these past few years has been interesting to say the least. If anyone had ever suggested that I had been involved in black projects during my time in the military, I would have thought they were a “bit strange”. As time goes by I am learning just how wrong I would have been.

The following summary will help those using this book as a research tool to get a “big picture” idea of what has transpired during my involvement with the military arm of the “shadow government” that runs these programs. It is clear that these projects continue to function and that many thousands of people are participants, their involvement unknown to their conscious minds.

It is our hope that this document will be a blueprint for those wanting freedom from the effects of these ongoing mind control programs. The three technologies involved, namely Deliverance as taught in the King James Bible, Clearing Technology and Kinesiology, are effective and **FREE** (once you have learned how to do them). It is the responsibility of the person affected to continue to seek out, learn and practice these techniques.

## Definitions of Healing Therapies Used

by Michael Relfe

- **Deliverance** : The process of the removing or the “casting out” of demonic entities using the power and authority of the Lord Jesus Christ, as Jesus did in the bible.
- **Clearing** : A technology for finding truth<sup>1</sup> by using a biofeedback meter. It works with a person’s mind and spirit while he is conscious. Clearing removes negative emotional charge and subconscious sabotage. It increases a person’s abilities and awareness.
- **Kinesiology**: A technology which improves a person’s health and wellbeing by working on the body’s electrical systems. It is different from all other technologies in its use of muscle testing. Muscle testing enables a kinesiologist to communicate directly with the body’s brain, which is like a super-powerful computer.

I believe from personal experience and from researching the work of others (such as Bill Schnoebelen and Fritz Springmeier) that the mind control technologies used in these government programs are **demonically** inspired and contain physical, metaphysical and spiritual components. Each component must be dealt with individually, using the three technologies of deliverance, clearing and kinesiology.

**Without the help of GOD, it is highly doubtful that any person can be freed of these mind control effects, so constant prayer is a must.**

If the mind control victim cannot bring themselves to call on God or the Lord Jesus Christ for help, ultimately they will find limited freedom using the other technologies. They will get a great deal of help from clearing and kinesiology but will only be able to proceed so far. Only deliverance will remove demonic entities. Technology and procedures will not. Deliverance clears the way for everything else. More detailed information concerning the deliverance ministry is provided in Appendix VI.

When utilizing The Mars Records for research, please take special note of the format of the sessions as well as the explanations of the technologies. This document is unique in the field of alternative science (UFO, Paranormal Research, New World Order Expose, Government Coverup, etc) in that it contains the actual readings from the clearing biofeedback meter.

This biofeedback meter “truth detector” cannot be fooled. The contents of this book are not opinions or speculation. In addition hypnosis was never used in any form.

**These sessions are compelling evidence that the effects of mind control can be reversed, and that those that use mind control can be defeated.**

Feel free to distribute this document to every abductee, contactee, researcher, therapist, mind control victim, ritual abuse survivor and member of the military so that they too can begin the road to recovery from the effects of traumatic incidences.

Here let it be noted that we are not here to “convince” anyone of the truths of these sessions. We do not argue or coerce. We are not in the UFO business. I am not a “celebrity” and have never spoken publicly concerning these experiences (April 2000). I am a Christian and I believe that everyone deserves freedom from oppressive systems.

## **Deliverance**

In hindsight, it is clear to me that my involvement with the military “changed” me in many ways. It is also clear to me that the bad side effects of mind control procedures stay with a person for the rest of their life and if not fixed, can have disastrous results with one’s health, relationships and employment.

A couple of years after leaving the Navy, I knew some things were wrong with my life. I was supposed to be a “Christian” but was not acting like one in my everyday life. I became a Christian about two years after joining the navy (This was after returning from Mars). Because of the things that I had been involved in on the Mars “time line” as well as the lack of a church life and absence of deliverance, I had little spiritual advancement. These unseen influences in my life were holding me back in my walk with God.

I always enjoyed taped sermons and so I ordered three tapes by a pastor named Win Worley of Hegewisch Baptist Church near Chicago. At Hegewisch I was able to receive hands-on deliverance from fellow Christians who cared for my well-being. Here I learned what a real Christian church is... believers moving in the power of the Holy Spirit without concerns for politics and money. These tapes on deliverance started me on the road to a better Christian walk. Becoming free of demonic influence increased my prayer life as well as helped me learn to say “no” to the sin in my life.

Ultimately, ten years later I was free enough to accept help that was offered through kinesiology and clearing. Hidden mind control effects can take years to discover and I am blessed that God put me in the position, seventeen years after leaving the military, to begin getting free of them. Remember that God will use whatever technology he wants to free his children.

Please see the Appendix VI for more detailed information on the deliverance ministry as well as sources for more research.

## Understanding the Time Line

by Michael Relfe

**The Mars Records** sessions can be difficult to understand because :

1. They are not in chronological order.
2. They include concepts such as advanced technology and “time travel” not considered “normal” for the average person.

To provide somewhat of a background on the technology described in the sessions, please read Appendices IV and V. Phil Schneider was a government employee murdered shortly after going public with information concerning covert government projects involving non-human life forms. One key revelation during Phil Schneider’s lecture was that **for every twelve months**, the government’s technological level increases by **44 YEARS**. This explains much of the technology referred to in **The Mars Records**.

Appendices II and III detail information given in lectures by Dr. Al Bielek, a survivor of the original “Philadelphia Experiment”. His information covers many ongoing covert projects, in particular the origin of the time and space travel “jumpgate” technology that allows current Mars project operations to be possible.

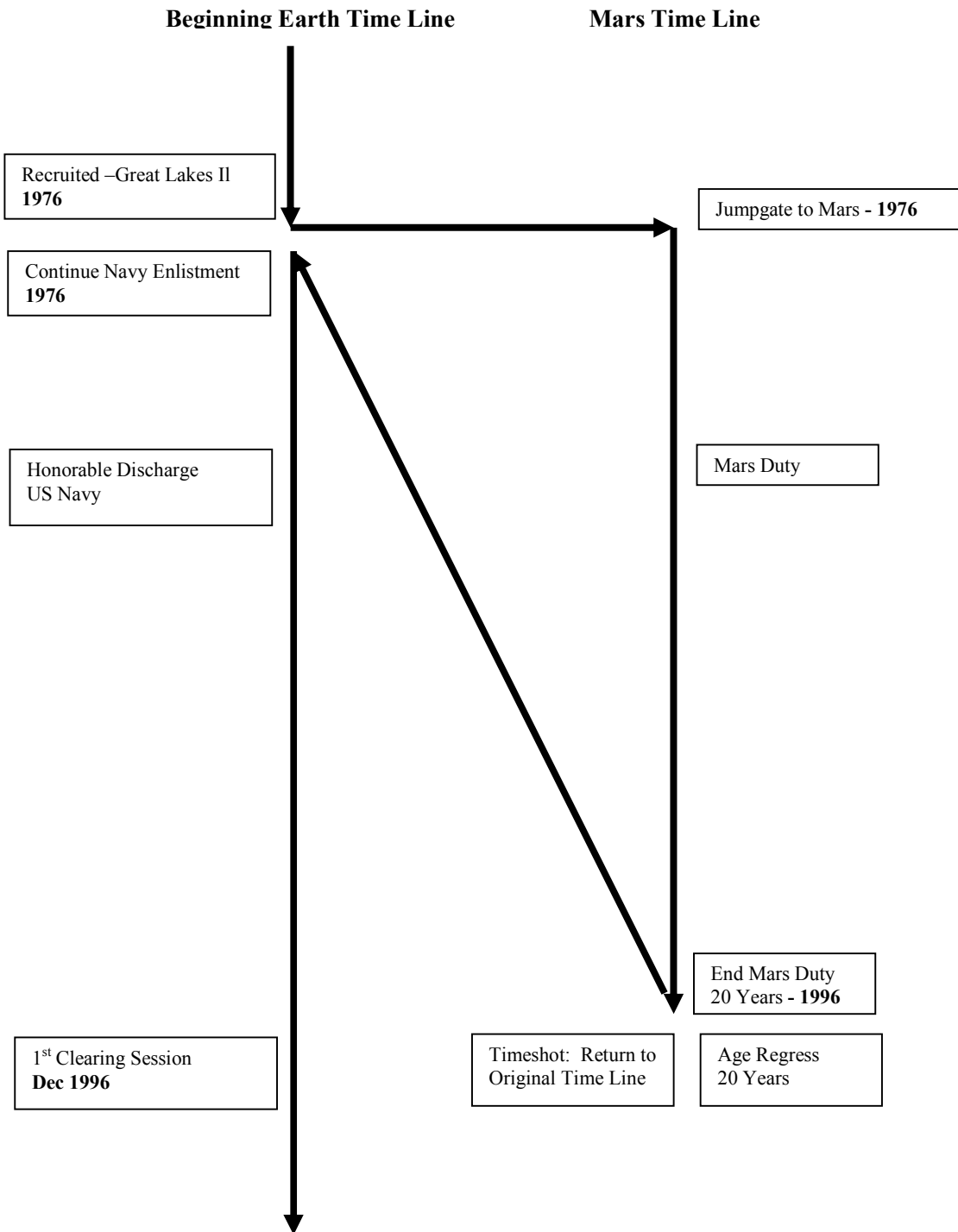
The Mars Records describes various events in the twenty year tour of duty of one Navy enlisted man (me!) stationed on Mars Base. It starts with the technology described by Dr. Bielek as having been perfected and in general use in black projects for several years.

When trying to understand the “flow” of the sessions it helps to see a time line depicting the events described, especially as the events are out of chronological order. The following events are an extract of the sessions. As you read the sessions, please try to fit them into the following order.

## **Chronological List Of Events**

0. Abduction/physical changes made to my father while in the US Air Force
1. Childhood abduction and Mind Block
2. Pre-teen Abduction and Mind Block
3. DNA Tests and Mind Block – seventeen years old – Homestead Air Force Base
4. Enlisted United States Navy – twenty-one years old (Advanced Electronics)
5. Great lakes, IL – Recruited to Mars Defense Force
6. Immediately Transferred to Mars Base (Jumpgate)
7. Initial Training and Indoctrination on Mars
8. Metaphysical abilities amplified. Methods included drugs, surgery and training
9. Physical modifications (surgery) for telepathic man-machine interface
10. Advanced Training
11. Duty on Mars - Tactical Remote Viewing (unsure of date period)
12. Duty on Mars – Pilot Single Seat Planetary Attack Craft (unsure of date period)
13. Injured during attack on hostile target. Promoted to Captain
14. Total Tour Of Duty was twenty Years
15. End of Tour - Age regressed by twenty years. Mind block engaged
16. Timeshot: Sent back in time to 1976
17. Continued Navy enlistment (Advanced electronics).
18. Honorable Discharge US Navy 1982
19. Continued with career in the IT field.
20. First clearing session Dec 1996.
21. **The Mars Records** released April 2000

## Visual Representation of Time Line



## **Clearing**

by Stephanie Relfe

Clearing is a method of discovering truth.<sup>1</sup> It is vastly more efficient than other technologies for finding hidden truth because of its use of the following:

### **A) Clearing Biofeedback Meter.**

The Clearing Biofeedback Meter is a simple Wheatstone Bridge<sup>1</sup> which measures the resistance of the body as influenced by the electric field around it. It is fairly simple electronically. However, it is what is done with it in the hands of an experienced Clearing Practitioner that gives it its power.

To some people the Clearing Biofeedback Meter looks like a lie-detector. But it is in fact a 'truth detector'. It is many, many times more efficient and reliable than a lie-detector. As you will learn, the needle on a biofeedback meter gives a wealth of information. It does not react to the amount of sweat on the hands of the person as some seem to think. The Clearing Biofeedback Meter compares to existing devices as the electron microscope compares to looking through a magnifying glass.

When a person (the 'client') contacts a memory with negative charge<sup>2</sup>, the electric field around his body is affected and causes a reaction (a 'read') on the meter's needle. The meter gives certain reads when the truth is being said. If a person makes up a story, or tells a false story which he believes to be true, the needle on the meter will read differently from when the person is telling the truth.

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<sup>1</sup> Wheatstone Bridge: An instrument or circuit consisting of four resistors, or their equivalent, connected in a loop, with a galvanometer\* linking the junction between one pair and the other. Used to determine the value of an unknown resistance when the other three resistances are known. (\*A galvanometer is a device for detecting or measuring small electric currents by means of mechanical effects produced by the current to be measured).

<sup>2</sup> Charge: Charge is a mental energy phenomenon felt by anyone who experiences something unpleasant, dangerous or lethal. Charge is manifested by negative emotions such as anger, fear, grief, apathy or death wishes.



## **B) Acknowledgements.**

An acknowledgment is a word or words that lets the client know that what they have said has been UNDERSTOOD and that THE COMMUNICATION IS NOW COMPLETE. It puts a “full stop” on what has been said.

‘Thank you’ is a common acknowledgement. Other acknowledgements could be ‘I understand’, ‘well done’, ‘I get it’, ‘great’. It is not WHAT you say so much as HOW you say it.

This is an extremely powerful technique. It enables a person to finally drop what they have been carrying. They can then see the next ‘layer of the onion’ underneath.

Charge is a mental energy phenomenon felt by anyone who experiences something unpleasant, dangerous or lethal. Charge is manifested by negative emotions such as anger, fear, grief, apathy or death wishes.

Acknowledgments help to take emotional charge off a person. This gives them the strength to face the truth. Also, once a story has finally been told, acknowledgments enable the client to finally put the past behind them and begin to change their life.

Acknowledgments also help to give a client certainty. If a person has memories, and they are sufficiently acknowledged, eventually they will come to realise the truth about their memories. They will realise that either (1) they really are true or (2) they are false – and they will realise then what really happened.

A Clearing Practitioner answers EVERY question with an acknowledgement. And gives an acknowledgement every time the client does what they are commanded to do.

Traditional psychology, however, never uses acknowledgements. Instead, the psychologist answers each answer with ANOTHER question. The client is left with hundreds of open loops. This keeps him stuck with his problems – and keeps him coming back to the psychologist, as he hopes to finally get a “full stop” to his answers.

In The Mars Records acknowledgements are not recorded, as they are not relevant to the session. One merely assumes that an acknowledgement was made for an answer from Michael, or for anytime that Michael did as I told him to do.

### **C) The client is fully conscious throughout the session.**

There is no hypnosis<sup>v</sup>, or induced trances involved. A client is free to leave the session whenever he wishes. The success of the session depends on his full conscious support.

Personality change and improvement is not simply brought about by the practitioner acknowledging the client, but by the CLIENT acknowledging whatever it was that he found in the depth of his mind.

### More on the Biofeedback Meter

A battery inside the meter sends a very low voltage current (9 volts) through a wire which is attached to an ordinary tin can which the client holds in one hand. The current interacts with the body's electro-magnetic fields. Only two volts actually arrive at the client.

A gross simplification of how the meter works is that the meter measures the resistance of the body as it is influenced by the electromagnetic field around it. It does not react to the amount of sweat on the hands of the client (as some may think).

When a person locates a memory with charge on it, the electric field around his body is affected and causes a reaction which registers as an INSTANTANEOUS needle movement on the meter. The more painful the memory, the more resistance there will be to the client remembering what happened – and the more resistance there will be, which will show up on the meter.

The meter measures **one level below consciousness** (i.e. on a pre-cognitive level). When working with a skilled Clearing Practitioner, a client can locate a particular event, the nature of that event, the location of that event in space and time and the amount of force contained within it – and the meter gives feedback.

A person can recall ANYTHING, no matter how deep. However, it can be easier to remember memories with **charge**.<sup>v</sup>

Volney Mathieson presented his ideas about a biofeedback meter to Ron Hubbard, the inventor of Dianetics in 1952. A version of the meter known as the E-Meter (Electro-psycho Meter) was later put into widespread use in Scientology and Dianetics.

The modern Clearing Biofeedback Meter is designed to measure mental state and changes of mental state accurately and quickly. It is a modern version of what is known to psychologists as the psycho-galvanometer.

Reading a biofeedback meter properly takes extensive training and experience. To start with, the Clearing Practitioner should have received a minimum of 40 hours of clearing themselves, before giving it to others.

The Clearing Practitioner must also be trained in the ability to stay 'Present', no matter what the client says or does. To "Be Present" means to "Be here, Be now, Do nothing". Have you ever talked with someone and you knew that while they were physically present, part of their mind and spirit was elsewhere? Or in another time? Many people are not present for at least some of the time. They particularly tend to not be present when they hear things which they don't like hearing – either because the things being discussed are too unpleasant, or are outside the person's reality<sup>3</sup>. It is crucial for a successful clearing session that the Clearing Practitioner be 100% present at ALL times.

To the beginner the needle seems like a madly wiggling wild thing. But to the expert each needle motion allows exact conclusions regarding the client's attention. The meter does not tell the practitioner what picture the client sees. But it does tell him when the client is approaching a "hot area" (an area with a lot of charge), when he is backing off from it and when there is no charge left and no more information to be gained from the session.

Occasionally the client has memories which he has picked up from another source. He might have accidentally or intentionally gained false memories or memories belonging to someone else. When this happens, the meter reads in a different way. Therefore a good Clearing Practitioner will soon ask "Is it possible that these are not your memories?".

The client will then realise whether or not they are his. The truth<sup>i</sup> of his answer will be confirmed by the meter. Further questioning soon finds the true source of where any false memories come from. The proof of this is again indicated by reads on the meter.

The validity of the truth of what is discovered during a session is confirmed by the client having many changes during the session. Sudden body movements may manifest. The client may go from feeling light and happy one minute to VERY heavy and tired the next. And later back again to feeling light and happy. The client may suddenly burst into tears, or shake. Often pains suddenly appear and then disappear in various parts of the body. And each of these physical changes is usually congruent with what has been said during the session.

The client usually makes changes for the better after a good session. Things that are discovered by the meter, and looked at and talked about thoroughly, will not trouble the client again. Often the client will have large positive improvements in their happiness, wellbeing and ability to "make things go right".

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<sup>3</sup> Reality: Agreement to what is. For example, two people have the same reality if they both like dogs. They have different reality if one likes dogs, but the other dislikes them.

If memories are hidden from us, there is a reason for this. Sometimes the memories are too painful for a person to look at straight away. This is one problem with **hypnosis** - a person is dumped into painful memories, whether they are emotionally strong enough to face them or not.

In addition, hypnosis **does not remove** the electrical / emotional 'charge' on the memory. This can cause problems because the person now has activated memories with the charge fully intact and close to the surface – whereas previously the memories and charge were further away and less likely to affect the person as often.

One of the many advantages of the biofeedback meter is that the Clearing Practitioner asks the client **ONLY** about things which are reading. Anything which does not read is either:

1. Not a problem
2. Not true
3. Too big for the client to look at, at that time. However, these things occur in layers, like an onion. Once we take off the outside layer, the next layer is smaller. Once a person has looked at the less painful things, they can go back to the other issues which were originally too big to be looked at, and they will find that they can then face them easily.

Another important aspect to getting results is that the person doing the talking must feel totally safe. They must feel that the person they are talking to will believe them, and not be threatened or upset by what they are saying.

## The Mind

What is the mind?

The mind is an energy field. It is partly made up of what are called 'pictures'. Mental image 'pictures' are often visual. But they are not always visual. Mental image 'pictures' can **ALSO** be in the form of unwanted thoughts, emotions, physical sensations and pains.

The mind is not the brain. The brain is a physical 'switchboard' between the mind and the body.

We are not a body. We are a spirit (or soul) which lives in a body. We, (the spirit) communicate with the mind, which communicates with the brain, which communicates with the body.<sup>vi, ii</sup>

Where is the mind? Part of it surrounds our body. It is not all 'in our head'. A simple experiment will prove this. Ask someone to close their eyes. Tell them not to open their eyes until you tell them to. Then tell them to visualize the dashboard on their car. Ask them to let you know when they have done that. Once they have done that, tell them to **physically touch the picture** of their dashboard **with their finger**.

Every single person who does this touches an area IN FRONT OF THEIR BODY. They do not try to touch their head. This shows that the pictures that form our mind are OUTSIDE us. We look at the outside world THROUGH our mind.

This is one reason why different people view the world differently from others at times - because their mind is full of pictures from their past, which can affect their view of the present **when the pictures are activated**.

We record EVERYTHING that happens to us. Even when we are asleep or unconscious. This has been shown many times, for example, by people remembering in Clearing sessions what happened to them during operations and at their birth.

The mind has different levels of activity. On a lower level people are controlled by the pictures in their mind. They are activated by these pictures which they experience energetically.

On a higher level is rational thinking.

**But there is an even higher level than thinking. There is KNOWING. It is much more powerful to KNOW something than to THINK it. Ultimately, Clearing works to improve a person's knowingness.**

## The File Clerk

There is a part of each mind which has been called "the file clerk".<sup>vii</sup> When it is told to go and get a memory from the person's mind, it does so if the memory is there. If the person is told to remember their last birthday, the file clerk goes straight to the files and gets out the last birthday. If told to remember what the person was doing on a certain date, it will do that as well. People who have a clearing session are usually amazed at how quickly long-forgotten memories will resurface. They do so because the Clearing Practitioner gives **precise, carefully worded** commands to the File Clerk.

The File Clerk gives answers as long as the client has the power to confront what's coming<sup>ii</sup>. Otherwise it's hypnosis when the person is "switched off".

Sometimes the memories that are remembered are so unusual that the client may doubt the truth behind his memories. In that case, all he has to do is "make up" something that is equally strange. The "made-up" memories will not register on the meter. Only what is TRUE will read on the meter.

The Clearing Practitioner will then get the person to look deeper at areas that are registering on the meter, by commanding them to do so, which activates the file clerk. This will get to the whole truth extremely quickly. The meter measures one level below consciousness. It reacts to signals from the client that are so subtle that they aren't perceptible to the eye.



## To “As is”: How Negative Thoughts and Emotions are Cleared

In the physical universe, two things cannot exist in the same space at the same time. This also applies to the invisible universe of mental charge.

A memory exists as an energy in a person’s mind called a ‘picture<sup>4</sup>’. It is not the memory that causes the problem, it is the **NEGATIVE CHARGE** associated with the pictures that causes negative emotions, thoughts and behaviour.

When we get a client to remember **EXACTLY** what happened to him, he creates a perfect copy of the original picture. When he creates the perfect copy this vanishes the charge on the memory. The person then knows what happened, but the pictures and charge which were affecting him negatively have now gone.

Ron Hubbard called this process to “as-is” something. The person looks at a memory exactly as it is, at which moment it vanishes and ceases to exist. The memory will remain as a gentle knowingness, but without the painful charge that caused him problems.

You yourself have probably “as-ised” things at times without realising it. Think of a time when you had an absolutely **BRILLIANT** idea. But a few moments later you couldn’t remember what it was. No matter how much you thought, the memory never came back. You as-ised it. After creating the first thought, you then created another perfect copy. Two things cannot exist in the same place at the same time – and so your thought vanished.<sup>ii, iii</sup>

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<sup>4</sup>Mental image ‘pictures’ are often visual. But they are not always visual. Mental image ‘pictures’ can **ALSO** be in the form of unwanted thoughts, emotions, physical sensations and pains.

## **The Language of the Clearing Biofeedback Meter:**

How To Understand the Notes from the Sessions

### **Tone Arm (TA)**

As the current of the meter runs around the client's body, it meets resistance. When the client begins to remember painful past memories, the resistance of his body increases. The needle of the meter moves to the left. In order to keep the needle on the "set" position on the dial, the clearing practitioner has to move the needle to the right. To do this, he turns a knob on the face of the meter clockwise. This allows more current to flow out in order to match the increased resistance.

This knob is called the Tone Arm. It measures resistance in the following amounts:

<b>Tone Arm (TA)</b>	<b>Ohms (resistance)</b>
2	5,000
3	12,500
4	30-40,000
5	150,000
6.5	10,000,000

A person who is in a happy state of being would probably have a tone arm between 2 and 3.5. TA measures the mental tenseness of the client. TA of 5 and above is *very* high.

Note that TA goes up EXPONENTIALLY, not linearly. If a person gets TA of 5 and above, they will generally feel quite 'heavy. I describe this sometimes as feeling like a block of concrete. When the needle is between 2 and 4, when they will generally feel light and happy.

TA is one of the two things to look out for when reading the records of the sessions. TA is recorded as numbers throughout the sessions, in the right hand column.

#### **Notice when TA goes up.**

**This means that mass is being pulled in.** This generally means that a memory is brought in which the client does not want to remember now. High TA can also be caused by other things such as drugs, tiredness or pain in the body. It can also be caused by looking at the wrong areas. Or by a person lying. Or for there being something the person does not want to tell the Clearing Practitioner.

**Most importantly, notice when TA goes down.**

Two things cannot exist in the same place at the same time. When the client remembers what happened, he creates a perfect copy – which cannot exist in the same place as the original memory. He “**as-ises**” the **pictures<sup>5</sup> in his mind**. Therefore the tension of the memory vanishes, and the person becomes less dense. The TA then goes down.

This is why we say that he has seen the truth. Since TA and a read can occur **ONLY** by creating a **PERFECT** copy of an event, it therefore stands to reason that this is a **TRUTHFUL** copy of the event.

TA goes down when the client remembers at least part of the truth. This reduces the charge on the incident. A drop of even 0.1 is meaningful. A sudden drop of 0.5 – 1.5 is a major realisation of the truth.

↓ This symbol beside a number in the right hand side of the right hand column denotes when there is a sharp drop in Tone Arm.<sup>iv,vi</sup>

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<sup>5</sup> Mental image 'pictures' are often visual. But they are not always visual. Mental image 'pictures' can **ALSO** be in the form of unwanted thoughts, emotions, physical sensations and pains.

## **READS: Short Falls, Falls and Long Falls**

A **read** is a sudden movement to the right by the needle. Depending on the size of the movement of the needle, it is called a tick, a short fall, a fall or a long fall.

A read means a charged item was located and the charge reduced. The charge is on the words that were said IMMEDIATELY before the needle moved. This is called an 'instant read'.<sup>v</sup> How does charge come about? By the client wishing to know something and not knowing it. The harder the client wants to know and the more difficult it is for him to find out, the more charge there will be.

Finding out and knowing brings relief. Anytime the client experiences relief there will be a read.

In the notes a symbol for a read is placed directly opposite the last word that it read on **instantly**, in the right hand column. If there is **any** time delay at all between the client speaking and a read, then the symbol for the read will be placed on the **next** line.<sup>v</sup>

## **Floating Needle**

A 'floating needle' occurs when the needle idly moves from side to side without any patterns or reactions in it. It just idly floats about. This is the most difficult needle characteristic to identify, because a series of falls could look like a floating needle.

A floating needle occurs when a major amount of mental mass has been erased. It means that there are no more painful or stressful memories, at least for a short while before the next lot of memories come in.

During a session, a floating needle may occur for only a second or two. Hopefully the session will end with a big floating needle. A big floating needle which lasts for a longer period of time indicates that all of the stress from the painful memory has been removed. It also indicates that all items of truth which are important to the client have been uncovered and talked about.

If the session does not end with a floating needle, then another session at a later date should remove the remainder of the charge.

Because a floating needle can be hard to identify, the best way to confirm it is to look at the client. If he is bright, light and happy, then that is a floating needle. If he is still tense, tired, sad or generally exhibiting negative characteristics then it is probably not a floating needle, but a series of falls and long falls.

A floating needle is identified in the notes as "F/N".<sup>v</sup>

## **'Yes' and 'No'**

The language of the biofeedback meter is simple. If you ask a question and get a read (that is, any type of fall) that means 'yes' to the question.

If you get no read that may mean no or it may mean yes.

If the client answers 'yes' to a question and the needle reads on 'yes' then that verifies that the answer is yes.

If the client answers 'no' to a question, and the needle reads on 'no' then that verifies that the answer is no

The read confirms the practitioner's question or the client's statements as true. Why? Because two things cannot exist in the same place at the same time. We have seen something exactly as it is, even if only in part. Truth is the exact consideration: the exact time, place, form and event.<sup>i</sup> Once the client creates the exact duplicate of what happened, charge is released.

(Lying or creating a false truth would only ADD to the charge that is there. This would stop the needle from reading and cause TA to go up).<sup>v</sup>

## **Rock Slam**

R/S Denotes a rock slam

A Rock Slam occurs when the needle has a wild, erratic movement. It is quite amazing to see when it happens. The needle will take on a life of its own. This happens when either (1) there is a faulty connection in the wires or (2) there is an “evil purpose”. ‘Evil’ means destructive and / or negatively controlling. The evil purpose could belong to the client, or to anyone or anything in the incident.<sup>vi</sup>

I had been told that Rock Slams were quite rare but they were encountered not infrequently during these sessions.

## **Underlined v. not underlined words**

Words that are not underlined were said by the client – in this case, Michael Relfe.

Words that are underlined were said by the practitioner – in this case, Stephanie Relfe.

## **Other Abbreviations**

**C/L** Denotes a communication lag.

This occurs when the client does not say anything for a period of time. He is in 'lag' with regards to an answer to the question.

**VGI** Denotes "Very good indicators" meaning that the client is bright, light and happy looking.

**X** An 'X' is written when there is NO read. This is usually written about an answer to a question, to record that there was in fact no read on the answer to the question. In this case, we do not know whether or not the answer was true, but suspect that it may not be absolutely true.



## A SUMMARY OF SYMBOLS USED:

Symbol	Stands For	Description
Tk	Tick	The smallest needle movement of all. Barely discernible.
SF	Small Fall	The needle moves 0.6 to 1.5 cm to the right
F	Fall	The needle moves 1.5 to 3 cm to the right
LF	Long Fall	The needle moves 3 to 4.5 cm to the right <sup>v</sup>
↓	Sudden drop in Tone Arm	The most significant read is when there is a Long Fall at the same time that there is a sharp drop in Tone Arm. This is denoted by the symbol ↓ beside the tone arm number.
C/L	Communication Lag	The client has stopped talking before he has fully answered the question or completed the command given by the clearing practitioner.
F/N	Floating Needle	Means that there are no more painful or stressful memories activated, at least at this moment.
R/S	Rock Slam	Indicates the presence of an evil purpose
VGI	Very Good Indicators	The client is looking bright, light and happy
X	No read	The needle did not move at the instant end of the question or statement.
Numbers	Tone Arm	See chapter on Tone Arm (TA)

## **Organisation of The Mars Records: Sessions & Chapters**

Generally each chapter is a description of one session of clearing and / or kinesiology and is named a “session”.

However, at times a chapter was made up of an event which was not a session, but I felt was still relevant to the story. In this case, the chapter is named as a “chapter” rather than a session.

Roman numerals written as a superscript denote a reference, which is given at the end of the book.

## **Metabolism**

At the beginning of each session the amount of energy that the person has is measured. This is done by asking the person to take a deep breath and then let it out quickly. The needle will then fall a certain distance to the right, unless they have no reserves of energy when it will not fall at all.<sup>v</sup>

The distance that the needle falls is recorded as “metabolism”. The basic rule is that a session can only be successful if the needle falls at least one inch to the right after the person lets their breath out. This is because doing a session requires quite a lot of energy on the behalf of the client, as well as the Clearing Practitioner.

Lack of metabolism is usually caused by lack of sleep or food.

## **Drugs**

A session can be run successfully only if the client is not under the effect of alcohol or psycho-active drugs, (ie. Anything more powerful than aspirin).

The general rule is that alcohol should not be consumed 24 hours before a session and drugs not taken seven days before a session.

## **Repeating Technique**

Our ideal state is to know everything.

The possibility of this can be better understood by reading "[The Holographic Universe](#)" (by Michael Talbot). In this book Talbot uses a hologram as a model with which to explain reality.

However, most of us don't know everything. At times we feel that we "don't know". Often the reason why we "don't know" is because we are being affected by things in our past which are still in our mind.

During a session, when someone says anything which denies that they know everything that happened in the incident being looked at, the clearing practitioner can get them to repeat what they just said. For example, if the client says "I don't know", "I can't see anything" or "I can't remember", they will be told to repeat that exact sentence. ("I don't know, I don't know, I don't know, etc.)

Usually, once the client has repeated this statement several times, the underlying truth will surface and they WILL be able to know, see and remember. This is because they as-ised at least part of the reason why they "didn't know" when repeating this statement.<sup>vii</sup>

### The Clearing Practitioner's Code of Ethics

The session will work only to the extent that the client feels that they are safe with the Clearing Practitioner. Therefore, a "Code of Ethics" was devised which has been found to be essential for successful sessions.<sup>iv</sup>

1. I agree not to evaluate a client, by word or thought. That is, I agree not to judge a client or to tell them what I think is the truth. I agree to simply question them according to how the meter is reading and to lead them to make their own discoveries.
2. I agree not to invalidate a client by word or thought, no matter what is discovered in a session. That is, I agree not to do anything that would put the client down in any way whatsoever.
3. I agree to keep all appointments once made. This is because once the appointment is made memories can begin to get stirred up, getting ready to be handed over in the session.
4. I agree not to work with a client later than 10 pm, unless an important action needs to be completed. I agree not to work with a client who is physically tired or has not had a meal before the session. This is because a session requires a considerable amount of energy on the part of the client as well as of the Clearing Practitioner.
5. I agree not to work with a client who has consumed alcohol within the last 24 hours, or drugs within the last week.
6. I agree not to sympathise with a client but to be effective and help them to be the very best they can be.
7. I agree to never get angry with a client.
8. I agree not to let a client end the session, no matter what may come up, but to complete what I have begun.
9. I agree to hold a safe space for the client during the session, and to be a safe person for the client to contact at any time in the future.
10. I agree to have no sexual relationship with a client.<sup>6</sup>
11. I agree to maintain ABSOLUTE CONFIDENTIALITY of the data revealed in the session.<sup>7</sup>

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<sup>6</sup> I understand that this rule was made originally because it was believed (1) That it was not possible for two people to run a successful session if there were out-of-integrity actions between the two people and (2) That a Clearing Practitioner could not remain sufficiently present during a session when his/her client became upset, if the Practitioner had been sexually involved with the Client. I did not keep this rule in this case because we were not sexually involved when we began the sessions, there were no out-of-integrity actions between us, and because I believed that I could run successful sessions on Michael, no matter what came up (as I had successfully worked with other members of my family). This proved to be true.

<sup>7</sup> This agreement was not broken in these sessions. It was **the client himself** who requested that I write up and later publish the sessions.

## **Kinesiology**

The sessions in these records were even more successful than a normal Clearing Session because they included the use of Wholistic Kinesiology on occasion.

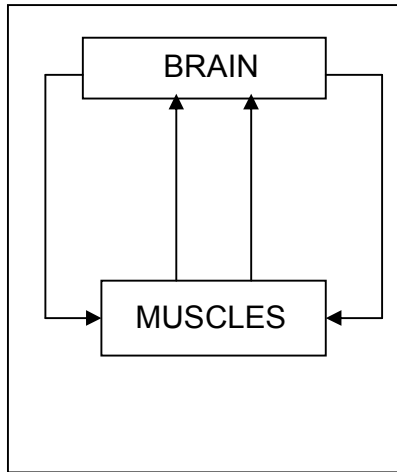
Kinesiology is a new technology which works directly on the body. It was developed by doctors, chiropractors and acupuncturists in the U.S.A. One of the most important people in this development was George Goodheart. They pooled their knowledge and added it to Chinese medicine to develop a technology which is amazingly efficient at balancing the body energetically so that it can return to excellent health, energy and emotional strength.<sup>viii</sup>

Wholistic Kinesiology incorporates much of the best of different schools of kinesiology including Touch for Health<sup>ix</sup>, Applied Kinesiology and Educational Kinesiology. It also includes new discoveries and newly developed corrections such as the Wernicke's Correction (see next section in the notes).

### **Kinesiology differs from all other methods of healing by its use of muscle testing.**

The basis of muscle testing is that the body is like an electrical piece of equipment, which is controlled by an incredibly complex **computer**, namely the brain. The brain is continually in communication with each of the 639 muscles in the body.

If a muscle is electrically in balance, it is possible to measure a constant electrical signal from the brain to that muscle and back again, much the same as two faxes 'talking' to each other.



However, when the body is overstressed (through a chemical, emotional, structural or electrical cause), the electrical signals in one or more muscles go weak. It is like a fuse in your fusebox blowing. The body figures that it is better to blow a fuse than the whole thing.

This is the basis of muscle testing. For example, if a person has a particular muscle in their arm 'out of balance' (as we say), then they will not be able to hold their arm in a certain position when the kinesiologist applies pressure to it.

This is particularly significant when you realise that many different parts of the body are in communication with many other parts of the body. That is,

<b>Muscles</b> (communicate with)	<b>muscles</b>
<b>Muscles</b> (communicate with)	<b>organs</b>
<b>Organs</b> (communicate with)	<b>muscles</b>
<b>Organs</b> (communicate with)	<b>organs</b>

In the above example, the muscle itself may have been weakened. However, if it is the particular muscle that communicates with the stomach the muscle may be weak because the stomach is out of balance. In another example, a person may have a weak bladder because their bladder is out of balance. However, the bladder communicates with the ankle muscles and therefore a weak bladder may have been caused by weak ankle muscles. It is virtually impossible to completely heal the body without taking the whole picture into account.

Once the weakness is located through muscle testing, the kinesiologist then 'talks' to the body. For example, by use of muscle testing the kinesiologist can ask the body any number of questions.

For example, what caused this muscle to go out of balance? If it was a chemical he can ask the body what specific food or other substance caused the body to go out of balance. If it was a deficiency, he can find out what food will re-strengthen the body.

## **Emotional Stress Release**

If it was an emotion which caused the imbalance, the kinesiologist can find out what specific emotion is involved. It is important to realise that emotions ("energy in motion") can be stored in the mind, but they can ALSO be stored in the body.

- Clearing removes negative emotions from the mind.
- Kinesiology removes negative emotions from the body.

A kinesiologist who locates an emotion or incident stored in the body can use muscle testing to find out any number of things, including WHEN it happened, and WHO was involved. It is crucial that the kinesiologist have a totally open mind when doing this.

Once the emotion is located, the kinesiologist can then do an extremely simple form of emotional stress relief.

He/she lightly places a few fingers on the other person's forehead, while the person 'looks at a video' of the emotion. When we are under stress, blood goes to the back of our brain (where the past is). But when a hand is placed on the forehead, blood moves to the front of the brain (which unfortunately most of us use only 5% of the time) where new choice is located. Within a very short period of time (often a few minutes) the person will be a lot less emotional about the particular incident, and therefore a lot less affected by it.

If you find at any time after reading 'The Mars Records' that you experience negative emotions, it may be that something in the book has restimulated something in your own mind. It would be a good idea for you to do Emotional Stress Release to yourself – put a hand on your forehead and close your eyes, while you look over (in your mind) what you have been reading, or doing that day.



Whether or not the cause of an imbalance is identified, the kinesiologist is able to ask the body which particular areas of the body should be touched in what particular way to correct the imbalance. The brain becomes aware of the problem and finds the electrical pathways which were blocked or forgotten about, and rectifies the situation. Typically people notice an immediate (and hopefully long-lasting) absence of pain in the troubled area and within a few days afterwards many of any other symptoms have often gone.

Using muscle testing the body can be used as a “meter” to find and identify the truth, and then to delete any negative effects from the body. New techniques from Kinesiology were used to delete negative commands directly from the brain and to remove the effect of various drugs which had been given, and which were clouding Michael's memories.

## 'The Wernicke's Correction'

### **Removing sabotaging commands from the Wernicke's area of the Brain, using Kinesiology**

The mind is an energy field. Clearing removes charge from the mind. But clearing does not necessarily remove negativity from the brain. The brain is a physical 'switchboard' between the mind and the body.

Research has shown that words are stored in a specific area on the left side of the brain. What is not so well known is that there is an equivalent area in the right half of the brain which is also involved with language. Both these areas are called the Wernicke's area.

According to Professor Julian Jaynes, lecturer in Psychology at Princeton University, up until around 3,000 years ago, mankind was basically not conscious as he is today. He did not think in terms of concepts, and he was not introspective (i.e. he did not 'turn inwards and think about himself).

Instead he operated with what is called a "bicameral mind". The bicameral mind was man's mind before he developed self consciousness. Early man did not make any decisions on his own. The concept of "self", of being independent and self-reliant, did not exist.

Whenever a decision had to be made, early man looked for a "sign" from an outside authority, such as a king or a god, to tell him what to do. For example, if he went along a road which divided into two roads, he might throw some stones into the air to see which way they fell, to tell him which road to take.

Other signs that early man used to determine what action he should take when he was faced with a decision were often "voices" which he heard in his head and which brought immediate obedience.

Experiments have shown that if the Wernicke's area in the left half of the brain is electrically stimulated during speech, it will interfere with the ability to talk properly, almost halting speech.

The same type of stimulation to the Wernicke's area in the right brain, however, causes a person to hear "voices" or "commands". These are usually of an authoritarian or dictatorial nature, and can be identified as the voice of one who was feared, admired or "looked up to" by the person being stimulated. We call these commands "Wernicke's commands", because they are commands stored in the Wernicke's area of the brain.

The two Wernicke's areas are connected to each other by a thin bridge of tissue. This is where the term "bicameral mind" comes from. It seems that the "voices of the gods" were in fact internal dialogue coming from the right half of the brain.

If mankind was to become civilised, this simple mind had to greatly improve and consciousness had to develop. However, the bicameral tendency is still present today! It is the bicameral mind, the right side of the Wernicke's area, which we "hear" when we hear those little words of self-invalidation and sabotage.

The 'authorities' who might have put commands into this mind are no longer "gods" - they are anyone that we might have looked up to at some time. These can include parents, teachers, peers, politicians, and doctors.

Have you have ever been told to "grow up", "shut up", "eat up", "forget that" or "give up"? Have you ever been told "you're mad", "you're bad", "you're stupid" or "you'll never make it"?

If somebody you thought was powerful said "you're too fat", "you'll never change", "you'll forget", "you're a slow learner", "eat ALL your food", "you're not good enough", "strong enough", "pretty enough", "clever enough" "you'll go to hell" etc. etc. **then they may have made an 'entry' in your right Wernicke's area, an implanted command, which is still influencing you to this day!**

When people do any work or therapy to get rid of negative beliefs, the beliefs they try to get rid of things are usually worded as "I ..." eg. "I'm not good enough" or "I'm too fat". But "find the truth, and it will set you free". **These beliefs are not filed in the brain (which is like a super powerful computer) under an "I" point of view.** The commands are entered as said by another person, as if the person is right there, talking to you! For example, the belief may be "I'm no good" but the original command (which is stored in the brain) was "**You're no good**".

Normal kinesiology has a correction called a Goal Balance which is designed to get rid of negative beliefs. However, it often does not seem to work.

**However, in 1996 Australian kinesiologist David Bridgman made an astounding discovery. He realised how to remove negative beliefs from the brain!**

The key to removing these beliefs is that they are stored in the brain as though another person said them e.g. "You won't remember". The brain then tries to make sense of a command and translates it, for example, as "I won't remember". This command then interferes with the person. To get rid of the command you must find the EXACT wording of the command, which in this case is "**You** won't remember".<sup>x</sup>

This specific kinesiology procedure enables a person to REMOVE the sabotaging commands from the brain. Instant improvement is generally noted in the person who has done this.

These commands are hidden in the brain a bit like the way that 'drop down menus' are hidden on the computer screen. Sometimes you can't see the menus, but they are still there. When you do the correct kinesiology procedure, the sabotaging commands "drop down" and then you can delete them. But they do not all appear at once. It can take a number of sessions to get rid of them.

**This is a simple, revolutionary and very powerful procedure.**

The key to doing these corrections successfully is to get the EXACT wording. Generally, throughout these sessions it would take up to seven attempts each time to get the precise wording. Mostly the correct wording would be found after two or three attempts. Throughout these sessions, I did not record our incorrect attempts to find the commands. Only the successful attempts were recorded.

To learn how to do the correction, go to Appendix VII.

## **Session 1: Remembrance of Mars**

26th December 1996, Sydney Australia

As is always recommended with a new client, an 'interview' was first carried out. Michael had had sufficient food and sleep and no drugs or alcohol for at least a week. During an interview a client is asked a number of questions designed to flush out any problem areas in their present or past life.

The first questions such as "Tell me about important relationships? your mother? your father? Have you ever taken drugs? Tell me about your health? etc. ", did not produce any answers that would indicate difficulty in running sessions in the future. They also indicated that at that time there was not a lot of emotional charge for us to look at.

Throughout the interview the needle moved freely, indicating that he was not consciously hiding anything from me. To confirm this, the interview ended with a few questions such as "Is there anything that you cannot tell me?".

As requested, the session then changed to having a look at a time when he remembered seeing spaceships as a boy. Michael began to describe how he had what seemed like a dream at 8 or 9 years old. He said that it was late at night when he went outside. The meter began reading on his answers, so this line of questioning was continued. There were a number of people outside. They looked up and saw a rocket ship.

Stephanie told Michael to move to the start of the incident, which produced a long fall. Michael began to re-experience the incident. He walked through the sliding door. He looked up and saw a rocket ship, like a light house.

While looking at this incident, it seemed somehow to be associated with his time in the navy. Once he mentioned the navy, the needle showed that there was a lot of charge on this. I then got him to look at his time in the navy. He then became aware that some of his memories from a certain period in the navy seemed unreal – as though they had not really happened. I then asked him if he was "somewhere else" at this time. To his surprise, he realised that he was, in fact, somewhere else at this time. When I asked him where he was – to his amazement, the answer that came up was "Mars". The reads on the meter verified his answer

Subsequent sessions also supported this. As did his occasional sudden physical reactions to questions I asked him. In addition, Michael noted that during the sessions much physical pain in his lower back, spinal column, upper back, neck and head would appear during the session and be released by the end of the session.

The subsequent gradual improvement in Michael also supported the truth of the sessions. After a number of sessions, he had MUCH less anger than he did at the beginning, and became much easier for people to be around.

Further support of the truth of the sessions were large scars and red marks that appeared (See sessions 3, 30, 48 and 52)

The following notes take up after the interview. They are as near as possible a representation of what was said. However, it was not possible to record everything that happened in a session, so by necessity sometimes what was said is abbreviated. Generally, if Michael was talking and the meter was not reading, then what was said was recorded in note form only. However, nearly all 'reads', that is falls, long falls and changes in tone arm were recorded. Also, the exact words of anything which was said which produced an instant read were recorded, as near as possible.

**Note:** During the earlier sessions the notes are disjointed as it was not intended at that time that they be written up. Therefore what was said was not recorded as comprehensively as they were in later sessions when the importance of these sessions became apparent. Rather than try to remember what was said, only words that were actually written down have been recorded here.

The information that came up in these session was so incredible that at times I asked Michael if any of this came from a past life. He always answered that it did not. To date (2<sup>nd</sup> April 2000) he has never had any recollection or belief in past lives. At no time did I get any evidence that these memories came from a past life. We did get plenty of evidence that all of this happened in this life. For example, we got reads on dates within the last few decades. Also, a lot of what was said made sense in relation to his conscious memories of this life.

<u>Start of Session</u> (The session was started with an interview – questions about all different aspects of his life. The interview revealed nothing unusual. It ended with a tone arm of 3.7) (Sensitivity on the meter was set at 8, which is a normal setting to use)	3.7	The tone arm (3.7) is within acceptable range.
<u>Have you ever been abducted?</u>	X	
I don't know	F	The read (fall) indicates that there is charge on this statement.
<u>Repeat "I don't know"</u>		This is an example of repeating technique
I don't know, I don't know, I don't know	F, F, F, F	Notice that we get a lot of reads on this statement. This indicates that there is quite a bit of charge on this statement, which is meaningful.
I had what I thought was a dream at 8 or 9 years old	3.9	Once he has released some charge by repeating "I don't know", a memory surfaces.
Late at night	F	
I went outside - we looked up - something was coming over the top. It was a rocket ship.	4.0	
	F	
<u>Move to the beginning of the incident. Tell me when you're there.</u> OK. I'm there	LF	Here we command the file clerk of the mind. It will then give us the memories we are looking for, as indicated by the long fall.
<u>Move through the incident telling me about it as you go.</u>		
I am walking through the sliding glass door.	F	We have a read on this memory, so we know that we are onto something.
I walk outside, and cross the street. I look up and see a rocket ship.	SF,F	
It looks like a lighthouse.	LF	
<u>Move (again) to the start of the incident and move through it to the end, telling me about it as you go.</u>		
I think my mother is there.	F	
I'm there. So is (name) from next door.		
<u>Are they surprised?</u>		
No		
They're doing some kind of test.	F 3.7 4.0 LF LF ↓3.5	Here we have a big realisation – as shown by several long falls plus a sudden drop in TA from 4.0 to 3.5
It's the airforce, doing a military test	3.8	
	F	
It feels real. Nobody remembered it later.	4.1	

I see two fences on it (the ship).		
Humans		
I think I'm imagining this -	LF	
Greys		
Discussing	LF	
Standard	LF	
grey		
Not scary	4.0	
Like a curtain		
Damping field		
Trying to think		
There's nothing there	LF	The fact that we get a long fall when he says "there's nothing there" means that there is charge attached to this statement. We need to remove this charge by using repeating technique for him to be able to get past the belief that "there's nothing there".
<u>Repeat "there's nothing there"</u>		
There's nothing there, there's nothing there		
I have a pain in my head	F	Pain appearing during a session is nearly always caused by pain that was in the original memory.
A twinge	F, F	
<u>Move to the start of the incident and move through it again</u>		
I walk outside	LF 4.0	
(no notes written here)	SF,SF,F	
Something is talking		
3 or 4, light grey aliens		
They have equipment		
I'm not scared		
Talking	SF,F	
I don't know	LF	It is interesting that he keeps getting big reads like this on statements like "I don't know", which stop him from accessing his memories. This could suggest that force was used to make sure he didn't know.
<u>Repeat "I don't know"</u>		
I don't know, I don't know		
There's nothing there	LF	
<u>Repeat "there's nothing there"</u>		
There's nothing there, there's nothing there		
Has substance.		
Trapped inside a big piece of plastic thought	F	
<u>Is it an implant?</u>	X	
Yes	SF	
<u>Where is it?</u>		
At the back of my skull	LF,LF	Note the reads



<u>Say "hello" to it</u>	LF 4.0	This is the first part of a process to remove entities and other unwanted metaphysical things.
Hello		
<u>Ask it what is it's purpose</u>		
Homing	SF,F 3.8	
<u>Who put it there?</u>		
The government		
It operates from a satellite	LF	Interesting that we got a read on this.
Navy	4.0 4.2	
(Author's note - what happened here was a two-way conversation to see what was going on, in particular why we went from talking about greys, to talking about an implant, to suddenly be talking about his time in the Navy. Eventually my intuition led me to ask him the following question):		
<u>While you were in the Navy, were you involved in something else?</u>		This is a MAJOR drop in charge. The fact that he drops from 4.2 to 3.4 in TA almost instantly, plus has his body shaking and jumping around, is EXTREMELY meaningful. Remember, this NEVER happens when you get a person to imagine something, or to remember a dream or a movie. It only happens when the memory is REAL.
Yes	↓3.5 Body chills LF 3.4	
(Talks about the different trainings he had)	4.1	
<u>When you were at <b>boot camp</b>, were you involved in something else?</u>		Here we do a list of questions, to see what comes up when we ask him about each of the different trainings he did while in the Navy.
No	X	
<u>When you were at <b>Illinois, electronic technician A School</b>, were you involved in something else?</u>		
No	X	
<u>When you were at <b>Illinois, electronic technician Instructor Assistant</b>, were you involved in something else?</u>		This is the only question that gets a read – and it's a big read. PLUS his body starts shaking and 'chilling out' – which it has never done before these sessions.
Yes	LF Body chills	
<u>When you were at <b>Nuclear Power School, Orlando</b>, were you involved in something else?</u>		
No	X	
<u>When you were at <b>Nuclear Power School Prototype, Idaho</b>, were you involved in something else?</u>		
No	X	

When you were at <b>Electronic Technician C School, Memphis</b> , were you involved in something else? No	X	
When you were at <b>Naval Air Station Jacksonville</b> , were you involved in something else? No	X	
When you were at <b>Naval Air Station, Pensacola</b> , were you involved in something else? No	X	
When you were at <b>Illinois, electronic technician Instructor Assistant</b> , were you involved in something else? Yes	LF Body chills	Here we go back to the only question which gave us both a read and a body reaction – and we get the same read and body reaction!
(Somewhere around here I got the idea to ask Michael where he was at this time. Once I asked him this the meter read strongly. He didn't want to give me an answer, because he said the answer was too incredible. He looked totally stunned at the answer that came to him. I repeated the question. He finally answered "Mars".  As I did not write this down, I assume that this answer did not read at this stage. Although it may have been because even I was surprised at this answer. When we looked at 'Mars' again later in the session-it read then).		
Doing electronics repair	5.0	Now that we are talking about Mars, TA has gone up to 5.0. This probably means that memories with a lot of charge are coming to mind.
I never questioned it (From memory, around here Michael made a connection): Montauk!	F LF	chills
<u>Have you time travelled this life time?</u>	F	4.9
Yes	F	
I'm real pissed off	F	4.8

Why did I go back? I get that when you're on a tour of duty, they don't let you stay too long because the memories become too hard to erase	5.0 F, LF↓4.8	
Radio	F	
(Here he talked about what it was like)		
<u>When was this?</u>		
1978	SF	
I get the idea that I was on Mars for longer than 6 months	LF	Note this big read for an important realisation.
I'm older	F	
<u>How many years were you on Mars?</u>		
20	X	
That can't be possible.		
They didn't do that.	F,F	
I was put through age recession	4.1	Note this. It is talked about more later.
Why did they put me back?	4.7	
(He started talking about the 6 months when he was supposed to be in Illinois, but was really on Mars): I don't have any memories of anything	F	
That's really weird. There was nothing for us to do for six months. (He made a connection here. He had virtually nothing to do while he was supposedly at Instructor Assistant school, but was really on Mars. But the next thing that he did was Nuclear Power School, where they studied intensively 12 hours a day. That is, he had no time to think about anything that had happened before).		
I'm trying to remember what I did while I was at Instructor School. All I get is helping the people. I can remember things like going to McDonalds, but I don't remember any day to day details. I'm starting to chill.	5.2 Body chills	
<u>Is that all a big implant?</u>		
Yes	LF,LF↓4.7	Again, we have a major realisation here, indicated by big reads, a sudden drop in TA from 5.2 to 4.7, plus intensive body reactions.
<u>Where were you at that time?</u>	F	
Mars	F	Now we get a read on Mars.

I went willingly.	F 5.0	Interesting, though perhaps not surprising.
<u>How many other people are there?</u>		
A lot	F	Even more interesting.
I don't know if I was asked to go there.		
I was ordered to go.	F	
But I went willingly.	F	
<u>What do you do there?</u>	LF 4.7	
(Answer not recorded)		
I liked the military. They needed the smartest, and I was one of them.	F	
<u>What food do you eat there?</u>		
Anything you want.		
<u>What do you eat?</u>		
Vegetarian	F	He is still does not eat meat other than fish and chicken.
<u>Did you have a wife or girlfriend?</u>	SF SF SF SF 4.6 LF	
Everyone's married there.		
<u>Did you have a wife?</u>	LF	The read indicates that he did. At the time of this session he was not married.
Yes.		
<u>What was here name?</u>		
June		
<u>What happened to her?</u>		
She's dead.	F	
She died of pneumonia.	SF,F	
This can't be real.	↓4.3	
(Further talking)		
Montauk	↓3.7	
<u>End of session</u>		A lot of charge had dropped off by now. TA had come down from 5.2 to 3.7 in a short period of time. Had these memories been imagined, TA would have gone up, not down.

## Session 2: Killing with Remote Viewing

28th December 1996

Summary: The main discovery of this session was that he was employed in an outfit called Tech Psi to kill people and aliens with his mind. This was done with the help of a machine which increased his abilities during remote viewing.

<u>Start of session.</u>	4.3	
<u>We are going to look at the whole period of your time on Mars as one incident.</u>		
<u>Move to the start of the incident and tell me when you're there.</u>	SF 4.9	
I'm there		
<u>Move through the incident, telling me about it as you go.</u>		The TA goes up straight away, as memories which he doesn't know about are brought in.
I'm at A School, Great Lakes Illinois	5.1 SF 5.2 SF	
I'm in the barracks, sleeping. They come for me.	SF,SF	
There's nothing there.	F	
<u>Repeat "there's nothing there".</u>		
There's nothing there, there's nothing there.		
Processed	SF	
Implant	SF	
<u>Move to the beginning of the incident.</u>		These 'body chills' he gets are quite incredibly to watch. One minute we have a perfectly still man – and the next minute his whole body starts shaking.
<u>Move through the incident telling me about it as you go.</u>	Body chills SF	
Hospital	SF	
Neck	SF 5.4	
I'm blocked	SF,SF	
I'm going to go home	SF	
There's nothing there		
It's blank	SF	
<u>Repeat "it's blank"</u>		
It's blank, it's blank	SF,SF,F	
I can't see anything		
Image of my Mum		
I don't know	F	
<u>Repeat "I don't know"</u>		
I don't know, I don't know	F,F	
Something over ...	F	
Not a thought	SF 4.7	

<u>What is its physical location?</u>	LF		It looks like there is an entity (A lump of negative energy which affects people).
Above my right eye	F	4.5	
<u>Say 'hello' telepathically to it until it answers</u>			
Hello (Here we did a standard procedure to get rid of entities – lumps of negative energy which affect people).	F	4.8	
<u>Move to the start of the incident at the hospital</u>	LF	4.7	
A table	SF		
A Grey		5.0	
	SF		
<u>Drugs?</u>		5.2	
There's a little bit of pressure - above my nose in the middle	SF SF SF F		
I'm focusing attention on it	SF	4.9	
Pressure	F,F F,SF	4.7	
<u>How long?</u>			
10 minutes	SF		
<u>What is the year?</u>		4.3	
2021	F		This is an interesting answer – and it gets a read.
Control			
Access Data		4.7 4.9	
It doesn't seem like I'm getting anywhere.	F	↓3.9	
Hope I'm not boring you			
<u>Move to the start of the incident</u>			
Folder		4.5	
Officer			
Briefing		5.0	
More than one			
<u>Names?</u>		5.1	
I feel that pressure again	F		
<u>Do you have any circuitry on you now?</u>			
Yes	SF		
There's something blocking			
It's at the back of my neck	SF	↓4.5	With a read and a sudden big drop in TA there is something to this.
<u>Move to the start of the incident in the hospital</u>		4.7	
	F,SF	4.8	
I didn't like it	SF	5.0	
Aliens			
I don't seem to be scared by them			
<u>Are you used to them?</u>	SF		
Yes	F		Note the read

They do the thing to the middle of my head	SF	
It's an automatic thing		
Access	SF, F	
<u>Has it been erased?</u>	F	
Yes		
<u>Did you make this up?</u>		
No	F ↓4.6	We get a read and drop in TA which confirm his answer.
<u>What else?</u>		
My job	F	
Move to the start of the incident	SF	
I'm not low on the totem pole - I'm a manager, but I'm not high		
I'm a sergeant		
I'm no longer in the navy		
<u>What is the name of what you're in?</u>		
Tech-Psi	F	
I do remote viewing		
<u>Involved?</u>	LF,LF,F	It's a pity – I don't know what I was asking here.
Yes	3.5	
<u>What do you do?</u>		
Defense		
Defend the grid	LF,F 3.9	Big reads on this answer
	LF	
<u>What is the purpose of the grid?</u>		
Defense.		
From reptilians <sup>8</sup>	SF	
<u>What is the year?</u>		
1997	F	Interesting. We are still getting reads about a time in the FUTURE.
<u>Month?</u>		
December	F	
<u>What do you do?</u>		
Machines		
<u>Do you do it?</u>		
No	F	
<u>Ever get to do remote viewing?</u>		
A lot	F	
It's my job		
Everything	F,F	
Safety		
Pressure between bridge of nose	F,F,F	

<sup>8</sup> Reptilian: Reptilians are 6-7 foot tall. They look like rather like a walking crocodile with humanoid characteristics. Reptilians live on many planets including Orion, as well as incredibly long caverns beneath our earth. Reptilians are generally highly intelligent, telepathic, cruel and controlling. They are able to leave their body and appear in a room as a disembodied spirit. Most people would describe reptilians as "aliens". However, because they have been on Earth as approximately as long as we have, they are as 'native' as we are. For more information visit [www.eagle-net.org](http://www.eagle-net.org) or read Matrix II available from [www.trifax.org](http://www.trifax.org)

<u>Did something happen to you then?</u>	F	
On my head		
<u>What?</u>		
Mind	F, F 4.0	
Get trained	F	
Offensive as well as defensive	F	Note the read
Kill		
<u>Did you kill anyone?</u>	F ↓3.5	The fall and drop in TA indicate that the answer to this question is 'yes'.
(No answer)		
<u>I repeat the question, did you kill anyone?</u>	F ↓3.0 Grief-tears	Michael is definitely NOT the kind of man to cry. In the years that I have known Michael, I think that this is one of the only 2 times that I have ever seen him cry. The tears, the reads and the BIG drop in TA from 4.0 to 3.0 indicate that this really happened.
I'm sorry		
<u>Move to the start of the incident</u>		
<u>How many did you kill?</u>		
A lot. 70		
Bad people		
<u>People or aliens?</u>		
Both	3.5	
It was like a game	F/N 4.0	
I had no compunction.	F 4.2	He is quite different today to how he was at the time of this session. He has gone from being very hard, to having an open heart.
It was the same as in the ship (this referred to an incident from his normally remembered time in the navy*), only 1,000 time stronger	SF	
There were times when I was mad - "I'll fry your ass"	F	
I thought I was shit hot.	SF	
I was good at it.	F	
I almost didn't need the machine -	F	
It increased your abilities	F, F/N ↓3.7	Note the big drop in TA from 5.1 at the start of the session to 3.7 and Floating Needle now. This would never have happened if he had made this up.
<u>End of Session</u>		

\*In the later months of Michael's enlistment when we was serving aboard a Navy Aircraft carrier, there was a time when he was undergoing great personal family difficulties. He attempted to obtain help through the normal "chain of command", but was met with indifference and scorn.



He described feeling guilty about what subsequently happened as a result of this. During a confrontation with a superior officer, he lost his temper and “did something with his mind” to the officer. He described “reaching into his chest and squeezing his heart”. Michael remembered “stopping himself” and felt at the time that he could have killed the man immediately. He later found out that this officer retired several months later from the Navy due to heart problems.

### Session 3: Battle in Space

18th January 1997

Summary: This session starts off by looking at a dream he had the night before. However, the 'dream' seemed to be a real incident involving aliens. Evidence for this was the appearance of a small triangular bruise on his arm. This was apparently as the result of the aliens taking a blood sample. These aliens were involved with the navy.

This session is confused at the beginning. I was unsure as to just how many incidents we were looking at. It seemed to have both 'good' and 'bad' guys in it. One job of a clearing practitioner is to keep the client on track and to not say anything that would cause them to go from one incident to another. However, often incidents occur in a chain. The client may go from incident to incident until he gets to the base of the chain. The base of the chain is usually an incident with physical pain.

When we did the session we eventually ended up with one good solid incident, where he had a crash in a space ship, so I was not concerned. In this incident he flew solo in a space ship when he encountered an enemy craft. Instead of fleeing he went for the craft. It fired a missile at him which did not explode his ship, but it did penetrate the ship and go through him. This caused incredible damage. He would have died had he not had a special suit which was programmed to administer emergency first aid.

Michael was promoted to being a Captain.

A long, straight scar appeared on his left arm after the incident. It was at least 12 inches long and ¼ inch wide. It had all the appearances of a scar from a surgical operation. The night after the session the scar disappeared.

<u>Start of session.</u>	4.2	
<u>What's been happening?</u>		Here we begin to search for the first incident.
I had a dream	F,F	
About aliens	4.3	
	F	
It felt as though it was real		
<u>Was it an out of body experience?</u>		
(No answer recorded - probably 'no' as there was no read)		
I had a bruise the next morning on my right arm - it was triangular	F,F	
There was something else	F	
Something about flesh	F	
<u>When was this?</u>	F	
I don't know	F	
<u>Repeat 'I don't know'</u>		
I don't know, I don't know, I don't know	F,SF,SF	

I see a meadow There's a ship (Michael described a ship which was like a floating flat bed barge. It was carrying cargo strapped to the top. One of the containers had 'Panasonic' on it).	F	
<u>Come back to present time</u>	4.3	
(conversation - try to work out what's going on - is this a dream, memory or what?)		This was a very vivid dream
<u>Is this an incident in restimulation?</u>		
Yes	SF	
<u>Move to the start of the incident and tell me when you're there</u>		
<u>Date?</u> (no answer recorded)		
<u>A week ago?</u> (no answer recorded)		
12 mid (think this was 12 midnight)	F 4.7	
I'm asleep	F ↓4.4	
There are aliens in this place (his bedroom)	F	
How many?	F	
Three	F	
They're a type of Grey	X	
Into control	F	Note the read
Nothings coming up	SF,F	
There's nothing there	F	
<u>Repeat "there's nothing there"</u>		
There's nothing there, there's nothing there	F	
They take me with them		
Onto a ship	F 4.1	
I'm inside the ship	LF	Note the big reads
Waiting to talk to someone	F,F	
I'm not surprised about all this	LF	
<u>Why aren't you surprised?</u>		
Because I've met them before		
They remove the implant		
There are other people there - humans	F	
They're doing experiments	SF F F	
There's a gateway	F F F	
Mind block		
It's no big deal	F F F	
Talking to aliens	F	
<u>What are they saying?</u>		
About remote viewing defense	4.0	
<u>How is all this connected with the mark on your arm?</u>		
They took a blood sample	F	
They're studying telepaths	F	

<u>Who's in charge?</u>	F	
The Navy	4.0	
	F ↓3.8	
	F ↓3.6	
They're giving me orders	3.9	
Report	F	
	LF ↓3.7	
	F	
	LF	
<u>Did they do something to make you think this is a dream?</u>		
They gave me false memories	F	
<u>Did you give them permission?</u>		
Yes	X	
<u>When?</u>		
Navy day 1976	X	
<u>Are you happy to keep working for them?</u>		
(no record of answer)		
<u>Why the secrecy?</u>	3.7	
(no record of answer. Possibly they don't want the enemy to read Michael's mind).		
<u>Don't they want people to read your mind?</u>		
Yes	LF ↓3.2	
<u>Who don't they want reading your mind?</u>	F,F	
A species		
<u>Same enemy?</u>		
Reptilians	F	
<u>From other planets?</u>		
(no record)		
<u>Is it alright for you to have this session?</u>		
Yes	F 3.3	
<u>What is the name of who you report to?</u>		
It starts with Z	LF	
<u>What is your job?</u>		
Remote viewing	F	
<u>Who?</u>		
<u>What is your task?</u>	F	
Nobody gets by me. I defend the ship	LF	
<u>What is the name of the ship?</u>		
Orca	F 3.2	
I monitor bad guys	F	
<u>Where?</u>		
That's too ambiguous	3.3	
<u>Do you look at specific areas?</u>		
Alien (bases?)		
USA		
Utah		
& Arizona	3.5	

<u>Why greys?</u> <u>Or do they just look like greys?</u>		
They just look like greys. They're from the Pleiades		
There's some type of organisation. A confederation	F	Note the read
<u>Are you working for the Galactic Confederation?</u>		I should have asked him "What is the name of the confederation?" rather than a leading question.
Yes	F	
I've done it before	SF	
<u>How many years have you been a member?</u>		
20	SF	
<u>Date?</u>		
Tuesday		
<u>Date?</u>		
2 Jan		
I'm not really good with dates.	LF	
<u>Date?</u>		
4th January		
<u>Was the 'dream' you told me about earlier about the container with 'Panasonic' on it really a dream?</u>		
No	X	
<u>Then we will have a look at that. Move to the start of the incident</u>		
There's a large ship	SF 4.0	He is talking about a space ship
I see cargo	F	
There's a plane I'm in		
We land on the ship	SF 4.1	
I turn to the left, then to the right	F	
2 guards come up and grab me		
They pull me forward. That's all.	4.3	
<u>What else is happening?</u>		
<u>Fight the other night?</u> (no record of what this question means)		Although this is confusing I include this to give a complete record.
Psychic attack	SF 4.4 4.5	
Involved with ESP	SF	
Cute blonde girl	SF,SF	
<u>Tell me about night</u> (no record of answer)	4.7	
<u>What Else?</u>	F	
System	F F not comfortable, sits back in chair 3.6 F/N	Again, I am not clear what this was about – which is a pity because the big reads mean that it was important.

(Next I decide to move him through another incident): <u>Move to Illinois (Great Lakes Navel Training School)</u>		
I'm in the barracks	F	
There's a knock on the door	F	
They say "come with us"		
I go down the hall	F	
	Itchy ear	
<u>Did they do something to your ears?</u>		
(no record)		
Transportation		
Gateway (hyperspace gateway)	F	3.9
Chicago		
<u>How many levels?</u>		
7	X	4.1
<u>What does it feel like when you go through the gateway?</u>		
It's instantaneous	SF	He has not really answered the question, because "instantaneous" is not a feeling, but either I let it go or I didn't write down his answer.
Base		
<u>Do you do one mission? or a number?</u>	F	The read was on "or a number" not on "one mission", indicating that he did more than 1 mission.
(no record of answer)		
There's nothing there		
<u>Repeat "there's nothing there"</u>		
There's nothing there, there's nothing there		
<u>How do you get to work each day?</u>		
By tram		
<u>What happens when you first get there?</u>		
Indoctrination		4.5
		Note: Tone arm has gone up from 3.6, indicating that there is something Michael is not looking at - probably an incident that he is not ready to face immediately
The implant has gone	SF	
<u>Did a bad thing happen to you?</u>	SF	
My neck is hurting	LF	↓4.2
	F,F	↓3.9
The back of my neck hurts	F	↓3.7
There's a battle going on. We're winning but it hurts. Some are dead. Friends - Bill	LF	↓3.4
Some in teams. I'm not very compassionate.		

That's where I got the scar on my arm	LF	
Flying	F	
Ship. Outer space	LF 3.5 3.9	
<u>How come you're out fighting?</u>	SF	
This is before I do remote viewing	↓3.5	
<u>Is there an earlier beginning to this incident?</u>	LF	Often when a person remembers an incident, they usually go to a point in the middle of the incident. To get rid of the charge from the whole incident, we need to find out whether or not the incident began sooner. We then move them to the real beginning of the incident and move them through to the end.
Yes		
<u>Move to the new beginning and tell me when you're there</u>	F	
I'm supposed to be normal. I'm in a ship. It's a single seater	LF,SF	
I have tension in my head		
<u>How far from the base are you?</u>		
We're at the edge of the perimeter	3.9 LF	
Twinge in my neck	F	Plenty of reads here
The front of the ship is crunched	LF	
I'm overwhelmed. There are too many	F	
<u>What is hurting?</u>		
The right part of my chest.	F	
The control panel	F	
I had a weird dream 3 or 4 days ago about being operated on.		
I'm in a battle	F	Note the read
Pain in right	SF	
Right leg		
Left arm	4.1	
I'm rescued		
I'm semi-conscious. I'm wearing a very advanced suit. It's an automatic survival suit.	4.4	
Pain	4.5 F,F ↓4.2	
Drugs	F	
I get a promotion	F	
<u>What level are you promoted to?</u>		
Captain	LF	

I made officer after all!	L	↓3.5	Note the big reads and huge drop in TA from 4.5 to 3.5! Michael was not an officer in his normal life. This was due to the fact that he did not have a 4 year university degree. It was not due to lack of ability. It is also interesting to note that he has the demeanor more of some one who is used to giving orders rather than taking them. It's likely there was a F/N here.
(BREAK – approx. ½ hour)	(BREAK)		
<u>Move to the start of the incident.</u> <u>Then move through the incident</u> <u>telling me about it as you go.</u>	F	4.4	
I come up on some bad guys.		4.9	This takes place in deep space. Michael is piloting a single seat space craft.
Real fast			
There's a big one behind us.		5.0	
It's a task force	F		
I'm a real stupid.		5.1	
I'm going after the big one.			
I'm a smart ass.	F	5.0	
There's a big ship	F		
I didn't stop it	F		
but did some damage to it.			
It fires a missile at me	F		
It doesn't explode		5.3	
I survive a pass	SF	5.4	
There's a hole through me			
My ship springs off			
My back hurts	F	5.3	
I go to sleep	LF		
The back of my neck hurts	F	↓5.0	Still plenty of reads
I'm slammed back into my chair	F		
My neck	F		
A missile hits	F		
I'm still strapped into my chair		5.1	
The beacon is going off			
<u>Is there any shrapnel?</u>			
In my knee			
My left arm is busted		5.3	
There's a projection in my right chest	F,F		
My heart			
I'm bleeding to death		5.1	
	F		
<u>What happened to your neck?</u>			
Shrapnel	F		
I get slammed against the back with a very high force	F		
<u>What G Force?</u>			



12	F		Note the read. This is a huge force. A G Force of 7 will usually send a person unconscious.
On neck Back			
G force of 12	F		
That's pretty hard		↓4.7	
<u>How are you now?</u>			
Uncomfortable	SF		
There's a pressure	F		Lots of reads plus a big drop in TA from 5.0 to 4.1.
I'm thinking again	LF		
It was my own fault	F	↓4.1	
	F	4.2	
<u>How is your neck?</u> (answer not recorded)	LF		
I want my file <u>Be a remote viewer. Find your file.</u> <u>Is it still in existence?</u>	LF		The read on the question indicates that the answer is 'yes'.
Yes			
<u>What is your code name?</u>		4.4	
	SF		
Where it is, I'd better NOT go look for it.	LF	4.2 ↓3.7 3.8	The big read and big drop in TA indicate the truth of this statement, at least for now.
<u>Move back to the start of the incident</u>		4.5 4.7	
<u>Did you have more than one operation?</u>			
<u>How many?</u>			
2	F,F	4.4	
We will finish shortly	F/N	↓3.7	
<u>End of Session</u>			

**VERY SPECIAL NOTE:**

After this session, Stephanie noticed a long scar on Michael's left arm, running down the outside from near the knuckle to within a few inches of the elbow. It was ¼ - ½ inch wide. She asked Michael – “how did you get that scar?”. He replied “I don't have any scars.” She said “You do now”. Michael then went and looked at the scar in the mirror. Both people saw it, and even felt it. Like a normal scar, there were no hairs where the scar was. The scar could even be felt as a ridge on the skin. It was totally straight, and looked almost surgical. Michael was totally mystified by it, as he had never seen it before.

The next morning, the scar had gone.

It is probable that the scar was some type of cellular memory, that was reliving the incident described above.

## Session 4: Drugs in Restimulation

2<sup>nd</sup> February 1997

Note: During this session, it was quite difficult to find out just what was going on. The answer for this became apparent when it was discovered that Michael had been given drugs. The drugs were in restimulation, making it difficult to put things in the correct time sequence.

<u>Start of session.</u>	4.1	
What's happening?		
I'm waiting for some money.	SF 4.4 4.5 4.6	
I don't know	SF	
There's nothing there	F	
Trying to think	F	
Denise	F	
Mail	SF,SF	
I argued with Stephanie	4.9	
	F,F,SF	
I wish I had a camera when I got that mark on my arm	F,F 4.7	
<u>Are there any energies around right now?</u>	SF,F	The reads on this answer indicate that there are, in fact, energies around right now.
Door not locked	SF	
I can't remember	5.0	
I forgot to lock	SF	
<u>Any energies?</u>	F 5.1	
<u>Do you have an incident in restimulation?</u>	SF	The read indicates that "yes" is the answer.
Yes		
<u>Move to the start of the incident.</u>		
It's my Dad in Korea	5.3	
They went out	SF	As we are getting only few smaller reads and TA has risen to 5.3 we might be looking at the wrong thing.
<u>Is the incident in restimulation the last incident we looked at?</u>	F	The bigger read here indicates that this is what we're after.
Move to the start of the incident.	F,LF 5.1	
I don't remember	F 5.0	
<u>Repeat "I don't remember"</u>		
I don't remember, I don't remember		
There's a single ship	SF,F	
Flying in it	5.1	
Carrying a weapon	5.2	

Payload	5.3 5.5 SF 5.4	The tone arm keeps on rising! Indicating that we are still not looking at the correct item.
<u>Is anything else happening?</u>		
Really mad – when we talked.	↓5.2	
There's nothing there	SF,SF	The reads on this indicate that there is charge on "there's nothing there"
<u>Repeat "there's nothing there"</u>		
There's nothing there, there's nothing there		
Greys	F	
Something triggered from the movie I saw (The movie was 'The Fifth Element')	F	
They're like cartoon greys	5.1	
They're talking	5.3	
	SF	
Some guys walking through	F,F ↓4.5	A major item has just been seen
You're in a tunnel	F	
<u>Is this an out of body experience?</u>	F	
No	4.7	
Weird throbbing	SF 5.0 5.2	
It's a way to cross space	SF	More reference to the hyper-space jump gate technology
I have a heaviness in my head	5.4	
It's just blank	SF 5.3	
Arrive somewhere	5.4	
May have been afraid	5.5	Again, the tone arm is way too high. There is something we are not seeing.
<u>Move to the start of the incident and tell me when you're there</u>	LF 5.3 F	
<u>I repeat, move to the start of the incident. Move through it telling me about it as you go.</u>	F, SF	If a person repeats something over and over, it comes across as nagging and the person goes into overwhelm. However, if each time you say "I repeat the question" then it seems as though you have said it only once and the person will not object.
There's more than one.		
One at a time	5.4 5.5 SF	
Uncertain		
Dark		
<u>Move to the start of the incident</u>	SF	
I've been given drugs	SF	Ah! Now we know why the tone arm is high! Drugs are in restimulation, pushing the tone arm up.
<u>What drugs?</u>		

Scopolamine	SF	Note the read. When the TA is this high, even a small read counts a lot.
<u>Any others?</u>		
No	SF	
<u>When?</u> 1 hour before I leave		At this time Michael is preparing to depart through the gate (leaving Great Lakes Illinois to go to Mars)
<u>Year?</u>		
1976	X	
It may have been the first time	5.6	
<u>Move to the start of the incident</u>	F	
I'm walking through the tunnel (hyper-space jump gate)		
The scopolamine stops you from going crazy when you're in the tunnel.		
The Session was stopped here, because the tone arm was staying high and there were not enough reads. It appeared that a drug or drug was in restimulation and was 'kicking in' and interfering with the session.		
The kind of drugs taken were checked on the meter.		
<u>Name all the drugs you have had this lifetime</u>		
Scopolamine	F	
Here Michael realised that he had been given alien drugs.		
Tetracyline	F	
Eurothrocyne	F	
Darvon		
Compazine		
Anaesthetic		
Novacaine		
Lidocaine		
<u>What drugs where you given with your implant?</u>		
Belladonna		
<u>What other drugs have you had?</u>		
Barbiturate		
Vaccines		
<u>Any others?</u>		
No	SF	
I had some in the space crash	SF	

Notes on various drugs used by aliens were available (see 'Blue Planet Project'). Muscle testing indicated that Michael had at some time been given the following alien drugs:

Hydronalynx – It is used for radiation poisoning. This was used in the crash.

Masiform DX – it is used as a stimulant. This was used for flying.

Melanexy – It is used is an anaesthetic (it works within 5-10 seconds). This was used in the crash.

Sterilex – This was used in the operation and in the crash suit.

A kinesiology balance was done to eliminate the effects of these drugs.

An attempt was then made to continue the session, as follows:	4.7	
<u>Move to the start of the tunnel incident</u>	5.2	
Departure point	SF 5.3	
	5.4	
Left arm	SF 5.6	
I get the idea that sometime people don't survive going through the tunnel.	5.7	
I can't think of anything		This comment was hardly surprising with a tone arm of 5.7!!! Which is roughly equivalent to having a head full of concrete. It was realised that Michael's body needed time to move the drugs out of his system.
<u>End of Session</u>		

## Session 5: An Untimely Death on the Hills of Mars

9<sup>th</sup> February 1997

Summary: At the beginning of this session we were just hunting around. There was evidence in this session that Michael was at least partly influenced to enroll in going to Mars (and possibly in the Navy) due to a crystal that a military ear, nose and throat specialist inserted into him with a needle, when he was 18 years old.

Eventually the memory of an incident on Mars surfaced. In it he went rock climbing with his wife on Mars. They didn't have ropes and she slipped, fell and died.

<u>Start of session.</u>	F/N 3.8	
<u>We are going to go over the incident that we looked at in the last session again.</u>		
<u>Move to the start of the incident.</u>	F,F 3.7	
Ship (single seat space craft)		
Fun	F,F 3.5	
	F,F	
Take another pass (attack run on enemy ship)		
Third time		
There is some danger		
I lose consciousness when the enemy missile penetrates the ship		
<u>How long is it before you are retrieved?</u>		
A week	F	
They put me back together		
<u>Is this incident now erased?</u>	X	
Yes	X	
(Here there is a note about 'implant' – think I said that we were going to have a look at possible implants – or Michael said he had one).		
<u>Did someone do something to you to make you be recruited?</u>	F,F	The reads on the question indicate that the answer is 'yes'
I got tonsils removed		
<u>Move to the start of that incident</u>		
<u>Be on the operating table</u>	SF	I presume here that he mentioned an operating table, otherwise I would not have asked this question.
Humans	SF	
My doctor was	F	
a military eye, ear & nose specialist.		

<u>Did he give it to you?</u>	SF		The reads confirm the doctor's involvement
It's tiny	SF		
It's crystal	LF		
<u>Where did he put it?</u>	F	3.7	
In the back of the neck			
<u>How was it inserted?</u>			
A needle	F		Note the read
<u>Is it now deactivated?</u>			
Yes	F		
I had a dream	LF		
	'Chilling out', shaking		Note his body reaction
<u>What's happening now?</u>			For a while after here it is unclear as to what is going on.
(unclear notes here)			
War	F		
<u>Do you remote view for the Galactic Confederation?</u>			
Yes	SF		
<u>Do you terminate a well known person?</u>	LF	2.8	The big read indicates that he did
<u>How?</u>			
Mind. Stroke.	F		Note the read. The read indicates that he did terminate a well known person on earth
<u>On earth?</u>	LF		
<u>What country?</u>	F		
I'm not getting anything			
<u>When?</u>			
1980	X		
<u>Has anyone been surveilling you, with intention against you?</u>		3.5	
<u>Machine</u>	F		
<u>Has anyone been surveilling you?</u>			
No	F		
<u>Do you report in?</u>			
Yes. It's a phone thing. I'm conditioned to report to someone			
<u>In your sleep?</u>	F		Note the read on the question. This indicates that the answer is 'yes'.  Remember this about the phone and his sleep. In a much later session (Session 31, 24 <sup>th</sup> October 1998), he gets the realisation that he got activated by messages given over the phone. He also remembers waking up to answer the phone, walking down the hallway (which should have woken him) – but couldn't remember who he spoke to.
<u>What is the last day you dialled in?</u>	SF		
3 days	SF		

<u>Did you speak to anyone?</u>	LF,LF	↓3.2	BIG reads and sudden drop in TA here.
<u>How many universes are you operating in now?</u>	LF	Chills	We get a hot item here. This question should be asked of anyone who starts giving out information which doesn't make sense.
3	F		Note the read
<u>Tell me some times when you had a positive memorable time.</u>			
Mars – living there.	LF		
Desert	LF		
Old ruins.		3.3	
<u>What could you do there?</u>			
Kill		3.9	
Reconnaissance			
Shield			
Gather information	F		
Remote influence	SF		
Listen	SF		
Trouble shoot	F		
- equipment			
See what's wrong with the computer			
Organs			
<u>You do that?</u>			
Yes	F		
Affect hardware	SF		
Sabotage	SF		
<u>Move things?</u>			
It's no big deal. You don't move it – you affect the energy affecting it.	SF		
<u>Do you have an incident in restimulation?</u>			As nothing is budging, we may have an incident in restimulation.
<u>Move to the start of the incident.</u>	F		It appears as though we do.
	F	3.9	
	F,SF		
I feel a little sad			Yep – negative emotions are being brought in.
Feel down	SF		
I don't like killing people	SF,SF	3.8	
Martians	F,F,F	3.3	Good reads and a drop in tone arm indicate we are in a hot area.
		3.7	
	F		
There's an accident	F		
Somebody got hurt	F		
How?			
They fell down	SF		
	LF	↓3.2	
<u>Move to the beginning of the incident. Move through the incident telling me about it as you go.</u>			



There's somebody falling down on rocks.	SF	
A woman	SF,LF	3.0
She's my wife	SF	
She's dead	LF,F	
<u>Where is this?</u>		
We're both climbing	LF	
She slipped and fell		
<u>I repeat the question, where is this?</u>		
Mars	F	
<u>When?</u>		
1978	X	
		But no read on the year. Looking over the notes later on I realised that at some time we should perhaps confirm what year this occurred.
	SF,F	
She hit her head	SF	
<u>Are you in the country side?</u>		
The desert	F,F,F	
We're on vacation	SF,F	
<u>Move to the start of the incident.</u> <u>Move through the incident telling me about it as you go.</u>	LF,F	2.8
		LOTS of reads. Plus TA has come down now into a good range (2-4). This is the first time since the subject of Mars came up that we have got the TA down into a good range.
She has dark hair	LF,F	
There are hills	F	
A dumb thing happens	SF	2.9
<u>Move to the start of the incident.</u> <u>Move through the incident telling me about it as you go.</u>		
We're on holiday.		
We're just in the hills		
We don't take any ropes.		
It's a hiking trip	SF	
Gravel		
She's down at the bottom		
There's nothing I can do about it.	SF,SF	
I have a communication device		
I call for help, but it's too late.		
I blame myself for it.		
I didn't protect her.		
<u>Do you still blame yourself?</u>		
(answer not recorded)		

<u>Now I want to run this incident through from her point of view. Be her. Move to the start of the incident, and being her, move through the incident telling me about it as you go.</u>	F,F	3.0	The reason for this is that many times the most amount of emotional charge does not come from the person in the session. It is generated by someone else in the incident. Getting the client to take another's point of view gets the charge off much quicker, and they usually get a much better idea of what is going on. Once they are told to 'be the other person' they access what that person is thinking and feeling.
(speaking as the wife) I really want to go on this trip. I want to impress him.	SF F,LF	2.9	The reads indicate that he is successfully speaking from her point of view.
My foot slips. I slide face down. I hit bottom, and flip over.			
I hit my head.	SF,F		
It's a quick death			
How do you feel?			
(speaking as Michael).There was nothing I could do.	F/N		A good realisation! Now he can stop blaming himself.
She was hard headed and wanted to do it.			
Pain in the ass. It still sucks – people doing things like that for sport.			
<u>Is there an earlier, similar incident?</u>			This question was probably asked because Michael probably still didn't look bright and happy, indicating that there was some charge from an earlier situation.
Yes			
<u>Move to the incident and tell me when you're there.</u>	F		
I hit my head		2.9	
I did something.	F		
I have a few bruises.			
I should have learned my lesson.	LF	2.7	
<u>Move to the beginning of the incident and tell me when you're there.</u>			
It's a training exercise.	SF		The initial charge from this incident came from the loss of his wife. The remainder of the charge comes from physical pain that he himself experienced.
In the desert	SF		
I am careless. I put my foot down wrong.	SF		

My right elbow hurts.	SF	
Maybe I am hurt worse than I thought.		
Somebody else is laughing.	SF	
Making fun of me.	SF	
<u>When is this?</u>		
1976		
Survival	3.0	
I should have had better boots. Pressure in head. Hot and tired.	F/N	Client felt good but not great after session.
<u>End of session</u>		

## Session 6: Booby Traps against Memory Recall I

9<sup>th</sup> March 1997

Summary: We first look at how Michael was age recessed by 20 years.

Then we discovered that Michael had been given 'booby traps'. These were commands in the brain to have fatal health problems should he regain his memories. We did not look for the booby traps in this session. However, we did find and remove commands that would STOP us from finding the booby traps. (Because once we found them, we could remove them. "The truth will set you free")

At the end of this session, Michael felt very happy. He also seemed much more open to new ideas. This was probably because commands such as "don't look there", "they don't exist" and "you can't see them" were found and removed when we did the Wernicke's Correction at the end of the session.

In addition, another improvement was noted. He used to cut his fingers when he worked on computers. After this session, he no longer cut his fingers when working on computers. This was probably due to getting rid of commands such as "these cannot be fixed", "they are protected", "they can't be removed" and "this is a permanent condition".

<u>Start of session.</u>	F/N	
<u>Is the last incident erased?</u>		
Yes	X 4.7	
<u>Move to the incident with the implant that erased your memories</u>	4.5	I figured here that if we could clear up this incident, it would be easier for his memories to come back.
Sensation in brain	SF,LF 4.3	
I feel spacey	F,F	
<u>Is it due to drugs?</u>	F	The reads and spacey feeling indicate that drugs are in restimulation.
Barbiturate		
I feel down and tired		
Really tired	F,F	
I'm horizontal	SF,F 4.5	
<u>Are you in your body?</u>	F	
I'm out of it, looking down	F	
It's hard to keep my eyes open		
<u>Are there other drugs involved?</u>		
Yes	F	
I have a weird sensation at the back of my neck	SF	
<u>Did they put something there?</u>		
Yes	SF	
<u>How long are you unconscious for?</u>		
2 hours	F 4.8	

Looking, body and brain	tired	High TA and being tired usually accompany drugs in restimulation
My neck still feels funny Implant	4.9	
Don't like it	F	
My neck still feels weird	4.8	
My neck still hurts	F	
<u>Is there an earlier beginning to this incident?</u>		
Yes		
<u>Move to the new beginning and tell me when you're there</u>	F	
I'm not tired now		
Debriefing	F ↓4.5	
<u>Where are you?</u>		
Mars	LF	Note the read
<u>Did they send you back while you were still unconscious?</u>	5.0	
Yes	5.1	
Appointment	5.2	
Injection – squeeze gun	SF	
Tired. I lay down	SF	
<u>What do they do?</u>	body shakes ↓4.7	Note the major body reaction, which is accompanied by a drop in TA.
I'm strapped to a bed. It moves forward and up, and up and down. I'm lying on my face horizontally, to expose my neck.	5.0	
Cold, no pain		
Frozen	F	
<u>Is the implant a crystal?</u>		
Yes		
Crystal and something else	SF,SF	
Culmination	SF	
<u>Do they give you instructions to tell us to look somewhere else (other than at the implant)?</u>		
Yes	SF	
<u>Somewhere else?</u>		
Yes	F	The read confirms it.
The real one has instructions to look somewhere else	F	
2 groups	SF	
My neck is still hurting	SF 4.3 4.6 4.8	Note physical pain is with us as a result of the incident.
At the end, this is when they send you back	SF	
I'm in a machine		
Getting a cat scan	F	

<u>How long did it take them to age recess you 20 years?</u>		This is the second mention in the notes of age recessing. It seems that I did not write down much of this at the time. However, from memory Michael and I both clearly remember him saying that at the end of his time on Mars he was age recessed by 20 years, and then sent back into the past, to the time just after when he first went to Mars.
2 weeks	F	Note the read
I'm unconscious	4.9	
IV		
nose		
cold, air conditioned	SF 5.0 5.1	
Drugs	F	
Scopolamine		
Something for heat	F	
Boring	SF,SF	Well – it would be boring, wouldn't it – to lay in a machine unconscious for 2 weeks? The reads confirm it.
Some kind of lucidity		
The have to be careful they don't make you young too fast – you can lose your personality.		
They don't take memories away, just block them.		
	LF chills ↓4.3 LF	Here we get a lot of reads, body reactions and a sudden drop in TA from 5.1 to 4.3. This will be because of his realisation that "they don't take the memories away, in case they need you again".
They don't take the memories away, in case they need you again	4.5	
They can make you willing		
I'm at the same age as when I started into the tunnel.		
The tunnel does time as well as space.		
<u>Are there short circuited circuits?</u> (To make you forget)		
Yes. 50.		
Million?	LF	
More than 50 million.		
<u>Locate what's stopping the short circuits.</u>		
Towers.		
Locate nearest tower.		

Cellular. They're all over	F 4.7 looks up	Note the read. Here he looks up, as though he's really looking at towers all over the city we're in (Sydney).
Satellites cover the whole planet		
<u>Was your body given counter-survival commands should the short circuits be located?</u>	F,F,F,F ↓4.0	Stack of reads here! Plus a sudden, big drop in TA
Yes	shake	
Am I programmed to self-destruct?	F	He asks himself a question, which the read indicates has the answer 'yes'
<u>What is the command they gave?</u>		
Heart attack or stroke. Kidney failure		
<u>Do you want to keep going with this?</u>	F	
Yes		
<u>How many booby traps are there?</u>		
ten	SF	
Drugs, date & locate		These next few questions do not have the answers recorded, and there is not enough recorded to see why these questions were asked. I include this bit for completeness of the written notes.
<u>Did they give you a cup of something?</u>	F 4.7	
<u>Are there flash lights pointed at you?</u>		
<u>Do you ever feel asthmatic?</u>	5.0 ↓4.6 F,SF	A big realisation is going on here.
If I have a heart attack, I'll be on the ground.	F	
Jesus is more powerful than they are	F 4.3	Note the read.

The session moved from here to removing sabotaging beliefs from his brain, by the Wernicke's Correction in kinesiology. These beliefs come from commands that are stored in the right Wernicke's area of the brain. They can have been put there either unintentionally (eg by a parent) or intentionally (eg by someone involved in mind control).

First I tested for the number of beliefs that would **stop us finding** any booby traps.

The body indicated that there were ten that were available to us to examine and remove at that time.

I then asked Michael what commands he had on file in his brain that were available to be removed. The key to doing this successfully is to get the EXACT wording. Generally, throughout these sessions it would take 0-7 attempts each time to get the precise wording. Mainly the correct wording would be found after 2 or 3 attempts. Throughout these sessions, I did not record our incorrect attempts to find the commands. Only the successful attempts were recorded.

Sometimes Michael would think of it - it just 'bubbles up'. Sometimes I would think of it - somehow, the wording would appear in my consciousness. Or I would hear the words in what Michael was saying. For example, if he said he 'couldn't think', the odds were that the next command to be found and removed was to do with thinking.

The commands were found to be, in the following order:

1. "Don't look there"
2. "You can't see them"
3. "They don't exist"
4. "They're somewhere else"
5. "They are protected"
6. "They are invisible"
7. "They are shielded"
8. "They can't be removed"
9. "This is a permanent condition"
10. "These cannot be fixed"

N.B.: It is particularly interesting to note here the order in which these commands were given. The first 3 are pretending that there is nothing to see. In the case of the next 4, it is as though you know that there is something to find but, you aren't to find them. The last three are assuming that you have found them, but that there is nothing that you can do about it.



**IMPORTANT POINT!** These commands that were given are GENERALISATIONS. They can affect the person in ALL walks of life. For example, before this session there were various subjects that I used to raise with Michael that he did not agree with. He used to argue with me so vehemently that I gave up trying to discuss them with him. After this session, while he still did not agree with me, for the first time he was able to comfortably listen to my point of view. This would have been because he was no longer being programmed by commands such "Don't look there", "You can't see them" and "They are protected".

## Session 7: Ability Blocking Device

22<sup>nd</sup> March 1997

This session did not go well. It started with a high tone arm which then continued to rise, at least partly due to a mistake on my part at the start of the session, in trying something new. (A clearing practitioner should never change the process). I have added the only part of this session which made any real sense.

On looking back at these notes (on 22<sup>nd</sup> January 1998) I realise that the next process should have been another kinesiology session to locate Wernicke's commands that are the booby traps. That is, the commands to the body should the short circuits (which keep him forgetting) be discovered. I cannot account for or excuse myself for not realising this at the time. A possible explanation is that I became confused with the fact that there are ten booby traps PLUS ten commands to stop us finding the booby traps (which we had just found).

I think that I decided that it would be best to look at the whole incident a bit more to help uncover forgotten memories. But the best thing would be to have continued with the kinesiology Wernicke's process for a while.

<u>Do you have an incident in restimulation?</u>	5.7	VERY high TA. This usually means there are one or more incidents in restimulation.
Yes	SF	
<u>Move to the beginning of the incident and tell me when you're there. Move through the incident telling me about it as you go.</u>	SF	
I don't see anything	F	
<u>Repeat "I don't see anything"</u>		
I don't see anything. I don't see anything.		
<u>Is that agitated feeling still with you?</u>	SF	
No		
(it is unclear as to what was said here)		
Now I don't feel agitated.	F 5.5	
<u>Move to the beginning of the incident and tell me when you're there. Move through the incident telling me about it as you go.</u>		
I'm confused. It's like there's 2 parts to it.	LF ↓5.2	The reads, sudden drop in TA, and body reaction indicate that we are on the track of an incident.
Implant	chills F,F	
2 part thing to this	LF ↓4.7	
The crystal is to block the abilities - remote viewing, telepathy etc.		

The age recession is to block memories	5.0	
	LF,SF 5.1	
<u>Move to the beginning of the incident and tell me when you're there. Move through the incident telling me about it as you go.</u>		This takes place when the mars tour of duty is over and Michael is to be returned to earth.
They read your aura. Read your DNA. Make copies of memories.	5.2	
I sign papers	SF	
They put the crystal in	5.3	
Some people don't survive the crystal thing.		
Pump things.	5.4	
They don't kill you. They may need you again.		
When I wake up I feel like I'm 22 again.	F	
They tell me a lie - said I've been ill.		
<u>Where is the hospital?</u>		
Great Lakes Illinois	LF	
It's closed down now.		

The session was terminated here, because it was felt best to give the tone arm a chance to settle back to a normal range, and try again later with a fresh and correct beginning.

## Session 8: Remote Viewing on Mars

19<sup>th</sup> April 1997

Summary: I decided to treat the whole 20 years on Mars as one incident, so that we could run through it and see what came up. We learned various things about the Mars base, jump gates, the type of training he did and why he was able to do it. The session ended with him killing someone with his mind. When he remembered this, he began to have tears (most unusual for Michael). However, multiple viewpoint helped him to realise that this 'person' was an organic robot, and his tears dried up.

<u>Start of session.</u>	F/N 4.1	
<u>What would you like to achieve in this session?</u>		
I would like to know more about the good guys,	F	
the people who put the mark on my arm	F	
I would like to get my memories back	5.0	
<u>This time we are going to treat the whole 20 years as one incident. Move to the start of the incident and tell me when you're there.</u>	F	
<u>Move through the incident telling me about it as you go.</u>		
See me being processed	F	
The tube	F	
I end up where I end up	F	
<u>When is this?</u>		
1976	SF	
Training	SF	
I have potential	F	
I'm not like everyone else	F 5.2	
I feel I was recruited for a talent	LF	Note these reads. I asked Michael later if this referred just to Mars, or to joining the Navy also. He said that it applied to both.
Training will bring my ability out	LF	
<u>What talent do you have?</u>		
Remote viewing	SF, F, F	
And also offensive & defensive	F	
Remote viewing is used just for reconnaissance		
<u>How?</u>		
I project my mind into another. I can hurt them that way	F	Note the read

I was defensively assigned to protect an area against some intrusion -	LF		
only one area at a time	F		
<u>What was the biggest area you ever protected?</u>			
A city	F		
<u>How many people?</u>			
<u>Over 2 million?</u>	F		
Yes			
<u>2-3 million?</u>	LF		
<u>What was the name of the city?</u>			
Mars base			
<u>Are there that many people on Mars?</u>			
At least		4.8	
I am doing training	F		
A machine amplifies what you can do	SF		
<u>How do you put it on?</u>			
I have my hands on a plate and I'm wearing head gear	LF	↓4.5	
There's also a screen and a control centre	LF		
As you get stronger, you get more responsibility for yourself	F		
The higher priority is to protect key personnel	LF	5.0	
And the highest priority is the jump gates			
I'm defending a jump gate	F		
<u>Where does it go from and to?</u>			
It goes from base to another star system	F		
<u>What star system?</u>			
Eldeboran or something like that	X		
It's better to have jump gates to other star systems that are based on Mars than on earth because there's less interference on Mars			
<u>Have another look, what was the name of the Star system that you're jump gate went to.</u>			
Pleiades	F	4.9	
I feel like I'm making this up.			
<u>Are you making this up?</u>			
No	F	↓4.5	Note the read and big drop in TA.
I had a high rating	F		
I also work offensive	F		
Only certain people can do offensive. They have to have certain qualities.			
<u>What do you have to have?</u>			
To be a cold son of a bitch			

Also, there's something about having some extra strings. There's something that looks like coiled pieces of string	F,F 4.3	
<u>Is this DNA?</u>	F	
Yes		
<u>How many strands of DNA do you have?</u>	LF, F, watery eyes, chills	We have amazingly strong body reactions here, plus big reads.
C/L (communication lag)		
4	X	
I didn't get a read on that. Have another look. How many strands of DNA do you have?		
I don't know	F,F	
<u>Repeat "I don't know"</u>		
I don't know, I don't know, I don't know	F	
<u>I repeat the question, how many strands of DNA do you have?</u>		
24	LF,F ↓4.0	(Practitioner's note: The client had never read any books such as "Bringers of the Dawn" (by Barbara Marciniak <sup>xii</sup> ) which talk about how humans have the potential to have a 12 strand DNA double helix which greatly increases the abilities of the person, instead of just the 2 strand double helix).
There's something else	F	
<u>What?</u>	F 4.6	
I can affect matter. They don't have shields for what I can do.	F 4.5	Note the read
Those fly traps that Branton talks about, that catch people having out-of-body experiences - they don't stop me.	F	
I can operate at a higher harmonic - merge with the shield and it never knows I'm there.	F,SF,F	
It's more dangerous in offensive, because the enemy have people doing this stuff too.		
<u>Why did you stop?</u>		
Retirement	X	
I didn't stop. They're waiting for something big to happen. People get killed during this training. They like to keep some of the people who make it through on hold.	5.0	The TA has started to creep up, likely indicating that some important, stressful memories are being called up
?(can't read notes)	5.3	
	↓4.8	
<u>Go back to where you were. Move to a specific incident, so we can get some details.</u>	F 4.9	
I'm remote viewing a base		

<u>What's happening?</u>		
I don't know	F	
<u>Move to another specific incident</u>	F	
I'm killing a person.	LF ↓4.7	Note the big read and sudden drop in TA
<u>Move to the start of that incident, and move through the incident telling me about it as you go.</u>		
They're a military person.		
Wearing a green uniform	F,SF	
At first I'm doing a "watch and recon", but I pick up that there's something not right about this person	F	
The order is upgraded to "terminate"	4.6	
They're not protected.	4.7	
This is one of the first times I've done this.	LF 4.6	
I do it in a crude way. I build up energy. I feel like I don't want to do it.	F 4.8	
This guy's had something done to him.	R/S	Now we get rock slams appearing, indicating an 'evil purpose'.
At the first reconnaissance I see that he's not what he seems.	R/S	
I terminate him. I blast him	R/S	
<u>We are going to do multiple-viewpoint clearing. I want you to "be" this person, to take his viewpoint. Then I want you to move through the incident from his point of view.</u>	R/S	
I don't want to		Michael is VERY reluctant to take the point of view of the person he killed.
<u>Take his point of view</u>	R/S	
(client does so). There's not a lot of thought	↓4.5	However, once he does so the rock slams disappear and the TA drops.
He's not alive! But he's animated. He's some type of organic robot!		He is incredibly relieved to realise that he killed an organic robot and not a person.
<u>What happens next?</u>		
It gets shut off.	LF, F, F/N ↓3.7	
	VGI, both client & clearer feeling great	
<u>End of session.</u>		

## Session 9: Drugs to improve Psychic Abilities

8<sup>th</sup> June 1997

Summary: We looked at a time soon after he arrived on Mars, where he and others were given drugs to improve their psychic abilities.

Food okay Sleep okay Metabolism 1"	4.6	
<u>Start of session.</u>	4.7	
<u>What's been happening?</u> (talks about various things)	SF,SF,SF	
<u>Do you have an incident in restimulation?</u> (answer not recorded)	F 4.8	I ask this because the TA his high
<u>What's that?</u>	SF	This question refers to what ever is causing the previous read.
My head felt funny		
<u>Move to the start of the incident and tell me when you are there</u>	SF Itchy ear	
<u>Move to the start of a Martian incident. Move through the incident telling me about it as you go.</u>		
I'm recruited	F 5.0	
When recruited I'm surprised about the program. I jump at it.	5.1	
Briefing		
<u>Move to a time on Mars</u>		
More training	5.3	
<u>Do you have an incident in restimulation?</u>	X	
I get 'yes'	X	
I'm at the start of the incident	X	
I get the idea you're involved somehow	BM F	We didn't find out what this meant.
My hands are cold	5.2 5.5	
I'm cold (He puts on a jacket)	↓5.0	High TA can be caused by body problems such as being too cold
<u>Incident?</u>		
Remote viewing	SF	
<u>Move to the start of the incident and tell me when you're there</u>	SF	
I'm there	5.2 5.3	
Scanning space	SF	
Guarding	F	



Ship		
Only one. Looks okay. Something not right about it. I investigate	Chills, shakes	Note body reactions
I go inside. They look like normal people but they're not	5.4	We now have very high TA
	F	
Captain - I scan him		
Fuzzy. Not a person. I gave an alarm earlier. Other behind, but protocol says I'm still in charge. I get the idea I'm trigger happy.		
<u>Move to the start of the incident</u>	X	
The other night.		
(Here we stopped and had normal two-way communication between myself and Michael. This was not recorded).	F	
Nothing's happening	F	
<u>Repeat "Nothing's happening"</u>		
Nothing's happening, nothing's happening		
<u>Move to the engram responsible for this high tone arm</u>	Tk	An engram is an incident which has physical pain and unconsciousness it. An incident which has pain and unconsciousness in it is usually where most charge is coming from.
I'm there		
I feel real tired	SF	
I'm not feeling any images	SF	
Some one else is there with me	SF	
Boy do I feel tired!	SF 5.5	
Almost drugged	SF	
Someone with me is talking to me	F	
My feet are cold	SF	
I'm standing on something cold	Tk	
They're programming me		
	F	
I'm not so tired now		Note that the tiredness lifts once he confronts and tells me some of what happened.
There is more than one person like me		
We're lined up		
Talking to another part of me		
I think it's when I was in the Navy		
<u>What year?</u>		
1978	SF	Note the read
I'm at the beginning.		
Something to do with the program		
They're doing something to amplify my natural abilities	SF	
It's high-speed learning	SF,F	Note the reads
Not like what was going on	F	

Scopolamine	X	
An opiate derivative	SF	Drugs in the incident would explain why we have high TA
Barbiturate	F	
<u>Other drugs?</u>		
I don't know	SF	
I'm thinking I'm glad I'm not a druggo	LF ↓5.2	
<u>Other drugs?</u>		
Something that makes your psychic powers better		
Alazine-		Here he tries to remember the exact name of the drug that he was given to increase his psychic powers
Atrazine	F	
Amalazine		
<u>Is it called Alazine?</u>		
Yes		We got no read on the question or the answer, so we should probably discount this answer
<u>Atrazine?</u>		
No		
<u>Amalazine?</u>	F	
It's something like alazine and amalazine	LF (phone rings) ↓4.5	The phone rang in another room. This caused a sudden drop in TA. We didn't find out why.
<u>How many dosages?</u>		
Several	F	
8	SF 4.7	
<u>How long were the time intervals in between each?</u>		
24 hours		
<u>What planet is this on?</u>		
Mars	SF	
<u>Any other drugs?</u>		
Yes	F	
Scopolamine	F	This drug comes up a lot in these sessions
<u>Any others?</u>		
Something that make your metabolism more efficient	SF	
<u>Any others?</u>	F	
Starts with a 'T'. Something like Terazon Trazon	F zonked out F 4.9	
<u>Move to the start of the incident. Move through the incident telling me about it as you go.</u>	LF Brightens up	
<u>Move again</u>		
I don't want to do this	LF 4.7	

I'm wearing a lightweight blue jumpsuit like in a submarine		
I'm cold. In bare feet. They're cold.		
<u>Do you know what's coming?</u>		
No. They never tell you.	F 4.9	
The whole thing in the navy was a set-up. It wasn't an accident I joined the navy - they knew and guided me.	5.1	
We weren't picked out because we were smart - it's because of our genetics. We're chosen in grade school. They choose from blood tests.		
The whole thing was a set up.	F	Note the read
There are other guys like me.		
They've been recruited.	F	
<u>See yourself getting the drugs again.</u>	F,F,F, 5.0	
<u>How many dosages of amalazine?</u>		
Once a day		
It's permanent	SF	
You have to have the talent first, or it has nothing to work with.	F,F	
<u>What do you do during these 8 days?</u>		
It's a big joke - nothing.		
EEG's	5.2	
We sit around watching TV and eating.		
They're scared of bad reactions - that's why they drug you first.	5.4 5.5	
Food's pretty good too		
They spare no expense	↓5.2	
Tennis courts, swimming pools	F Nose tickled ↓4.7	
I can't understand why they made me tired in the first place.		
Some people die during the brain drug. If they're drugged up, they can't go violent.	4.5	
<u>Move to the start of the incident. Move through the incident telling me about it as you go.</u>		
Cover-alls	F	
I don't like being in bare feet.	SF	
I talk to the doctors	F 4.6	
They give us the injection.	F	
It has scopolamine in it.		

You have no will of your own	F	
<u>Is your life being affected by anything they told you while you were under the influence of the drugs?</u>		
Yes. "Forget". "You won't remember". "You are under oath. You will not violate this oath". "You will not remember this procedure" "You will forget everything that happened here today".	5.1	
<u>Do you hear anything that is affecting you now?</u>		
I'm not seeing or hearing anything.	F 4.9	
	F	
They give me the brain drug.		
It's very subtle - at first I don't feel anything.	5.0	
Everything's clear. I have more sense of wellbeing. I'm still 21 or 22 years old.	5.1	
They say you'll know how different it is, when the training starts.		
<u>Is that the end of that incident?</u>		
Yes. I didn't like the drug part.	↓4.8	Note the TA comes down a bit when we get to the end of the incident
Please look around the room and name some things.	4.2	
<u>End of Session.</u>		

Please Note: This incident should have been looked at again at the next session. However, when the next session was done, other issues came up. This incident was looked at again on February 21<sup>st</sup> 1998 (Session 20).

## **Session 10: Family Upset I**

5<sup>th</sup> July 1997

This session was to handle an upset. The cause was linked with past family incidents and has not been included here.

## Session 11: Pine Gap (Australia) Interference

25<sup>th</sup> July 1997

Summary: This session had nothing to do with Mars. It was held in Australia. In it we found that the day before some reptilians at Pine Gap, a military base in Australia, had put metaphysical 'hooks' into him, taking part of his mind and heart and keeping them at Pine Gap. This was so they could siphon off the energy and use it for barter.

Food okay Sleep okay Metabolism 3"	5.1	
<u>Start of session.</u> <u>What's been happening?</u>	4.9	
I feel like I've been under attack all day. By (names a person) By (names someone else) By a reptilian or alien.	5.1 5.2	
These are the 3 basic attacks.	F	
I'm still tired.		
<u>Is there an incident in restimulation?</u>	F	The high TA suggests that there is an incident in restimulation.
Yes		
<u>Move to the incident.</u>	SF	
<u>Move through the incident telling me about it as you go.</u>		
I'm tired.	F	
Feeling lethargic.		
I don't know	F	
Repeat "I don't know"		
I don't know. I don't know.	F	
There's a shock of electricity around my head.		
My nipples are starting to heat up.	LF	Here we have a lot of big reads, plus unusual physical manifestations.
	F	
I'm trying to open	F,F	
There's heat over my left nipple	F,SF,F	
Hook in there into my heart.	SF 4.8	
My body feels lethargic, but my mind is clear. A drug.	F	
	F,SF 5.0	
I'm somewhere but I'm not here.		
Ship	SF	
Ship	F	
Space ship		
I'm not getting any images.	SF	

<u>Repeat " I'm not getting any images".</u> I'm not getting any images. I'm not getting any images.		
<u>Is there an earlier beginning to this incident?</u> Yes		
<u>Move to the new beginning.</u> <u>Tell me when you're there. Move through the incident telling me about it as you go.</u>	LF, F 4.8 SF,F	
<u>Pine Gap.</u>	F	
The hook into me is like what they did to (anonymous male).		This refers to a story that I had told Michael. An 'Anonymous male' that I know had told me about a clearing session that he did in Queensland, with a biofeedback meter and a very good Clearing Practitioner. What came up was that that he was hooked into an alien device in the US Military underground bases at Pine Gap, in the centre of Australia. (Australians know nothing about what goes on at Pine Gap). This device was monitoring him.
<u>Are you at Pine Gap?</u>	F	The 'you' I refer to is not the body. It is the spirit, the soul-personality that is the 'real' individual, who lives in the body.  This session with Michael was held in Australia.
Yes	F	
<u>When was this incident?</u> I don't get a time.		
Now	F	
<u>What part of you right now is in Pine Gap?</u>	LF	
My mind	F 4.7	
My heart	LF	
<u>Have a look. What do you see?</u>	F ↓4.3	Note the reads and the drop in TA from 5.2 (at the start of the session) to 4.3
Every time I try to see I get a chill.	F	
<u>How are you held there?</u> Containment field.		
<u>What is its purpose?</u> It holds the piece of the person.		
<u>What is its purpose?</u>		
	F,F, 4.1 SF,F,F	
Control	SF	
<u>Move to the first time you were put there.</u>	LF 4.2	
<u>Move through the incident telling</u>		

me about it as you go.	LF 4.0	
<u>When is it?</u>		
Yesterday	LF 3.9	Note the read
<u>What time?</u>		
2.00 am	SF 4.2	
<u>What happens?</u>	SF	
My body is not taken.	F	Note the read
<u>Who gave the order?</u>		
Name on list.		
<u>Human?</u>		
No	SF	Note the read. This indicates that 'no' is the correct answer
<u>Grey?</u>		
No	SF	Note the read
<u>Reptilian?</u>		While working with a group of people who were taking 'invisible circuitry' off people, that had been put on them by aliens, it was found by muscle testing that reptilians do not fit into the term 'alien'. They have been on this earth for such a long time that they are considered residents by our bodies.
Yes	F	Note the read
They put a hook in, which siphons off energy, but not enough so you're aware.		
Pretty soon they have a lot of energy.	F	
They use it for barter.	LF 4.5	
<u>Who are they bartering with?</u>		
Others		
<u>Other species?</u>	F,LF 4.0	
Not a species. A demonic power.	4.1	
They have specific targets.	4.2	
The normal person doesn't have what they want.	F	
<u>What do they want?</u>		
Metagene	F 4.1 4.0	
<u>Is all of you back here now?</u>		
Yes		
<u>Undo the hooks.</u>		
Get you back.	SF Yawn	
<u>Bring it back.</u>	SF 4.5 LF 4.3 LF 3.5 F/N VGI 3.3	This was a successfully completed session. We now have TA in a good range (3.3), plus a floating needle and very good indicators.
All hooks are gone.	F	
<u>End of session.</u>		
I got today that the Lord shows me the power of deliverance.		



## **Session 12: Family Upset II**

24<sup>th</sup> August 1997, USA

This session was to handle an upset. The cause was linked with his family and has not been included here.

## Session 13: Super Learning I

12<sup>th</sup> October 1997, USA

Summary: This session became necessary because Michael, who had been feeling very good in general, suddenly “felt as though he was being drained”.

We looked at a time on Mars when Michael was fed lots of information using wires placed on his head and drugs. We learn later (in Session 21) that a movie screen was used also.

Food okay Sleep okay Metabolism 3”		
<u>Start of session.</u>	5.2 Client feeling drained	Note: Tone arm was high at the start of the session, indicating that something was going on, or that a past incident was in restimulation.
<u>What happened?</u> I was completing some tax forms. I made a phone call to the government.	F	
<u>Do you have an incident in restimulation?</u>	F	
Yes		
It feels like I'm drugged	SF	
<u>What drug?</u>	SF	
Scopolamine		
<u>When did this happen?</u>		
A long time ago	SF	
<u>When?</u>	SF	
1978		
I don't like feeling this way		
<u>Move to the start of the incident and tell me when you are there</u>	F	
I feel less tired now.		
<u>Move through the incident telling me about it as you go.</u> It was a test run to see if I can handle drugs.		
<u>What's happening?</u>	5.8	
They're watching to see that I don't die		
<u>Is this the same incident that we ran before?</u>	F	This refers on an incident on Mars which we looked at in Session 9, 8 <sup>th</sup> June.
Yes		
<u>Was it activated by the phone call to the government?</u>	F	This refers to a normal phone call he made in his normal life to a government department.
Yes		

It's a programmed response. There's a certain number. It's linked with a post hypnotic suggestion that they gave me.			
<u>What words did they tell you?</u>			
No words. If the post hypnotic suggestion gets tripped, the scopolamine gets triggered.			
<u>How much scopolamine?</u>	SF		
1 ½ mg			
<u>How many times were you given this?</u>		6.0	This is an INCREDIBLY high TA. Remember, TA goes up exponentially.
I feel a twinge in my neck	LF	5.9	Note physical pain
<u>Move to the start of the incident and tell me when you're there.</u>	LF	5.8	
Part of process	SF	5.9	
Jumbled images	SF,SF,SF	5.8	
Something over my eyes			
Injection			
I'm lying in a medical room			
Headset			
Darkened room		5.9	
I don't see anything	SF		
<u>Repeat "I don't see anything"</u> I don't see anything, I don't see anything			
There's nothing there	SF		
<u>Repeat "there's nothing there".</u> There's nothing there. There's nothing there.			
<u>Are you lying down?</u>			
No, I'm standing up. I'm coming out.	LF	↓5.6	
I'm getting less tired.	F		No doubt he's less tired! While TA 5.6 is very high, TA 6.0 is super high. Remember, TA goes up exponentially.
<u>Move to the start of the incident. Move through the incident telling me about it as you go.</u>	F		
They didn't tell me what they were going to do to me.	LF		Note the read
They made out it was just a test.		5.7	
I took a tablet first. Then a shot – that's the scopolamine. Then they give orders. I do it.	F		
They tell me to sit in a dark room.	F		
Put wires on my head. They feed me information.			
<u>What kind of information?</u>			

Everything. Scopalamine opens you up so you can be educated at high speed.			
<u>What did they educate you about?</u>			
Procedures, history, loyalty, aliens, technology.			
Remote viewing information	SF		
<u>How long did they do this for?</u>			
Several times			
<u>How long did each session last?</u>			
3-4 hours			
	SF		
<u>What happens next?</u>			
I come down from it.			
<u>My head feels like it's going to explode.</u>	F		
They lead me somewhere to recover.			
The drug starts to wear off.			
<u>How are you doing?</u>	F		
A little tired		5.6	
		5.5	
<u>Move to the start of the incident.</u>			
I'm getting tired.			
<u>Move through the incident telling me about it as you go.</u>			
C/L (communication lag)			
<u>What's happening? What feeling?</u>			
Tired.	F		
Led into dark room		5.6	
Head set put on	SF		
Fill my head with information.			
<u>Are you in your body?</u>			
<u>Where are you – I mean you as a spirit, not your body?</u>			
There's something going on, on the metaphysical level.	SF		
Information transfer			
<u>Where is your soul?</u> (Discussion to explain that we are not the body – we are a spirit, or soul, that is separate from the body).			
While they do this to me, I don't know.	LF	5.5	
They've programmed the body, but they can't touch the real me	F/N	↓4.9	Note the floating needle. This realisation is one of the most important of us all to remember.
Only affecting the brain	F		

<p>I'm not tired. Their technology only works on the physical, including things like the aura. But they can't affect the real you!!!  It's like a hand in a glove. If anyone messes up the glove, when you put your hand back in it, it may feel uncomfortable, but the hand is still okay!!!</p>	<p>F/N ↓4.7  Client much more cheerful.</p>	<p>Note this important realisation, and remember it for yourself!</p>
<p><u>End of Session.</u></p>		

This incident was looked at again on 23<sup>rd</sup> February 98 (Session 21).

## Session 14: Super Learning II

20<sup>th</sup> December 1997

This session turned out to be a different incident from the previous session 13 although I was not aware of it at the time. On 23<sup>rd</sup> February (session 21) the mix up was sorted out. It turned out Session 13 describes an "orientation" training two weeks after arrival, which consisted of eight sessions in which he was force fed information.

This session, Session 14 describes a "job specific" training thirty days after arrival, consisting of 5-7 sessions where he was force-fed information using a movie screen and drugs. (Inconsistencies in the number of movie sessions would be due to my asking questions which could be considered ambiguous or because there was no real distinction between one series of movie education and another).

Food okay Sleep okay Metabolism 2.5"	5.0	
<u>Start of session</u>		
<u>What's been happening?</u>		
Nothing	F	
<u>Do you have an incident in restimulation?</u>	F	
Yes	F 4.6	
<u>Move to the beginning of the incident. Move through the incident telling me about it as you go.</u>		
I don't get any images.	F 4.7	Note the read
<u>Repeat "I don't get any images"</u>		
I don't get any images. I don't get any images.	F	
I don't see anything.	F	Note the read
<u>Repeat "I don't see anything".</u>		
I don't see anything. I don't see anything.		
I get an idea I was an instructor before.	SF,SF	
I feel a queasiness in my stomach	SF,SF	Note physical manifestations
I don't see anything.	F	Note this read
I feel tense.		
I don't know.		
<u>Repeat "I don't know".</u>		
I don't know. I don't know.	F,F,F,	
(Communication Lag)	F,F,SF 4.6	
A block		
I'm not getting an images.	F,F,F,F	Note lots of reads
I feel more relaxed now.		
<u>Are you now at the end of the incident?</u>		

Yes	F	
<u>Move to the beginning of the incident.</u>		
<u>Is there an earlier beginning to this incident?</u>	LF	
I feel real tired.	F	
<u>Move to the new beginning and tell me when you're there.</u>		
I'm there.	F 4.5	
<u>Move through the incident telling me about it as you go.</u>	F	
I'm not seeing anything.	F	
<u>Repeat " I'm not seeing anything".</u>		
I'm not seeing anything. I'm not seeing anything.	F	
I'm trying to look into the darkness. (I explain that in the incident he may be blindfolded or it may be dark. We just push on and he will eventually work out what is going on).	F	
I feel tired	F,SF,F	
Very tired	F	
It's some kind of drug	F	
I'm not getting any images (Communication lag)	F,F F,F,F,F,F,F, F,F ↓4.2	
<u>Move to the start of the incident.</u>		
<u>Is there an earlier beginning to this incident?</u>	F	
No		
<u>Move through the incident telling me about it as you go.</u>		
I'm very tired.	F,F,F,F,F,F Shakes F 4.1 F 4.3	Note heaps of reads and body movements
Instruction	F	
Very tired	4.5 Breath	
Some kind of teaching		
	F	
I want to open my eyes	F	
So tired	SF	
I'm not getting any images	SF,F,F,SF,F	Note the reads.
I don't see anything	F	
<u>Is this your incident? Is this happening to you or to your body?</u>		
Me		
	LF 4.4	
I feel like I'm being taught something.		
I want to go to sleep, but can't.		
	F	

Tired.		
I don't see anything.	4.5 F,F	
Somebody says it's over. I'm done.		
That's the end.	↓3.9	
<u>Move to the start of the incident.</u>	4.4	
<u>Move through the incident telling me about it as you go.</u>	4.2	
It's a military thing.	F	
There is more than one person involved.	F,SF	
I'm sitting in a chair.		
A technician gives me a shot.	SF 4.4	
I have to watch a screen		
My chair leans back.		
There's a screen - like a movie screen.	4.5	
Some of it is mathematics.		
Some is planets. Some is to do with the capability of space craft.		
Some is to do with things on our craft.	F	Note the read
Some is to do with things on enemy craft.		
Some is to do with weapons capabilities.	F	
Velocities. etc.	↓4.3	TA is now starting to come down from an initial 5.0
Tactics		
About flying our own ships.	F,SF	
It's like I'm force fed information.		
It goes directly into my mind optically.	F,F	Note the reads
But nothing beats experience	F	
This gives technical knowledge.	4.2	
But it can't teach everything.	F,F	
It's over. You can take only so much at a time. You have to go back several time, till it sticks.		
<u>How many times do you go?</u>		
7	F	
<u>Where is this?</u>		
Mars base	LF	Note the big read
<u>When?</u>		
	F 4.0	
I don't know		
<u>I repeat the question, When?</u>		
1978	F 4.1	Note the read
I'm done	LF	
I'm not so tired.		
<u>Move to the start of the incident.</u>		
<u>Move through the incident telling me about it as you go.</u>		



We're told there's one particular bit of training to do.	F 4.2	
We're talking	F	
We have notebooks.	SF	
We think it will be a regular class.		
We're wearing cover-alls.		
Then what happens?	F 4.1	
They say we're doing something different today.	F	
We say - what's this going to be.	F	
We go down the hall.		
Into a darkened area.	F	
There are chairs like dentist chairs.		
I get in and lean back.	F	
They strap you in.		
They say you'll be drugged because you could fall off.	LF	
There's a big screen.		
Every seat is like the best seat in the house - they can all see it.	F 4.0	
They give me a shot.		
What of?		
Scopolamine	F	Scopolamine again
Anything else?		
No		
The movie starts	4.1	
	F F/N shakes	Note physical reaction
I'm looking at the information on the screen.	↓3.9	
I don't see anything on the screen, but the information is still coming in.		FINALLY, we get the explanation as to why he was not able to see anything at the beginning of the session! And why we get so many reads on sentences like "I don't see any images" and "I don't see anything" – because he doesn't see any images on the screen!
They're flashing it too fast to see.		
It's real hard on you. It hurt's your head.		Please note - here he should be saying "I" instead of "you". The meter does not read anywhere near as well when a person says "you" because literally they are not talking about themselves - and so their mind and body does not connect with what they are saying.
How is your head?		
Okay	F	
I'm really tired.		
It's over.	F ↓3.8	Note that TA has now come down to an acceptable 3.8

<u>Move to the start of the incident.</u> <u>Move through the incident telling me about it as you go.</u>		
I'm at the base.	LF	
It's just another day.	3.9	
They assign each of us a chair.	F	
My arms are strapped down.		
I'm given a shot.	F	
The lights dim.	4.0	
I can't make out any images on the screen.		
It goes on for a period.		
<u>How long is the movie?</u>		
About 30 minutes.		
It takes 1 - 1 <sup>1</sup> / <sub>2</sub> hours to get over the shot.		
<u>How many times have you "gone release?"</u>		<p>Release: When the spirit temporarily disassociates from the body and its negative mind (i.e the subconscious, reactive mind). This gives the "high" that people feel when they are on drugs. They are merely experiencing our natural state of being.<sup>vi</sup></p> <p><b>In this session - asking this question created a problem.</b> Michael did not understand the term. He got upset at my asking him this question. This is indicated by the following rise in tone arm, which by now should have be going down, not up.</p> <p>This mess up shows the importance of working with a trained clearing practitioner who sticks to the clearing practitioner's code and rules</p>
None		
<u>Move to the start of the incident.</u>		
I'm at the start of the incident.	LF 4.4	
We'll be glad when we can get out in the field.	4.5 F 4.7	
We have to watch it. It gives me a headache watching it.	4.8	
		(Here I stop the session to clear up the definition of "release" - however, I am not successful in this. Michael remains upset).
<u>Is there an earlier similar incident?</u>		
Yes	X	

You caused the upset in your explanation of release to me.		
I'm pissed off.	F Angry	
<u>Do you have another incident in resimulation?</u>	F	It appears as though another incident is in restimulation. However, the session has been going on for a while, and it is time to stop for a rest. I am unsure how much of the anger is simply from my asking a question about something that Michael does not agree with.
Yes	F	
<u>Move to the new incident.</u>	LF 4.1	
<u>Move through the incident telling me about it as you go.</u>	4.3	
I'm pissed off.	F F	
I don't get any images.	F F LF 4.1	
<u>How do you feel?</u>		
Fine		
I'm not seeing anything	F F F 3.8	
<u>Repeat " I'm not seeing anything".</u>		
I'm not seeing anything.	F	
I'm not seeing anything.	F	
There are no images, just a blank wall.		
I'm not getting anything.	F 4.0 SF,F	
There's nothing there.	F F ↓3.7	
<u>Repeat " There's nothing there".</u>		
There's nothing there	F	
There's nothing there	LF	
	F,LF,LF,LF F/N 3.7	Having got the tone arm down, and a floating needle, I end the session here.
End of session		

This incident was looked at again on February 23<sup>rd</sup>, Session 21.

## Session 15: Eight Years Old

17<sup>th</sup> January 1998

Summary: We located an incident, and then I asked if there was an 'earlier, similar' incident. By this method, we went down a chain of incidents in an effort to locate the base of the chain. The theory is that once you get rid of the charge of the base of a chain of incidents, the later incidents will also lose their charge.

Eventually we located an incident at eight years old, when 'they' started doing things to Michael. We also located evidence that Michael's involvement was caused in part by 'them' doing something to his father while he was in the Air Force in Las Vegas.

Food okay Sleep okay Metabolism 1.25"	5.0	Note: Metabolism is within range for a session, as it has at least 1", but it is lower than we normally get with Michael.
<u>Start of session</u>		
<u>What's been happening?</u>	F/N	
<u>Do you have an incident in restimulation?</u>	F	I ask this because of the high TA. The read on the question and the answer shows that, yes, there is an incident in restimulation.
Yes	F	
<u>Yours?</u>		I asked this because sometimes we can pick up 'charge' from other people
No		
<u>Whose?</u>		
(any answer not recorded)		
<u>To do with work?</u>		
Yes		
(here looked at a few things to do with work, which got a few reads)		
<u>Do you have another incident in restimulation?</u>	F	
Yes	F	
<u>Move to the beginning of the incident.</u>	F	
<u>Move through the incident telling me about it as you go.</u>	SF,SF 5.1	
Hospitals. This may have something to do with why I get really mad at hospital movies.	SF	
<u>Are you in a hospital?</u>		
Yes	SF	
I was in one	SF	
Navy		
I'm not really seeing anything.		

Operated on	SF	
Pain in my neck	SF	
I get better.		
<u>Move to the start of the incident.</u> <u>Move through the incident telling me about it as you go.</u>	SF	
	R/S	Note the rock slam, which usually indicates an 'evil purpose' belonging to someone or something in the incident.
<u>Is there anything in this incident with an evil purpose?</u>		
They're not there for a disease type of operation - it's something else.	5.4	
It's just a big blank.	SF	
I feel very relaxed	F 5.5	
I'm not getting any images	R/S	
I feel like I'm floating		
<u>Are you in your body?</u>		
Yes		
<u>Is this an incident we've already looked at?</u>		
(any answer not recorded)		
<u>Is there an earlier similar incident?</u>		
Yes	F	
<u>Move to the earlier similar incident and tell me when you' re there.</u>		
I'm there.	LF ↓5.3	
<u>I'm younger. Early teens.</u>		
<u>What happens next?</u>	F	
	F	
I feel relaxed or tired.		
The back of my neck still hurts	F	
<u>Is there an earlier beginning to this incident?</u>		
Yes		
<u>Move to the new beginning. Move through the incident telling me about it as you go.</u>	↓5.2 SF,SF	
<u>When is this?</u>		
When I'm 12 years old		
Real tired.		
I just want to go to sleep.	SF 5.5	
<u>Is there an earlier similar incident?</u>	F	
Yes	F	
When I'm 8 years old.		
Real tired.	SF,SF,SF	
<u>Is there an earlier beginning to this incident?</u>		
No	5.4	
No words.		
My head hurts in the forehead.	SF,F,F,LF	

This is when they started doing things	F	↓5.1	Note read and sudden drop in TA
Changes or enhancements			
	F		
It's like they're changing me	SF	↓4.9	Note the read and sudden drop in TA
I must be at the end, because I'm not tired			
<u>Move to the beginning of the incident. Move through the incident telling me about it as you go.</u>		4.8	
The government's involved, and so are the aliens. Something to do with my father - that's how they know about me, cause my Dad worked for the government.			
They did something to him when he was in Las Vegas.	LF	↓4.7	Note the read Remember this !!! This will be more significant in a later session.
They did something to him.	F		
I'm the result of what they did.			
	SF		
<u>How do you feel?</u>			
Good	F	5.0	
(I ended the session here, to continue at a later date. I presume I did this because it seemed confused, and TA was staying high. High TA can be caused by a person being tired, and metabolism was lower than normal at the beginning of the session).			

## Session 16: Super Learning III

22<sup>nd</sup> January 1998

Food okay Sleep okay Metabolism		
<u>Start of session</u>	F/N 4.0	
<u>We are going to go over again the incident from 12<sup>th</sup> October 1997 (Session 13). Is that incident erased?</u>		<p><i>Please note:</i> There was a bit of confusion when this session was done. It was worked out later that on February 23<sup>rd</sup> (session 21) that there were 2 incidents that appeared to be similar.</p> <p>The session done on 12<sup>th</sup> October (session 13) (which we look at again in this session) described a series of "training" sessions with wires on his head and drugs. (We find out in this session that it also involved a movie screen). This series of training happened 2 weeks after his arrival on Mars.</p> <p>The session done on 20<sup>th</sup> December (Session 14) describes a series of trainings with a movie screen and drugs, which were more job specific, done 30 days after his arrival.</p>
No	F	
<u>Move to the beginning of the incident and tell me when you're there.</u>	F 3.5	
<u>Move through the incident telling me about it as you go.</u>		
(not recorded)	F,F F/N	
Class told to report	F 3.4	
Dark room	F, F/N	
Chairs to sit in. I'm strapped in. Instruments measure telemetry - measurements coming off the body. I'm given a drug. Given a shot.	3.6	

There is a movie screen, it's curved around. I'm told to watch the movie. I don't see anything on the screen except a blur.	F	Now it appears as though they used a movie screen in the training incident from session 13, as well as the training incident from session 14 (unless he has now jumped from one incident to another – because he mentioned in session 13 that he 'has something over his eyes' – but maybe this equipment interacts with the movie screen).
<u>Have you any misunderstood words from the movie?</u>		
No		
I'm really tired from the shot. Seems like it lasted a few minutes. I wake up.	F/N	
<u>Is that incident erased?</u>		
Yes	Tk	

This incident was looked at again on February 23<sup>rd</sup> (Session 21).



## **Session 17: 'Booby Traps' Against Remembering II**

28<sup>th</sup> January 1998

This session was purely a kinesiology session, removing Wernicke's commands, which were 'booby traps' designed to affect him should the short circuits stopping him from remembering, be discovered and fixed.

It was found from muscle testing that there were ten commands. These were:

1. "Your heart will stop if you remember"
2. "Your brain will be damaged if you remember"
3. "You will have a stroke if you remember"

Then he started saying "nothing's coming to mind" which led to the discover of:

4. "Your mind will be erased if you remember"

He started feeling tired and couldn't think. I asked the body if there were drugs in restimulation. The body said yes. The drugs were balanced out.

5. "You'll lose your mind if you remember"
6. "You'll go insane if you remember"
7. "Your nervous system will shut down if you remember"
8. "You will forget everything if you remember"

He then thought the next command was "you'll die if you remember" but the actual wording turned out to be:

9. "You will be dead if you remember"
10. "You will not live if you remember"

He was questioned as to who gave him each of these commands as each one was discovered. All of these commands appeared to have been given to him by a doctor on Mars.

## **Session 18: Mind Control Commands I: Mind Control**

7<sup>th</sup> February 1998

Michael had come a long way since the first session. Originally he was very much a loner. As the charge came off him, he became much more friendly and people began to warm to him, when previously many felt threatened by him.

In this session, various Wernicke's commands were discovered and removed, which would have helped to have kept him a loner. This session was done to see if there were any commands which would affect his love life. Surprisingly, the source of the commands did not come from parents or society or religion as it does for most people.

1. "Don't make love" (we didn't discover who gave him this command).
2. "You can't perform" (given by a doctor on Mars).
3. "No woman wants to have sex with you" (given by a doctor on Mars).
4. "You can't keep it up" (given by "The Controller" - the person in charge of monitoring him. At the time we didn't know what this meant. However, we later discovered a man called 'The Controller' in session 34. There may be more than one 'controller' but it is interesting never-the-less).

Here he got the realisation that they wanted him to love no one but them.

5. "You can't trust anyone" (given by the doctor on Mars).
6. "You have no friends"
7. "Women are sluts"
8. "You don't need anyone"

## **Session 19: Wernicke's Commands II: Health problems**

8<sup>th</sup> February 1998

This session was another where we looked for Wernicke's commands. It was done to help Michael gain more energy, as he had been feeling quite tired, and had been having physical problems, such as pain in the legs. What came up were the usual kind of Wernicke's commands that you find on most people.

They are included here as a comparison, to show that not all the commands that were discovered came from people to do with Mars!

1. Coffee is poison (this command came from a book).
2. Soy milk gives you belly ache (this command came from a book).
3. You're weak-kneed (this command came from a physical education teacher at school).
4. You're deformed (this command came from a thought his father had at birth).
5. You're not my child (this command came from a thought his father had at birth – we have no idea why).
6. You won't live very long.

## Session 20: Casualties of Mars

February 21<sup>st</sup> 1998

Summary: We have a further look at what was begun in Session 9. We see how he got from earth (at Great Lakes, Illinois) to Mars through a jump gate. We saw what happened on his arrival.

We learned that new recruits were given a drug to enhance their abilities. They were not warned that this drug could kill them. Three out of his group of fifteen died in the process.

He then got a general orientation of the base.

Food okay Sleep okay Metabolism 1.5"	4.2	
<u>Start of session</u>	F/N 4.1	
<u>We are going to have another look at the incident from the session of 8<sup>th</sup> June 1997 (session 9) (read out that session)</u>		
<u>Do you remember this session?</u>		
Yes	F	
<u>Is that incident erased?</u>		
No		
<u>Move to the beginning of the incident. Move through the incident telling me about it as you go.</u>	F	
Great Lakes	F	
Illinois		
Where I was taken for electronics training.		
When I was recruited	F	
I am awakened at night.		
There are 2 people to a room.	F	
He tells me to follow them. I'm still sleepy.		
I go down the hall.	F	
We meet the officer. He tells us about the program.		
It's past midnight. Volunteers are asked for. I'm not given a chance to go back to my room. We're led down the hall. We're still in the barracks. We're led into a room. It's a camouflaged room - build to look something like a broom closet. There are steps into the underground area.		

Underneath the Great Lakes base, there is an entire underground area.	F,F	Note the reads
I don't remember anything.	F	
<u>Repeat " I don't remember anything".</u>		
I don't remember anything. I don't remember anything.	F	
The tunnel.		
The base I'm to be assigned to is the Mars base.		
The way to get there is through the jump gate. It's like a tunnel through hyper-space.		
They give me scopolamine.	F	
I'm in the transmitting area.		
They give you scopolamine so you don't react badly, when you're in the tunnel, because it's very disorienting.		
I start to feel lethargic.	F	
We line up on a platform.	F	
Standing in front of the tube area. We get the order to walk into it.		
We have to stay 15 feet apart.	SF 4.0	
They say to ignore anything you see or hear - just walk.		
I start walking.	F	Note all these reads
I keep walking.	SF	
It's cool inside the tube.	F	
I see the light at the end.	F	
<u>How many steps do you take to get to the end?</u>		
200	SF	
I'm coming out the other end.	F 3.9	
As I come out I am met by people. They hold me up because it's very disorienting. They greet us.		
Give me a couch to lie on.	F	
I go to sleep.	3.9	
Nothing bad happens to me through that bit.	F	
I wake. I'm tired and hungry		
	F	
Someone comes in. Can tell they're watching. They say I can have anything I want.		
We go to the mess hall.	F	
It's not like a mess hall. It's very nice, almost like a restaurant.		
	F 3.6	
I'm eating.	F	
I'm introduced to others in my group.	3.7	

	SF	
I'm told the real training starts in a week.	F	
It's mostly free time till then.		
I'm given a chance to make myself familiar with the base.	SF	
They show me the bank. I get the idea that the money is just for here. They show me the book stores, gym etc. like you're back on earth.	F	
I get eye tests, blood tests, urine tests, physical exams. It's basically a vacation.		
	F 3.6	
The week's over now.	F 4.0	
It's Saturday.	SF F/N	Note the floating needle. This indicates that we have removed most of the charge from this incident and there is not too much more that is both important and hidden.
I'm told to report to the doctor's office.	LF	
We're given military orientation about our jobs.		
	F 3.8	
I'm being told about the remote viewing, but I'm not told about taking drugs to enhance our abilities.		
I'm told some people won't make it. They say it's nothing to be ashamed of - they'll be reassigned.	F	Note the read
They don't tell us what happens to those who don't make it.	F	Note the read
Told there is a series of tests.		
We're not told the whole program.	F 3.7	
I'm starting to feel tired again. I think I've been given a drug.	3.8	
(communication lag)	F	
I feel really tired.	F	
I feel a pressure in the middle of my forehead.		
(communication lag)	F,LF,F 3.7	
Very tired	F,F 3.6 F,F 3.7	
I'm being given scopolamine. It slows me down. Plus I've been given the first drug for enhancement of psychic abilities.	F	
It starts with "tri ..."	3.8	

Scopolamine stops me from being harmed by the other drug. It works for me. Other people fry - their brains are damaged.		
I still feel that pressure in my forehead.	F	
I'm being monitored. Electrodes on my head and neck, to monitor the progress of the treatments.	F,LF,F F/N	
I'm this way for 3 hours.		
It's boring.	LF	
My body's not tired at all, but I can't move.	3.6	
At the end of the 3 hours I'm not so tired. The name of the chemical is something like Tripazedine or Tripazidide.		
They don't let me go to sleep during the treatment. It's really boring. They watch me.		
<u>Are there others that don't make it?</u>	F	
Yes		
<u>How many?</u>		
3	F	Note the read
They died.	F	
My group was 15 people.		
	F	
I go get something to eat.	3.9	
The same thing happens every day for the next 7 days.	3.8	
<u>Move to the start of the incident. Move through it telling me about it as you go.</u>		
I'm awakened. I follow the guy.	F/N 3.7	
All the others say 'yes'.		
<u>Are you surprised when they tell you it's on Mars?</u>		
I'm not told. They tell us that just before I get the scopolamine. I agree to go.		
In the underground we're told a bit more. Very general things. It's very hush, hush. It's many levels above top secret. Special training. Special duties. Vital to national security. Fast promotion. Extra pay.	3.9	We often wonder – what happened to the extra pay? How does he get the pension he deserves after working for over 20 years for the military?
We all volunteer. It's not till a few hours later they tell us more about Mars. The fact that we've been chosen overshadows everything. It's like a James Bond movie.	F	

We're sworn in. It's a different type of military. A new organisation.		
What is it's name?		
M.D.F. Mars Defense Force		
	LF	
They give us some personal items, and a back pack. All the clothing is synthetic. It's to do with the fibres that can clog air filters.		3.7
We're issued clothes.	F/N	3.6
See the tube.		
They give us a shot with a gun, not a needle.	F/N	3.3
I survive the trip.		3.5
I'm given a dorm room.		
The first phase is the sensitivity phase. Once a day for 8 days.	F/N	3.2
<u>How do you feel?</u>		
Fine		3.0
<u>End of session</u>		We are starting to get floating needles and a good range of TA through this incident. It is probably close to being erased.

It is interesting to note that the first time this incident was looked at in Session 9, 8<sup>th</sup> June 1997 the tone arm was quite high, ranging from 5.5 to a low of 4.2 at the end of the session. People feel a bit like a 'block of concrete' when the tone arm is as high as 5.5. The second time this incident was looked at the tone arm was much lower, with a high of 4.2 and ending at its lowest at 3.0.



## Session 21: 'Super Learning' III

February 23<sup>rd</sup> 1998

Summary: We looked again at session 13, the first time he was force-fed information at super-speed, using wires on his head, a movie screen and drugs. We also looked at session 14 which was the second series of trainings where he was force-fed information using a movie screen and drugs.

Food okay Sleep okay Metabolism 1.5"	F/N 4.3	
<u>Start of session</u>		
<u>Is the incident we looked at in the last session erased?</u>		
Yes	SF	
(I explain how I have been a bit confused, regarding the sessions to do with education via scopolamine and the movie screen done on 12 <sup>th</sup> October 97 and 20 <sup>th</sup> December 97. Are these describing the same incident - or are they two separate incidents? It turns out they are two separate series of incidents).		
<u>The first incident - how many sessions did you have?</u>		
8	LF	Note the read
<u>The second incident - how many sessions did you have?</u>		
5	F	
<u>Were there others?</u>		
20		
<u>How many times in total were you given scopolamine plus information input?</u>	F	
Over 50		
Not all at once.		
<u>How many times when you were first on Mars?</u>		
8. The first one (12 <sup>th</sup> October) was an indoctrination.		
<u>How many days after you arrived on Mars before they did the session we ran on 20<sup>th</sup> December?</u>		
30 days	F	
<u>That was the second one. It was job specific.</u>		
<u>How many days after you arrived on Mars before they did the session we ran on 12<sup>th</sup> October?</u>		
2 weeks	F 4.1	

<u>Is the incident from 12<sup>th</sup> October (session 13) erased?</u>		
No	F	
<u>Move to the start of the incident. Move through the incident telling me about it as you go.</u>		
	F	
I report to a room.		
Surprise	F	
I'm told where to go next. Something different.	4.0	
	SF	
There's a special room.	F/N	
It's dimmed. Good size.		
	F	
They say it's an experiment. I'm given a tablet.		
	F	
<u>What is it made of?</u>		
Scopolamine	X	
<u>Is it possible it's made of something else?</u>		
Yes	LF,F	
I'm very relaxed. I'm told to watch the movie.		
<u>What do you see on the screen?</u>		
Images - too fast to see.	4.1	
	F,F	
Real tired	3.9	
	SF F/N	
<u>How long does the movie go for?</u>		
3 hours	F 3.8	
I start to recover.		
<u>Were you given any commands that have affected your subsequent existence?</u>	3.7	
Yes. (The commands that he was given are in inverted commas): "Keep everything secret"	F,SF 3.8	
"Don't betray"		
"Tell no one"		
"You're special"		
"Keep your word"	F,F,SF,F	
"There's nothing there"		
<u>Repeat " There's nothing there".</u>		
There's nothing there. There's nothing there.		
"Fight the enemy"		
"Never give up"	SF	
"Tell the truth"		
"Loyalty and honour"	SF,F,F	

There's a pressure on my forehead.	F	
<u>Any other commands?</u>		
No		
<u>Move to the start of the incident.</u> <u>Move through the incident telling me about it as you go.</u>	↓3.4 3.5	
(He tells the same story)	F/N 3.3	
Is that incident erased?		
(answer not recorded)	X	
<u>Is the second incident - the job specific movie training, from the session of 20<sup>th</sup> December, erased?</u>		
Yes	F 3.3 tired	
<u>End of session</u>		

## Session 22: Machines Amplify Abilities

21<sup>st</sup> March 1998

The initial upset was something to do with a lawyer he was dealing with at the time. Then an incident to do with Mars came up. There was a machine, which was attached to his head, which amplified his abilities. There was a lot of charge associated with this machine. Eventually he saw a "red dot" which he tried to concentrate on. We ended the session before it was complete.

Food okay Sleep okay Time 10.00 pm Metabolism okay	4.6	Note: Normally a session would never be started this late at night. However, in this case Michael was in a state where it seemed that doing at least a short session would do more good than harm.
<u>Start of session</u>		
<u>Do you have an incident in restimulation?</u>		
Yes		I didn't get a read on the question or the answer. However, there is obviously something going on with him. I decide to push on anyway to see what comes up.
<u>Move to the beginning and tell me when you're there</u>		
I'm at the start	F	
I feel spacey. Tired	SF	
<u>Is this your incident?</u>		
No		
<u>Is it an entities?</u>		
No		
<u>Are you under attack?</u>		
Yes	F	
<u>Locate the source of the attack</u>		
The lawyer (Michael was having dealings with a lawyer at the time)		
Not my lawyer. The trustee guy.		
He's under stress	F	
I'm tied in	3.9	
<u>Do you still have an incident in restimulation?</u>		
No	SF	Just 'spotting' his connection to the lawyer has got rid of a lot of charge.
I feel weird		
Light-headed		

<u>Do you have an incident in restimulation?</u>		
Yes		
<u>Move to the beginning of the incident and tell me when you're there. (he does so) Move through the incident telling me about it as you go.</u>	4.1	
I'm looking at the brown table	LF,SF	
I'm thinking about the book	F	
"Diamond Mask" (by Julian May)	SF	
The powers in it	F	
The battle against evil	F	
<u>Do you have an incident from reading the book?</u>		
Yes	4.0	
	SF	
I've got a headache in my forehead	F,F	
My head aches. It hurts.	F,SF	
It's to do with the use of cerebro - enhancement on Mars	F	This does not necessarily mean that this incident happened ON Mars. It's TO DO with Mars.
The machine that amplifies C/L (communication lag)	3.6	
	F	
	F	
Be in the incident	F,F	
My thinking is cloudy	F 3.4	
It's hard to concentrate	F 3.2	
There's some machine that they attach to my head	F	
It's an amplifier		
My thinking is very cloudy	F,F,F,F,F	This is probably, in fact, a Floating Needle here, rather than a series of falls. Floating needles often follow a big drop in TA – and w have come down from an initial 4.6 to 3.2.
I'm not getting any images		
<u>Is that the end of the incident?</u>		
I guess		
<u>Move to the beginning of the incident and tell me when you're there. (he does so).</u>		
<u>Is there an earlier beginning to this incident?</u>		
Yes		
<u>Move to the new beginning and tell me when you are there.</u>	LF 3.0	
I have weird headaches. I don't want to keep my eyes open	yawn 3.1 F	
I'm not thinking clearly	F,F	
I'm trying to clear my mind		
I'm pushing out what's clogging my mind	F,F 2.8	

	F 3.0	
How do you feel?		
My head doesn't feel clogged.		
<u>Move to the beginning of the incident and tell me when you're there. (he does so).</u>		
<u>Is there an earlier beginning to this incident?</u>		
No		
I have a faint image of me in a control area.	LF,LF	
There are a bunch of machines	3.0	
I'm assigned to one. I guess that's where I do remote viewing.		
There's an image of me talking to people - before or after a shift.	F	
It's the end of the shift	LF	
<u>Move to the beginning of the incident and tell me when you're there. (he does so) Move through the incident telling me about it as you go.</u>	3.3	
Pressure in my head. It's uncomfortable.	3.4	
	SF 3.5	
	SF	
I'm not getting any images		
<u>Repeat "I'm not getting any images"</u>		
I'm not getting any images. I'm not getting any images.		
	F 3.3	
I don't see anything.		
<u>Repeat "I don't see anything"</u>		
I don't see anything. I don't see anything.		
Nothing's coming to mind	F,SF,LF,F 3.4	Plenty of reads. There is something going on.
It's blank	SF 3.5	
I'm sorry	F	
<u>Move to the beginning of the incident and tell me when you're there. (he does so)</u>	LF ↓3.1	
<u>Move through the incident telling me about it as you go.</u>		
My mind feels clogged	LF yawn	
I can't think straight.		
<u>Is this what's happening to you in the incident?</u>		
Yes		
I feel drugged.	3.0	
<u>Are you?</u>		
Yes	3.2	
C/L	F 3.4	

I don't feel so tired now. I think it's over.	F,LF ↓3.1	Note how TA drops when he gets to the end of the incident.
<u>Move to the beginning of the incident and tell me when you're there. (he does so)</u> <u>Move through the incident telling me about it as you go.</u>	F 3.3	Note how TA rises when I put him back into the incident.
I'm not getting anything at all	F,F	
<u>Repeat "I'm not getting anything"</u>	↓3.1	
I'm not getting anything. I'm not getting anything	3.3	
I'm real tired	3.5	
Very tired	SF 3.6 SF,F,LF↓3.0	
Red. I see a little tiny red dot and I try to concentrate on it. As big as my little finger.	3.2	
<u>Move to the beginning of the incident and tell me when you're there. (he does so)</u> <u>Move through the incident telling me about it as you go.</u>	3.5	
I don't see any images.		
I have no idea what's going on	F,SF,SF,SF	
I can't see anything	F	
<u>What's happening?</u>	3.7 3.9	
C/L	SF,SF 4.0	
I'm tired again	4.1 4.2 F,LF,F ↓3.7	
I'm starting to see the red dot. That's what I'm seeing		
<u>Move to the part with the red dot</u>		
The red dot is a bit bigger	F,F	
It's almost infra red.		
I'm not focusing on anything except the dot.		
<u>Move to the part of the incident just before the red dot</u>		
C/L	4.1 SF,F 4.3 4.5 SF,SF	
I'm tired		The high tone arm is probably from the late hour. However, we got a lot of charge off and we can continue this session later. I decide to end it here.
<u>End of Session</u>		

## Session 23: Erased Incident

22<sup>nd</sup> March 1998

Food okay Sleep okay Metabolism 1.5"	3.8 F/N	
<u>Start of session</u>		
<u>Move to the incident we looked at last night. Is that incident erased<sup>9</sup>?</u>		
Yes	F	

In actual fact, it probably wasn't erased<sup>10</sup>, because we still didn't know exactly what happened. I shouldn't even have asked him this question! I should have put him through the incident again. I feel that the read I got here is because Michael did not fully understand what it meant to have an incident 'erased'.

Note that the next two sessions (24 & 25) had high TA. This was probably due to charge left over from session 22. The incident was no doubt still in restimulation. I failed to go over it again and complete it in this session! This is why it is essential to keep good records and continually monitor them – especially before starting a new session!

The fact that charge does not 'just vanish' or 'go away', especially once it has been restimulated, is shown by the fact that the incident with the 'red dot'/'red thing' from session 22 resurfaced in session 26.

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<sup>10</sup> Erased; ALL of the charge has been removed from the incident. In addition, all of the important pieces of information of the incident have been remembered. Ref: Hubbard, Ron. **Dianetics & Scientology Technical Dictionary**. 1975. Church of Scientology of California.



## **Session 24: Airport Incident**

28<sup>th</sup> April 1998

Not recorded, as not relevant and tone arm too high. To do with incident at the airport.

## Session 25: Suppressing Metaphysical Abilities

August 1998

This was a very confused session, with fairly high tone arm which never really came down. This was no doubt because I should have continued with the incident with the 'red dot' (Session 22). However, we got rid of some charge in this session, and got some interesting realisations at the end.

Time 10.00 pm Food okay Sleep okay Metabolism 1"			
	5.2		
<u>Start of session. What's been happening?</u>			
Headache	F		
Pollen	F		
<u>Do you have an incident in restimulation?</u>			
No	5.3		
<u>Are there any energies around that are not part of you?</u>			
No	F		
(various questions and answers that got nowhere)			
<u>Is there a particular thing affecting you?</u>			
Two parts. One part, in my sinuses.			
<u>Say hello to that thing until it answers.</u>			
It gives an instruction if you locate it to get tired	4.9		
<u>What does it look like?</u>			
Small. Made of indeterminate material.			
<u>Locate the thing and break it.</u>			I'm trying anything now
<u>Say a prayer to remove it</u>			
<u>Is it still there?</u>	4.8		
(no answer recorded - likely 'no')			
<u>Locate the one in the back of your head</u>			
It's different from the others	F	4.6	At least tone arm is coming down
<u>Say 'hello' to it until it answers</u>			
<u>Ask it 'What is your purpose?'</u>		4.9	
Control			
<u>Ask it 'How control?'</u>			
Emotions			
<u>Ask 'What do you do?'</u>			
Influence and control	F,F		
<u>Ask it 'How do you influence?'</u>			
<u>C/L</u>	F		
	F		

Some data came out for a split second	4.6 ↓4.4	
<u>What emotions are you trying to create?</u>		
(no answer recorded)		
<u>Ask it ' What emotions are you trying to stop?'</u>		
Love and sex		
<u>When was this put in you?</u>		
Young	F	
12 years old		
When my sinuses done.		
Later	F	
<u>What year?</u>		
18 years old, when my tonsil came out		
<u>What species put it in?</u>		
Grey	4.9	
<u>Locate the evil purpose</u>	LF 4.5 4.1	I don't know why I asked this here. Maybe I got a rock slam and didn't record it. <sup>3</sup> However, the question got rid of some charge.
<u>Are we alone?</u>		
No	F	
<u>Who or what is with us?</u>		
An impersonal sensor device		
<u>Are we alone now?</u>		
(various things not recorded here as no reads were associate with them)		
<u>Locate the one in your head</u>		
<u>How does it give you headaches?</u>		
<u>Create an energy force beam around it.</u>		
(Next part not recorded. Think here that Michael started telling me to end the session)		
<u>Are these commands you're giving me coming from you or the machine?</u>		
The machine	F 4.1 3.8	
	F	
<u>Is this tiredness coming from you or the machine?</u>		
(answer not recorded)		
<u>Move to the incident where you were given the one in your head</u>	SF	
When my tonsils were taken out	F	
Hollywood, Florida		
The doctor was a navy flight surgeon	↓3.8	Note the big drop in charge here
It can produce all emotions including artificial happiness	F	

<u>Has it given you commands about what to think?</u>		
No. It can't put in raw thoughts.		
<u>What advantage is there to the people who put it in?</u>		
It suppresses or enhances natural abilities		
<u>What does it suppress?</u>		
All of them	F	
<u>Does it suppress ability to see the truth?</u>		
Yes		
Telepathic abilities		
<u>What abilities does it enhance?</u>		
Telepathic abilities	4.4	
Whenever they need them. It's like a governor. It give you one unit of power when it stops you.		
<u>How many units of power do you have when it's not stopping you?</u>		
10,000	F	Note the read
It's giving me commands stopping you from finding the off switch	LF,F 3.9 3.7	We get major reads and drop in TA to confirm this.
<u>Create a copy of the commands that turn it off, and send it to the machine</u>		
There was an error	LF	
<u>Go to a time when they turned it OFF (he was turning it on)</u>	4.0 SF,F 4.1 F/N	
<u>Is it still on?</u>		
(answer not recorded)		
I don't feel any different?	F	
<u>Is all that power going to be instantly available?</u>		
(answer not recorded)		
I'll be nice		
It's like riding a bicycle	3.7	
<u>Did you make this up?</u>		
No		

## Session 26: Homestead Airforce Base USA

1<sup>st</sup> August 1998

Summary: The incident with the 'red dot' (from Session 22) resurfaced by itself, with no help from me! It appeared that this incident happened when he was seventeen years old and went to apply for a scholarship with the airforce. He went to Homestead Airforce Base in Miami Florida, and spent a night there. (He did not receive the scholarship and four years later joined the Navy).

This session shows that that night they did tests on him. Then they gave him many commands to stop him remembering, or to make him think he had imagined it if he did remember.

Food okay	4.1	
Sleep okay		
Metabolism 2"	4.3	
Start of session.		
	F/N	
<u>Move to the time when I spoke in French</u> (this had made him angry when I did this at an earlier time)		
I feel irritated, mad, angry	4	
<u>Do you have an incident in restimulation?</u>	F	Note the read
Yes		
<u>Move to the beginning of the incident and tell me when you're there. (he does so) Move through the incident telling me about it as you go.</u>		
	SF,F 3.9	
I don't get any images	F,F,SF	The reads indicate there is something unknown we need to know
Nothing		
I'm not getting any images	F	
My neck's hurting a little bit		
Twinge of throbbing pain	SF 3.8 F/N	The pain which appears is probably part of the incident
<u>Move to the beginning of the incident and tell me when you're there. (he does so)</u>		
<u>Is there an earlier beginning to this incident?</u>		
I think yes. I don't know.		
<u>I repeat the question, Is there an earlier beginning to this incident?</u>	F	
It's like, the answer is 'yes', but something's stopping it.	3.8 SF,F	The reads indicate that something IS blocking him from seeing the beginning of the incident

It's like it's blank	LF,LF 3.6	
It's like I'm not there		
No memory	3.4	
My head is starting to feel heavy. And I've got a throbbing feeling in my right index finger.	F,LF 3.3 SF	Note physical pain appearing
Something's blocking me, or jamming me.		
<u>See if you can locate what's blocking you.</u>	F,F	I should have commanded "Locate what's blocking you"
C/L		
It's still	4.0 4.1	
I'm not getting any images.	4.2	
Every now and again I get a painful throbbing in my right index finger.	4.5	
What happens next?	SF	
<u>Move to the beginning of the incident. (he does so). Move through the incident telling me about it as you go.</u>	↓3.9	
	Doping off SF	
I'm not seeing any images.	4.0	
<u>Repeat "I'm not seeing any images"</u>		
I'm not seeing any images.	F	
I'm not seeing any images.		
I'm getting tired		
C/L	F F F F	Something is happening, even though he is not talking
<u>What else is happening?</u>		
I'm not seeing anything	F 3.8	
<u>Repeat "I'm not seeing anything".</u>		
I'm not seeing anything. I'm not seeing anything.	F,F 3.6	
My head aches in my forehead.	3.4	
<u>Are you now at the end of the incident?</u>		
Yes		
<u>Move to the beginning of the incident and tell me when you're there. (he does so)</u>		
<u>Is there a new beginning to this incident?</u>		
Yes		
<u>Move to the new beginning of the incident and tell me when you're there. (he does so)</u>	SF,SF 3.4	
<u>Move through the incident telling me about it as you go.</u>		
I'm very tired	eyes closing	

	SF,LF	
	body jerks	Here we get MAJOR body movements
	F 3.1	
There's a red thing in front of my eyes, like I told you about before.		Here the 'red dot' we saw in Session 22 resurfaces
I'm really tired.		
I feel like I'm drugged again.	F,F 3.4	
	Body jumps	Again, major body movements
I'm chilling out	LF,F 3.3	
I'm not so tired now. I'm at the end of the incident.		
<u>Move to the beginning of the incident and tell me when you're there. (he does so)</u>		
<u>Is there an earlier beginning to this incident?</u>		
No		
<u>Move through the incident telling me about it as you go.</u>	F,F,F .3.5	
This is "remote viewing" in the military	F 3.6 3.7	
It's a test.	SF	
I feel like I'm younger.	F	
This is before I was 21 years old. Before I went into the navy.		
It's to pre-qualify me.	F 3.9	Note the read
<u>When is this?</u>		
17 years old	F,F 3.8	Note the reads
There were a lot of tests.	F	
Medical, physical, psychological.		
	F	
I don't get an idea of when.	F	
Maybe when I went to the airforce base to apply for a scholarship.		Michael stayed at the base for one night at this time, at Homestead Airforce Base, Miami, Florida.
Still haven't found out what the red thing is	F	
A probe		
I don't know if it's me probing out or them probing in.	F	
It's me probing out	F 3.9	Note the read
I don't feel tired now.	↓3.4	
<u>Move to the beginning of the incident and tell me when you're there. (he does so) Move through the incident telling me about it as you go.</u>		
I'm tired again.	3.6 3.7 F 3.5	
I'm chilling out. I don't know why.	F body 'chilling' and shaking	Note again violent and unusual body reactions

I see the red thing again - That's when I chill out.	F	
	F,F	
It's like there's a curtain and I try to push through and I can't. <u>Move to the beginning of the incident and tell me when you're there. (he does so) Move through the incident telling me about it as you go.</u>	SF,F sleep	3.2
I'm feeling sleep again. The back of my neck is feeling weird again.	F	3.5
	F	
I get the idea it's a test of some type.	LF	3.2
		Note the read
It's not a new test. It's a continuation of previous ones.	F	3.3
I don't see any images. When I was real tired, I got there's some kind of a block working.		
The test is part of a program. I'm a subject.		
	yawn	
<u>Move to the beginning of the incident and tell me when you're there. (he does so) Move through the incident telling me about it as you go.</u> C/L	F	3.4 3.6 3.7
I'm not getting any images. I'm not even tired.	F,F	
Nothing seems to be happening.	F	
<u>Repeat "Nothing seems to be happening"</u>		
Nothing seems to be happening. Nothing seems to be happening.		
I'm tired.		4.0 4.1
<u>(I cough)</u>	F	My coughing caused a read. I don't know why. Possibly someone in the incident coughed, and my coughing restimulated Michael.
I'm at the end. I'm so tired I can hardly stand.		3.6 3.5
<u>Move to the beginning of the incident and tell me when you're there. (he does so) Move through the incident telling me about it as you go.</u>	F,F	3.7 3.8



I get I'm at that air force base, when I went to apply for a scholarship.		
This is a different kind of testing.		
After I went to sleep.		
Whatever happened, happened that night.	F 3.9 F/N cough ↓3.1 yawn	Note read, floating needle (which indicates the truth) and sudden big drop in TA.
I wake up, I'm done with the testing, I go home.	F 3.6	
<u>Move to the beginning of the incident and tell me when you're there. (he does so) Move through the incident telling me about it as you go.</u>	3.8	
I'm tired and relaxed again.	3.9 4.0 4.1 F,LF	
I'm really tired. I'm just about all out.		
<u>Move to the beginning of the incident and tell me when you're there. (he does so) Move through the incident telling me about it as you go.</u>	3.9	
<u>Were you given any command to stop you remembering?</u>		
Yes	F	
<u>What?</u>		
"You won't remember this"	F	Note the read
"Erase your memories"		
"Block this"	F	Note all reads which follow
"You will forget"	F	
"This didn't happen"	F	
"You're imagining things"	F	
"This isn't real"		
"You're dreaming"		
"This can't be happening"	F	
"It's only a dream"		
"Forget all about it"	F	
<u>Any others?</u>		
Yes	F	
"You won't remember this"	F	
"Forget everything you've seen here"	4.0 SF	
This is not happening.		
"Go back to sleep"	F	
"Keep dreaming"		
"You will forget about us"	F	
<u>Any more?</u>		

I don't know		
<u>Have a look</u>		
"Aliens are not real"	F	
"It's all science fiction"	F	3.9
"You will forget everything"	F	
"Your memories are gone"	F	
<u>In what language did they give the commands to you?</u>		
I don't know. I guess it's English.		
I get the idea that non-humans are involved.		
Insect ones	F	
I get an image of a preying mantis		
They were just testing		
There was no harm involved or animosity or hatred.		
From their frame, they're just doing their job.	F	
Psychologically exhausted.		
<u>How do you feel?</u>		
Like something's lifted off.		
I feel lighter even though I'm tired.		4.0
<u>End of session. Look around the room and name things out loud.</u>		3.5
		Getting someone to "look around the room and name things out loud" is something which is done at the end of all sessions, to bring the person back into present time.

## **Session 27: Remote Viewing Practice**

2<sup>nd</sup> August 1998, Indianapolis Indiana, USA

This incident was simply a remote viewing session - a look at a strange man who approached Michael at dinner at a restaurant in Indianapolis. Four of us were eating at a table outside the restaurant building, facing the carpark.

It was quite weird. The man seemed quite normal, was dressed conservatively in a suit and appeared to be in his late 50s. He came right up to Michael, ignored the rest of us, and said in a really casual manner as though he didn't care about the answer 'Hi, how are you?' and then said immediately after with a lot of intention "What do you do? Are you a lawyer?"

Later, when Michael and I did a session on this incident using the biofeedback meter to see if we could find out what was going on, it appeared that this man was retired and had no direct interest in the restaurant, but routinely spied on the restaurant for the government. He knew one of the men we were eating with, and was interested in our conversation. Basically, his part time job was so boring that the kind of conversation we were having was enough to stir his interest and make him want to know more about Michael.

## **Session 28: Zero Time Reference Point**

26<sup>th</sup> September 1998

Kinesiology session: An experiment in anti aging to see what will happen when we move zero time reference points forward by twenty years.

I got the idea to do this from something I read by Al Bielek. In one of his talks Bielek said that we age because we are programmed to age. And the body knows how old we are because we get what is called a 'zero time reference point' at conception. This keeps us anchored to this time frame.

I hypothesised that, using a kinesiology goal balance, I could move the zero time reference point forward by twenty years, which should at least reduce aging, if not reverse it. (After all, age is not the only determining factor of how 'old' we look and feel. Diet, stress etc. are also factors. There are a number of twenty year olds who look forty and vice versa).

## **Chapter 29: An 'Impossible' Message from the Internet**

26<sup>th</sup> September 1998, Indianapolis IN USA

During a 2-3 hour internet search session, while researching time travel, an unusual thing happened to Michael. He was using Altavista as a search engine and he found an interesting site, which was in Germany. After he clicked on the URL (the underlined name of the site and its address) so that he could visit it, the screen returned with an almost blank screen (not a webpage). The blank screen had the message:

“Longjump botch  
Abort trap”

At the upper left corner.

Michael printed this out. It included the exact URL (webpage address) of the webpage he had been attempting to visit.

Michael then clicked 'back' to get back to the Altavista screen again. He then re-clicked on the same webpage URL he had just tried to visit. This time the real website appeared with the real article on cold fission.

Apparently this was “impossible”, according to how the internet is supposed to work. In other words, Michael's request for the document was intercepted by a third party.

### Session 30: Scars Appear Overnight

7<sup>th</sup> October 1998, Indianapolis IN USA

This session was done to find out what happened on the night of Saturday 3<sup>rd</sup> October 1998. The morning after that night, Michael woke up and showered. He then noticed two scars, each approximately 3.5 inches long on each side of his groin area. The scar on the right side of the groin area had a dark purple-ish triangular mark at the upper end of the scar. The triangular mark was about 1/4 inch long. It had dark indentations at each corner of the triangle. The purple mark went away after a few days but the scars remained and still remained 4 months later. They were photographed 2 months after they appeared, when they were virtually as clear as when they first appeared.

Michael felt that there had been some change made in his reproductive area.

It may or may not be significant that the day before these scars appeared, Michael had an intensive treatment with Young Living Essential Oils ('Raindrop Therapy') which are meant to be 100% pure and are placed directly on the skin. This produced a bright red spot about 3 inches wide where the implant at the back of his neck was thought to be. It was theorised that this may have affected the implant, and that the 'visit' described next was at least partly to repair the damage, but we don't know this.

In this session, Michael remembered a portal opening in his bedroom at night. Two people took him through to what looked like a hospital, where work was done on him. All of the beings there, except for one, were human.

Food okay	4.6	
Sleep okay		
Metabolism 2"	4.7	
Start of session.	4.8	
Rudiments OK	4.7	
<u>Do you have an incident in restimulation?</u>		It appears that he does because of the high TA
(Answer not recorded)		
<u>I repeat the question, "Do you have an incident in restimulation?"</u>	SF	
Yes		
<u>Move to the beginning of the incident and tell me when you're there.</u>	F	
(he does so) <u>Move through the incident telling me about it as you go.</u>		
My head feels stuffy		
<u>Is this incident from Saturday night?</u>	F	
Yes	F	

<u>Move to the beginning of the incident and tell me when you're there. (he does so) Move through the incident telling me about it as you go.</u>	4.9	
	5.0	
My neck is red		
The side of my scrotum was cut	SF	
I noticed at the top of the groin, where the thigh meets the scrotum, a big scar	F	We have photos of this
and at the top is a triangular mark	5.2	
The rest of the scar is healing up	SF	
There is another scar on my other side.		
There's a pinching kind of pain inside the mark	F	
<u>Move to the earlier time when you felt a pinching kind of pain</u>	↓5.0	
I'm not getting any images		
<u>Repeat "I'm not getting any images"</u>		
I'm not getting any images. I'm not getting any images.	F,SF,SF	
I'm not getting any pictures		
<u>Repeat "I'm not getting any pictures"</u>		
I'm not getting any pictures. I'm not getting any pictures.		
<u>Move to the beginning of the incident and tell me when you're there. (he does so) Move through the incident telling me about it as you go.</u>		
	4.7	
It's Saturday night	4.8	
I go to sleep	4.9	
	5.0	
	SF	
My memory must be blocked	SF	Note the read
<u>What command was given to you to block this command?</u>		
"This is not happening"		
"Go to sleep"		
"It won't hurt"		
"Just take it easy"	SF	
"Good night Michael"	5.1	
	5.0	
What happens next? (no answer recorded)		
<u>Is the scar appearing because of what someone did to you or because of the body's reaction, or something else?</u>		
The first one	F	

Someone's operating on me	4.9 SF	
I'm cold		
I'm laying down		
	HUGE R/S	Note the rock slam
When I got feeling I was being operated on I got the feeling it was regular people.		
(the next bit is a bit unclear. I believe that it was to do with trying to track down the source of the rock slam): <u>Look at that thing causing the rock slam</u>	R/S 4.6	Note: The way I handled this next bit was quite irregular. Not to be copied!!! Sometimes working on the fly works, but usually it doesn't, or it causes more trouble.
<u>Is it still with us?</u>		I don't know here what I was referring to, but presume it was something associated with the rock slam
(answer not recorded)		The needle is rock slamming throughout this page and the next. It is impossible to get any reads while it is doing this – because the needle is constantly moving wildly and erratically.
<u>Where is it?</u>		
No location		
<u>Locate the communication line</u>		
In my forehead - it hurts		
<u>Follow it to it's source</u>	R/S 4.3	
<u>What's happening?</u>		
I'm trying to follow it		
<u>Is it located in this dimension?</u>		
(answer not recorded)		
<u>Which dimension?</u>		
No answer		
<u>Do whatever it takes to break off this communication line</u>	3.5 4.1	
<u>Is it coming from another time?</u>		
Yes		
From the future		
2055	R/S	
<u>Move to the beginning of the incident and tell me when you're there. (he does so) Move through the incident telling me about it as you go.</u>		Here I give up trying to work it out on the fly and go back to the standard procedures.
It's Saturday night		
I lay down and go to sleep	4.8 SF,F	
Somebody's there in the room.		



They half wake me up. A portal opens against the wall. I walk through with 2 other people. I'm barefooted.		
The place feels cold.	F R/S	
I'm reassured that everything will be fine.		This 'reassurance' is belied by the rock slam that we still have with us.
I'm on a table laying on my back. It's still cold. They're doing something to me.		
I feel cold on my groin area.		
I don't know if I'm making this up.		
<u>Repeat "I don't know if I'm making this up"</u>		
I don't know if I'm making this up, I don't know if I'm making this up.	5.0 R/S	
<u>See if you can see anything with a destructive purpose</u>		Here I am referring to the cause of the rock slam. I should have made this a question, not a command, as in "Can you see anything with a destructive purpose?"
No		
I'm on the table	5.2 R/S	
<u>Locate any thing or thought with a destructive purpose.</u>		
There's something inside the scar - in the right hand side.		
<u>Is it physical?</u>		
Yes		
<u>Move to the beginning of the incident and tell me when you're there. (he does so) Move through the incident telling me about it as you go.</u>		
I get oil on my back. S. says there's still a red mark on the back of the neck.	4.7	This refers to earlier that day, when he had the aromatherapy treatment.
I go to sleep. Someone wakes me. They hold my right arm. Lead me through a hole in the wall. My fears are put to rest. It's only a check-up.	4.8 5.0	
	R/S	The rock slam continues throughout this page.
I'm feeling tired.		
My thumb and finger are twitching in my left hand.	5.1 R/S	
I wake up in the morning. I see this scar - it's pinching me.		(The time is 9.52 pm which is getting too late to continue)

<u>Move to the beginning of the incident and tell me when you're there. (he does so) Move through the incident telling me about it as you go.</u>		
It's Saturday night.	4.3 4.1 R/S	
Someone wakes me up. It's a woman, with short, dark hair, in a pageboy cut.	4.4	
<u>Why do you go with her?</u>		
I'm supposed to		
<u>Says who?</u>		
It seems like the natural thing to do - I don't question it.	R/S	Notice his total compliance – he is not himself!
It's just a check-up.		
I get an image of laying on a table. It's cold and the air's cold.		
My eyes are closed. I feel they're doing something to me. I'm taken by the arm. I'm told it's all done. I'm fine. I'm taken back to my bedroom.		
<u>Do they do anything to make you forget?</u>		
(answer not recorded)		
<u>What is it called?</u>		
I don't know.	4.9	
<u>Move to the beginning of the incident and tell me when you're there. (he does so) Move through the incident telling me about it as you go.</u>		
I get the oil off.	F,F 3.9	
I kiss S. goodnight.	4.0	
Someone wakes me up. Some kind of door or portal has opened up in the wall. I'm lead through a door in the air.	4.1	
The air conditioning is too high.	F	
The floor is cold.	F	
I have no clothes on. I was sleeping naked.		
It's a friendly kind of area, like the reception in a hospital.	F	
There's a big desk. There's no one at it.		
I'm assured that my wife is fine, and I won't be harmed.	R/S	
She leads me to a cushion-medical table. I lay on it. Someone wheels it into another place.		

She tells me to close my eyes, and I do. She says, "don't worry, it's just a check-up."		
I can feel them doing something in my groin area.	4.2	
The people appear to be human		
Are they?		
Yes		
Something else comes around - like a human but it's different. There's a dark	R/S	
powerful energy. They take orders from it. I still don't feel I'm in any danger or the people will hurt me.		
"Part of the Program" comes to mind - which is why I'm in no danger.		
This thing is old, like a grandfather. It's not mean or destructive. It's interested, like a scientist. They find out what they find out. I'm led back and put to bed.		
<u>End of session</u>		We don't finish with a floating needle, so will have to look at this incident again in the future.

**Important Note:** I was surprised that this incident happened. After all the work we had done, I would have thought that Michael was finally free from any further involvement. But then I realised that he hadn't officially resigned. He hadn't officially 'left' the 'game' of 'Mars & the Military'.

Therefore I instructed Michael to do the following. He said **out loud** something along the lines of:

"I now resign from anything to do with the Mars Defence Force.  
I now resign from anything to do with the military.  
I now leave that game.  
In the name of Jesus Christ, I am now free of all people connected in any way to do with Mars."

Note: This incident was looked at again in Session 37.

### **Session 31: Wernicke's Commands III: From the Military**

24<sup>th</sup> October 1998

Only kinesiology (the Wernicke's Correction) was done in this session. Michael had been feeling EXTREMELY tired and unbalanced. He had watched a tape of a presentation given by Al Bielek (of the Philadelphia Experiment), and then slept from 8.30-11.00 pm.

11.00 pm. Michael was out of balance (Centring was out - the hyoid). The following twelve Wernicke's commands to do with personality were removed with EYES CLOSED. All commands were given by "a military man".

1. "Go to sleep"
2. "You won't remember"
3. "You will comply"
4. "Obey immediately"
5. "Tell no one"
6. "You have nothing to fear"
7. "We'll take care of you"
8. "Just relax"
9. "You're the cream of the crop"

I had been reading books by people who had discovered that they had compartmentalised personalities, which had been deliberately created by other people who were often associated with the government. In this session I got the idea to test if Michael had this also. I got that he did, in fact, have other personalities which were not present in normal every-day life, but which were activated and used by the military.

I tested to see if any of these personalities had their own Wernicke's commands, and got several -

10. "This is for Michael No. 2"
11. "Michael No. 2 will forget"
12. "Michael No. 2 will obey"

This aspect of compartmentalised personalities was looked at further in Session 34.

After the session Michael remembered a time when he had been VERY restimulated (angry etc.) immediately after making a phone call to a government office about a normal day-to-day inquiry, where he spoke to an answering machine only.

He then remembered a time the previous year when he had been alone late at night sleeping. The phone rang. He answered the phone which meant he had to get out of bed and walk down a long hallway to answer the phone. But try as he might, he couldn't remember talking to anyone!

This relates back to something that was said in Session 5, 9<sup>th</sup> February 1997, where he gathered that he 'reported in' using the phone 'in his sleep'.

## **Session 32: Energy Medicine Session**

**By Amelia Woodward**

30<sup>th</sup> October 1998

**Summary: This session was done by a practitioner of energy medicine. This practitioner had not had access to the written transcripts of these sessions at the time of writing this.**

(by Stephanie Relfe): Much of what came up in this session would indicate reasons why we had a needle which 'rock slammed' for such a long time in the last session.

In this session, many types of advanced technology were removed which were controlling Michael. For example, it made him psychically attack others which helped to keep him apart from others who might help him. It also made it easier for the people behind the technology to get him to do what they wanted. The technology also prevented him from seeing the truth.

Michael also had had various 'soul parts' removed and stored, for control and so he could be located. The practitioner went as a spirit to get them back. They were stored in a vast hangar where many soul parts of many people were stored in jars. There were jars as far as the eye could see in every direction.

There was also an 'energy clone' which 'filled' into Michael's body so that it could take him over on occasion.

### **The Session, by Amelia Woodward:**

Met Michael. My body was very reluctant to approach him. I had not felt well since arriving in the area ten days before and at first I thought perhaps that was all it was. Later I realised he was giving off a very harsh vibration.

Stephanie told me it was in his reality and he was seeking answers for certain issues. I told him what I had picked up at the time which was:

- a) He had an inorganic transmitter connected to his third eye and pineal gland, also involving some of the hypoglossal region. This was giving out a signal that was in the radio band and not the mental band. It appeared to be in the shortwave band region but I could not guarantee that.

- b) He had a phase disruptor also located in his third eye.

*A Note on Phase Disruptors:*

This is my name for a piece of alien technology that acts as an energetic scrambler. In clearing terms it causes continuous ARC breaks<sup>11</sup> energetically. It seems to operate, as far as I can tell (I'm no technician) by creating and breaking resonance in an erratic, random, forceful and rapid manner. It has usually two functions:

- 1) To prevent anyone using their meta-abilities to perceive the other person clearly. It will throw off anyone's energy in an unpleasant manner, possibly doing damage to the person's chakras or energy in the process.

In the case of someone like Michael the severity of the case was worsened by a projection capacity of the disruptor, i.e. when triggered the phase disruptor could project a 'phase shock', scrambling someone's energies and not just when they reach for Michael but, for example, whenever Michael was the least bit angry, wherever he turned his third eye would experience a 'phase shock'. This function is primarily designed, I would assume, to prevent the person from receiving help. Anyone subject to such an attack would usually assume the other person was psychically attacking them and therefore clearly not desirous of help and they would back off.

- 2) To prevent the person themselves from perceiving things with any great clarity. The Truth, it is said, will set you free. If people with meta-abilities could perceive the 'space junk' they had 'on' them they would remove it promptly. Therefore they need to be prevented from using their abilities in any way not desired by those 'in control'.

The effect of having these two devices in his head made Michael energetically very unpleasant to be around.

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<sup>11</sup> ARC Break. A sudden dropping of one's affinity, reality or communication. This causes the person's spiritual space to reduce in size, thereby causing an upset. Most upsets are caused by ARC breaks. From "The Language of Miracles". Lawrence West & Jane Taylor-West. Reproduced for the benefit of the Free Zone by the New Bridge Supply Company.

Their origin appeared to be some project he had been connected with in the past and those in charge wished to keep control and use him as a meta-resource. Using these devices meant he would have continued to be controllable and locatable. On closer 'viewing' there appeared to be another device connected with more complete control.

I made the following tests:

1. From what I could perceive the device acted as a receiver for a specific telepathic code (which I naturally did not know). When this code was received changes would take place ensuring Michael's complete compliance.

The first test was: I asked Michael to be aware and see if he could feel anything. Then I 'leaned' gently on the device (that was all I was prepared to do not knowing what would happen if I was more forceful).

Michael did not know what I was doing but he immediately felt a pressure/pain in his crown chakra.

2. The following evening Michael, Stephanie and I were at a fair. At one point, Stephanie and I had been waiting for Michael who was at a booth and in view. Stephanie suggested we 'coerce' him to come join us. Usual coercion does not work that well on Michael and it didn't appear to be working any better that time. So I routed the coercion through the device in this third eye, at which point he came immediately.

(Obviously these are not thorough clinical tests but that was not the objective - mostly I was trying to get past the phase disruptor to see what was going on).

Interestingly, Michael was having some success at keeping the phase disrupter, if not inactive, at least muted.

1/11/98 I performed 2 sessions on Michael:

**10 am - 12 noon. 1<sup>st</sup> session**

- a) I firstly had to deactivate the phase disrupter. This was harder than others I have done as it was tied into the transmitter and so carried more mass. The fact that Michael had managed to 'mute' it made all the difference.

Once this was done I could see more clearly what else was there.



- b) The transmitter was being powered primarily by 'space junk' circuitry that rerouted his kundalini energy. I have often found this to be the case. I assume the aliens use this design because:
- i) It is efficient. There is no need to put in heavy power packs (which I have seen) which are -
  - ii) often painful to the subject and so carry a greater toll in health and thus a higher risk of detection
  - iii) the drain of the person's own energy is a further suppression of their meta-abilities which makes them easier to control.

I asked Michael to move onto his stomach so I could begin to remove the 'wiring'. This was not like anything I had seen to date. It was both more primitive (indicating some human involvement - it was their style) and more complicated. While I had not found any booby-traps I was very cautious. At that moment I estimated it would take me sixteen hours to clear the mess. This was how thorough the implanting had been.

- c) On removing the first couple of wires I realised from the degree and type of resistance that some of the wiring was conscious. This, in my experience, is 'Grey' technology. They take a little entity and abuse it until they can program it into being a wire - so if the circuitry is in any way damaged the little being will repair it. It is their game. This is a very horrid thing to do. It is like abusing children to make them angry so you can use them as shock troops. These beings are usually very angry - perhaps explaining why the phase disrupter would kick in with any kind of anger from Michael.

I cleaned up the being and sent 'him' on 'his' way. When the area cleared I realised there was a blank spot there. Michael reported it felt hollow (the area this first being was removed from was behind his left ear).

- d) It was clear Michael had had several soul parts removed. This is often done to:
- i) ensure control. By controlling the soul part the subject can be controlled.
  - ii) ensure the ability to locate. If the subject gets lost they can be found again through soul resonance.

The missing soul parts had to be retrieved. The first was routine. It was in a dark old storeroom somewhere with only three other soul parts stored there. These were all released.

- e) The second part was not routine. This part had been turned into a 'wire' and placed (with, I gather, full cooperation) into the head of Michael's control. This is the telepath who is responsible for placing the command into Michael's head. This was part of the great redundancy seen here. Clearly 'they' wished to keep a hold on Michael. They had several ways to track him, in case several others failed.

The control was reluctant to let this part go and resisted strongly. In the end he had to be rendered telepathically unconscious to allow this to occur. The part was then 'cleaned up' and returned.

- f) The third part brought me to a place I had never seen before. It appeared to be a VAST hangar or cavern with bell jars - or stasis jars - as far as the eye could see in all directions. And in each jar was a soul part. All of these were released.

At this point I realised one of the parts released had belonged to Michael's wife. I assume they had taken this to ensure yet another way to find Michael. Her soul part was returned, as was Michael's. The destruction of this facility seemed to cause considerable consternation and activity.

- g) The fourth, and for this session, final part was something I had also never seen before. It was an 'energy' clone! In order to create this they had removed half of Michael's etheric and half of his astral bodies (which explained why these bodies were weak and he had little physical energy). To these bodies they had added their own designs and circuits, married to the circuits in Michael's body.

The purpose of the energy clone is to 'fit' into Michael and assume control making him into a kind of temporary robot. They did not take any of the emotional or mental bodies because, I assume, they have no use for a robot who can think and/or feel.

Along with Michael's clone there were six others. There was also an empty unit which meant the original squad numbered eight but one had apparently died.

All the energy clones were released, though this was difficult as they were all thoroughly programmed. The energy bodies were cleaned up and Michael's were returned to him. At this point he reported feeling tingling down his left leg and right hand and a general sense of feeling lighter. Returning these energy bodies and clearing the energy clone cleared most of the circuitry from Michael's spine.

I completed the integration of these bodies and that completed the first session. We broke for lunch. Stephanie noted that Michael looked much younger and lighter.

### **1pm - 2pm. 2nd session**

I still had to deal with the rest of the 'junk' in his head. After lunch Michael had reported a sharp pain in his left temple. This appeared to be someone trying to give a recall signal and partially activating some remaining space junk. I was able to turn it off and the pain vanished immediately.

At this time, as far as I could see, they were not yet aware of Michael's 'escape' but were assessing the damage - but it indicated to me that Michael was still 'in the system'.

- a) I firstly removed the remainder of the energy associated with the transmitter. While I was working Michael reported pain behind his eyes but this vanished as I completed the work. Some of the technology seemed to indicate a third party - neither human or Grey - but I am unsure whose technology it was.
- b) Next I worked on removing lots of entities from his sex chakra and his coccyx. It was clear he had been 'loaned' to a Grey genetics program; presumably because of his having the genetics for metaphysical abilities.

It appeared that his testicles had been sampled and a 'power pack' had been placed behind the right testicle to further feed the control devices in his head.

- c) Another soul part had to be retrieved at this point. During the last session it had become clear that Michael was stored in their system as a code MI5.6784-972(?). I'm sure of the first three symbols (MI5) but not sure of the rest of the code.
- d) The Greys were using the same code. This gave my 'friends' the opportunity to do something about Michael being in the system. A virus was introduced into their system - one which would be activated by Michael's code and would therefore crash any part of the system where his name etc. were recorded.

- e) Having cleared the spine and the base chakra the kundalini energy could be re-established. I started it running and repaired the atrophied nadi's<sup>12</sup> so it would run clearly. Michael reported tingling up his back and in his legs.
- f) More entities were released from the sex chakra.

This was the end of the second session

#### **NOTES:**

Michael has a good chance of making a clean break. However, due diligence is called for. He needs to learn how to maintain watch over his space and energy.

To maintain himself he needs to check his chakras at least once a week for other 'space junk' (on the biofeedback meter).

He also needs to establish his own intergalactic game and find allies in order to be safer in the game.

Ultimately, and most importantly, he needs to get control of his abilities (completion and space drills).

If he does these things he now has the chance to create his own game. If he does not he risks 'them' re-establishing control at some point in the future.

An interesting point:

I felt much better from the moment I finished working on Michael.

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<sup>12</sup> Nadis: A subtle energy channel in the spine, which is connected to a chakra.

### **Session 33: Buffalo Bill's Casino, Las Vegas**

17<sup>th</sup> November 1998

(These notes are again by Stephanie Relfe)

As rock slams had been appearing in sessions, I checked the leads on the cans. They had become frayed on one can. Both cans were completely rewired just before this session, to ensure that any rock slams were real and not the result of improper wiring.

However, the rock slams continued after this. Further evidence that the rock slams in the next session were real was given by the fact that they came and went in a manner that made sense when referenced to what was asked and what was answered.

Summary: We started with a rock slam. We finally tracked the cause of this to changes been made to his "filing clerk", which would have prevented any future clearing.

Then he got the realisation that things happened to him when he went to Buffalo Bill's casino/hotel, forty miles outside Las Vegas, on the Nevada / California stateline. When he went to sleep the phone rang, and when he answered it something happened which changed him. A man then knocked on his door, and Michael went with him, into a car and to the jail behind Buffalo Bill's !!!

This session accounted for why he always had a GREAT fondness for Buffalo Bill's – even though he never gambled or drank alcohol! I had always wondered about this. He was so keen on Buffalo Bill's that he insisted on taking me there as part of our honeymoon immediately after we landed in the USA – even though I could not possibly imagine why either of us would want to go there.

Food okay Sleep okay Metabolism 2"	4.9	
<u>Start of session</u>		
<u>What's been happening?</u>		
Work	F	
<u>Do you have an incident in restimulation?</u> (not sure)	LF	
<u>I repeat the question, do you have an incident in restimulation?</u>	F	
I don't know	R/S	Note the rock slam
<u>Is there something in this room with an incident in restimulation?</u>		This is not a question that would be asked in a 'normal' session - but these sessions had begun to be far from normal, requiring new types of questions. And with the rock slam appearing, the cause could be anything.

<u>It might be attached to your body.</u>		This was a leading suggestion, and perhaps should not have been said
It is right there on my leg	R/S	
<u>Say 'hello' to it until it answers</u>		
(It answers)		
<u>Command it to run out the incident that made it the way it is</u>		
(does so, then acknowledges it)		
<u>What does it look like?</u>		
Happy		
<u>Command it to run out the incident that made it stick to your body</u>		
( I then read it it's rights): <u>It is now 17<sup>th</sup> November 1998.</u> <u>Your rights as a spirit are:</u>		The rock slam continued on and off throughout this section - which is why there are no reads (falls) recorded - you can't see a fall when the needle is rock slamming!
<ul style="list-style-type: none"> <li>• <u>The right to your own self determinism</u></li> <li>• <u>The right to your own sanity</u></li> <li>• <u>The right to leave a game</u></li> <li>• <u>The right to choose a game,or not</u></li> </ul> <u>You're now free to do whatever you want. What do you want to do?</u>		
It wants to go	5.4	
<u>Have a look and find anymore energies that are not part of you</u>		
There's one in the corner		
<u>Say 'hello' until it answers.</u> (then we repeat the same procedure above).		
It left		
<u>Do you have an incident in restimulation?</u>	5.4 R/S	
I think so		
<u>Move through the incident telling me about it as you go</u>	↓5.2	
I'm not getting any pictures	R/S	
<u>Are there any communication lines going into you?</u>		
(yes)		
<u>Where are they coming in?</u>		
Upper right and back left of head	5.5	
<u>Where are they coming from?</u>		
Not getting anything		
	R/S	
<u>Is there anything here with an evil purpose?</u>		
(Communication Lag)		
I don't think so		

(Here I turned the meter towards Michael and got him to look at the rock slam. As soon as he looked at it, the needle stopped).		This indicated that somehow just looking at the needle rock slamming 'as-is' <sup>13</sup> part of the reason for the rock slam.
<u>Is there something in your third eye that is not part of you?</u>		
Yes		
<u>Say 'hello' to that thing until it answers.</u>		
It's not answering		
I think it knows	The needle is finally still	Hurray!
<u>Command it to run out the incident that made it the way it is</u> (does so, then acknowledges it)	Yawns	Note physical manifestations
<u>Command it to run out the incident that made it stick to the body</u> (I read it it's rights, as above)	5.4	
<u>What does it want to do?</u>		
Go	yawn	
<u>Have a look in your third eye - is there anything else there that is not part of you?</u>		
I get an idea that there is		
<u>Repeat procedure (run out incident that made you the way you are, acknowledge. Run out the incident that made you stick to the body, acknowledge, read it it's rights).</u>	R/S	
It's scared		
<u>Command it to run out the incident that made it scared</u>		
Something to do with Hell		
<u>Acknowledge it.</u> <u>What does it now want to do?</u>		
Go		
<u>Are there any other energies?</u>		The needle continued to rock slam throughout this part - I'm trying whatever I can think of to locate the source of the rock slam.
<u>Have a look at the upper right communication line</u>		
It's not there		

<sup>13</sup> 'As-is': To look at something exactly as it is, at which moment it will vanish and cease to exist. This happens because two things cannot exist in the same place at the same time.

Ref's: Kin, L. **Scientology - More than a Cult? From Crusade to Rip-Off. The Principles Unveiled.** 1991. Edition ScienTerra. [www.scienterra.de](http://www.scienterra.de).

Hubbard, Ron. **Scientology 0-8.** 1970. "The Axioms of Scientology" Axioms 11-20. Church of Scientology.

<u>Locate the communication line at the back left</u>		
It's not an entity		
<u>Move to it's source</u>		
It's not clear	5.15	
It's some electrical equipment		
<u>Is it on earth?</u>		
No		
<u>Is it on a planet?</u>		
Yes		The needle was still rock slamming in this section
<u>Which planet?</u>		
Mars		
<u>Destroy the producer of the communication line</u>		
I can't. It won't work		
<u>Think - blow it up</u>		
<u>Is there still a communication line?</u>		
No		
<u>(Since the rock slam continues, I took the cans to see if it rock slammed with me on it. It did! Perhaps it was faulty wiring after all? But then I spotted a Reptilian in the room. I told it to leave. Needle then went from a rock slam to a floating needle!)</u>	R/S	Here I went on the cans
	F/N	Here I got off the cans and gave them back to Michael.
(Michael back on the cans)	Needle finally calm!	
<u>Do you have an incident in restimulation?</u>		
There's something jamming my answers. I'm not getting a clear 'yes' or 'no' like I usually do		
<u>Locate the source of the jamming</u>		
It's to do with Wernicke's commands		

The clearing session on the biofeedback meter was stopped and a kinesiology session begun. Muscle testing indicated that there were 3 Wernicke's commands on file which were ready to be deleted:

1. "Don't use the cans" (said by government agent at last visit)
2. "The cans don't work" (government agent)
3. "Don't listen to 'the voice' " (government agent)



Back to the biofeedback meter session:

	R/S	
Michael goes to 'pray away' the cause of the rock slam	4.8 5.3 5.6	
<u>See if there are aliens in the room</u>	R/S less violent	
(Michael still praying)	the needle becomes still	
I get that there is a communication line between a machine and the meter		
<u>Break it off</u>		
<u>Any aliens?</u>		
Yes		
<u>Command them to run out the incident that made them the way they are</u>		
<u>Read them their: It is now (date). Your rights are:</u>		
<ul style="list-style-type: none"> <li>• <u>The right to our own self determinism,</u></li> <li>• <u>The right to your own sanity,</u></li> <li>• <u>The right to leave a game,</u></li> <li>• <u>The right to choose your own game, or not, and play it, or not.</u></li> </ul>		
<u>You're now free to do whatever you want. What do you want to do?</u>		
They leave	5.5 needle is still	
<u>Are there any entities in the base chakra?</u>		
I think it has something to do with the voice in my head.		
<u>Does it have something to do with the filing clerk?</u>		
Yes		
<u>Say hello to the filing clerk until it answers</u>	5.4 needle still	
<u>Tell it to run out the incident</u>	5.1	
It's okay now	F	Yeah! The first read of the session (as it is impossible to see reads when the needle is rock slamming)
<u>Do you have an incident in restimulation?</u>		
Yes	SF LF chills 4.8	Note body reaction Finally tone arm begins to go down
	tired 4.9	

	5.2	
(Communication lag)		
My head hurts, in upper right	5.3	Note physical pain appearing
I've got an itching in my groin	F 5.0	
The left side of my groin is tickling & itchy. My head is throbbing. I feel pressure on my head.		Perhaps the most important thing to notice is that the rock slams have totally gone. They stopped as soon as we cleared the filing clerk!
<u>Move to the beginning of the incident. Tell me when you are there.</u>		
I'm there		
<u>Is there an earlier beginning to this incident?</u>		
Yes	SF 5.3	
I'm tired		
<u>What's happening?</u>	jumps chills 5.1 ↓4.7	Note major body reactions
	chills shakes	
I get an image of Buffalo Bill's and the prison behind it!	↓3.5	This is a MAJOR drop in TA, from 5.3 to 3.5. This is a very profound realisation. Michael had a great fondness for Buffalo Bills, a casino located 40 miles out of Las Vegas - despite the fact that he doesn't gamble or drink and never lived in Nevada!!!
Maybe that's why I go there all the time		
I get chills every time I think of that place		
<u>When is this incident?</u>		
A long time ago	3.9	
1980's	LF	Note the read
<u>What year?</u>		
1988	LF	Note the read
<u>What happens?</u>		
It's to do with the prison out the back	4.0	
<u>What happens?</u>	4.2	
<u>Move to the beginning of the incident. Tell me when your are there.</u>		
I'm there		
<u>Is there an earlier beginning to this incident?</u>		
No	jumps 4.5	Note physical reaction
C/L		
I'm tired	4.6 4.7	

I'm tired and groggy	4.8	Note that TA now starts to go up, as we get him to look at what was there. This also causes to start feeling groggy.
There are no images		
I hear voices saying "you won't feel a thing"	4.9	<b>Note:</b> As I was typing up this report I realised that this was a Wernicke's command! Next time I saw Michael I checked - and sure enough this was on file. We got rid of it.
Scopalamine		
That's where they put the locater in me		
C/L		
I'm not so tired now		
(Short break for water)		
<u>Move to the beginning of the incident and tell me when you're there.</u> (He does so).		
<u>Move through the incident telling me about it as you go.</u>	4.6	
	4.7	
I see me at the hotel (Buffalo Bill's)	4.8	
	4.9	
I come in. I go to bed. I'm very tired.	5.0	
	5.1	
I see an image. Something happens with the phone. I'm very lethargic. The phone rings. I pick it up. Something weird happens. Someone then knocks on the door. I let them in. Then I go with them.	5.2	
I feel pressure on my head and in my sinuses.		
I'm not getting any images	Tk	
I get the idea they're doing something to the middle of my forehead.		
	SF	
I thought of them	SF	
programming people to go there.		
<u>Move to the beginning of the incident and tell me when you're there.</u> (He does so). <u>Move through the incident telling me about it as you go.</u>	5.0	
I'm very tired	SF	
Very lethargic	SF	
	scratches nose 4.9	
They're doing something to me. The person that comes to the door is familiar. I know him. He drives me in his car	SF 4.8	

What is his name?		
I don't know	5.0	
	5.1	
I can hardly move.		
Is that in the incident?		
Yes. I'm so drained of energy. Someone puts me back to bed. I need to sleep. There's pressure round my head, sinuses, forehead. Whatever they use, it makes me very tired. But somehow my mind is still alert. I'm not in deep conscious sleep.		
Move to the beginning of the incident and tell me when you're there. (He does so). Move through the incident telling me about it as you go.		
C/L	SF 5.0	
I'm very tired	SF 5.1	
I let the person in. I go with him. I get in the car. We drive. Go to the prison. Everyone is pretty friendly. There's a pressure in my nose. It's dark. I'm tired.		
Have they done something to make you forget?		
Yes. A memory block.		
Is it in the form of a command?		
No		
How did they apply the memory block?	SF	
I don't know		
Did they reactivate previous programming?		
Yes	Yawn ↓4.8	
When you asked me that question, it shocked me out of it	↓4.5	
		I ended the session here because we had been going for 1.5 hours and it was getting late.

**Note:** After this incident Michael slept as though one dead. That is, he was EXCEPTIONALLY exhausted.

## Session 34: Compartmentalised personalities

18<sup>th</sup> November 1998

Summary: We started off trying to have another look at session 33, the incident at Buffalo Bill's. We got a rock slam which appears to be caused by a reptilian presence in the room. We sent it on its way. The needle then started behaving as normal. Then another set of rock slams appeared. We ran the incident from the point of view of 'the Controller' – the man who picked up Michael in the car. This finally got rid of the rock slam. Then Michael got angry. The anger came from a group of memories belonging to many people. The memories were forcefully stored in a box.

We then found that Michael had different memories which had been compartmentalised in his brain. There were four 'Michaels'. He operated normally as Michael 1. The other 'Michaels' were where his abilities, such as remote viewing, were stored.

Food okay Sleep okay Metabolism 3/4"	4.8	
Start of session		
<u>We are continuing on with last night's incident. Move to the beginning of the incident and tell me when you're there.</u>	F 4.9 5.0 F 5.1 5.3	
<u>Is there another incident in restimulation?</u>		Nothing much was happening, so I tried another tack
<u>Are there entities involved with this incident?</u>		
<u>Locate</u>	R/S	Note the rock slam
In forehead, in middle	5.6	
<u>Command them to run out the incident that made them the way they are</u> Done <u>Command them to run out the incident that made them stick to the body</u> Done <u>I will now read them their rights: It is now (date). Your rights are:</u> <ul style="list-style-type: none"> <li>• <u>The right to our own self determinism</u></li> <li>• <u>The right to your own sanity</u></li> <li>• <u>The right to leave a game</u></li> <li>• <u>The right to choose your own game, or not, and play it, or not.</u></li> </ul> <u>You're now free to do whatever you want.</u>		

<u>What do they want to do?</u>		
Go	5.8	
<u>Are there reptilians in the room?</u>	R/S	
I don't know		
Repeat "I don't know"		
I don't know, I don't know		
(There had been a new picture placed in the room. At this point Michael wanted it taken down. He said that there was bad energy associated with the people who made the picture or made the frame - not the person in the picture. I took the picture down, which finally brought the tone arm down).	4.7 5.0	
<u>Is there a reptilian in the room?</u>	5.1	
Yes (we can both sense it as an energy)		
<u>Ask it, what is your purpose in being here?</u>		
Interference	F	
<u>Command it to leave</u> (we both do) (It leaves)		
<u>Move to the start of the incident and tell me when you are there.</u>		
I'm there		
<u>Move through the incident telling me about it as you go.</u>		
C/L	5.3	
I feel a bit tired	SF	
I'm relaxed	SF	
(complains about 'noisy' clock on the table we are working on) - can't you hear it?	5.5	
<u>Is there a clock in the incident?</u>		
Yes (I remove the clock)		
<u>Have you been given a block to stop memories?</u>		
Yes		
What?		
I don't know	SF	
My face itches	SF	Note physical manifestations appearing
I'm really tired	F,F	Now we start to get good reads
I feel really weird. There's a pressure on my temples and forehead	F	
There's something in the middle of my forehead, pressure.	F 5.2	

C/L	F	
I'm not seeing anything	F	
<u>Repeat "I'm not seeing anything"</u>		
I'm not seeing anything, I'm not seeing anything	F	
I feel pressure on my head	R/S SF R/S 5.3 F,F 5.2	Note the rock slam
I'm not getting any images		
<u>Repeat "I'm not getting any images, I'm not getting any images"</u>	R/S	
<u>Is there something in this incident which is stopping you from getting images?</u>		
There's no light	5.3	
Programming	F	
<u>Is the programming in the form of an implant?</u>	5.4	
(answer not recorded. However, there was no read on the answer)		
I'm not so tired	eyes open 5.2	
That's the end of the incident	4.8	
<u>Move to the beginning of the incident and tell me when you're there.</u> (he does so)	4.9	
<u>Move through the incident telling me about it as you go.</u>	5.0	
I'm very tired	5.1	
I'm really tired	SF	
There's pressure on my forehead	5.2	
A lot of pressure	SF	
In the middle	5.3 SF	
<u>What's causing it?</u>		
I can't see. Just feel it.		
<u>What does it feel like?</u>		
Like a cap	F	
A covering		
<u>How long do you lie there?</u>		
2 hours	R/S	Notice that up to here in this session, and for a bit further, we are not getting as many reads as usual. And the rocks slam keeps happening!
<u>Is the thing on your forehead having an effect on you?</u>		
Yes		
<u>What effect?</u>		
Control and programming	5.4	
I can't see anything. I think my eyes must be closed.		

<u>Come to the end of the incident</u>	5.0	
<u>What is the next viewpoint to be run?</u>		I decide to run this from multiple viewpoints, to see if that gets rid of more charge, and gets rid of the rock slams
The controller	F,LF	
<u>Be the controller. Speak from his point of view.</u>	R/S	The rock slam appears immediately Michael starts speaking from the controller's point of view, indicating that the rock slamming (evil purpose) was coming from him. <b>Note:</b> We found a Wernicke's command way back in session 18 (7 <sup>th</sup> Feb) which said "You can't keep it up" given to him by someone called "The Controller". There may be more than one 'controller', but it is interesting never-the-less.
<u>When does this incident start for the controller?</u>	R/S 4.5	Note the rock slam
1947	4.3	
I'm a young military man.	R/S	
Something happens	4.5	Note that from here the rock slam ceases. This indicates that the evil purpose was coming from the controller, or something associated with the controller.
I get involved in the program. I've been a controller for a lot of people.		
It's a job	F	Note the read
It's necessary	F 4.7	
It's boring sometimes		
<u>What's the next viewpoint to be run?</u>		
(Michael immediately gets very angry. Wants to walk around)	LF 4.4	Note the read
<u>Does this anger come from the next viewpoint?</u>	4.3	Note that TA has come down a lot from an earlier high of 5.8, indicating we are on the right track
Yes	4.5	
	SF	
I get a square		
Electricity	4.6	
A machine	4.7	
It's what they use to store memories in		He is describing a collection of memories that have been taken from many people
It can bring memories in or bring them out		
<u>Is the next viewpoint the memories?</u>		
Yes	F	
<u>Be the memories(does so)</u>		



<u>When does this incident start for the memories?</u>		
When they were extracted from the people		
1958	SF	Note the read
It's a catalogue		
<u>Feel what the memories feel</u>	LF 4.5	Note the read
	body shakes	Note the physical reaction
They're mad		
<u>Speak from the point of view of the memories</u>		
We're mad	4.8	
We're violated		
We shouldn't be treated this way		
Storage is some kind of crystal (short break for drink of water)	SF 5.0	
	4.5	
<u>What is the next view point to be run?</u>	F	
There are no others	4.8 5.0	Once we get to this point, Michael's anger has gone. This indicates that it did, in fact, come from the group of memories.
<u>Move to the beginning of the incident and tell me when you're there.</u> (he does so) <u>Move through the incident telling me about it as you go.</u>		
It's the same image as before. I wake up. I go with them. I'm starting to get tired.	5.3 5.4 5.5	
<u>Is there an earlier, similar incident?</u>	X	
Yes	X	
<u>Leave that for now.</u>		Sometimes high tone arm is caused by an earlier, similar incident pushing in. However, I don't chase the "earlier, similar incident" in this case, even though he said 'yes' because there was no read on my question or his answer.
<u>Are there drugs in this incident?</u>		
Yes. Cause I'm really tired.	SF	
Pressure on my forehead.	Tk	
It's intense		
They're putting some information into me	SF	
<u>Is it useful or lies?</u>		
Useful	SF	
Part of my mind is cordoned off	↓5.2	Note the sudden drop in TA
I'm not tired	'jumps' in the air	Note physical reaction
<u>How many Michaels' are involved?</u>		

3 or 4		
<u>Is it three?</u>	X	Note that this did not read
<u>Is it four?</u>	F	Note that this did read, indicating his mind was cordoned off into 4 sub departments.
Yes		Plus he answered 'yes' to this question
<u>Which Michael have we been running this on?</u>		
3		
<u>Who are you on a normal basis?</u>		
One		
<u>What is the first viewpoint to run?</u>		
4	LF	
<u>When did this incident start for Michael No. 4?</u>		
1976	F	Sometimes just getting the date and location of an incident can be enough to as-is it.
<u>Move to 1976 from the point of view of Michael No. 4</u>	F	5.0 4.8
That's it		
<u>What is the next 'Michael' to be run?</u>		
3		
<u>When did this incident start for Michael No. 3?</u>		
It's not the personality.		
It's a compartment	F	Note the read
<u>What is the purpose of the compartments?</u>		
Same person, with different memory structures		
Covert operations Different abilities		
<u>What covert operations has Michael No. 2 been involved in?</u>		
Assassination		While I am sure many readers will be interested in who he assassinated, we have not to date (April 2000) looked any further at this than the work we did in session 2.
<u>What covert operations has Michael No. 2 been involved in?</u>		Here I am doing repetitive technique. By asking the same question over and over (with a good acknowledgement to each answer) much knowledge is gained, and any hidden answers at the bottom surface. Repetitive technique is taken to floating needle. <b>Note:</b> It is not normally done in the middle of an incident as I did here.
Assassination		

<u>What covert operations has Michael No. 2 been involved in?</u>		
Communication	SF	
<u>What covert operations has Michael No. 2 been involved in?</u> Reconnaissance	SF 5.0	
<u>What covert operations has Michael No. 2 been involved in?</u> That's all	X	
<u>What covert operations has Michael No. 2 been involved in?</u> Flying on Mars	F SF	
<u>What covert operations has Michael No. 2 been involved in?</u> Defense	SF	
<u>What covert operations has Michael No. 2 been involved in?</u> That's about it	X	
<u>What covert operations has Michael No. 2 been involved in?</u> I don't get anything	X	
<u>What covert operations has Michael No. 2 been involved in?</u> Telepathy	F	
<u>What covert operations has Michael No. 2 been involved in?</u> Blank	SF	
<u>What covert operations has Michael No. 2 been involved in?</u> That's the end	4.8 4.6 4.7 F/N	Note the floating needle.
<u>What abilities does Michael No. 2 have?</u> Remote viewing		
<u>What abilities does Michael No. 2 have?</u> Telepathy		
<u>What abilities does Michael No. 2 have?</u> Remote influence	F	
<u>What abilities does Michael No. 2 have?</u> Termination		
<u>What abilities does Michael No. 2 have?</u> Reconnaissance and data gathering		
<u>What abilities does Michael No. 2 have?</u> Flying	F	
<u>What abilities does Michael No. 2 have?</u> There are no new ones	LF	Note the read.
My eyes are irritated	↓4.6	

My head feels stuffy	↓4.2 F/N	
<u>End of session</u>		

Michael felt a **lot** better after this session

## Session 35: Drugs and Reptilian Doctors

21<sup>st</sup> November 1998

Summary: We continued with the line of questioning from the last session, and found what abilities and memories were stored in the other 3 compartments of Michael's mind. Then we got an incident, in 1988 in Kansas City, where he lived in 1988 a few years after he left the navy.

We got that he was operated on by a doctor who appeared to be human but was in fact a reptilian who had "contempt for humans" because he believed "they are easy to fool". He does not consciously remember ever having had an operation, or even having the need for an operation.

Food okay Sleep okay Metabolism 1.5"	4.6	
My eye is twitching	F	
Rudiments OK Start of session	4.4 F/N	
What covert operations is Michael No. 3 involved in?		
None	4.3	
<u>What covert operations has Michael No. 3 been involved in in the past?</u>		
Reconnaissance Assassination		
<u>What covert operations has Michael No. 3 been involved in in the past?</u>	F	
Don't know		
<u>What covert operations has Michael No. 3 been involved in in the past?</u>	4.2	
Nothing's coming to mind <u>Repeat "Nothing's coming to mind"</u>	F	
Nothing's coming to mind, Nothing's coming to mind	F	
<u>What covert operations has Michael No. 3 been involved in in the past?</u>	F	
Medical research	F,F,F,F	Note the reads
I'm thinking - my eyes are itchy	LF,F ↓4.0	Note physical reaction and drop in TA
<u>What covert operations has Michael No. 3 been involved in, in the past?</u>		
Nothing's coming to mind	F 4.1	
I'm not getting anything		
There's nothing more	F/N	

<u>What abilities does Michael No. 3 have?</u>	F	
Flying		
Telepathy	F	Note the read
	F	
<u>What abilities does Michael No. 3 have?</u>	3.9	
Swimming	F	
	laugh	
Diving	F	
Words are coming through -		
Teleportation	F	Note the read
Time travel	F/N 3.8	
<u>What abilities does Michael No. 3 have?</u>	F	
Medicine	F	
Computers		
<u>What abilities does Michael No. 3 have?</u>	F/N	
Fighting	F	
Electronics		
Driving	F	
<u>What abilities does Michael No. 3 have?</u>	3.9	
Talking on the telephone.		
Nothing else		
<u>What abilities does Michael No. 3 have?</u>	F 3.8	
	F	
We're done	F/N 3.7	
My eyes are bothering me		
<u>Do you have an incident in restimulation?</u>		
I'm not sure. I think so.		
<u>I repeat the question "Do you have an incident in restimulation?"</u>		
I think the filing clerk is jammed.		
<u>Command it to run out any incident stopping if from running at full capacity. (he does so)</u>	4.1	
	LF	
Tell it "well done" (he does so)		
<u>Do you have an incident in restimulation?</u>	F	This read indicates that he does.
Yes		
<u>Move to the beginning of the incident and tell me when you're there. (he does so)</u>		
<u>Move through the incident telling me about it as you go.</u>	3.9	
	F,SF	
No images		
<u>Is there an earlier beginning to this</u>		

incident?	F	
Yes		
<u>Move to the new beginning and tell me when you are there (he does so)</u>	F	
<u>Move through the incident telling me about it as you go.</u>		
I feel kind of heavy	SF 4.0	
No thoughts		
No images	F	
	F 4.2 SF	
I'm starting to feel tired and relaxed	F,F 4.3	
I don't see anything. I'm real tired.	F 4.4 F,LF Hands going numb	Note the read and reaction, indicating that there is something here.
I don't see anything	4.5 4.6	
<u>When is this incident?</u>	SF,SF	
1988	F	Note the read
<u>Where?</u>	SF,F	
Kansas City	F 4.5	Note the read
<u>Move to the beginning of the incident and tell me when you're there. (he does so)</u>	F 4.6	
<u>Move through the incident telling me about it as you go.</u>	4.7 4.8	
I'm pretty tired.	4.9	
I'm laying on a table. I can't see anything cause my eyes are closed.	SF 5.1	Note TA is going up as the memories come in
I'm very tired.	SF	
I don't see any images.	F	
<u>Does this incident have anything to do with you not remembering the other incidences?</u>		
Yes	SF	
<u>What's happening?</u>	F	The only really safe and non-leading question that is appropriate here
I feel pressure on my forehead	SF,SF	
<u>What is it doing?</u>		
It's a machine		
<u>What is the machine doing?</u>		
Programming	SF	Note the read
Data stream	F 5.0	
<u>What is some of this data?</u>		
Abilities		
Time travel	SF	
Flying saucers	SF	

C/L	F,F,LF 4.8 F 4.7 4.8	All the reads indicate that something is going on, but we still don't know what
I still feel pressure the pressure.		
I'm not getting any images.	4.9	
<u>Then what happens?</u>	5.1	
I come to the end of the incident	F yawn 4.7 4.8	
(break for drink of water)		
<u>Move to the beginning of the incident and tell me when you're there. (he does so)</u> <u>Move through the incident telling me about it as you go.</u>		
<u>Is this incident the same as the other incident?</u>		
No. It's different. It's before that.		
<u>Is there an earlier, similar incident?</u>	LF	The read indicates that there is.
No	SF	This is a very small read. And straight after he says "I don't know". The short fall may have been reading on something other than his answer to the question.
I don't know.		
<u>Repeat "I don't know"</u>		
I don't know. I don't know.		
Yes. It's hard to think.		
<u>Move to the earlier, similar incident and tell me when you are there. (he does so)</u>	F 5.0	
<u>Move through the incident telling me about it as you go.</u>		
	SF,SF,F,SF, F	It appears from the reads that we really do have something to look at here.
I feel tired. I feel pain around the back of my neck. There are images of doctors and an operating room. People with gowns on.		
For surgery.	SF,F	
I feel pressure on the back of my neck	5.1 F	TA is high and getting higher
I still feel pressure	SF 5.2	
<u>When is this?</u>		
I'm not sure I first got 1988		
<u>Is it 1988?</u>		
Yes	5.3	
I'm not getting any images		
<u>Where are you?</u>		
My neck itches		



<u>Is this your incident or someone else's ?</u>		
Mine. My neck hurts		
My head hurts		
<u>I repeat the question, where are you?</u>		
Laying on a table, face down	tk,tk	
<u>Then what happens?</u>		
I'm laying on a table face down	F	
They're doing something to my neck	5.6	Now TA is super high
Let me know when you come to the end of the incident		
I'm at the end	F,F,LF 5.1 F	Coming to the end of the incident gets rid of a lot of charge and brings relief
<u>Move to the beginning of the incident and tell me when you're there. (he does so)</u>	F	
<u>Is there an earlier beginning to this incident?</u>	F	
<u>No</u>	yawn Stretches shoulders ↓4.4	Note the big drop in TA.
<u>Move through the incident telling me about it as you go.</u>		
I'm tired again. I think it's drugs.		
<u>What drugs?</u>	SF	Ah! Drugs in restimulation would account for the high TA and the difficulty we are having finding out what happened.
Scopolamine		
<u>Anything else?</u>		
Barbiturate	4.7	
<u>Anything else?</u>		
An alien drug	SF	Note the read
(the audio tape clicks to the end)	LF 4.6 4.7	
C/L	SF 4.9 5.0	
I'm not getting any images. I'm just really tired.	5.2	Tiredness usually accompanies drugs in restimulation
<u>What's happening?</u>		
I can't see any images		
<u>Repeat "I can't see any images"</u>		
I can't see any images. I can't see any images.	5.3 5.5	
<u>What's happening?</u>		
Nothing		
I'm at the end of the incident	F	
My left shoulder is stiff.	4.5	
<u>Move to the beginning of the</u>	4.8	

<u>incident and tell me when you're there. (He does so). Move through the incident telling me about it as you go.</u>	5.0 SF	
I don't see any images		
I'm not that tired.	5.1	
My mind's pretty clear this time	F	
I'm not getting any images		
<u>Repeat "I'm not getting any images".</u>		
I'm not getting any images. I'm not getting any images.		
I feel pressure, pain at the back of my neck	F 5.3	
C/L	5.4 5.5 5.6 5.7	
I'm still tired. They're still doing something to my neck.	5.8 SF,Tk,SF	TA is super high again
I think I'm at the end of the incident	F	
<u>Move to the beginning of the incident and tell me when you're there. (He does so). Move through the incident telling me about it as you go.</u>		
	F,F 4.9	
<u>What's that?</u>		
I don't see anything		
I feel pressure on my neck	SF 5.4 5.5	
C/L	Tk,tk 5.6	
I'm still tired	SF,SF 5.7 Tk	
I'm not seeing anything	F 5.6	
I'm at the end	LF 5.3 F,F 5.7	
<u>Move to the beginning of the incident and tell me when you're there. (He does so). Move through the incident telling me about it as you go.</u>	4.9 5.0	Note that TA drops once he moves to the beginning of the incident.
(twists his neck)	4.8	
(has 2 spirulina tablets)	SF 4.9 F	
My eyes are itchy	F	
<u>Are they itchy in the incident?</u>		
Yes. The air is dry.	5.0	
I still feel pressure on the back of my neck.		
<u>How long is it applied for?</u>		
I don't know		
<u>Repeat "I don't know"</u>		
I don't know. I don't know.		

5 hours	F	Here is a classic case of getting a person to repeat something, so that they can get to the underlying truth.
<u>What is the name of the instrument on the back of your neck?</u>		
I don't know		
<u>Repeat "I don't know"</u>		
I don't know. I don't know.	5.4 5.5	
	Tk,tk	
I can't see anything		
<u>Repeat "I can't see anything"</u>		
I can't see anything. I can't see anything.	5.6	
	Tk	
<u>What's happening?</u>		
I'm feeling pressure on my forehead	SF,LF ↓5.3	
I feel it's the end	LF 5.0	
I'm really tired.	F,F	

Here we stopped and did some kinesiology. We balanced out the drugs – scopolamine, a barbiturate and an alien drug (name not known).

Then we moved back onto the biofeedback meter and resumed the clearing session.

Once we had the drugs balanced out, Michael was much brighter and able to see more clearly what happened.

	4.9	
<u>Move to the beginning of the incident and tell me when you're there.</u> (He does so).	F 5.1	
<u>Move through the incident telling me about it as you go.</u>	5.3	
I'm laying face down on a table. People and doctors are there.		
One is older with grey hair.	5.5	
He is the one who'll do the operation on my neck. Some kind of implant.		Michael is much brighter and more talkative now that the drugs have been balanced out of his system.
Also nurses. All human. There is more than one doctor.	5.6	
There is an operation on me.		
It's over		
<u>What is the next viewpoint to be run?</u>		
The doctor		
<u>Be the doctor. Move to the beginning of the incident from the doctor's point of view.</u>		

<u>Move through the incident from the doctor's point of view.</u>	F,F 5.3	Note the reads
First of all I got that it's just a job. He's not involved. Then I got he's not quite what he seems.	F 5.5	(Michael is talking about the doctor, not from the doctor's point of view as he should be).
Humans are frail.		Finally he is talking here from the doctor's point of view
This job is not particularly exciting.	SF,tk	
I'm not human	X	
<u>What are you?</u>	X	
Reptilian	X	
But they don't know that	X	
<u>Right now is he (the doctor) listening to us?</u>		I asked this because I got a feeling that he might be interfering with the session. This was partly due to the fact that we were getting no reads, and also to the fact that it is only logical for a highly telepathic species such as reptilians to know when you are talking about them!
Yes	F	Finally – a read! Once we spot the truth the reptilian can no longer interfere with the session
<u>Is he reptilian?</u>		
Yes	SF	Note the read
<u>Move to the beginning of the incident from the doctor's point of view</u> (he does so). <u>Move through the incident from the doctor's point of view, telling me about it as you go.</u>		
(Michael now speaks from the doctor's point of view). I have contempt for humans	SF	Note all these reads
They are easy to fool	SF	
They are a valuable resource	SF,SF	
I must ensure the operation is a success	F	
Or I'll be punished	5.2	
<u>What is the purpose of the operation?</u>		
Control		
I'm living in a human body.		
<u>How do you do that?</u>		
Electronic		
<u>Is there electronic something on you?</u>	SF	
<u>Is it like "They live? The movie"?</u>	SF	
No	SF	
'They live' was external signals being beamed to humans – and this is similar but localised. There is some kind of field effect around my body.	5.0	

It has to be or I won't get past video cameras – this can affect video cameras.		
<u>In real life, how tall are you?</u>		
6'7"	LF 5.0	Note the read
<u>What happens next?</u>		
I complete the operation	SF,F	
I don't like being this person – get me out of this (this is Michael talking)	4.8	
<u>Be Michael</u>	F 4.4	
<u>What is the next viewpoint to be run?</u>		
There are none		
<u>Move to the beginning of the incident and tell me when you're there. (He does so). Move through the incident telling me about it as you go.</u>	4.8	
I'm on the table laying face down.	5.0	
I still feel pain at the back of my neck.	SF,LF	
I don't feel tired.		
<u>Do you have any thoughts about any of this?</u>	4.8	
I wish they'd quit it.	F	
The reptilians think they're in control.		
They're in for a rude awakening.	F 4.7	
<u>Move to the beginning of the incident and tell me when you're there. (He does so). Move through the incident telling me about it as you go.</u>	4.6 F/N VGI	
<u>Is this incident erased?</u>		I don't know why I asked this question here. The incident couldn't be erased while we still have such high tone arm.
I'm still pissed off at them	F,F	
<u>Look around the room and name things</u>	4.5	
<u>End of session</u>		

## **Session 36: Missouri and Reptilians**

25<sup>th</sup> January 1999

Summary: We both went on a trip to Missouri, where we looked at some properties near Willow Springs which had some caves on them. We both afterwards got food poisoning on the way home.

We still felt bad about Missouri days later, even when the food poisoning was healed. This session looked at the reasons for that. It ended a floating needle, very good indicators and a TA of 3.9.

But then a rock slam appeared. I am including the second part of this session because it is involved an attempt at an 'energy abduction' by some reptilians.

An interesting addition to this story. I felt very sick several days after visiting Missouri. Somehow I got that it was still to do with Missouri. I had a lot of mud on my shoes from a cave we had visited. As soon as I hosed all of the mud off my shoes, I instantly got better.

End of the first part of the session	F/N VGI 3.9	
(Michael starts talking about the fact that he always had a yearning to visit Willow Springs Missouri)	R/S	Suddenly a rock slam appears when Michael talks about a desire he has always had to visit this place, indicating that there is more to this desire than meets the eye
<u>When did you have this goal?</u>		
16 years old		
I read about it in Mother Earth News	R/S 4.8	Note the rock slam
<u>Do you have an incident in restimulation?</u>		
No	F	Note we don't get an incident on the question or the answer. His answer may not be correct. I may be asking him this question too soon.
I have no idea why I'm being pulled there		
It is possible they have a base there	F	
<u>Reptilians?</u>		
Yes	F	Note the read
<u>When did they first start pulling you there?</u>		
When I was 16	F	Note the read
<u>What was the purpose?</u>		
Control		
<u>Were we abducted while we were in Missouri?</u>		

	LF shakes F,F 4.3	Note physical reaction
Yes	4.5	
There's something blocking it	F	Note the read
A cloud		
<u>Say 'hello' to the cloud until it answers.</u>		
(He does so)		
<u>Command the cloud to run out the incident that made it the way it is</u>		
(He does so)		
<u>Command the cloud to run out the incident that made it involved with you</u>		
(He does so)		
( I then read it it's rights): <u>It is now (date). Your rights as a spirit are:</u>		
<ul style="list-style-type: none"> <li>• <u>The right to your own self determinism</u></li> <li>• <u>The right to your own sanity</u></li> <li>• <u>The right to leave a game</u></li> <li>• <u>The right to choose a game, or not and play it, or not</u></li> </ul>		
<u>You're now free to do whatever you want. What do you want to do?</u>		
Leave	F	Note the read
<u>Were you physically abducted?</u>		
No	F	Note the read
<u>Were you metaphysically abducted?</u>		
Yes		
<u>Do you have an incident in restimulation?</u>		
Yes	F	
<u>Move to the beginning of the incident and tell me when you're there.</u> (He does so). <u>Move through the incident telling me about it as you go.</u>	4.4	
It happened when we were at the Microtel hotel	F,F,SF,SF 4.2	We spent two night in Missouri at the Microtel hotel. Note the reads
It used electronic mind control		
It was not successful		
<u>Move to the beginning of the incident and tell me when you're there.</u> (He does so). <u>Move through the incident telling me about it as you go.</u>	F	
It took place while I was sleeping		
<u>Which night?</u>		

The first night we were there		
<u>What species' were involved?</u>		
Reptilian		
Nordic	F	
I still feel ill		This refers to the left-over feeling they had from a bout of food poisoning which they got when leaving Missouri. They had to stop and stay an extra 2 nights at a hotel to get better.
<u>Move to the beginning of the incident and tell me when you're there.</u> (He does so). <u>Move through the incident telling me about it as you go.</u>		
I lay down		
They try to link into me		
It's an energy thing		
It's not accomplishing what it is meant to		This would be due to a number of things. Firstly, Michael is now aware of the kind of things that have been done to him. Secondly, after the last abduction incident in his bedroom he FINALLY made an announcement out loud to the world that he QUILTS THE PROGRAM. Thirdly, and most importantly, he prays for protection each night.
They are not happy		
My protection works good	SF	Note the read (He prays for protection each night, asking God and Jesus to send angels to protect us both)
They gave up	SF	Note the read!
They're pissed		
They're partially hooked in, but not to my inner parts	SF,LF 4.0	Note the reads. Later Michael prayed specifically to break these 'hooks' (soul ties).
<u>What is the next viewpoint to be run?</u>		
Their's		
<u>Take their point of view</u>		
<u>What is their purpose?</u>		
Programming	4.4	
Training. To get energy		
They fixed something that was undone, to do with my spine	SF	
They thought we'd be weaker		
Missouri is one of their strong holds		<b>Note:</b> We felt an awful energy most of the time we were in Missouri
<u>Is that incident now erased?</u>		
Yes	F	



<u>Is there now anything more associated with Missouri?</u>		
No	3.5	
	F/N 3.3	Note the floating needle and low TA.
<u>End of Session</u>		

## Session 37: A Blinding Headache

27<sup>th</sup> January 1999

**Note:** Michael had a blinding headache for two days before this session, despite taking Veganin, a painkiller with codeine. (He is normally headache-free). This pain went away straight after this session.

He also had a pain in the neck, which went away after the session and after some kinesiology where we found a Wernicke's command - "that's a pain in the neck" which came from his mother.

Summary: This is a continuation of the incident that was looked at in Session 30. Michael's nose, neck and groin were operated on in 1998. (This is not an operation that he consciously recalls ever having been done).

It is this incident that caused the scars to appear on his groin after a night's sleep.

Food okay Sleep okay Had a veganin the night before Metabolism 1.5 " I feel tired F	4.8	<b>Note:</b> Normally a session is not run for a week after taking a drug. This is because the drug usually makes the needle stick still. However, we had good needle movement as shown by the 1.5" of metabolism, so I decided to proceed
<u>Start of session</u>		
<u>Do you have an incident in restimulation?</u>	F	Note the read on the question and the answer
Yes	F	
<u>Move to the beginning of the incident and tell me when you're there.</u> (He does so). <u>Move through the incident telling me about it as you go.</u>		
I feel tired	F,F,LF 4.7	There is obviously something causing his tiredness, as noted by the reads
My head hurts	F	
<u>Move to the beginning of the incident and tell me when you're there.</u> (He does so). <u>Move through the incident telling me about it as you go.</u>	F F,SF	
I feel a pain in my head through my sinuses	F	Note physical pain appearing
A pain in my right nostril	F	
Throbbing	F 4.7 SF	
I'm not getting any images	F,F	
<u>Repeat "I'm not getting any</u>		

images”		
I’m not getting any images. I’m not getting any images	F cough F 4.5	
I don’t see anything	F	
Repeat “I don’t see anything”		
I don’t see anything	F	
I don’t see anything	4.6	
The right part of my head hurts		
I’m very tired	F	
When is this?		
I don’t know		
My head hurts	F,F	
Nothing’s coming to mind	SF,F,F	
I don’t see anything	F,F,F,F	There is a lot of charge on this statement
My head hurts a lot	F 4.4	
My head is throbbing	4.2 4.3	TA is starting to drop.
I’m at the end of the incident	F	
Move to the beginning of the incident and tell me when you’re there. (He does so). Move through the incident telling me about it as you go.	4.0	
I still don’t see anything		
My head hurts. It throbs	F,F 3.9	
The back of my neck hurts	4.1 4.2	
	F	
Someone is looking at me	F	Note the read
I’m laying down, they look up – a man with white hair	F	
Saying “you’re going to be fine”		
Is this an incident we have run before?		Note: We don’t get a read on the question or the answer. This may not be the correct answer.
No	F	
I’m not getting any images	F	
Repeat “I’m not getting any images”	F	
I’m not getting any images, I’m not getting any images		
Everything is still dark	F,F F/N	Note the reads and floating needle
I’m exhausted	4.1	
My head hurts	SF	
I’m at the end	LF	
I feel terrible	F	Note the read
Move to the beginning of the incident and tell me when you’re there. (He does so). Move through the incident telling		

<u>me about it as you go.</u>		
I'm at the beginning	F,F F	3.8 Note that when we go to the beginning of the incident, TA drops a little – this is because it is less stressful at this time than during the incident
I'm very tired	SF	4.0 Note tiredness setting in
They put	LF	Note the read which verifies what he's saying
something up inside my nose.		
That's why it hurts	F,F	
Something to my neck	SF Scratches nose 3.6 3.7 3.9 4.0 F	
My head hurts	F	3.9 4.0
They're doing something to my neck	SF	4.1
I'm at the end of the incident	F,LF	3.8
<u>Move to the beginning of the incident and tell me when you're there.</u> (He does so). <u>Move through the incident telling me about it as you go.</u>		
I'm at the beginning	LF	3.7 4.0
<u>When is this?</u>	F	
I don't know	F	
I'm above the operating table looking down	F	Note the read. It would appear that he has left his body. This is a common occurrence when an operation is going on
<u>Does this incident happen in this universe?</u>		
Yes		
It's weird. I see me on a table like on the movies	F	
There are blue sheets around me		
I'm wearing a shower cap		
There's a hose in my mouth		
There's light in there		
A brighter light is pointed at my face		
There's a sensor attached to my forehead	F	
and cheeks	F	
Something to my nostril	SF	
People look human	F	4.1

My neck still aches	F		
My head does not hurt so much		4.0	
		4.1	
		4.2	
My neck is still sore	F		
A person is saying "you're going to be fine"		4.3	
I'm at the end of the incident	LF,F	3.7	Note that TA comes down when he gets to the end of the incident
<u>Move to the beginning of the incident and tell me when you're there.</u>			
I'm at the beginning	F		
<u>Move through the incident telling me about it as you go.</u>			
	SF	3.9	
I'm not getting any images	LF	3.7	
I'm on the gurney			
I'm rolled into the operating area		3.9	
		4.0	
That take blood pressure and that kind of stuff	F		
I'm real tired. Can't move			
I'm now moved to another table	F	4.2	Note the read
I don't feel fine	LF	4.0	
		4.1	
	F	4.0	
I'm seeing it from above again			
There's a long thin hose inside my nostril			
My head starts to hurt	SF		
They pull out the hose		4.1	
		4.2	
They're doing the surgery to my groin area			
The first thing they do is put a tag or marker in my nose	SF	4.1	
	F		
Then they do surgery to groin area		4.0	
They seal everything back up	F		
There are no stitches. It's like on Star Trek. They use a bright light and it goes together	F	3.7	Note the read
I'm done	F	3.6	
<u>Move to the beginning of the incident and tell me when you're there. (He does so).</u>			
<u>Move through the incident telling me about it as you go.</u>	F		
<u>Is there an earlier beginning to this incident?</u>			
Yes			
<u>Move to the new beginning and tell me when you're there</u>			
	F	3.8	
I'm there	F,F	3.3	

C/L	3.5	
I got an idea it's in the navy	4.0 4.1	
I don't see any images	F	
Repeat "I don't see any images"		
I don't see any images, I don't see any images	SF 4.2	
I'm at the end	F 3.7	
It's not as bad as (?not written) was	LF 3.4 Much brighter	
<u>Move to the beginning of the incident and tell me when you're there.</u> (He does so). <u>Move through the incident telling me about it as you go.</u>	3.5	
I have a headache in front. Different neck throbs	3.6	
I'm in the hallway on the gurney		
They operate on my nose	SF 3.7	
They're done with that	F	
I can taste the blood		
My head hurts	F 3.8	Note the read. This is where his headache is coming from.
There are other things Cold metal on my heart	SF,SF,F	Looking at the notes later on, it would have been interesting to have looked at this further. In Chinese medicine the heart energy holds the memory.
My neck is sore <u>What happens to make your head sore?</u>		
What they put in my nose <u>When is this?</u>	LF,LF	Note the big reads
This year – rather 1998		This session is the same incident as session 30, the abduction from the bedroom
My head still hurts <u>Anything still in your nose?</u>	3.3	
Yes		
They're done with the surgery	F 3.5 3.6	
I come to the end (short toilet break)	LF 3.3	
<u>Move to the beginning of the incident and tell me when you're there.</u> (He does so). <u>Move through the incident telling me about it as you go</u>		
I'm on the gurney	F	
On my back		
People are saying things	4.3	
I don't have the ability to talk back	4.5	
Another shot	F	

I'm even more tired	4.6	
Doctor things		
Wired to head		
Long thin wire thing inside my nose – a tool	SF 4.7	
They pull it out	LF 4.5	
I'm still on the gurney – no, a table	F	
Surgery to groin area		
Don't feel. Cold		
	F	
They're done		
A woman says "you'll be fine"		
I'm moved to another area	F	
That's the end	LF 3.8	
<u>Move to the beginning of the incident and tell me when you're there.</u> (He does so).	F	
<u>Move through the incident telling me about it as you go.</u>	LF 3.6	
I'm on the gurney	3.7	
Operations to nose	F	
Done with that	F	
Surgery to groin	F,SF	
Cold	LF,F 3.5	
I'm moved to another room		
That's that	LF	
	F/N 3.5	
<u>How does your neck feel?</u>		
Tinge		
My head – the deep throbbing has gone		
<u>Move to the beginning of the incident and tell me when you're there.</u> (He does so).		
<u>Move through the incident telling me about it as you go.</u>	3.8	
	4.1	
I'm very tired		
<u>What was done to you to make you tired?</u>		
Electronic thing	4.3	
	4.5	
I'm not the only person. There are others involved.		
I'm in the hall	4.6	
	F 4.7	
	F 4.5	
	4.7	
I'm given a shot. I'm more tired	4.8	
The clothing they're wearing is all dark blue. And the sheets and everything else is dark blue	4.9	
There are wires in me		
The put a tube into my nose		
They remove it	SF	
They're still not done	SF	

Surgery in groin area		
Cold	5.0	
That's over now		
I'm moved to another area	F,F,F	
(Here I suggest that we have over-run the session. This means that we are looking at the incident when there is no charge left. This causes TA to go up and no reads because there is nothing there – but the client is trying to see something there and so he puts 'stuff' back in. Once I explain what this means and ask Michael if we have over-run the incident, he says that we have, which brings the TA way back down and a floating needle and good indicators.	F/N 3.5 Good indicators	Finally, we get a floating needle, low TA and a bright, happy Michael, after looking at this incident.
<u>End of session</u>		



### Session 38: Scars Again

8<sup>th</sup> June 1999, Dallas Texas USA

Note: Two weeks prior to this, Michael saw the scar on the left side of his groin was red again, as though it had been operated on again. Also it was paining and pinching a little, which was why he noticed it.

Food okay Sleep okay F Metabolism 1.5"	4.7	
<u>Start of session.</u>	4.7	
<u>What's been happening?</u> Work	4.8	A filling he had had put in several months before had come off.
I busted my tooth	4.6	
<u>Do you have an incident in restimulation?</u>		
Yes	F	
<u>Move to the beginning of the incident and tell me when you're there.</u> (He does so). <u>Move through the incident telling me about it as you go.</u>	LF 4.3	
My head feels weird	F,F	
I'm not getting any images	4.6	
Repeat "I'm not getting any images"		
I'm not getting any images, I'm not getting any images		
I feel tired	4.7 SF	
I'm tired and relaxed	4.8	
(communication lag)	SF 4.9	
I feel a pressure in the upper bridge of my nose	5.0	
(coughs)	5.1 LF,LF ↓4.2	
My lungs feel irritated.		
I feel a throb in my right temple	F F,SF	
My head starts to hurt more now - like the headache I had yesterday	4.2 4.3	
My head hurts		
<u>Are you at the end of the incident?</u>	F	
Yes	4.1	
<u>Move to the beginning of the incident and tell me when you're there.</u> (He does so). <u>Is there an earlier beginning to this incident?</u>		

Yes		
<u>Move to the new beginning and tell me when you are there.</u> (He does so) <u>Move through the incident telling me about it as you go.</u>	4.1 ↓3.7 3.8	
My head hurts a lot, in the right side, above the temple	F,F	
Somebody's doing something to it.	3.9 4.0	
My head hurts		
I'm not getting any pictures	LF,F 3.8 4.0	
My head still hurts a lot	SF,SF 4.1	
I'm done		
I can't think		
The pain is too much	LF,F 4.0 3.9	Note the reads
<u>Move to the beginning of the incident and tell me when you're there.</u> (He does so). <u>Move through the incident telling me about it as you go.</u>	jumps chills 3.8	Note physical reaction
(communication lag)	F jumps F yawns SF 3.7	
My head hurts	SF 3.9 4.0 yawns 4.1	
I'm still not seeing any images. My head still throbs	4.3 4.5 4.6 4.7 4.8 4.9	
I'm done	F 4.1	
<u>Move to the beginning of the incident and tell me when you're there.</u> (He does so). <u>Move through the incident telling me about it as you go.</u>	F,SF 4.3	
I get fleeting images of people in hospital gowns	LF 3.9 SF,SF,SF	
Image of being in a hospital		
Image of me with some kind of bandage on my head. A nurse is showing me a stopwatch or clock.	4.2	
<u>Were you given any commands to forget?</u>		
Yes		

What were they?		
I don't remember		
My head still throbs	4.4	
It's not painful now		
I get the words "Human genome project"		
I feel a pressure on my head	SF 4.6	
When is this?		
Now - As in, recently.		
Within the last month?		
Yes		
I'm at the end of the incident	LF 4.3	
<u>Move to the beginning of the incident and tell me when you're there. (He does so). Move through the incident telling me about it as you go.</u>		
My head starts to hurt. I feel sleepy.	4.4 4.6 SF 4.8	
My nose is itching		
I'm at the end	4.2	
<u>Move to the beginning of the incident and tell me when you're there. (He does so). Move through the incident telling me about it as you go.</u>		
I'm tired again.		
I get that I got 'borrowed' while I was in a hotel		
<u>Which hotel?</u>		
(He names the brand of hotel)	4.6 4.7	
I'm very tired	4.8 4.9	
There was some kind of check-up	5.0 5.1	
I'm done	SF	

We stopped the session here and did some kinesiology corrections, to see if this would help the session to move along better.

With his eyes shut, his 2<sup>nd</sup>, 6<sup>th</sup> and 7<sup>th</sup> chakras (sex, third eye and crown chakras) were out of balance.

With his eyes shut, Muscle testing indicated that there was a blockage around the scars. (This prevents the energy of meridians which flow through the area from flowing correctly).

I also balanced out 2 drugs.

We then continued the session back on the meter.

<u>Move to the beginning of the incident and tell me when you're there.</u> (He does so). <u>Move through the incident telling me about it as you go.</u>	4.5 F Shakes Jumps 4.2 Yawn	Note physical reaction
I'm tired	4.5 4.6 4.7 4.8	
I'm not getting any images	4.9	
There is no pain in my head	5.1	
Now there is a little pain in my head	5.2 5.3	
They're measuring something coming out of my forehead. They put a machine on my forehead. They measure where my third eye is.	5.4	
My hands are pulsing now		
I wondered how they block me. I get that this is happening to the 'other Michaels'. I'm getting just bleed-through stuff.		
<u>Which point of view is this happening to?</u>		
Michael No. 2		
Be Michael No. 2	F,F	Note the reads
<u>When does this incident begin for Michael No. 2?</u>		
The first time is in 1976		
<u>When does the incident we are looking at now begin?</u>		
3 weeks ago		
<u>How many days ago?</u>		
20		
<u>Was it 20 days?</u>		
Yes	LF	Note the read
<u>Move to the beginning of the incident and tell me when you're there.</u> (He does so). <u>Move through the incident telling me about it as you go.</u>	F 4.3 SF shaking LF 4.0 4.1 F	
My hands feel numb	SF,F 4.5	
There are still no images		
My eyes are closed. That's why I'm getting no images.	4.8 4.9	

	5.0	
I'm getting an image of a jump gate opening up in front of my bed.		
Someone steps out, a man. He shakes me on the shoulder.	5.1	
He points something at my face, like a flashlight. I wake up and go with them.	5.2	
I'm led to a hospital gurney.		
I lay on my back.		
A sheet is put over me.		
He says "You'll be fine".		
He walks away.		
Everything goes dark.	5.3	
	SF	
<u>What happens next?</u>	F 5.2	
They do something to my head. A nurse shows me a stopwatch. It's significant that I understand it - something to do with time. I pass that test. They do surgery on my groin. It's a follow-up look. They lead me back to my room.		
<u>When do you flip back into Michael No. 1?</u>		
When I go to sleep.		
Now I get the idea that Michael No. 1 is not a totally different person. It's still me. It's just that there is some different software.		
I don't know if this is right.		
<u>Is it?</u>		
Yes	LF,F 4.8	Note the reads
Be No. 1		
<u>What is the next viewpoint to be run?</u>		
There are none.	He looks brighter.	
End of session		

### **Session 39: Wernicke's Commands IV: Cause of Pain**

12<sup>th</sup> June 1999

Michael had a splitting headache. When tested with muscle testing, his cloacals<sup>14, xiii</sup> were out of balance. Muscle testing indicated the cause was two Wernicke's commands which were:

"You will forget"

"You will obey"

Once these two commands were removed, his cloacals were automatically back in balance, without needing any correction.

His headache went down from 120% to 30% pain level, immediately after the session. He was perfectly better within an hour or two.

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<sup>14</sup> Cloacals. An electrical system not known by contemporary medicine. They regulate almost all of the body's systems. People tend to feel a lot more emotional and suffer many more health problems when their Cloacals are out of balance. It takes a major stress to knock the Cloacals out of balance. They are taught as one of the corrections in Applied Kinesiology. For more information, see "The Cloacals" in the Appendix VIII.

**Session 40: No result**

26<sup>th</sup> June 1999

This session was not able to be done. He was on painkillers which were given him by his dentist for a tooth that was being worked on.

## Session 41: 'Abduction' to Homestead Airforce Base

15<sup>th</sup> August 1999

Summary: Michael was 'abducted' again on 9<sup>th</sup> July 1999. I put 'abduction' in inverted commas because he went willingly with them, when they appeared in his room after walking through a portal. What made him go willingly with them was that they had a secret password which activated compartmentalised personalities.

Food okay	4.5	
Sleep okay	4.7	
Drugs - had an aspirin last night	F	
<u>Hungry or Tired?</u> No	F/N	
Metabolism 2"		Although he had an aspirin last night, the meter is reading fine and I decide to continue.
<u>Start of session.</u>	4.7	
Do you remember the incident we looked at on 8 <sup>th</sup> June, which was related to an 'abduction' in May?		
No		
<u>Is that incident erased?</u>		This was the wrong question to ask. If he can't remember it, it can't be erased.
Yes	SF	I realise now that both of us are confused.
(Here I stopped the session and found that Michael did not fully understand the word "erased". I explained that if an incident is erased, then one would remember it - without the charge. He realised then that it couldn't be erased).		
<u>I asked him a question about an incident</u> (not recorded which one)-		
I can't remember	F	
<u>Is there another incident that we should be looking at?</u>		
Yes	LF	Note the read
<u>Move to the beginning of the incident and tell me when you're there.</u> (He does so).	4.5	
<u>Move through the incident telling me about it as you go.</u>		
(communication lag)	F	

We stopped the Clearing session here to do some kinesiology. The codeine and aspirin which he had been taking as ordered by his dentist were balanced out. He was also dehydrated. We then continued with the Clearing session with the biofeedback meter.



<u>Move to the beginning of the incident and tell me when you're there.</u> (He does so). <u>Move through the incident telling me about it as you go.</u>	F,F 4.4	
(communication lag)	SF F F SF	Note the reads. There is something here.
<u>What's happening?</u>		
Someone did something to the roof of my mouth.	F,F	
They did surgery through the left hand side of the roof of my mouth. It feels soft and painful there.	F	Note: This is the same area where he was having a problem with a tooth, which was necessitating his trips to the dentist.
They took advantage of when I got the crowns on my teeth. It masked the pain.	4.3	
(communication lag)	F F F	
I'm not getting any more images	LF	
I'm at the end	4.1	
<u>Move to the beginning of the incident and tell me when you're there.</u> (He does so). <u>Move through the incident telling me about it as you go.</u>		
<u>Is there an earlier beginning to this incident?</u>		
Yes		
<u>Move to the new beginning of the incident and tell me when you're there.</u> I'm there <u>Move through the incident telling me about it as you go.</u>	F 4.2 F 4.1	
I'm very tired	F	
Very lethargic	doping off	
I don't see any images	F	
(communication lag)	F,F 4.3 F 4.2	
<u>What's happening?</u>		
I can't see anything		
They're	F	
doing something to me -	F	Note the reads
to the inside of my mouth	F	
I can't tell what	F	
<u>Repeat "I can't tell what"</u>		
I can' tell what, I can't tell what		
I'm very tired	LF	

	F F SF F 4.0 F	
I think I'm at the end	'wakes' up	
<u>Move to the beginning of the incident and tell me when you're there.</u> (He does so). <u>Is there an earlier beginning to this incident?</u>		
No		
<u>Move through the incident telling me about it as you go.</u> (communication lag)	4.1 F F F 4.0	
I was led into a room, like a hospital room. They did something to me to make me tired. <u>Who did?</u>		
A woman	F 4.1 LF	
I'm laying on a table. There's a cover over me. A shower cap on my head. My head's exposed.	F F F	
I'm very tired.		
I lay back. They do something to my mouth.	F	
I'm at the end.	F	
	F	<u>(phone rang in the back ground)</u>
<u>Move to the beginning of the incident and tell me when you're there.</u> (He does so). <u>Move through the incident telling me about it as you go.</u> (communication lag)	3.9 4.1 4.2 4.3 4.4 scratches ear 4.0 4.1 F	
I'm not getting any images	F 4.0	
(communication lag)	SF,F,LF	
I get the idea it happened a long time ago		
In 1976	F,F 3.8	Note the reads

(Here I had to stop the session to explain what I meant by an "earlier beginning to this incident". In a way, many incidents are related to what goes before. He had thought I meant an earlier incident, not an earlier beginning to the exact time we are looking at. This question is asked because usually people drop into the middle of an incident. Not the exact beginning of the incident.)

<u>Move to the recent incident we have been looking at.</u>		
<u>When is this?</u>		
A couple of weeks ago	F	
July	F	
<u>What day?</u>		
9 <sup>th</sup> July 1999	F	Note the read
<u>Move to the beginning of the incident and tell me when you're there. (He does so). Move through the incident telling me about it as you go.</u>	4.0	
I get an image of a person in a door, in the wall. He says "come with me".		
<u>Does he give you a specific word to make you go with him?</u>	F,F,F	Note the reads
(he names a thing. We will call it X)*		*For security reasons, we decided not to publish Michael's activation code.
<u>Any others?</u>		
A colour		
(he names a colour. We will call it Y)	SF	
X Y	F	Note the read
I think it's Y		
<u>Any other words?</u>		
(He names a number. We will call it Z)	F/N	Note the floating needle
He says "Come with me, Michael-identification – X Y Z	LF 3.8	Note the read
I go through the portal		
I'm back in hospital	3.9 SF,F,F	
Put on a robe	LF	Note the read
It's very cold in there	F 3.8	
	F	
One person referred to me as "Mr Relfe".		
I asked another question. They answer "Yes Captain". They're very friendly.		
I'm not alarmed	F	
I'm led into an examining room. I lay down on a table.		
It's cushioned.	F	
I'm very tired.		

They give me something cause I'm very tired.	F	
<u>What do they give you?</u>		
I don't know		
<u>Repeat "I don' know".</u>		
I don't know. I don't know.		
Scopalamine	F	Note the read
<u>Anything else?</u>		
Eurythromycin		
<u>Anything else?</u>	F	
Aspirin	F	
<u>Anything else?</u>	3.6	
No		
They open up my mouth. They're doing something to the upper left hand part.	F	It is this area which eventually causes him lots of problem with the dentist.
They want to check out something that was already there.	F	Note the read
They use a tool, like a pen. It's long and thin. It can see inside my mouth, through the tissue, like a hand-operated x-ray.	LF	
They did something else. They open it up. Some kind of operation. Had to replace it.	F	
<u>For what purpose?</u>	F	
It malfunctioned. Cause of having my crowns put in. The energy of the dentist's tool did something to it.	3.5	
<u>Say hello to it until it answers.</u> (he does so silently)		
It answers	F	
<u>Ask it, 'what is your primary purpose?'</u>		
Telepathically activated		I am not sure what this answer means. Not enough was written down.
<u>Say to it, 'I repeat the question, what is your primary purpose?'</u>	3.7	
(he does so)	F	
To control		
<u>Tell it to give you more information</u> (he does so)	F	
It doesn't have to - I don't have the key.		
<u>Acknowledge that answer.</u> <u>Then say to it 'I repeat the</u> <u>command, give me more</u> <u>information'.</u> (he does so)	LF 3.5 F	
It's some kind of controller.		

It interfaces with the other things inside me.	F	
<u>Acknowledge that answer. Then ask it 'how is it controlling?'</u>		
Through a network. There's 4 other parts.		
<u>Move back to the incident.</u> (he does so). <u>Move through the incident telling me about it as you go.</u>		
They replaced it. This is a new model.	3.5	
I don't know if one of them is trying to be a smart ass, but someone is saying "Nothing but the best for our boy".		
My body cells are put back together with a tool.		
I have to stay for 15 minutes	F	
I start to wake up. They take me back to the lobby. The hole in the wall appears. I step through. I'm back home. I go to sleep.		
<u>Move to the beginning of the incident and tell me when you're there.</u> (He does so). <u>Move through the incident telling me about it as you go.</u>	4.0 3.9 4.0	
I'm laying down.	F,LF	
I note that I forgot to pray for protection that particular night.	F 3.9	
Some weird sound or energy is projected into the room to make sure I go into a deep sleep.	LF	
I get the idea that before he says the code words, I was sleeping. He specified who he was talking to.		
'Michael No. 2 X Y Z	F	Note the read
Then I woke up	F	
I go with him		
I step through the wall into the cold hospital waiting area.		
They give me a blue pullover out fit to wear.		
<u>Where is this hospital?</u>		
It's classified	F	
(here I explained to Michael that as a Being or spirit, he can locate anything at any time)	F	
<u>I repeat the question, where is this hospital?</u>		
	F	

Homestead Airforce Base	F	Note the read
That's where I went when I was 17. (we go back to the session)		
They greet me. I'm trying to figure out what's going on. I'm asking questions.		This is a break through. It is the first time that Michael has suggested that he asks any questions when he is 'taken'. Hopefully it is a sign that the condition is wearing off with the work we are doing.
They blow it off. They say ' it's not a big deal. You're just here for a check up.'		
I'm lead to a room. I'm laying down. They put a cover over me - put something over my head.	3.75	
A nurse does something to me.		
I start to get tired.	3.8	
She says 'This wont' take long'	F	
They do an operation on my mouth.	F	
Afterwards I have to lie there	LF 3.7	
Somebody comes in. I'm taken back to the waiting area.		
It's very cold.	LF	
I give back the gown. I step through the door. They don't accompany me back. The portal closes behind me. I lay down and go to sleep.		
	LF Very Good Indicators F/N 3.4	Note the floating needle, very good indicators and low TA.
I don't feel tired now.	3.1	
<u>You have a floating needle. Is there anything else you'd like to say before we end the session?</u>		
I'd like to explore the network inside of me.		
The pain I was feeling has decreased a bit.		
<u>End of session.</u>		

## **Session 42: Kinesiology for Teeth**

17<sup>th</sup>, 21<sup>st</sup> & 27<sup>th</sup> August 1999

Michael had a lot of pain in one of his teeth, on which a crown had been put recently. He was worried that he might have to get a root canal. Three different kinesiology sessions were done, to see if mind over matter could heal his teeth. In the end, he still needed to go back to the dentist.

The sessions uncovered a number of Wernicke's commands related to dentists and his teeth, some of which came from people in his family.

### **Session 43: Wernicke's Commands V: Metaphysical Abilities**

29<sup>th</sup> August 1999 am

During all the work we were doing to try to heal Michael's teeth, I noticed that he was very reluctant to use any metaphysical abilities to heal himself. I told Michael that we would do a kinesiology session to find any Wernicke's commands that were stopping him from getting his abilities back. As soon as I told him this, he got VERY tired.

I asked the body with muscle testing if there were any Wernicke's commands that were preventing Michael from getting his abilities back. The answer that I got was that there were ten on file that were at that time available for us to remove. They all came from a doctor on Mars. They were -

1. "You don't know"
2. "You have no metaphysical abilities"
3. "You're off line"
4. "You have abilities when we order"
5. "Your abilities are shut down"
6. "Your abilities are activated by a password"
7. "Forget the training"
8. "You're a non-psychic person" (he started to get a headache at this point)
9. "Psychic phenomena is off limits"
10. "Psychics are off limits"

He still had a headache at this point. I mentioned that it was probably coming from the fact that he was probably given electric shocks when they gave him these commands. His whole body jumped when I said this.

I then did Emotional Stress Release, while he thought of times when he had received electric shocks.

Afterwards he felt a lot lighter, and his headache receded.



## **Session 44: Wernicke's Commands VI: Theta Levels**

29<sup>th</sup> August 1999 pm

A year previously Michael had made a CD designed to move a person's brainwaves down into Alpha and then into Theta. Strangely, he had never used it himself.

I encouraged him to do a guided visualisation, using the CD, to heal his teeth. When he listened to the CD and tried to go into Theta he got very frustrated and angry at me. He did not look like people normally do when they go into Alpha and Theta!!!

So I tested to see if there were any Wernicke's commands preventing him from going Alpha or Theta.

Again, we got that there were ten commands that were available for us to remove.

Again they came from someone on Mars. They were -

1. "Alpha levels are offline"
2. "Theta levels are offline"
3. "Delta levels are offline"
4. "Don't go into Alpha levels"
5. "Don't go into Theta levels" (He could really feel the stress on this one)
6. "Stay in Beta" (he said that this one really hurt)
7. "Maintain Beta level"
8. "Avoid Theta level"
9. "Disrupt Theta level"
10. "Forget your Theta training"

After this Michael said that his mind felt bigger, except when he sat at the computer.

We tried again to get him to listen to the Theta CD. This time he was not frustrated or angry. He was fairly calm and relaxed (as he should be!). However, at the end of the CD, he immediately got a super headache.

He said that he thought now that there also may be commands stopping him from remote viewing. I had been thinking the same. He had been very interested in remote viewing for three or four years, but had always found a reason why he could not attend a remote viewing seminar.

I felt that the headache was due to the fact that he was in 'mid-process'. That is, we had opened a can of worms and had not yet got to the bottom of the can. We continued looking the next day.

## **Session 45: Blocks to Remote Viewing**

30<sup>th</sup> August 1999

I muscle tested to see how many Wernicke's commands were stopping Michael from doing remote viewing, that were available to be removed. I got that there were ten (again!!!). Again they came from people from the military. They were as follows -

1. "Remote viewing is forbidden"
2. "Avoid remote viewing"
3. "Forget your remote viewing training"
4. "Remote viewing won't work" (he said that his eyes and head were hurting when I did the corrections to remove these)
5. "Remote viewing is off line"
6. "Forget remote viewing"
7. "You can't do remote viewing"
8. "You can't remote view on your own"
9. "You can no longer remote view"
10. "Forget remote viewing protocols"

After we got rid of these, he was able to listen to the Theta CD without getting a headache.

## **Session 46: Wernicke's Commands VIII: Sex**

7<sup>th</sup> September 1999, Dallas Texas, USA

Michael had a big headache. When I tested him, it was found that his cloacals were out of balance. Muscle testing showed that the cause of this was ten Wernicke's commands. (There's that number ten again!). They were all related to sex. We had made love the night before. Michael had complained a number of times that he would like to have a higher sex drive. He was very healthy, and able to perform perfectly well in bed. The Wernicke's commands which we found were related to this.

We assume that part of the purpose of this was so that Michael would conserve his sperm, so that it could be harvested later by the people who were taking him.

The Wernicke's commands were as follows -

1. "Your sex drive is diminished"
2. "Sex is off limits"
3. "Sex drains you" (When we got rid of this one, Michael said that doing this hurt - it felt like something was being ripped out of his head)
4. "Sex has no interest to you"
5. "No masturbation" (Apparently he was never interested in masturbating either)
6. "No sexual thoughts"
7. "Women don't excite you" (although he is totally heterosexual)
8. "Women don't interest you"
9. "Conserve your semen"
10. "Sex is off limits"

As soon as we got rid of these commands, his cloacals were back in balance without having to do a correction, and his headache went instantly.

## Session 47: Wernicke's Commands IX: Memory Recall

September 13 1999, Dallas Texas USA

Metabolism 1.25"	4.4 4.8	
Start of session		
<u>Do you have an incident in restimulation?</u>	F	This read indicates that he does
Yes		
<u>Move to the beginning of the incident and tell me when you're there. (He does so). Move through the incident telling me about it as you go.</u>		
C/L	SF 4.9	
I'm tired	SF 5.0	The onset of tiredness also indicates that we have something to look at
	SF	
I'm not getting any images	F	
<u>Repeat "I'm not getting any images"</u>		
I'm not getting any images. I'm not getting any images	F 5.1	
I'm really tired	F	
I don't see any images	SF	
<u>When is this incident?</u>		
Last night	X	
<u>Is it last night or another time?</u>	SF 5.3	
I think a drug is interfering		
I think it's scopolamine	SF 5.8	
We stopped here and did a kinesiology balance. He was out of balance. Also I balanced out scopolamine. He then felt much better.		
<u>Move to the beginning of the incident and tell me when you're there. (He does so). Move through the incident telling me about it as you go.</u>	4.8	
I'm tired	SF 5.1	
<u>How many incidents are in restimulation right now?</u>		
Three	4.3 SF,F,F,F	Note the reads and physical reaction
C/L	chill F F 4.8 F,F,F	

I'm at the end of the incident			
Everything was dark	F		
<u>Move to the beginning of the incident and tell me when you're there. (He does so).</u>			
<u>Is there an earlier beginning to this particular incident?</u>			
No			
<u>Move through the incident telling me about it as you go.</u>			
I'm tired again.	F 4.9 LF 4.7		
My stomach is full from dinner. It's hard to breath.	4.6 F,F 4.8 5.0 SF		
<u>Is it possible this isn't your incident?</u>			
No			
I'm at the end. I feel better.	F		
<u>Move to the beginning of the incident and tell me when you're there. (He does so).</u>	4.2 4.3 F 4.4		
<u>Move through the incident telling me about it as you go.</u>	4.3 4.4 SF		
I don't have any images. I feel a little pressure on my forehead.	F 4.5 SF 4.7	Note the read	
<u>Is this an incident we've looked at before?</u>			
Yes	4.8 4.9		
C/L	F LF F 4.8 F 5.0		
I'm at the end	he looks terrible		
<u>Are you at the end?</u>			
No			
I feel a pressure in the middle of my forehead	5.1 5.2		
<u>What's happening?</u>	5.3 F		
I'm done	5.0		
I get the idea that there are Wernicke's commands interfering	4.7		
A memory block			

We stopped the session here to look for Wernicke's commands. Sure enough, muscle testing indicated there were ten available to be removed.<sup>15</sup> They were -

1. "You'll never remember this" (doctor)
2. "You have no memory"
3. "Your memory is offline"
4. "Total recall is off"
5. "Your photographic memory is deactivated"
6. "Your memory is scrambled"
7. "This is not happening"
8. "Mind control is deactivated" (presumably that can always re-activate it later)
9. "All alternate personalities are deactivated" (while looking for this one we tried this sentence without the word 'all' but that didn't work)

I then put Michael back on the cans but we still got nowhere. Finding and getting rid of even a few Wernicke's commands can be VERY exhausting. (After all, the brain - the biocomputer - has to process almost every sentence it has ever heard in it's life to find the exact sentence). As he said, he felt 'fried'.

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<sup>15</sup> My apologies. While proof reading this document, I realised that I had left out one of the Wernicke's Commands. However, at the time of publication my original notes were in storage and unavailable to me.

## Session 48: 'Abduction' in Dallas

November 7 1999, Dallas Texas, USA

Summary: This session was to find out what, if anything, happened on an earlier night when Michael had woken up feeling that something had happened in the night, and he had a small red circular mark on the back of his neck – about ¼” in diameter. (This mark appeared again in sessions 52 and 53). He described being ‘abducted’.

<u>Start of Session</u>	F/N 4.0	Note: The notes at the beginning of this session are not as complete as normal.
<u>Move to the night before the morning when you woke with the circular mark on your neck.</u>		
(He does so)		I have no reads on this yet, so either nothing happened, or the memory has not yet been brought into view.
<u>What is the date?</u>		
I don't know		
<u>Move through the incident telling me about it as you go.</u>		
<u>Did anything happen?</u>		
Yes		
<u>What?</u>		
I was taken		
<u>Move to the start of the incident.</u> (He does so). <u>Move through the incident telling me about it as you go.</u>	F/N	Still it looks as though there is nothing to look at.
	F	Now we get a read. Maybe we have something to look at after all.
I'm starting to feel tired		The fact that he is now starting to get tired, just as the meter starts to read, further supports that we now have an incident in restimulation.
	SF	
C/L	4.3 4.4	Now TA starts to go up, as the memory is further restimulated.
I'm tired. I don't see anything.		
C/L	F SF F	
I don't think anything happened.		This may be the truth. But then, it wouldn't make sense that we are getting reads now, and Michael is getting tired. Instead, it is possible that this sentence comes from the incident. .
<u>Repeat "I don't think anything happened"</u>		



"I don't think anything happened. I don't think anything happened."		
<u>Did it?</u>	F	The read suggests that something DID happen.
I don't know		As a spirit, we all have the potential to know everything. It is only negative blocks which stop us from this.
<u>Repeat "I don't know"</u>		
"I don't know. I don't know"		
<u>Move to the start of the incident.</u> (He does so). <u>Move through the incident telling me about it as you go.</u>	F,LF ↓4.0	The reads and big drop in TA suggest that there is something big here for us to find.
<u>Did you go that night?</u>		
No		
<u>Did you go in another universe?</u>		
No		
<u>Another time?</u>		
No		
<u>Was your body in bed the whole night?</u>		
Something's interfering	LF	Note the big read
<u>Locate the source of the interference</u>		
People. They're jamming me telepathically		
A person. Doing it just now.		
<u>What species is doing this?</u>		
Human		
<u>Is a machine involved?</u>	F	
Yes		
A machine with a human behind it.		
<u>Where is it?</u>		
Washington DC		Note the read. We were in Dallas Texas when this session was done.
<u>Is this true?</u>	F 4.3	The read and indicates it is
<u>Are they sending thoughts to interfere?</u>		
Thoughts that are amplified		
<u>What thoughts?</u>		
'Do not remember'		
'You can't remember'		
'This night never happened'		
<u>Put your 'space' out.</u> <u>as a spirit. Any thoughts coming in will bounce off it.</u>	F	This is one of the methods for protecting against telepathic or psychic attack.
<u>Move to the start of the incident.</u> (He does so). <u>Move through the incident telling me about it as you go.</u>	SF SF	Finally we start to get some reads when he goes to the incident.
I'm tired.	4.5	

C/L	F SF LF	4.3	
<u>What's happening?</u>	F		
You burped, breathed loud		4.2	Sometimes I get affected by what is going on in the session also. However, sometimes when the client over reacts to sounds, it is because those sounds are in the incident.
<u>Move to the start of the incident.</u> (He does so). <u>Move through the incident telling me about it as you go.</u>	F	4.5	
I'm tired	SF		
More tired		4.6	He will feel more tired as TA continues to rise.
	LF,F F	4.3	
I feel pressure on my forehead		4.4	
		4.5	
I still feel pressure on my forehead	F,F		
I'm not seeing any images	F		Note the read. It is interesting that he has charge on such a simple statement. This indicates that there is something behind this statement.
<u>Repeat "I'm not seeing any image"</u>			
"I'm not seeing any images. I'm not seeing any images."		4.6	
C/L	F F F		
I still feel pressure on my forehead	SF		
<u>Tell me about pressure on your forehead</u>			
It's throbbing		4.7	
	F		
I still feel pressure	F		
I guess I'm asleep now	F	4.5	
I'm at the end of the incident	F F	3.7	
<u>Move to the start of the incident.</u> (He does so). <u>Move through the incident telling me about it as you go.</u>			
I'm tired again		3.8	
		3.9	
Feeling pressure again on sinuses & forehead		4.0	
Pain on the back of my neck			
Feel a lot of pressure & discomfort on my forehead	F	4.6	

Feel like somebody's doing something so my forehead – Touching it or operating	F 4.7	Note the read
	SF 4.6	
I still feel pressure & movement		
My neck hurts a little at the back	4.8 4.9	
I'm not seeing any images	F	
I'm at the end		
I think I was asleep. That's why I didn't see anything.	4.6	
<u>Move to the start of the incident.</u> (He does so). <u>Move through the incident telling me about it as you go.</u>	3.8	
	4.0 4.3 4.4	
I'm tired		
The pressure in my forehead is back	4.6 LF 4.7 4.8	
<u>Is anything interfering?</u>		
Drugs		
<u>Which ones?</u>		
Scopalamine	SF	
Barbiturate	5.0	
Another one, but I don't know what it is		
<p>We stopped using the meter and using kinesiology, balanced out the effect of the 3 drugs.</p> <p>Initially, when I got him to think of each drug, his muscles tested weak with both eyes open and eyes closed.</p> <p>After balancing out the drugs his muscles tested strong in all cases.</p> <p>We then resumed the session.</p>		
<u>Move to the start of the incident.</u> (He does so). <u>Move through the incident telling me about it as you go.</u>	4.3	
	4.2 F,SF 4.5	
I'm not seeing any images.		
I'm not even getting tired.		This is because we balanced the drugs out of his body.
	4.7 4.8 F,F	

I feel some itching at the back of my neck. Half way up, on both sides of my head. I get the image of the woman with the short black hair talking to me.	Itches neck ↓4.0 SF	
First I'm standing still	F	
Now they're walking down the hospital hall talking to me.	F 4.0	
There's a soreness at the back of my neck.	4.2 4.3	
There are images of a woman explaining to me.	LF	Note the read
We get to an area. A man comes out. I guess he's a doctor. Introduces me to him.	4.2 F	
<u>Are you in another personality now?</u>		
Michael No. 2		Note that the reads stop once I tell him to be Michael No. 2 – even though his answers lead in this direction. We will have to find a way to access Michael No. 2
<u>We are going to run this incident now from the point of view of Michael No. 2. Be Michael No. 2</u>		
Now?		Michael is confused as soon as I tell him to do this.
<u>OK. We'll do that next time. Be Michael No. 1</u>	Shakes his body LF	He shakes his body as though he has just thrown something off himself – or woken from a dream.
Leads me to an operating room	3.8 4.0 LF 3.8 Yawns F 4.1 SF,F,LF	Note that the reads start up again once he talks from his normal point of view.
The back of my neck is starting to itch again. I get the idea they're going to do something to it.	F	
They're operating on my forehead	F	
C/L	4.4 4.5	
I can't see any images	F,F	Note the reads
<u>Repeat "I can't see any images"</u>		
"I can't see any images. I can't see any images."	4.3 F	

I think it's over		
<u>Move to the start of the incident.</u> (He does so). <u>Move through the incident telling me about it as you go.</u>	3.2	
<u>What is the next viewpoint to be run?</u>		
(answer not recorded – I gather he is having difficulty accessing any other point of view)		
<u>What is the viewpoint with the most charge?</u>	F	
I don't know	F	
(We decide to run this from the point of view of Michael No. 2)		
<u>When did this incident start for Michael No. 2?</u>		He is having a lot of trouble with this. It is almost as though he hits an invisible wall any time he tries to contact the memories of Michael No. 2
(answer not recorded – probably didn't get much of an answer)		
Be Michael No. 2		
<u>Move to the start of the incident from the point of view of Michael No. 2</u>	F 3.3	Note the read. There is something to this Michael No. 2 stuff.
<u>Move through the incident from the point of view of Michael No. 2, telling me about it as you go.</u>	LF 3.5	Note the big read
(no answer recorded)		
<u>Is there something stopping you accessing those memories?</u>	LF	Note the big read
Yes		
<u>Identify it</u>		
It's a block		
Is it in the physical universe?		
It's inside me		
<u>Have a look at the block</u>	F LF	Note the reads. There is something there for him to look at.
It's big		
<u>What size?</u>		
Like a dinner plate		Unfortunately, the reads have begun to stop.
<u>What shape is it?</u>		
Circular		
<u>What colour?</u>		
Yellowish		
<u>Can you smash it?</u>		
No		
<u>Does it have a power supply?</u>		
Yes		
<u>Disconnect the power supply</u>	SF	
It can't. It will destruct.		
<u>Then what happens?</u>		

I die		
<u>Locate the source of the command to die</u>	F 3.8	
It is like a bomb	F	
<u>What does it look like?</u>		
It's small. (He draws a picture of it – this picture is shown in the pictures file which comes separately with these records).		
When you said to be Michael No. 2 I awakened at 3 am – then I stopped. It was like you'd pushed a tape recorder.		
<u>Pray the bombs away.</u>		
(he prays)	4.5 LF,LF,F3.9	
<u>What commands does it give to make you act a certain way if you discover the bomb?</u>		
'Forget about it' 'Avoid it at all costs' 'Don't go near it'	4.3	
I get that I will find a way to deactivate it, once I have read the books by Fritz Springmeier.	3.6	The big drop in tone arm here made me think that there was no use pursuing any incidences from the point of view of other personalities until Michael had obtained and read the books by Springmeier.  I made a note to run Michael through incidences again from the point of view of Michael No. 2 after he had read these books.  (Reference to these books is given at the end of these records).

## **Chapter 49: A Strange Accident – or not?**

12<sup>th</sup> November 1999

This wasn't a real session. It is a story of what happened to us in case it has any bearing on this story.

Michael and I were living in Dallas Texas when we decided to move back to Australia. We began to pack and on Wednesday 10<sup>th</sup> November made a booking on a plane which would leave for Sydney in two weeks' time.

Before we left we needed to store some furniture in Florida. On Friday 12<sup>th</sup> November we set off for Florida. That night we had an accident which we are not totally sure was a genuine 'accident'.

Michael drove a 17 foot 'U'Haul' Moving Truck, plus he was pulling a trailer on which was our red Toyota pick-up truck. I drove behind in our grey Toyota Four-Runner. The whole of the journey was on flat, straight highways.

On Friday afternoon we stopped at a gas station in Louisiana, and got out some blankets and had a short nap under some trees. When we drove off we were on a double-lane highway. About five minutes after we left the station we had a Louisiana State Police car following us. This was not unusual, although it had never happened to me in two years in America. What was unusual was that the car stayed in the other lane, directly behind me, for what seemed like ages, and was probably 10- 15 minutes. I kept checking the speed. We were doing only 55 mph in a 70 mph zone. Other cars kept overtaking all of us.

I couldn't see into the Police car. I have always quite liked and got on well with police officers – even when they give me speeding tickets. I certainly have never had a guilty conscience when they are around. But there was something about this police car that made me keep looking in the mirror and even turn around to figure out what this guy was up to. He stuck to us SO perfectly. The windows were dark and so I couldn't see into the car.

Suddenly he sped off. As he did so, I heard a big 'bang'. Michael began to slow down and pull over. I found out then what had happened.

Michael had noticed that the brake pedal went all the way to the floor. This usually indicates a failure of the brakes. Michael was positive that it had not gone all the way to the floor a few minutes previously. While he was trying to figure out this problem with the brakes, he was coming down an overpass. At this time he looked at his side view mirror and saw the police car going past us. At the same time, he had a strange thought in his mind

– “That would be an easy way to get rid of me” (referring to the brakes). At this instant, BOOM, his tyre<sup>16</sup> exploded. That was the loud noise I had heard.

He pulled over. Looking back, it was amazing that with no brakes and an exploded tyre, pulling a U-Haul and a fully loaded auto-transport, going at 55 mph, that he was not killed. We can only say that there have been other times in the past when Michael has escaped car crashes by what can only have been divine intervention.

Michael had also noticed the police car tailing us. He had thought at first that they were checking to see if our vehicles were stolen – but this would normally take only 30 seconds, or a few minutes at the most.

Luckily, we had broken down five minutes from a town with a hotel. The accident was at 5 pm. The U-Haul repair man did not make it to our truck until late that night when it was dark. When he saw the tyre and the brakes the next morning in the daylight, his only comment was that he had never seen anything like it. He could give us no explanation for what had happened to the brakes.

We have put a picture of the exploded tyre on the webpage [www.themarsrecords.com](http://www.themarsrecords.com) Go to “Table of Contents” and click on “Photographs”.

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<sup>16</sup> Tyre. This is English spelling. American spelling would be “tire”.



## **Session 50: Dental trauma**

13<sup>th</sup> Feb 2000, Sydney, Australia

This is the first session we have done since returning to Australia. This session went nowhere, probably because Michael had taken painkillers from the dentist he had been seeing. Normally a session is not run until at least a week after taking drugs. However, in some earlier cases we had been able to run a successful session a day or two after taking a painkiller. This did not happen in this case.

## Session 51: Dental Trauma II

14<sup>th</sup> Feb 2000

We had now moved to Australia. Since moving, Michael had been a bit like 'a bear with a sore head' – fairly cranky. This is one of the reasons why we finally decided to do some sessions. What came up in the next few sessions was more 'abductions' - this time while he was in Australia.

<u>Start of session.</u>	5.0	
<u>What's been happening?</u>		
Work	F	
<u>Do you have an incident in restimulation?</u>	F	The read indicates there is
Yes		
<u>Move to the start of the incident.</u> (He does so). <u>Move through the incident telling me about it as you go.</u>	LF 4.8	
C/L	F	
I'm not getting anything	R/S	
<u>Is there anything around with an evil purpose?</u> (answer not recorded)		
<u>Is there something in the incident with an evil purpose?</u> Yes		
<u>Move to the start of the incident.</u> (He does so). <u>Move through the incident telling me about it as you go.</u>	F	
I'm not getting any images	F	
I feel kind of weird	F	
I'm tired	LF 4.7	
C/L	4.8 5.0	
	SF	
I don't see anything	F	
<u>Is that because in the incident you don't see anything?</u> Yes	F,F	
I'm very relaxed & tired	LF	
I feel anxious.		
My stomach is tight	LF 4.5 SF 4.8 4.9	
I'm still tired	F,SF 5.2	The reads indicate there is something here. However, because he can't work out what it is, the tone arm is rising.
It's over. I feel very lethargic	4.8	

	LF	
<u>Move to the start of the incident.</u> (He does so).		
<u>Is there an earlier beginning to this incident?</u>		
Yes		
<u>Move to the new beginning.</u> (He does so).	LF 4.4	
<u>Move through the incident telling me about it as you go.</u>	F	
I don't know what's going on. I feel different.	5.1 5.2	
I get the idea that a block clicked into place, which cut me off.	5.3	
	SF,LF 5.3 5.4	
This chair is uncomfortable. I can't sit in it. (We arrange a more comfortable chair for him).		
<u>Move to the start of the incident.</u> (He does so).	5.0 5.1	
<u>Move through the incident telling me about it as you go.</u>	5.2 5.4	
I get that you (referring to me, Stephanie), are under attack		
Something's blocking	5.5 5.6	
<u>What's happening?</u>		
I'm tired		

We stopped here and balanced out drugs from the dentist that had been given several days earlier, to see if this would help. However, the tone arm continued to rise to 5.9. We decided to wait several more days to let any drugs wear off, even though without the drugs, Michael was in some discomfort from recent dental work.

## Session 52: Witchcraft

21st Feb 2000

Summary: We were looking to find out what, if anything, had happened to Michael since we arrived in Australia. He had been rather cranky for much of the time. Also, one morning he woke with a small red circular mark on his neck, identical to the mark from Session 48. He also had a small red straight indentation on his right elbow, about ¼" long.

In this session we found that it may not have been the painkillers that he had taken earlier that was blocking the previous sessions. What was blocking him was a 'spider' – a Being that made a metaphysical 'spider web' around his head. The 'spider' was given to him by a man with training in black magic, when he was taken again after returning to Australia.

<u>Start of session.</u>	4.7	
<u>Do you have an incident in restimulation?</u>		
Yes	F	
<u>Move to the start of the incident.</u> (He does so). <u>Move through the incident telling me about it as you go.</u>	5.4	
	SF,SF	
I'm not getting any images	Tk 5.6	
I'm tired		
<u>Is this related to your other personalities?</u>		
Yes	F	
<u>Is this similar to the session we did regarding Michael No. 2 (session 48)?</u>		
No. This is an incident from the other night, when we were in Australia		
<u>Which point of view should we run this through from?</u>		
Michael No. 1	F	
<u>Move to the start of the incident.</u> (He does so). <u>Move through the incident telling me about it as you go.</u>		
C/L	F 5.4 SF, Tk,Tk SF SF	
I don't see anything	F	
I'm at the end	4.7 5.0	
<u>Move to the start of the incident.</u> (He does so).	SF	

<u>Is there an earlier beginning to this incident?</u>		
No		
<u>Move through the incident, telling me about it as you go.</u>		
(he takes a breath)	5.2 LF,F	
I took a breath because I couldn't breath	SF,F	
I'm not getting any images		
<u>Repeat "I'm not getting any images"</u>		
"I'm not getting any images. I'm not getting any images."		
Something's blocking it.		
Drugs	F,F	
I'm not getting any pictures	SF	
<u>Repeat "I'm not getting any pictures"</u>		
"I'm not getting any pictures. I'm not getting any pictures".		
I feel pressure or itching on the middle of my forehead.	5.4 SF	
(he itches hair & ears)	4.7 4.9 SF 5.0 5.1 Tk	
(Sensitivity turned up from 8 to 10)		I turned the sensitivity up because it is harder to get reads once the TA goes over 5.
I'm tired	5.3 F	This is hardly surprising because TA has risen to 5.3
C/L		5.4
<u>Has anyone done anything different to you to stop you remembering?</u>		
Yes	F	
<u>What?</u>		
Drugs	X	The lack of a read indicates that it is something else we are looking for.
<u>What else?</u>	F	
Wernicke's commands	X	
<u>What else?</u>		
Something else	F F	
I can't put my finger on it		
It's some kind of circuitry		
<u>Is it metaphysical or physical?</u>		
I think it's metaphysical		
Is there something else?	SF	The read indicates that we still have something to find

<u>Is it an action or a thing that is blocking you?</u>		
(answer not recorded)	F	
<u>Is it a thing to do with witchcraft?</u>		I got an intuitive flash to ask this question
Yes	F	Note the read
Invisible things	F	Note the read
<u>Locate them</u>		
I get an image of a spider web over my head	F	
<u>Say 'hello' to the spider web</u>	F	
Now I get that the web is not the important thing. It's the thing that makes the web – The 'spider'	LF	Note the big read
<u>Ask the 'spider' 'What is your purpose?'</u>	F	
To steal, kill & destroy		
<u>Acknowledge the 'spider'.</u> (He does so)		
<u>Ask the 'spider', 'When were you first created?'</u>		
Thousands of years ago	F	Note the read
6,000 years ago	LF	
Jan 6,000 years ago (he coughs)	LF 4.2	Note that TA has come down a lot to almost a normal range
<u>Acknowledge the 'spider' (he does so)</u>		
<u>Ask the 'spider', 'When were you first attached to me?'</u>	LF	Note the reads
When I was taken last time.	F	
<u>Acknowledge the 'spider' (he does so)</u>		
<u>I will now read the 'spider' its rights.</u> <u>All spirits have the right to:</u> <ul style="list-style-type: none"> <li>• <u>Their own sanity</u></li> <li>• <u>Their own self determinism</u></li> <li>• <u>The right to choose any game or not</u></li> <li>• <u>And the right to leave any game or not.</u></li> </ul> <u>Now that it is free to leave, ask it what it would like to do?</u>		
It wants to do its job		Obviously we have more work to do on this 'spider'
There is some incompleton	LF	
<u>Give it a big acknowledgement</u>		I finally realise what I have forgotten to do:
<u>Command the spider "Run out the incident that made you the way you are"</u> (he does so)	F	The reads indicate that the 'spider' is

	LF F F	doing as commanded
<u>Let me know when it's done</u>	F LF	
It's done		
<u>Give the spider a big acknowledgement – 'well done' 'excellent' etc. (He does so)</u> (Sensitivity reduced to 8)	4.1	The TA is MUCH lower than when we began, when it was as high as 5.6
<u>Command the spider "Run out the incident that made you stick to my body"</u> (he does so)	F F 4.4	Note the reads
<u>Give the spider a big acknowledgement</u> (he does so)		
I'm getting that the guy that assigned it to me is a military guy. He wears a white lab coat. He's bald headed	LF  F	Note the read
He's like a magician He called this thing up and gave it its assignment		
<u>Again I will read the 'spider' its rights. It has the right to:</u> <ul style="list-style-type: none"> <li>• <u>Its own sanity</u></li> <li>• <u>Its own self determinism</u></li> <li>• <u>The right to choose any game or not</u></li> <li>• <u>And the right to leave any game or not.</u></li> </ul> <u>Now that it is free to leave, ask it what it would like to do?</u>		
It would like to go, but it would be punished so bad, it doesn't want to go.		
<u>Pray it away, and pray for its protection</u>		Michael is a Christian, and his praying often gets results
	F 4.3 LF He 'jumps' F 4.1	
I just got a realisation! The 'spider' is not a demon. It's at type of alien species they've enslaved.	F	Note the read
I'll send it home	SF F SF F F SF 4.5	Note the reads

	F	
(sneeze)	LF 3.7	
I broke off the web itself. I asked the Lord to have mercy on the spider & return it to where it came from.		
<u>Go to our home</u>	LF	(This session was done on holiday, in a caravan park)
<u>See if any cobwebs or anything else are interfering with the sessions</u>	.	
I get negative stuff from the neighbours. It appears clean.		
There's some surveillance device. But it's passive	F	
<u>Move to the start of the incident.</u> (He does so). <u>Move through the incident telling me about it as you go.</u>		
C/L	F 3.8 3.9 4.1 4.2 SF,SF	
<u>What's happening?</u>		
The portal opens ups	LF	
I can't work out where it goes to.		
I go through	LF 4.0 4.1	
I get it's at Pine Gap	X	
I get I'm in a different place – not the usual hospital.		This is presumably because this 'abduction' happens while he is in Australia. Other abductions we looked at happened in the USA.
The people are different. <u>Where is this?</u>		
Pine Gap	X	
<u>What's happening?</u>		
I'm in a different kind of chair – a dentist type, rather than an operating chair.	SF 4.4	
	SF 4.7	
The bald headed guy says "You're starting to remember too much". Then he does the 'spider' thing. They lead me to another room. Cut my groin. Get samples. Seal it up. Leave me alone.	F 4.8	
	F	



I'm done	F,LF,F 4.3	(This may have been a floating needle here. It would have been best if I had ended this session at this point.).
<u>Move to the start of the incident.</u> (He does so). <u>Move through the incident telling me about it as you go.</u>		
The portal opens at the foot of the bed. I crawl over to the end of the bed and into the portal		(There is very little spare floor space in this bedroom).
After I go through, I stand up. They greet me.	4.9 5.0	
<u>Are you affected by drugs?</u>	F	
As I come in they give me something.		
Portal	R/S	
<u>Is there something about the portal that has an evil purpose?</u>		
The whole thing.		
The chair is cold.	R/S	
A nurse takes my blood pressure, and checks me to update files.		
I'm still cold. It's air conditioned. Take me to a room. Dental chair. Do something to me, dental wise. My tooth, jaw or ear. It's the tooth.		
<u>Are you affected by a drug?</u>		
Scopolamine		
<u>Anything else?</u>		
Yes. I don't know the name		
<u>Anything else?</u>		
Yes. I don't know the name		
<u>Anything else?</u>		
Yes. I don't know the name		
<u>Anything else?</u>		
No		

We stopped here and did some kinesiology. He was in balance earlier, but now in the middle of this session he was way off balance. Specifically, his cloacals were out of balance with his eyes shut, indicating major stress at a time when his eyes were shut.

He got the cognition that he had been taken twice since coming back to Australia.

It may or may not be of importance that two weeks before Michael was 'taken' in Australia, his mother in America got a phone call from a man Michael knew who was in the Navy, saying he wanted to contact Michael. Michael had not spoken to him for about three years. Michael's mother gave the man Michael's phone number, but we never heard from him.

We were both becoming aware of when Michael was taken, rather than waiting for it to come up in sessions. What would typically happen is that most mornings we would wake feeling at least reasonably refreshed. However, on the mornings after we got that he had been taken, we would BOTH wake up feeling absolutely terrible. It was a drugged feeling. And we would sleep in several hours more than normal.

At these times I would do a kinesiology balance on Michael and sure enough would find that he was very much out of balance. When I asked the body what the cause of this was, the cause would always come up as an emotion such as "no choice" or "put upon", coming from people in the military. This was from a list of over 200 emotions.

However, when Michael checked to see if I was in balance on one of these times in Australia, the reason why I was found to be way off balance was electrical. I got that the cause was some kind of machine that was used to keep me asleep while Michael was taken.

The first time Michael was taken after returning to Australia he woke with a small red indentation, (about 1/4" long), which we had never seen before, on his right elbow. He also had a small, round red mark (about 3/8" wide) on the back of his neck. This was similar to one that he had had one morning after being taken in Dallas, in session 48. (A picture of this is shown in the pictures file which comes with this document).

Michael got that the first time he was taken after returning to Australia was an initial contact after moving, to update their files. A different group controlled him once he was in Australia.

The incident described in this session is the second time he was taken since returning to Australia. The morning after the night described in this session, we both woke up totally exhausted at noon – even though we went to bed at 9.30 pm!!!! Most unusual.

We balanced out the four drugs he was given in this incident, after which he felt much better.

The rest of the session was pretty useless. It would have been better if I had stopped at the time when it looked (in hindsight) as though he had had a floating needle. Sometimes TA will rise if there is an unconscious complaint on behalf of the client with the clearing practitioner – in this case, because I had not acknowledged his floating needle and allowed him to have a ‘win’. Doing clearing sessions as a client is VERY hard work, and clients like to get any wins they can.

However, the TA may also have risen because his body was busy clearing the drugs we had just balanced out of him.

I included the rest of this session for completeness.

Move to the start of the incident. (He does so). <u>Move through the incident telling me about it as you go.</u>	4.6	
C/L	4.7 4.9 5.0	The high TA here could be caused by a number of things.
I wake up. There is a portal at the edge of the bed.	SF	
I'm in a different area from other times.		
It looks different	F	
They call me "Mr Relfe".		
Women are in white outfits, like nurses.	5.2	
I get a check up	SF	
Another chair	5.3 5.4	
They're doing things to my mouth. Maybe they're fixing my root canal. I don't know.		
<u>Were they?</u>		
Yes	5.5	
(sensitivity increased to 12)		
Bald guy with the white lab coat	5.6	
He makes me close my eyes. He does something with the 'spider' thing. He says my memory is starting to get too good. "Well take care of that"	Tk Tk	
Another person leads me to another room.	SF	
Flat table.		
This has a covering. It's not so cold as others have been.	F	
They do an operation on my groin.	Tk	
They open up cuts already there. Then close them up again.		
They leave me there a while	SF	

I think I'm there 2 hours by myself.	Tk	
They're sure I'm okay	Tk	
They lead me out.		
Give me a glass of orange juice, to make my stomach feel better.		
Lead me back to the portal.	F, F	Note the reads
I'm not tired that time	F	Note the comment – I guess balancing out the 4 drugs helped. Also not the read
<u>What is the next viewpoint to be run?</u>		
There are none others	SF 5.2	What this means is – “There are none others that have charge on them”
It's a big place. There are lots of rooms there.		
<u>How do you feel?</u>		
Great	LF	It's hard to see how he feels 'great' with a TA of 5.2 – but presumably this is relative to how he felt at the beginning of the session.
<u>End of session</u>		

## Session 53: 'Abductions' in Australia

22nd Feb 2000

Summary: I put 'abductions' in inverted commas, because each time Michael went with them apparently willingly – because he had been programmed to. They did not use physical force to make him go.

More blocks showed up to stop him remembering, and to stop him doing these clearing sessions on the meter. This time the blocks were ten Wernicke's commands (there's that number ten again). After the blocks to these incidents were removed, Michael was able to remember two times he was taken since returning to Australia.

He also picked up that he was under telepathic surveillance by a young military man at Pine Gap.

Start of session (sensitivity set to 12)	4.7	
<u>Do you have an incident in restimulation?</u>		
Yes	F	
<u>Move to the start of the incident.</u> (He does so).	5.0	
<u>Move to the incident we looked at yesterday</u> (he does so)	LF	I should have said this first
<u>Do you have an earlier, similar incident?</u>		
No		
<u>Move through the incident telling me about it as you go.</u>		
I crawl then walk through the portal.		
They greet me	SF SF F	5.4
Desk, nurse, blood pressure		
She scans me	SF	
Lead me to room with reclining chair	F	
Man comes in, does something to tooth	SF	
He leaves. A bald guy comes in. Makes me close my eyes. Does the 'spider' thing.		
<u>Does he do anything else?</u>	SF	
Yes		
He programs me	F	
<u>To do?</u>		
Information.		
<u>Does anyone do anything to make you stop having sessions?</u>		

Yes		
Someone leads me. They hook my hands up to something – monitors.	SF	
Operate on my groin	SF	Note the reads
Do harvesting C/L	SF SF F 5.5	
Something else happens. I'm not seeing it.		
Repeat "I'm not seeing it".		
"I'm not seeing it. I'm not seeing it".	SF	
I wonder if there are more Wernicke's commands	Tk	

We stopped the session here to look for Wernicke's commands which were available to be removed, which related to the session.

Again, there were ten:

1. "You will not remember"
2. "This never happened" (from the doctor)
3. "Forget everything you've seen"
4. "Forget your visit here (from the doctor)"
5. "You won't remember coming here"
6. "Don't do clearing (from the doctor)"
7. "Don't do processes"
8. "Avoid Hubbard technology (from the doctor)"
9. "The meter is off limits"
10. Don't believe Stephanie (from the doctor)

Stephanie felt much lighter after these commands were removed from Michael. (Realise that as husband and wife we are fairly connected, and what affects one can affect the other).

Michael felt like "he'd had things torn out of his brain". He later noted that removing wernicke's commands that had been given to him by the military felt MUCH worse than removing normal-type wernicke's commands given by normal people, such as parents.

Note: To remove the blocks to remembering this incident, it was necessary to remove the following in the following order:

1. The 'spider'
2. Drugs
3. The above Wernicke's commands

I should probably have ended the session here, because removing ten Wernicke's commands is usually VERY draining on the body. This is the likely reason why the tone arm stayed high for the remainder of the session. When I finally finished the session, Michael admitted that he had felt exhausted ever since we removed these Wernicke's commands.

However, we returned to the biofeedback meter, and did in fact uncover some more useful information.

<u>Move to the start of the incident</u>	4.5	
(He does so)	4.7	
I thought they may have put in more Wernicke's commands.		
<u>Move through the incident telling me about it as you go.</u>	4.8	
I go through the portal. I'm greeted by a woman.		
Takes blood pressure	Tk	
Leads me to another room.		
Reclining chair.	5.2	
	5.3	
A man comes in. Makes me open my mouth.		
<u>Does he hurt you?</u>		
No	SF	
<u>What does he do?</u>		
It's to do with my root canal. I'm by myself a while.		
	SF	
He makes a comment that I'm starting to remember too much. Does the 'spider' thing. He does the Wernicke's commands. It involves some kind of light. He uses lights that blink back and forth. He says the commands.		
<u>Does he give you any electric shocks?</u>		
No		
<u>Does it involve pain?</u>		
No	5.3	
He gave me another drug to make it lock in.	F	

We stopped to balance out this drug with kinesiology. Then we returned to the meter.

(sensitivity set to 10)	5.2	
<u>Continue from where you were</u>		
I'm laying in a chair. He does the light things. Gives me the drug, with a shot in the right arm.	5.3	
He makes me lie for 45 minutes, so the drug doesn't hurt me.		
Nurse comes in.	F	Note the read
She leads me to another room.	5.4	
Puts me on a flat table	5.5	
They put a shower cap on my head.		
	SF	
Put a sheet over me.	Tk	
They give me another shot.		



We stopped and balanced out these drugs with kinesiology. There were 3 drugs.

Then we continued with the meter.

I'm lying on the operating table.	Tk	5.2	
A sheet over me	Tk		
They give me the 3 drugs (that we just balanced out).			
I'm tired and very relaxed.		5.4	
They operate on my groin.		5.5	
Seal me back up.		5.6	
	Tk		
Leave me on the table.		5.7	
	Tk		
Someone comes in and wakes me up. They say they will see me next time.			
<u>When is that?</u>			
A month			
	Tk		
<u>Is there an earlier, similar incident?</u>			I ask this to see if I can find the cause for the high TA. Although I realise at the end of the session that it is, at least partly, caused by him being very tired from removing the ten Wernicke's commands.
No			
<u>Is there another incident in restimulation?</u>	SF		The read indicates that there is.
Yes	SF		
<u>Is it in restimulation right now?</u>	SF		This was an unnecessary question. He had already answered it in the previous question. I can't think why I asked it.
Yes			
<u>Move through the new incident telling me about it as you go.</u>	F	5.2	Note the reads. Also, note the big drop in TA, from 5.7 to 5.2 (keeping in mind that TA goes up exponentially). This indicates that I'm doing some good, keeping the session going.
It is the first time I was taken since returning to Australia. The earlier incident I was describing was the second time I was taken since returning to Australia.			
<u>How many times have you been taken since we returned to Australia?</u>			
Two			
	SF	5.0	
	SF		

There's someone watching us	F		Note the read. This session was done while we were on holiday in a cabin, over a hundred miles from home.
<u>Locate the person watching us</u>		4.9	
It's the next cabin	X		
<u>Does the person watching us have to be physically present?</u>			
No	F		
I get that he's at Pine Gap	F		Note the read
<u>What species is he?</u>			
Human	F		
Their abilities are weak	F		
They need a machine to amplify.			
He's some military guy.	F		Note the read
<u>Is he assigned just to you?</u>			
Right now he is.			
Say 'hi' to him.	F		
<u>Tell him to piss off – Better yet, pray for him.</u>	F		
<u>See if you can turn him the way that woman did who prayed for Bill Schnoebelen.</u>			Bill Schnoebelen is a man who was a member of the illuminati, a satanic priest and a 90° Mason. (Yes – they go higher than 33 degrees – all the way to 360° with Lucifer at the top). One day his monthly tithe check to the Church of Satan came back to him. (In the USA banks often return checks as a receipt). The check had the following words written on the back of it – "I'll be praying for you." After that he lost his demonic power. He was changed so much that he then opened his heart to Jesus, and has been exposing the 'bad guys' ever since. For more info see his videos available from <a href="http://www.withoneaccord.org/">www.withoneaccord.org/</a>
He's young.	F		Note the read
	F	4.7	Note that TA has come down quite a lot more.
	F		Note the reads, and lowering of TA, while Michael prays for him.
	F	4.5	
I'm finished			
<u>How's he doing?</u>			
He's kind of frustrated.	F		
	F		
<u>Move to the start of the incident. (He does so).</u>			
<u>Move through the incident telling me about it as you go.</u>			

Telepathic contact wakes me	F	
It tells me to prepare to walk through the portal.		
They greet me.	F	
Tell me I'm in their region now.		
And that they will be handling my case.		
A nurse	4.8	
Asks me to follows.	F	Note the read
Leads me to a room.		
I stand in front of a screen.		
A light scans me. Takes a picture.	5.0	
	SF	
They do something to my right elbow, where the indentation appeared. And to the back of my neck, where the red circle was. That's from taking a sample. This meeting is not planned as part of the schedule. It's impromptu. They didn't know where I was (when we moved to Australia).		
They send me back through the portal. Tell me to go to sleep.		
When I first come through, that's when I get the first shot of drugs.		
<u>How many did you get this time?</u>		
Two – Scopolamine and another.		
Scopolamine makes you obey them.		
It's a very short visit.	SF	Note the read
45 – 60 minutes.		
That's why they came back 2 weeks later, for a normal check-up.	F	Note the read
<u>End of session.</u>		

## Session 54: Time Travel in Dallas

23rd Feb 2000

Summary: An incident we looked at earlier, when Michael was 'taken' when in Dallas, resurfaces. This time he remembers that the incident lasted four days long! At the end of the four days they 'time shot' him back. He walked back through the portal as normal, which apparently had been set to go to a different time (four days earlier) as well as to a different place.

<u>Start of session</u> (sensitivity set to 10)	5.5 5.1	
<u>Do you have an incident in restimulation?</u> No	F	The read indicates that he does
<u>Does someone else have an incident in restimulation?</u> (we talk about and clear a few things that have been happening)	SF	
<u>Do you have an incident in restimulation?</u> Yes	F 4.8 SF,SF,SF	Note the read and drop in TA
<u>Is it the first time you were taken since returning to Australia?</u> No	F	The read indicates that his answer is correct.
<u>Is it the second time you were taken since returning to Australia?</u> No		
<u>Is there another incident in restimulation?</u> Yes	Tk F	
<u>Move to the start of the incident.</u> (He does so). <u>Move through the incident telling me about it as you go.</u>	4.6 SF	
I'm not seeing any pictures	SF SF SF 4.5	
I'm not feeling tired		
<u>Are you at the end of the incident?</u> Yes	F	
<u>Move to the start of the incident.</u> (He does so). <u>Is there an earlier beginning to this incident?</u>	SF	
Yes <u>Move to the new beginning and tell me when you are there.</u> (he does so)		

<u>Move through the incident telling me about it as you go.</u>	SF	
(sensitivity returned to the usual 8)	SF 4.4	
I'm starting to feel tired	SF SF	
I feel pressure on my forehead	SF 4.3	
The pressure has increased.	SF SF	
There is also pressure between my eyes	F 4.2	
C/L	F	
My head is aching	SF 4.1	
	SF SF F SF	
The pressure is constant	SF	
How long is this for?		
45 minutes	SF	
It's some kind of operation		
C/L	F SF SF SF SF Sigh, F 4.1 SF	
There is still pressure between my eyes		
I don't see any images		
<u>Repeat "I don't see any images"</u>		
"I don't see any images. I don't see any images"	SF SF 4.0 SF 4.1	This is the first time since session 52 that his TA has been as low as 4.0.
The pressure pinches a bit	SF 4.0	
I'm at the end		
I still feel the pinch		
I feel like I got hit in the head with a baseball bat	3.9	
<u>Move to the start of the incident.</u> (He does so). <u>Is there an earlier beginning to this incident?</u>	SF	
No	4.1	
I'm tired and relaxed.	SF	
I'm starting to feel the pressure again, between my eyes and in my forehead.	SF SF	
The pressure is stronger	SF	

The pressure is still there	SF 4.0	
It's dark	SF	
I'm really tired	SF SF 3.9 SF SF	
<u>When is this?</u>		
When we were in Dallas		
<u>Where is this?</u>	3.8	
In a doctor's office		
<u>Is this an incident we've looked at before?</u>		
Yes	3.8	
The pressure is still there	F SF SF SF	
I'm still very tired	F 3.7	
I still can't see any images	SF	
<u>Repeat "I can't see any images"</u>		
"I can't see any images. I can't see any images"	SF	
<u>What's happening?</u>		
I'm starting to get over it.	F	
The operation is over. I'm recovering. They have to keep me for 4 days. Then they do a 'time shot' to where I started – that's what they refer to it as.		
The recovery takes 4 days.		
They give me cherry jello	SF	Note the read
There's a bandage on my forehead. I can't figure out why they did this.		
During the 4 days I have to be in certain machines to accelerate the healing	SF	Note the read
I don't know if they put anything in or out of me.		
I figure here that we should test to see if there are any drugs from this incident that need balancing out with kinesiology. There were 2. We balanced them out.		

	4.7	
(TA has risen very high. I therefore had a discussion with Michael to see if he had any upsets while I was doing the kinesiology on him. He did. He was upset with my 'bedside manner'. He complained that when I stopped the meter session and did the kinesiology session that he felt he had been 'jerked out' of the incident. Talking about this helped to bring the TA down a little).	4.4	
<u>Move to the start of the incident.</u> (He does so).	SF	
<u>Move through the incident telling me about it as you go.</u>	SF	
C/L	SF F SF	
We're living in Dallas.		
The portal opens up in our bedroom	SF	Note the read
They lead me through		
They greet me	4.3	
They sit me down. Take blood pressure.	SF	
Turn me over to someone else. Lead me into a room with a flat table. Put a sheet over me. My head is open. Do something to make me close my eyes. I don't think it's drugs. I think it's electrical.	F F SF 4.3	
The pressure is starting between my eyes	SF 4.2 F 4.1 SF	
I still feel the pressure	SF F 4.0 SF	Note the reads
They're done now. I'm in the recovery area. I'm hooked up to machines for 4 hours	SF	
I'm awake in a recovery room. I get cherry jello. I'm there for 4 days. I'm OK.		
They 'time shoot' me back	SF	Note the read

<u>Move to the start of the incident.</u> (He does so).	F	4.0	
<u>Move through the incident telling me about it as you go.</u>	SF		
We're in Dallas.	SF		Note the read
The portal opens.			
I'm led through	SF	4.2	
A woman greets me. She scans me with hand held machines.	SF		
We go down the hall, to the operations room. She lays me down.			
There's some electrical thing that makes me tired.	F		
<u>What does it do?</u>			
It's an anaesthetic			
<u>How does it work?</u>			
I don't know	SF		
<u>Repeat "I don't know"</u>			
"I don't know. I don't know"			
It's the same thing as the chemical anaesthetic, but it's safer.			
I don't feel any pain	SF		
Just the pressure			
We stop and use kinesiology to balance out the effects of the electrical signals that act like an anaesthetic.			
They do the operation			
It's over		4.5	
Then 4 days pass.			
They time shoot me back.			
<u>How does this happen?</u>			
It's the portal. It looks just the same as normal.		4.7	
<u>End of session</u>			Normally one would not want to end a session with the TA this high. But it may be that the TA is high simply because his body is working on the anaesthetic we balanced out of his body. I figure that we can always pick up this incident at the next session.



## Session 55: An Agreement with the Greys & the Military

2<sup>nd</sup> March 2000

Summary: I had a phone discussion with Amelia Woodward about possible ways to stop Michael being taken, since what we had tried so far hadn't worked. She asked me an obvious question – Had I done a clearing session to find out what agreements he still had in existence, and with whom? After all, you can only end an agreement when you know what the agreement is.

In this session we found that part of the reason why he was being taken was that he had an agreement with a Grey-Military partnership to allow it. Unfortunately, we found that each of the 4 "Michael's" had the same agreement. And Michaels No. 2 and 3 did not want to end the agreement!!!

<u>Start of session</u>	4.5 4.3	
<u>What's happening?</u> (talks about recent events)	4.2 VGI F/N	
<u>Do you have an incident in restimulation?</u>	F	
I get 'no' (I repeat the question, but he still answers 'no')		
<u>Does someone else have an incident in restimulation?</u>		
There's something going on. My left middle finger is twitching. (He works out that he may have a soul tie to a woman friend of ours that he worked with for a time when we was last in Australia. He breaks off the soul tie).	SF  F F F/N 4.0	Now that I have a floating needle I can ask him the question I have been waiting to ask:
<u>Mentally contact someone or something with whom you still have an agreement.</u>		
Greys	F	Note the read
<u>When is this agreement?</u>		
1976	F	Note the read
<u>What is the agreement?</u>		
To provide assistance	F	
<u>What is the agreement?</u>	SF SF	This is called repetitive technique. (Asking the same question many times). Repetition leads to discovery. To work, the client must be FULLY acknowledged after each answer. And the Clearing Practitioner must be 'present'. Then when the question is asked again, it feels as though it is

		the first time it has ever been asked. Therefore, the client does not feel nagged or overwhelmed, and does not mind answering the question again. But this time it is likely that he will come up with another answer, because often there are many answers to one question. Eventually all possible answers will have been found.
To help them with the program.		
I get this has Wernicke's blocks on it.	SF	Note the read
<u>What is the agreement with the Greys?</u>		
To help them as a species. I get that it's to do with hybrids.	F	Note the read
<p>I stopped the meter session here to do kinesiology. Muscle testing indicated that there were two Wernicke's commands that were blocking this session. They were:</p> <p>"You will not remember the agreement" (given by a high-ranking military officer in charge)</p> <p>"You will keep the agreement" (given by a high-ranking military officer in charge)</p> <p>We then returned to the meter:</p>		
<u>What is the agreement with the Greys?</u>	4.3	
I help them in their ongoing program.		
In return, I will be removed from the earth during earth changes.	X	
<u>What is the agreement with the Greys?</u>	LF 4.5	
I will help with their experiments. They will keep me healthy.		
<u>Did you sign an agreement?</u>		
Yes	Tk	
<u>How many words did it contain?</u>		
600	SF	Note the read
<u>What is the agreement with the Greys?</u>	SF 4.6	
I will help. They'll teach me, & remove me at earth changes.		
<u>Anything else?</u>	F	The read indicates that there is more to the agreement
Yes	SF	
<u>What?</u>	LF	
It's complicated	4.2	
It's to do with the military. It's a joint project.		

	F	
<u>What specific things are in the agreement?</u>		
I agree to allow them to put implants in me	F	Note the read
I agree to allow them to do surveillance on me	F	Note the read
I agree to allow them to track me		
To monitor my health status	SF	
	SF	
<u>What else?</u>		
To go where they wish	F	
To be relocated so I am not affected by earth changes	F	
<u>Anything else?</u>	SF	
I agree to allow them to take biological samples	SF	Note the read
To allow them to teach me & store information inside me	SF	
<u>Anything else?</u>	SF	
That covers it	F	
	LF 4.2 F/N	
<u>Is this agreement still in force?</u>		
Yes		
<u>Do you wish to end it?</u>		
Part of me says 'yes' and part of me says 'no'.		After discussing this point at a later date, Michael and I thought that this could also be connected to his or his body's fear of earth changes. It is possible that this fear was programmed into him.
I get this has something to do with my different personalities		
<u>Does Michael No. 1 wish to end the agreement?</u>		
Yes	F	Note the read
<u>Does Michael No. 2 wish to end the agreement?</u>	SF	
No		
<u>Does Michael No. 3 wish to end the agreement?</u>		
No	F	
<u>Does Michael No. 4 wish to end the agreement?</u>		
Yes	F	
<u>Michael No. 1 – contact the people you made the agreement with (I explain he is to do this mentally)</u>	SF	

<u>Tell them you now end the agreement</u> (he does so silently)	LF Hands shake ↓3.9 4.0	
<u>Michael No.4 – contact the people you made the agreement with.</u>	LF F F	
OK		
<u>Tell them you now end the agreement</u>	3.9 4.0 SF F Hand shake SF	
It's over		
<p>After this I didn't quite know what to do. I tried to find any other agreements he still had in place with other people. But we had a problem. We hadn't yet finished with the agreement with Michaels No. 2 &amp; 3. I realised that I had better end the session here, and leave this subject alone until we had learned to contact Michaels No. 2 &amp; 3, and see what we had to do to remove their desire to keep the agreement.</p> <p>I felt, as I had done for a number of months, that at least part of the answer lay in the books by Springmeier. Michael agreed with me on this, but he had taken a while to obtain the books – presumably because of the commands in his head which didn't want him to remember. This would have helped to keep him away from any books which could help him remember.</p> <p>We ended the session with T/A of 3.8, F/N and Very Good Indicators.</p>		

After this session, Michael was much happier. And was finally very easy to get along with.

It may or may not be of interest that four days later, on 6<sup>th</sup> March, I woke up feeling horrible. I still felt horrible several hours after waking, so asked Michael to see if I was in balance. Surprisingly, my heart was out of balance – most unusual. The cause of this came up as 'electrical'. This was also unusual as we were in the country at the time.

Testing did not show it was the usual causes – mobile phone, computer etc. Muscle testing indicated I was under some kind of attack. Further testing to see what group this attack was coming from showed that it was coming from Greys. Generally I had been able to keep fairly much out of all this (after all, I'm only a girl!). But perhaps this latest development brought a little extra attention my way.

## Session 56: Checked Out by Greys on Mars

3rd March 2000

Summary: An old incident resurfaces. Michael remembers a time soon after arriving on Mars where he is checked out by a group of Greys.

<u>Start of session</u>	4.3	
	V/N VGI	
(I asked him a few questions)	F F	
I feel a weird twitching in my left middle finger.		
<u>Do you have an incident in restimulation?</u>		
Yes		
<u>Move to the start of the incident.</u> (He does so).		
<u>Move through the incident telling me about it as you go.</u>	SF	
	F	
I'm not getting any images	F	
<u>Repeat "I'm not getting any images"</u>	F	
"I'm not getting any images. I'm not getting any images"	SF F SF F/N	
It's to do with Mars	4.6 4.7	
I feel a pressure in the middle of my forehead	F SF	
I'm not getting any images	F	
I'm starting to feel tired	4.8 F	
Very tired	SF	
I'm in the recovery room. This is part of one of the incidents we've been through before.		
It's not nearly as deep or as mind wrenching	F	
<u>Move to the start of the incident.</u> (He does so).	F 4.8	
<u>Is there an earlier beginning to this incident?</u>	F 4.9	
No		
<u>Move through the incident telling me about it as you go.</u>	SF 5.0	

I get an image of a Grey. I don't know if I'm making that up.	F		
C/L	LF F SF	↓4.8	
I get an image of being around a bunch of Greys. They're looking at me, examining me. It's very fuzzy.	SF		
Repeat "It's very fuzzy"			
"It's very fuzzy. It's very fuzzy"	F	4.9	
I feel pressure on my forehead			
<u>When is this?</u>			
I don't know	F		
Repeat "I don't know"	F		
"I don't know. I don't know"	F		
1976	F F	4.8	Note the reads
I have an image of a group of Greys	LF		Note the big read
I'm standing up			
They're walking around, looking at me.	LF		
It's on Mars			
It's part of my exam when I get there.			
I feel pressure on my forehead.			
<u>How long have you been on Mars?</u>			
2-3 weeks	SF F		
I feel pressure on my temples.			
<u>Put your hand on your head – tell me what the pressures are coming from.</u>			
It's a band or appliance on top of my head.	F F	4.8	
They're doing something to my forehead	F		
Operating on it.			
<u>What do you mean 'operating'?</u>	LF LF		
They're doing something to it	F		
Making changes	F		Note the reads
Enhancements	F		
<u>What else?</u>			
Control circuitry	F LF		
<u>How is it set up to control you?</u>			
I don't know			
Repeat "I don't know"	F	4.6	

"I don't know. I don't know"		
<u>Keep repeating</u>		
"I don't know, I don't know etc."	LF F 4.5 F	
It's a circuit breaker	LF	
<u>What does that mean?</u>		
(answer not recorded)		
<u>What does it do?</u>		
Protects me		
<u>What does that mean?</u>		
It protects me from an attack	F	Note the read
If someone attacks me when I'm using my abilities, it kicks in and stops me being fried.		
<u>Is it in operation now?</u>		
(he is unclear of the answer)		
<u>Is it in full operation now?</u>		
No		
<u>What percentage?</u>		
60%	F 4.4 4.5	
They're done.		
I survived what they were doing.		
I pass the test.		
That's the end	LF 4.0	
<u>Move to the start of the incident.</u>		
(He does so).		
<u>Move through the incident telling me about it as you go.</u>	F 4.5	
I'm on Mars. In a room surrounded everywhere by Grey aliens.		
<u>How many?</u>		
I can't tell. 15.	4.7	
They're examining me.		
Looking at me	SF	
Doing modifications. Installing circuitry.		
Communication circuitry.	SF	
It allows me to interface with the machines		
	SF	
I 'm still alive, so I didn't reject it. I pass the test.		
I'm sent away to rest for 2 weeks.	LF F/N VGI 4.0	
I'm tired. I hate it when they do that.		
<u>End of session</u>		

After this session, Michael felt awful.

I gave him a kinesiology balance. He was out of balance.

With his eyes open, his Latissimus Dorsi muscles (which relate to the spleen) were out of balance. Muscle testing indicated the cause was the emotion 'sarcastic' (from the Greys).

With his eyes shut, his Anterior Deltoid muscles (which relate to the gall bladder) were out of balance. Muscle testing indicated the cause was the emotion "with holding" (from the Greys)

After this he felt considerably better.



## Session 57: PSI Training on Mars, Phase 1

5th March 2000

Summary: Michael and I woke up feeling tired and cranky. Michael was especially cranky. After doing this session, our energy returned and we both felt light and happy.

In this session Michael remembered training to move physical objects with his mind. His forehead was contacted with a machine. He then entered a virtual reality world, where he had to move things with his mind. The training was done with his eyes shut, and without the use of his hands. The "red dot" of earlier sessions re-emerged.

<u>Start of session</u>	4.7 5.4	
<u>Do you have an incident in restimulation?</u>	SF	The read indicatas that, yes, there is an incident in restimulation
No (We try to see if there is anything blocking the session). (sensitivity set to 16)		
	5.6 5.7	
	SF	
<u>What's that?</u> (referring to what he was thinking when we got the previous short fall) I know there's something blocking it		
Whoever's in charge of me <u>Who's in charge?</u>	Tk	
Whoever's monitoring me <u>Where is he?</u>	Tk Tk	
An installation. <u>What country is it in?</u>		
Australia	F	
There's a pain in my right temple. <u>Do you have an incident in restimulation?</u>		
Yes <u>Move to the start of the incident.</u> (He does so). <u>Move through the incident telling me about it as you go.</u>	F	Now we have something happening.
	Tk	
I'm not getting any images. <u>Repeat "I'm not getting any images"</u>		
"I'm not getting any images. I'm not getting any images".		

I'm not getting any pictures <u>Repeat "I'm not getting any pictures"</u>		
"I'm not getting any pictures. I'm not getting any pictures".		
C/L	SF SF	
Still no pictures	F SF	
<u>What's happening?</u>		
Nothing	F F	
My hands are starting to get numb It's over		
(He opens the windows and turns on a fan to make the room cooler).	↓5.0	
<u>Move to the start of the incident.</u> (He does so). <u>Move through the incident telling me about it as you go.</u>	5.4	
C/L	5.6 SF 5.7	
<u>Is this incident the same one we looked at last with the Greys?</u>	F	
Yes	5.8	This is just about the highest TA that Michael has ever been.
C/L		
<u>What happens next?</u>		
I don't see anything		
I'm not very tired		
<u>Is there anything that needs balancing out?</u>		
Yes		
<p>He was in balance. Using kinesiology, the body indicated that there were things to balance out of him with EYES SHUT.</p> <p>We balanced out the following:</p> <ul style="list-style-type: none"> <li>• 2 drugs</li> <li>• An effect of some kind from an electro-magnetic machine</li> <li>• An effect from something to do with a crystal, or crystals (this last one just popped into my mind as a possibility to test him on)</li> </ul> <p>Then we returned to the meter</p>		

	5.3	
<u>Move to the start of the incident.</u> (He does so).	LF	Note the big read. Now we are getting somewhere.
<u>Move through the incident telling me about it as you go.</u> (sensitivity reduced to 12)	F	
I now feel much freer	5.5 5.6	
C/L	F 5.5	
I don't see any images. This is some kind of mind training session. I keep wanting to look for the red dot in the middle of my forehead.	5.8 SF	
This is taking place with my eyes closed.	Tk	
C/L	Tk Tk Tk 5.9	
I'm still not getting any images.	Tk	
<u>Repeat "I'm still not getting any images."</u>		
"I'm still not getting any images. I'm still not getting any images".	Tk F	
<u>Keep repeating "I'm not getting any images"</u>		
(He continues to repeat many, many times "I'm not getting any images")	SF F 5.6 SF LF 5.5 SF F Tk F LF	Note the reads
(He stops repeating at this point)	5.3 5.4 5.5 LF 5.2 5.4 LF 5.0 (blows nose) 5.5	
I feel some pressure in my sinuses & between my eyes	5.7	
I'm still not getting any images	Tk 5.8	
It's over	F F	

	F	5.1	
<u>Move to the start of the incident.</u> (He does so).	F		Note the reads
<u>Move through the incident telling me about it as you go.</u>	F		
	F	4.8	
I'm on Mars		5.3	
This is a training session, with machines. This is a beginner's session. Whatever modifications were made to me, were so I could hook into the machine.			
I lay my head forward.	F		
I put my head in what's like a cradle.	LF		Note the read. He obviously has a lot of charge associated with this 'cradle'
The cradle makes contact with some sensor.	F		
(sensitivity reduced to 10)		5.5	
I close my eyes.	LF		
It involves moving little shapes around - balls of energy - and making them do things. I don't get a clear picture.		4.8	
		5.0	
<u>What does the machine look like?</u>			
The machine is just a big machine.			
(sensitivity reduced to 8)			
I have to lean forward to make contact.			
I close my eyes, and I make contact.	F	↓4.7	Note the big read and blow down from 5.0 to 4.7. He had a lot of charge around 'making contact'.
It's like logging into a computer system.		5.0	
It tests me to verify who I am.			
	SF		
It's like a security system. If I wasn't the right person, it would kill me immediately.			
	SF		
Everything I see is in my mind, because my eyes are closed.			
What I see is in my mind.	SF		
I have no control with my hands. I control it with thoughts. This is Phase 1 training. It's to acquaint me with basic functioning. To get me used to not using my hands or eyes, just my mind.			
	SF		
It's different computer games I'm playing.	LF		Note the read
	LF	5.0	Note the read
There are balls and clouds. It's a whole virtual world I see in my mind.			
I have to train my thoughts.	F	5.2	Note the read

That's part of the training. Normal thoughts are too fuzzy.		
	F	
These first sessions can't go over 2 hours.	F	Note the read
I have to eat a lot before and after the training. It's an order.		
You have to do it.	SF	
I have a high energy drink. I like the fruit punch. I don't like the orange.		
It's fun training, but extremely exhausting.	F	
I usually have to have a nap after the training session.	F F	
The 2 hours also includes swimming, gym etc.	LF	
It's an order. You do it.		
Physical exercise builds up the life energy.	F	
You use up a lot of that life energy when you're on the machine.	4.8	
I'm done.	LF ↓4.1 Good indicators	It is likely that if I had waited here a bit longer a floating needle would have turned up. (This long fall may have been the beginning of a floating needle). I should have then acknowledged the floating needle and ended the session here.  A floating needle usually follows a big drop in TA, of at least 1.0 on the dial. He has dropped from 5.2 to 4.1 in a short period of time.
I feel much better.		
<u>Move to the start of the incident.</u> (He does so).	F	
<u>Move through the incident telling me about it as you go.</u>	LF 4.5	
I'm on Mars.	Tk	
It's a Phase 1 training session. I'm still pretty new. I've had lectures on the machine. It's very advanced technology. I don't understand how it works.		
I have not received information on my missions.	SF	
We're told it's strictly training.		
Later we find out that it's because of the results of our training that our missions are decided.	SF	
We're not told that at the time.		
It's laid back and fun.	F	
Everyone's equal – even though that's not true.		

The drug they gave me was an enhancement.	LF	
Later I may or may not need it.		
It's the start of the training session.	SF	Note the read
I'm in a chair. It's upright.	F 4.6	
I can pull the cradle towards me.		
I sit in the chair.		
I get comfortable.	LF 4.4	
I lean forward to make contact.		
The system interfaces with me. Identifies me. Allows me access. It's like a computer video game, but all is controlled by thought. I'm not very good at first.		
I'm not relaxed enough.	SF	
The session lasts 2 hours.	LF	Note the read
<u>How many beginner's sessions are there altogether?</u>		
12 2-hour sessions for phase 1. I'm done with the session.		
I'm pretty tired.		
I drink my energy drink. I'm on my own the rest of the day. I go back to my room.		
Then I go play basketball.	Tk	
The it's dinner time. Then I do my homework. Then go to sleep.		
That's it for the day.	F LF	
My head feels clearer.		
<u>I believe you had a floating needle at the end of the last time we ran through this incident.</u>		
<u>If this is the same incident as the one where you see the Greys, how are these 2 incidents related?</u>		
They're both on Mars. This happened a couple of days after seeing the Greys. They don't waste a lot of time.		
<u>(I work to reinstate the floating needle – lots of acknowledgements etc.)</u>	F/N 4.0 VGI	
<u>End of Session</u>		

## **Conclusion By Michael Relfe**

“What are you, Crazy?” “That can’t be true”. “Is this for real?” “Aren’t you scared?” “Yeah, I can see that”. “WOW, Good job!” Prior to the general release of **The Mars Records**, we shared this information with several close friends and associates.

I have to admit that in the beginning I was somewhat skeptical. After spending some sixteen years as a software engineer, my thought processes were logical and narrow minded. I tended to see things in black or white, yes or no. As someone who enjoys science fiction, I had always hoped that someday I would see some of the things depicted in such literature. However personal involvement with such technology was not in my reality.

**Do you believe that the technology level you see in the “modern” world of television, magazines, trade publications, professional journals and university courses is “state of the art” ?**

My answer to that question is NO, I do not believe that what you and I see in the world today is “state of the art”. Periodically we learn of a new type of jet or weapon system and we find out that it has been kept secret for ten years for reasons of national security. In reality it took another twenty years to be put into production and was based on technology discovered ten years before that. This is for weapons systems that we see discussed in Popular Science magazine, not as described in this book. It is clear to me that the current state of the art is well into the hundreds of years in advance of what you and I are aware of.

I knew that something strange had happened to me during my time in the military. As each session ended, the exhaustion and drained feelings were incredible. It was as if “things” were hooked into my mind and that the clearing sessions were forcibly pulling out these “things”. In addition, it felt as if some weight was “lifting off” of me during each session and I noticed having a lot less anger and frustration in my life.

I guess I would have to say that **the scars convinced me**. Prior to that morning of waking up and finding 5 inch **healed** scars on both sides of my groin area, I was always wondering exactly what was happening and if I was imagining things. I am not imagining these scars. And I am not imagining my involvement in this ongoing program.

Some of my conclusions are:

- Genetic modifications were performed on my father during his time served in the United States Air Force. I was the result of those modifications.
- Genetic enhancements were performed on myself at a young age.
- Programming was placed into me at some time to “encourage” me to enlist in the United States Navy.
- After enlistment, I was recruited for a joint human/alien “black project” involving tactical remote viewing. During this project I was assigned to Mars Base.
- During this time I also served as a combat pilot in a single seat attack spacecraft of some type. I feel that my telepathic “talent” was also used in this role.
- Additional surgical and chemical modifications were performed upon me as a result of my assignment to this project.
- My tactical remote viewing duties included telepathic assassination projects.
- My involvement with this project lasted twenty years (1976-1996). During this time period I was not permitted to visit or interact with anyone on earth.
- At the conclusion of active duty in the program, I was “age reversed” twenty years and sent back to earth to complete my normal time line. Memory blocks were placed into me to prevent memory recall. Implants were placed into me to block my metaphysical abilities and track my location and movements.
- The result of these “memory blocks” was that I was negatively affected in my family life, relationships, health and employment.
- My involvement continues to the present time. I am visited by members of this group monthly. When in an “altered state”, I am “programmed” to accompany them without question and I am then transported to an unknown location where I am given a medical checkup. A procedure is then performed on me where tissue/cells/biological materials are removed from incisions on both sides of my groin area. I am returned to my place of origin.



Some obvious questions are :

### **Why are they doing this ?**

Since beginning these sessions in 1996, I have purposely avoided any deep study of the abductee/contactee literature so that my judgment would not be altered by other people's views. My conclusions are based only upon my personal experiences during the sessions. It is my opinion that metaphysical ability as it relates to remote viewing is an inherited trait and that military/alien groups possess the technology to identify those members of the population possessing such traits and have an active program to do so.

I conclude that people with these genetic traits are "encouraged" to join the military where their abilities can be enhanced and their usage controlled. At the conclusion of their active duty they are "mind blocked" to prevent active memory recall and use of their abilities. They are then returned to the general population where they are utilized for breeding purposes and can be later recalled in the event that they are needed for future projects.

Am I a part of an alien hybrid breeding program? I do not know. Are they breeding an army of telepaths for a future project? I do not know. I only know that I do not particularly enjoy being an unconscious participant in this project and being treated as a "stud horse". Another problem is that I am unable to determine if I am helping the "good guys" or being used by the "bad guys". Maybe I will find out someday.

### **Are you in danger from this book ?**

Possible Repercussions: While sharing this information with others, several people have asked whether we were afraid of repercussions from those in charge of these programs. I can only surmise that those people in charge of my "case" must know about this book as I am sure that I am more than willing to answer their questions when under their control. There have been no attempts to stop these sessions from being recorded nor have we been contacted by any "official" representatives from any group. It may be that these individuals are so far beyond the reach of anyone that they don't care about books such as these and in fact allow them so as to help their ongoing program of introducing the planetary population to the existence of "aliens".

It may be that they have been prevented by God from considering the existence of this book, so that this information can finally be exposed.

It is possible that in the future this book may be analyzed by members of the US Government that are not familiar with the Mars Base project, members of foreign governments that are not familiar with the Mars Base project, representatives of alien groups researching this planet and even corporations hoping to use such technologies for their own benefit. The results of any interaction can be one of three possibilities. They can offer to help us, they can ignore us or they can attempt to harm us.

I admit it would be nice to have official recognition of this experience in a positive way instead of the standard threatening “Men In Black” visits we have all heard about. I would enjoy having the program explained to me and to having my questions answered even if I couldn’t tell anyone about it.

If that does not happen, being ignored is the next best thing.

It is true that the people in charge of these programs are very protective of their “secrets” and they have unlimited money and advanced technology in their arsenal. In addition they have the capability to discredit people, fabricate evidence against anyone and even “wash” a persons computerized records out of existence!

If the worst should happen and these people retaliate against us, I can only say that I put my trust in THE LORD JESUS CHRIST. I know that I will only exist on this earth as long as God wants me to, not one second longer. I also know that the enemy cannot do anything to me unless God allows it and that God has given me weapons to fight back (see the section on deliverance). I will use those weapons without hesitation.

### **What proof do you have?**

Not enough proof for the “scientist” or skeptic:

- My personal testimony on what it feels like to relive being taken and “experimented” on.
- The feelings of the drugs administered to me and how great it feels to have the effects of these things removed.
- The positive changes in my personality, feelings and interactions with other people.
- The biofeedback meter readings showing the validity of these memories.
- And of course the 5 inch scars of both sides of my groin area where I had never had an operation.

This is the only “proof” that we have.

### **What if no one believes ?**

Good ! Then the book is not for them. I have nothing to say to anyone who does not believe except that, "Do they think we did this work for a joke? And then released it on the net for free so that we can be called 'crazy'?" I think not. This book was compiled for only one reason, to assist those people trapped in the nightmare of mind control in getting free.

### **What do you think about what has happened to you ?**

I do not enjoy being part of an unknown project run by unknown people with an unknown agenda. If you saw me on the street you would not notice anything unusual about my outward appearance. However I am concerned with the long term hidden effects that this project may be having on my health. The effects of the massive shock to my body caused by things such as drugs, surgery, mind control procedures, jumpgate technology and extraction of biological samples is unknown.

### **If you are a Christian, why has this happened to you ?**

I can only say that God's thoughts are not our thoughts and that He does things in his own way, without the counsel of men. The dark side forces think that they are in charge but in reality God always gives them just enough rope to hang themselves.

I know that the gift of a certain genetic combination is a gift from God and that everything in my makeup was put there by Him for a specific purpose. God also planned to allow these people to treat me the way they have for these past forty years and that their project would cause this book to be written.

I believe that God will use the information in this book to bring deliverance to the captives. This book may be the first introduction of Christian spiritual warfare principles to thousands of abductees, contactees, mind control survivors and military personnel. In addition, this book shows the results obtained when both clearing and kinesiology technologies are used to reverse the effects of mind control.

### **Why did you publish this book ?**

This book was compiled for only one reason, to assist those people trapped in the nightmare of mind control in getting free.

The information in this book proves that the enemy is not invincible and in fact can be defeated using Deliverance, Clearing and Kinesiology.

I believe that only God has the answer for what is happening to the world at this time and that spiritual warfare is a vital part of His ministry for these end times. It is clear that spiritual warfare and deliverance is the only thing that has not been used against these projects and that God's weapons are superior to the weapons of the enemy.

### **Do you have a message for the government ?**

My message to the government representatives reading this book is:

- Why all the forced abduction? Why not just set up a secret island somewhere and hire the people that have this valuable genetic combination and contract them for a certain period of time? Pay them several hundred thousand dollars a year for their services. Let them in on the program even if they can't tell anyone.
- Where is the compensation that you promised? I think you still owe me back pay with interest, a monthly retirement check at Captain rank with greater than twenty years service and a benefits package including health insurance. I expect a check ASAP !

### **How can I be involved ?**

Please support us in this project by :

- If you claim Jesus Christ as your lord and savior, please pray for us and ask God to protect us against all attacks.
- Send this document file to as many people, web sites, archives and publications as possible. The more people that receive this document, the more people can be helped. If you want to print copies and sell them, please obtain our written permission. This book is copyrighted and we retain all rights to it. You can always get the file from <http://www.metatech.org/> or <http://www.themarsrecords.com/>
- Learn spiritual warfare and deliverance (see resources page) and ask God to send people to help. He will !
- Learn Kinesiology (by courses and books). This will improve your own health and in addition you can help others.
- Learn Clearing (see resources page). Buy a biofeedback meter (about USD\$600) and start helping other people.
- Visit our support page and sign up for all the free internet stuff. We get a small commission every time you do and it costs you nothing.
- If you have found this book to be valuable please support us by donating 15 minutes of your time. Please visit Appendix 1.

## **Final Thoughts**

I would like to take this opportunity to thank each and every one of you that has taken the time and effort to read this book. It has been quite a task preparing it. It is our hope that it will help you in your search for truth.

In addition, I would like to apologize for any negative actions or harm that I have caused while being mind controlled or influenced by others.

In the event that any organization, corporation or university would be interested in conducting research on my genetic composition, please respond with a written proposal outlining the suggested avenues of research, frequency and type of testing involved and estimated time period.

## **Additional Request**

If the people in charge of the shuttle flights to Alpha Centauri 4 (as described in the Appendix III by Al Bielek) are reading this book, I would like to formally request refugee status and passage on the next available flight for myself, my wife and our families. Thanks for your consideration.

Sincerely,

Michael Relfe  
15 April 2000

**Appendix 1: Easy Ways You Can Support Us**

**Thank You for reading The Mars Records!**

This section has been removed, as all links were out of date.

Please visit [www.metatech.org](http://www.metatech.org) and view recommended books.

## **Appendix II: Interview with Al Bielek 1990**

*Al Bielek is a survivor of the original Philadelphia Experiment. A good introduction to this is to see the movie "The Philadelphia Experiment" starring Michael Pare. This movie was banned in the US for several years. See <http://www.relfе.com/videos.html>*

(Day unknown; Source: Matrix III [www.trufax.org](http://www.trufax.org) and The Sovereign Scribe, P.O. Box 350, McKenna, WA 98558).

AB: Alfred Bielek

SS: Sovereign Scribe

TC: Tracy Cooper

DG: Danielle Graham

SS: I have a basic question which might be a good starting off point. Could you give me a thumb-nail sketch of how you make a battleship disappear? I know it takes generators ... now what do you do?

AB: A thumb-nail sketch is you have to distort the normal time field. In the case of what they were doing, they were rotating the time field in which the ship itself sat. If you rotate it at about 45 degrees it becomes invisible, if you rotate it 90 degrees it drops out of our reality and that's not what they wanted to do.

The basic technique, just in thumb-nail, is that you rotate the time field. Consequently radar signals will pass right through it like it doesn't exist. If you rotate it far enough, optically it doesn't exist. It would not be visible to the eye under normal observation.

SS: What is the time field?

AB: The time field is an extension of our physical reality. According to Einstein it is a physical dimension. In other words it's the fourth dimension.

SS: And can be moved?

AB: It can be manipulated, let's put it that way. It can be interfaced, it can be manipulated. You can do things with it. Consequently you do things with whatever is in that area of field that you're manipulating.

SS: Are you moving it with magnets?

Ab: You're moving it with electromagnetic fields and R.F. fields, however the means of modulation of those fields are such that it generates higher order fields. In other words, you're not going to affect the time fields with a plain, ordinary electromagnetic radiation.

SS: What's an R.F. field?

AB: Radio Frequency. The same thing as a radio or TV or whatever.

SS: So it takes a combination of the two. R.F. field interacting in a certain manner and with additional equipment to produce higher order fields which will rotate the time field.

SS: If an object or a person is either brought forward or backward through a time tunnel, doesn't this create a "paradox" because of the object not belonging to that particular time?

AB: Yes, you do.

SS: Was that a problem?

AB: No it was not a problem, so far as I know. I can only speak about Montauk<sup>17</sup>. They regularly sent people through the time tunnels and brought them back. They did send some objects through the time tunnels with no intention of bringing them back at that time. Sort of like storage at a distance. I understand from what Dr. Herman Entenman said, was that on some of those occasions they lost what they sent out because the tunnel collapsed due to failure of the equipment. So the tunnel collapses and disintegrates. Whatever is out there is just atoms lost in eternity, so to speak. But other than that, no, they had no problems in sending something out and later retrieving it, whether it was a person or an object.

The real problem came when you made deliberate attempts, which were done, to alter the past history and alter what happened to certain people. That had an inroad effect on me. Something was done involving an alien that was shipped backwards in time; roughly 100,000 years ago. And also to my brother, I'm not sure what the time period was. I would estimate from what he said, about 12,000 years ago, maybe less, wherein something from a more recent time was forced back upon him and changed his whole nature.

SS: Where did the writers of the movie The Philadelphia Experiment get their information?

AB: That is a very long and interesting story. I wondered about that myself and we assumed, for a period of time, that that information came in mostly as speculation on the part of the actual producer. I know who it is, but his name does not appear on the credits and he doesn't want his name known. But he asked Preston (Nichols) over a period of time from 1982 to 1983 a lot of questions about the Philadelphia Experiment, and Preston knew quite a bit about it, at that time, he finally admitted it, and answered this guy's 1001 questions, as it were. And this guy became the actual director of the film. We assumed that he expanded with his own speculation on this because some of it in there is not true, but it was based largely on Preston's information and his own expansion on it.

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<sup>17</sup> The Montauk Project. See the books section at [www.metatech.org](http://www.metatech.org)



Turns out that wasn't the case at all. We did a lecture in New York in 1989. Preston, Duncan and myself were invited to talk about the Phoenix Project and the Philadelphia Experiment, which we did. Officially it was not video taped, but privately it was. A copy of this thing somehow wound up over in England and got to EMI Thorn and got to someone in archives.

Well, they came to New York and looked up Preston. They found Preston's address and came to his home one evening and said, "We've finally found you." Preston says, "What do you mean?" He says, "Well we've been looking for you for quite a while. You're the fourth man in the picture."

Preston says, "What picture are you talking about?" He showed him a photograph of a family portrait that was made in 1890 of the Thorn brothers of Thorn Industries. One of the backers of the organization was none other than Aleister Crowley and this fourth person who was apparently a bit older. The fourth person was identical to Preston except he looked approximately ten years older than Preston looked, say a year ago. And they knew that this fourth person was important and Crowley insisted at that time that this man was not of their time, meaning the time of 1890. He was out of the future, and this guy gave him the whole history of the boat experiment and it had been in the archives of EMI Thorn since 1890.

It was some time in the 60's or 70's EMI Corporation and Thorn Industries merged and they decided to do a movie. The decision to start it was in 1983 and they came to the US. to do the filming. But they said that they had the actual record of the experiment in their archives since 1890.

SS: And you're saying Preston brought it back?

AB: Preston brought it back according to the statement made by Crowley at that time and according to the records in the archives.

SS: We'd like to clarify some things from the presentation. How old are you now?

AB: By my birth certificate 63. By adding the additional years when I was actually born I would be 73. In terms of real time not counting age recession I'd be 63 plus 30 which is 93 plus the time I spent on various secret government projects such as the Phoenix Project where they were doing the right brain / left brain split type thing, a sort of conjugate personality thing. They do this now to get you to work on two different projects at two identical times practically as two different people.

SS: So you've lived over 93 years in a 63 year old body?

AB: yes.

SS: Were you speculating that the Philadelphia Experiment was a set up by the aliens?

AB: It very definitely was a set up. Right now it is very definite. There was speculation a couple of months ago 'cause some of the pieces were just beginning to come into view. The whole thing was a setup.

SS: What tipped you off that it was an alien setup?

AB: Finally getting some data on Roosevelt's agreements, where he signed an agreement with the aliens in 1934. I started looking in on this and it started to make some kind of sense.

The Pleiadians were turned down in 1953 again when they insisted one of the points they required if they were to work out a deal with the US. Government was that they must scrap all their nuclear weapons. Well the US. government was just not ready to do that, not in 1953. So they were turned down politely and along came the Greys and they made an agreement with them.

But again back in 1933 was Roosevelt's agreement with the "K's" and because of that in 1934 the Pleiadians went over to Nazi Germany and worked something out with them. But there you had across the Atlantic two powers which were getting ready to fight each other. There was one ET-group on one side of the Atlantic passing us technical information, it's going to be fairly obvious that it's very likely that there's going to be another one on the other side of the Atlantic feeding information to try and keep some kind of a balance, particularly one of them was concerned with the survival of a major segment of the human race.

I finally got confirmation from a number of people. The original confirmation, I understand there are hard copy notes on this, comes from Billy Meyers in Switzerland.

TC: What does  $E=MC^2C^2$  light reciprocal mean?

AB: That would be C to the 4th. That does not have meaning other than that would rotate you into one of these hyperspacial locations which is C to the 4th and you would be out of the electromagnetic and you would pass into one of the etheric domains.

TC: Would it be accurate to say that when they made the Eldridge disappear what they do is just rotate it into another dimension?

AB: That's what happened but that's not what was intended. What was intended was to rotate the time field so that there would be no reflections of either light energy or electromagnetic energy which is essentially the same as a matter of the frequency.

TC: So they isolated the time dimension.

AB: Yes, and rotated it and that was all they were intending to do. But that of course is not all that happened.

TC: They ended up rotating the entire...

AB: ... localized field around the ship.

TC: How can you begin to understand that?

AB: Because I not only had all the physics training then but also the specialized training which came from von Neumann because he understood it. At the time when you graduate from the standard physics course even at the best universities today, even a Ph.D., you don't really know what's going on because that's information that's withheld. An understanding comes later. All that is a basis for laying the groundwork for understanding. The real understanding of what's happening has to come from private tutoring. This is why the Illuminati has survived so long because there is a hard basis of knowledge there, as well as ability. But von Neumann had figured it out, along with Hilbert, and his interface with Hilbert and perhaps Einstein and Levinson.

TC: What would you say to a person who had a physics background who wants to have a deeper understanding, how would they pin it?

AB: How? Hmm. You would have to study currently some of the literature and information put out by Tom Bearden, for one example. But you have to be careful also about Tom Beardon because he also puts out some disinformation. You have to filter it very carefully. He does put out some good information but every so often he puts a corkscrew in there, and that's particularly true in some of his reference to the weather control generated by the Russians. It's not. We have our own. And some of the other things, some of the other basic physics which refers to the bouncing electron in the atomic shell that's real for a period of time and then virtual for a period of time. Well that aspect's correct. But he says when it becomes virtual, it goes into a reverse time universe, then it falls into the anti-matter universe. Anti-matter universe is NOT reverse time. There is a reverse time universe and there's an anti-matter universe. So that is disinformation right there. And what he describes is partially correct, but not fully correct.

TC: So where else would you look for more information?

AB: Where else? I'd say look into some of Von Neuman's works. He has a list of 15 books and some of them are not at all relative to this. He does have some of the information and some of the works which definitely tie back to the theoretical approach which was made.

TC: But there's no way we can get a hold of the time equations, is that correct?

AB: Most likely, no. It is highly classified.

DG: Regarding the boat experiment, was it because they generated too much energy that it took them beyond their anticipated results or was there an alien manipulation that actually generated the field in such a way that they went beyond their expected results?

AB: No, just the rotation of the field itself would not create the problem. It was the fact that they locked up with another experiment which brought them far beyond the 6th level which they were capable of generating on the Eldridge. They had to be capable of generating 6 levels in order to get 5, and 5 is what they had to have in order to rotate the time fields. Uh, you lose one in there, so to speak. You manipulate from the highest level what is below, that's why they had to go to 6 to get manipulation of the 5th. But that of itself would not have done what happened. You have to have additional orders and you have to have other factors which cause the lock up.

DG: One of the things that's really interesting about this video that we've seen is you and your brother's unique approach to understanding time, since you have experienced time in a very nonlinear fashion. When you've created a loop like the loop that was created between 1943 and 1983 with regards to locking up of the two different experiments, how does that loop ever break?

AB: It doesn't. It is there and it remains there but after a certain period of time it probably won't have any effect. When you get 20 years past 1983 it's not likely to have any problem at all anymore. You don't lose it, you don't remove it. It just doesn't have any effect anymore. It's already had its effect by the transit and when you come back.

DG: Does it disperse?

AB: No, it's just something that stays there and exists like a smoke trail in the sky. It's there and they slowly dissipate over a long period of time.

(Regarding the boat experiment) Nothing was told to us about travel, only what we were doing in terms of that experiment. We had no expectation of anything like that happening. It was neither planned and wanted, or expected. It just plain happened.

I don't regret that aspect. The only thing I have sometimes thought about and question whether I have regrets about it is whether or not we might have all been better off if instead of letting Duncan go back to 1983, I'd held him there on the ship so he couldn't jump overboard the second time, until the ship returned to normal space/time. He wouldn't have been back through that experience and dead. Things would have been different. Whether or not they would have been better is a wild speculation, and strictly speculation. But it definitely would have been different. I was not in a position to really anticipate what he was going to do. He gave no warning he was going to do it. The movie says otherwise, but of course the movie

has a lot of speculation in it that he planned to go back because of his girlfriend. Well there was no girlfriend in the other end, in fact, it was a disaster for him.

TC: What is your understanding of anti-matter?

AB: Oh, that comes out of Von Neumann. Von Neumann was very much aware of it. And there is a lot of work done on it now. Today we deal in speculation in physics about antimatter. And, of course, there is discussion, both in the realm of science fiction and in physics about what you could do to create energy from a matter/anti-matter interface without creating an unbelievably powerful bomb which could be very, very disastrous. But there's a lot of speculation on that now as to the two universes, and if you got matter from one into the other what would happen? Can you control the reaction and how much energy could it create? That is speculative at the present time.

In addition to that, it's a little bit more than speculative because you have the aspects of the U.F.O. ships that have been turned over to our government out in Nevada. That has been discussed.

Bob Lazar has discussed the business of the element 115 and the fact that they use it to generate anti-matter and the anti-matter generator source and from that they amplify gravity waves and this is what they use for their drive system. Now there's no technology like this on earth. He says that there's no way we can replicate it. He said furthermore, there's no way we can come up with atomic element 115 in any quantities because it requires a totally different physical environment to produce it. Though he says our government has perhaps some 500 pounds of the stuff. And it is incredibly powerful.

He said he was hired because of what they called an "unscheduled nuclear event", in which a number of scientists were vaporized. They had to go out and hire replacements for them. And he got the word. He was at Los Alamos working as a physicist. He heard about this and went down and talked to EG and G and apparently he was accepted and then he was actually put on the Navy payroll, is what he says, then he went to Los Alamos and eventually wound up working on the UFO's and UFO problems and related things.

His comment was that they don't have enough really qualified people. They don't understand what's going on. They don't really understand what's going on with this, and he says it's also impossible to produce element 115 on Earth. This had to have been brought in. Yet they have this technology. He says it's definitely not built there. He says he can say that very flatly as a physicist. There's no way we can build this, not in this century. 50 years from now, who knows. Maybe 20 years from now.

(Regarding time tampering, its implications and free will:) ...Things could be manipulated in our future basis to alter the time line, as it were. Again to alter it on a major basis, it would be a minor thing for an individual. If it be a major basis it would affect the whole planet, depending on what effect it had.

Now free will still plays, then the (time) line shifts and the whole reality scenario changes, after it changes you still have free will but, I understand the basis of your question: is it sort of like a higher order reality coming down and hitting you over the head and after the stroke is over you go back to playing your little game of reality as you know it, or as I know it or anybody else knows it. It does raise some serious questions, yes. And how much free will do we really have? In other words, who else ... lets say, who else has more free will than us?

TC: Back to this time limit, they isolated the time field with the Eldridge, would you agree with Bearden that the time dimension is the connection with other dimensions, with the higher order dimensions?

AB: Yes, basically.

TC: How so?

AB: Time dimensions involve the 4th and 5th dimensions but your anti-matter universe is also locked in, but it's not locked in that way, it's locked in the 6th dimensional level and also the 11th. And you get through this whole, strange arrangement, you get into, through higher order time manipulation, you get into areas of other universes. Now that's not completely answering your question in terms of what Bearden is saying. But, like I say, he's correct at least as far as I understand what he's saying, and I'm not sure I understand all of what he's saying because I haven't read it all.

Time is, in a larger sense, in reality, a dimension. But it is not something which we, in our level here, really understand, and we certainly don't see it. We only see the effects.

(Regarding Bearden) ... his real job now is still defense analysis and strategy analysis; the same thing he did in the military he's doing for private corporations. And he also appears to be still connected with Intelligence. He says he's retired but I have my own personal doubts about that because of certain things he says. But most of the research and he said this he has had to make clear at his public lectures, when he starts talking about the Russian work, the UFO's and the weather modification and all of what he said, this is my own research, it has not come out of government classified sources, it is not infringing on government classified information or privileged information. He said, this is my own research; it's totally separate. He's quite clear about this and I'm sure he's quite correct because he would be in an awful pile of trouble.

There's only one area where he stuck his nose out and he's gotten himself in trouble, and that was when he spoke out about AIDS, the causes and cures of AIDS. He has his book: AIDS: Biological Warfare; and it's a bombshell. And he got more than his wrists slapped over that because he stated very flatly the causes and the potential cures, (accurately,) for the most part. He alluded to the electromagnetic cures but he also did not point out, though I haven't read the book in full, he accurately states there is no electromagnetic connection. There certainly is in so far as the triggering mechanisms are concerned.

The virus gets into the body. The body, if it's working at all, and you're not already 3/4 dead, the immune system automatically puts up a defense to the virus and isolates it. And then it sits there in the body for "umpteen" periods of time. It may run 6 months, it may run ten years and nothing happens. Sometimes it never happens with a person. They've got the virus in them all this time. They'll get an HIV plus reaction on the test because of the antibody reaction with the chemicals they use in the testing. But that doesn't mean the person automatically is going to come down with the disease. Its not automatic.

There are other factors involved. The weakening of the immune system and triggering the mechanism of the reproduction of the virus. Anything that triggers it such as pulsed electromagnetic fields will start it going, that's why most of your AIDS cases are in the big cities, and very little in the rural area". You go well north of Denver there are no charted cases as such.

SS: Why is that, because there are just free floating electromagnetic waves?

AB: It's because of the concentrated electromagnetic pollution in our big cities. The major problem seems to be our TV stations. The fact that they use pulsed transmission, class D transmission for higher efficiency and to get a better picture out further and also to avoid some of the problem in reception. They also additionally use circular polarization. But the pulsed transmission as characteristics of a TV, they can do this on AM, they can not do it on FM. It's very, very complex and very difficult. But with the signal for TV, which is AM, or for the Voice of America AM broadcasting facilities which are all over Africa and various places around the world, which are now running megawatts of power, there are also class D pulse modulation. And this stuff generates enormous harmonics and is very disruptive to the body's physiology. This may be the key to what's going on with the AIDS, the rise of the cases in the cities.

But he (Beardon) got into this and he got into the fact that the government knows the cause and they probably know the cure and boy, they came down on him. It's part of the government policy, they don't want a cure for AIDS - it's part of the population control program. The Navy did a private

estimate a couple of years ago on a classified study how many people were likely to come down with AIDS by the year 2000, as an example. Their computer studies said by the year 2000 there will not be man or beast, vertebrate beast, on the face of the earth that doesn't have the virus in him. And they don't know how many will succumb or how long it will be, if there will even be a human race left.

That was the Navy's study. It was highly classified. A friend leaked it and the Navy couldn't quite kick him out because of that. He was violating security but they didn't want to do it on that basis because you see if they fire him for violating security he has the right to know why and he can make it public. And that was not something they wanted public. So they didn't fire him over that. They found another means and they got rid of him, killed his clearance and dumped him. But he went public on that thing and that was the Navy's study and Beardon is saying the same thing. It's going to start increasing at a geometric progression rate, and he says it will be getting in the next 5 years way out of hand. It's already way out of hand in Africa.

TC: These class D pulse modulations, do you have to have a TV to process it in order for it to be harmful?

AB: No, it has nothing to do with the receiver. It's the transmitting signal itself. If you're sitting close to a transmitter or within reasonable distance; you would have to establish a criteria of field strength, and I don't know what that threshold is on this, but if you're radiated by the signals from the transmitter, if you're reasonably close to the actual physical tower, the transmitter, you're getting radiated, it's going to affect you physiologically.

Now there's a very good example of this. Measurements were made of this in Portland, Oregon. Oregon is perhaps unique in this in that they have all of their FM, AM, and TV transmitters upon Mt. Olympia, and it's an ungodly collection of transmitters in one location. Right next to this transmitter site are all kinds of residences, people living there.

The rate of leukemia is very high in Portland in that area; and one private doctor did a private study on this to try and correlate what is doing this, what's going on, looked back in the case histories, the family histories, etc. He found out that people that lived in the vicinity of those transmitters came down with this particularly nasty form of leukemia and he finally determined that if they lived there long enough the rate of succumbing to leukemia was 100%. There were no exceptions. If they moved away from that area they would recover as long as they didn't have it fatally already.

The physiological symptoms in the sites of the transmitter within a mile or so were severe, very severe. The people knew it, in some cases and they just got the sense and said, "I don't like it here, let's go somewhere else," and they go someplace else and they get over it.



I was up in that site once with a friend Bill who was working as a chief engineer down at the local AM, FM and TV stations in Portland and he'd have to go up and do maintenance occasionally in that tower in the transmitter section. He says he hated to go up there. He says you're up there half an hour and your brain just scrambles, you can't think straight anymore.

You walk in the door and they have this fluorescent tube over the door, it glows day and night He told me, he says, "That's not wired to anything." I say, "What do you mean it's not wired to anything?" He says, "There's no connections. You can hold that thing in your hands and it will light up like a Christmas tree. That's how much RF is coming out of this building. We're subjected to that as long as we're in here. They have problems occasionally where the equipment just fries itself, particularly some of the solid state components which are highly susceptible to this sort of thing. He said, "You don't want to stay up here very long. I don't want to. I have to come up here to do maintenance. When go home I have quite a time getting over it. It takes overnight." It just scrambles the normal function of his brain. He can't think anymore as to what he's doing, what he's up there for, what tools to pick up, what he's actually working on. The continuity of thought is lost.

TC: This class D pulse modulation, is it scalar?

AB: No. It produces RF sidebands and harmonic sidebands which are damaging and it may produce some scalar components. I don't think anybody's done a good study on that. But it's not doing this deliberately if it is. See, all tube-type transmitters, and all of these are great big transmitter tubes, all produce some of the higher order energies, and some solar-type transmission without it being intended. This is one of the reasons why, any ordinary AM transmitter produces some of those higher order energies, and if you want overseas reception you have to use tube-type receivers particularly the types designed by T. Henry Morey and Tesla in the 1930's, to get a consistent reception from overseas. The solid state receivers are worth the powder to blow them for the most part, not the commercial ones. They do not work that well. They lose part of the components. They lose all the higher order energies which you need to reinsert in the processing in the signal in order to prevent the very severe fading effects which normally occur.

TC: Can they put the subliminal messages on CD's and cassette tapes ?

AB: Not readily on magnetic tape because you have a very limited frequency range in which they work. They could probably do it on laser discs. They couldn't do it on a CD audio disc because your frequency range is too limited them

SS: Are there any things you can use to protect yourself from ELF's and these waves?

AB: Yes, there are devices available and I have one that might be one of them. I have not examined it, it's the first time I saw it. We'll have it measure it to see what it's putting out, take it apart and look at it. But there are devices that have been available and are still available that do help. There's more than one approach. The 7.83 hertz human resonance thing is one of the most reliable. It's only about 35% effective. It does not help everybody, but it is helpful.

*The Sovereign Scribe*  
*P.O. Box 350*  
*McKenna, WA 98558*

### **Appendix III: Interview with Al Bielek 1991**

Day unknown; Source: Matrix III [www.trufax.org](http://www.trufax.org) and Interview provided courtesy of Quantum Communications and The Sovereign Scribe, P.O. Box 350, McKenna, WA 98558.

Al Bielek, noted lecturer on the famous "Philadelphia Experiment" and the time travel/mind control experiments of the "Montauk Project," recently spoke with The Scribe interview team in Yelm.

Bielek gave an update on the current use of mind control and psychic warfare, and also offered a more detailed account of his experience in the Montauk Project. Montauk, also known as the Phoenix Project, used Bielek and his brother Duncan Cameron, to explore the underground cities of Mars.

AB: Alfred Bielek

SS: Sovereign Scribe

SS: Regarding your experience on Mars, you walked through the time tunnel, you take a step and you're on Mars: What did you see?

AB: Well I was not on the surface of Mars. We were in the underground. The story goes back to the Alternative 3 book, the TV production in England outlining the fact that we have Mars bases, one or more, provided by a joint operation with the US government. I do not know if the Russians are in on it - and aliens. They are on the surface bases. It's a World Government operation really, that's not strictly the United States government.

After they were on the surface which was about 1969, they found that there were entrances to the underground sealed and they knew there was something down there. The rumors were that there was probably artifacts from an ancient civilization buried underground because there were a lot of remains above ground - ruined cities that have been there by NASA's estimates maybe 300,000 years, 250,000 years. But they found the entrances all blocked, all sealed off to any underground areas. So the word went back through communications (in the late 70's) to whomever back to the Montauk and Phoenix project, "Can you do anything about this for us? We can't get into the underground of Mars." They said, "Yes, I think we can. Give us some coordinates on the surface of the planet. We'll have to run astronomical computations." Which they did and plugged these all into the computer. They wanted two people to go and it happened to be Duncan and myself.

SS: Why two?

AB: To corroborate what the other one saw and also in case there was any problems in the underground. They didn't really know what was down there.

So they sent us and we went up there in the underground. [Using the Montauk Time-Space "Tunnel" device, developed as a result of the Philadelphia Experiment. (See Scribe issues 9,13 and 14.)] There was a problem with light. We had to take lighting with us at the time. Later on, if I remember, we found some of their light sources and turned those on. We found eventually that the last remnants of the Martians, if you wish to call them that, died in the underground between ten and 20,000 years ago by estimate, and they left everything they had of their civilization underground. We found enormous amounts of statuary which appeared to be religious.

SS: What did they look like? How big were they?

AB: Typically 6,7,8 foot tall, stone, gems embedded in them and so forth.

SS. These were of human-like people?

AB: Yes. They were quite well preserved. Then we found archives. We found a lot of scientific equipment. We found electronic equipment down there; tons and tons of stuff. And the rumor was also later that ... I didn't recall until Duncan reminded me of it about a week ago. He said, "Don't forget the 17,000 metric tons of Martian gold they took out". According to his recollection of it, it was very strange gold. It was 5 times denser than ours. It was worth an unbelievable fortune. Where it went we have no idea, but it was returned to Montauk and from there it went somewhere. There were several authorized trips. And Duncan and I got the bright idea since everything was in the computer - let's take a trip or two on our own and do our own exploring. So we did. After the second one it was found out and we were stopped. That was when he got into the archives and found enormous records of the civilization which was buried down there.

SS: What did you find out?

AB: He was the one that read them. I couldn't read them.

SS. He didn't tell you?

AB: No. Well he did at the time but I can't remember any of it now. It's a very strange memory. On again, off again, and that part of it was never made clear to me as to what he really found. Right after that we were removed.

But I do remember some of the other installations we saw down there. They had very odd, large generators of some type. If you did not see it, I recommend that you go see the movie Total Recall. In fact it was seeing that movie that reminded me of the fact that I had been there. Not the

colonies but the shots of the underground where they showed these large, round canisters where the director said these were probably for oxygen generation. I'm not quite sure but we think so. I looked at them and said, "They're not round. They're hexagonal." And I asked myself, "how the hell did I know that?" So that was our view of Mars from the underground. We didn't see hardly a thing of it from the surface.

SS: Did you see ice under the surface like in Total Recall?

AB: Ice? No.

SS: If I remember the Movie, that's what they melted - a lot of ice to create the atmosphere.

AB: It was not ice under there. There were oxygen generators and they also had some storage. There was a generating system which apparently the ancients had left. I don't really know much about it, but it was activated before they moved the surface colonies in. They also melted down the polar caps. The rumors are that they used a hydrogen bomb or two for that. I don't know if that's true. But they did melt down a lot of the polar ice so they would have some water. It's still sparse but they have it. The atmosphere is thin but they have atmosphere. And the temperature is warm enough. In the equatorial region they have no problem surviving. It runs about 50° and of course the astronomers have known this for about 50 years or more. It's quite livable in terms of temperature.

SS: The lighting that you mentioned. What was that like?

AB: Unknown form of illumination, after we found out how to turn it on. Some of the power generators are still working. After we turned on the underground lighting we had no lack of light. Otherwise we had to carry our own and portable lighting was not all that effective because we were dealing with larger underground chambers, several hundred feet across high ceiling and portable lights are not very good for a large chamber like that. Eventually we found where they had their own lighting. It was very bright.

SS: Have you any information on the face on Mars?

AB: Not that I remember in the underground. There's more than one face on Mars, by the way. They found several. But I remember the NASA announcements some years ago, about 2 years ago that they're receiving a low frequency radio transmission from Mars. It was about 50 kilohertz, if I remember correctly. Quite a low level indicating the equipment or whatever it was that was generating the RF signal, and it was coded, was quite old and probably nearly worn out, so they were amazed there was anything still coming out of it but it was enough of a signal that they could pick it up and put it through the computer and transcribe it. It was a warning. A warning message to humans not to repeat the mistakes they made.

SS: Do you have any feelings about being on Mars? What were your general impressions?

AB: We were digging in the remains of an old civilization that preceded ours and it felt very peculiar. To look at what was left of what was once a great civilization and realize that they literally died there and left everything behind and that eventually the thing shutdown. It was in the underground deliberately. Apparently it was for survival because the circle cities had long since been destroyed and they lived down there and stayed there.

From what I understand of it, a number of the Martians survived whatever the attack was on the surface eventually took off for Earth and others decided to stay behind on Mars in the underground. And quite literally their progeny eventually died out and the whole race that was left behind on Mars died out. It's rather a strange feeling to realize that the remnants of a race died out in the underground totally. They just left all their hardware behind.

SS: In Rod Steiger's book he spoke of March 18th, 1990, as being important dates in the history of the PSI-Corps. That's during those dates their equipment was zapped and all the psychics resigned March 20th. Could you explain all this?

AB: Well, basically what had happened was a very strange story. In January 1990 Psi-Corps received some new hardware because NSA has been working on this for years; psionic-type hardware that boosts the mind and its capabilities of people who already have a great deal of capability - it becomes quite formidable.

They found themselves, after that infusion of new equipment, after learning how to use it, with the capability of locating a picture buried in someone's files anywhere or tracking a missing file or missing information that they had instructions to recover or locate. They didn't do the recovery they merely located it. And how we found out about this was a very interesting story.

Back in November of 1989, Duncan had told me, he said that I would have the proof of the Philadelphia Experiment in my hands during March of 1990. Well it seems like during that weekend, that particular Sunday, preceding the Psi-Corps walk out, I was in Phoenix. I was out for lunch that Sunday and a phone message was waiting for me that Preston had called and he was in a panic. When I finally got him on the phone it was already too late. But he told me that a person had visited him.

You see his father had been a senior scientist in the Navy working on the Philadelphia project. And that before the scientist died he told his son what had happened; that he had certain files and that he was turning them over to his son but he advised his son not to ever tell anyone about it. So this guy, unidentified to me never told anyone about what he had.

One week prior to the visitation with Preston he gets a knock on his door. Government agents. "We want to search your house." "Well what for?" "Get out of our way." And they start tearing his house apart. He knew what they were looking for. He didn't have it there, but he said, "I don't know what you're looking for." And they didn't find it. It took several days. And he shook them. And he went and got his stash of files which contained two roles of film of Rainbow 3 and Rainbow 4 which were the two Eldridge tests plus a stack of papers, still highly classified, apparently, from what Preston said, because they wound up in Preston's hands.

So he started calling his friends to see who could take care of this and take it off of his hands because the government agents were right behind him about two hours right behind him trailing him. None of his friends would touch it, those that he got through to. And he finally got to the end of a long list of people and Preston Nichols was at the bottom of the list. He called Preston and he was home. He said, "I'm coming over to give you something." "Well what's this all about?" "I'll be there at such and such a time."

He goes over and hands him the file and the film and tells him the story about his father and the government agents and so forth. Preston says, "Well what am I going to do with it?" He says, "I don't know. It's your problem now. The government agents are about two hours behind me." He takes Preston out and shows him his car with bullet holes in the door and he says, "I'm getting out of here." And he left.

Preston in a panic tried to get a hold of anybody he knew that day, including myself, I was not reachable. Duncan, previous in that morning, got wind of something, due to his psychic sensitivity, something very heavy coming down. He took off from Preston's, went home, went into his bedroom, locked the door and crawled under the bedsheets until about 5:00 that afternoon. This is a fact. He panicked. He would not even answer the phone. He shut off his answering machine.

So this comes down. Preston can't get a hold of me. Finally when he did get through (I called him) he said, "Well I called up NSA and told them I had some very hot material here that I don't want." They asked "What is it?" And he told them. They said, "Well we don't want it." He says "I've got to get rid of this stuff it's black card clearance level: So he said, "Alright we'll send some F.B.I. agents to pick it up. So they eventually arrived and he turned it over the them after verifying that they were F.B.I. He got rid of the whole business. Then I called after that, and I still haven't forgiven him for it. But the interesting connection to get back to your question about the Psi-Corps, is that we finally put together the fact that with the new equipment they were able to identify a photograph if it's in somebody's file and apparently they have standing orders to find any information whatever dealing with the Philadelphia Experiment and make damn sure I didn't get it. And they spotted something and found out who this guy was and they

sent out the government agents and this whole story ensued about this man who's father was the senior scientist. And we don't know what happened to it. We never saw it again.

In any case, the next day, from information I had, there was a big rumble in the Psi-Corps, and they were warned by somebody on the outside who was a little friendly to us to get the blazes out of there, that all of your installations are going to be melted down, literally. And they were warned to get out. All of them walked out except ten who were brand new recruits who had been told to defend the machines with their lives and they did literally. They died, the rest walked out, out of the government's service and disappeared. There was a panic meeting with the President...

SS: Who melted the equipment down?

AB: Alien . . . let us put it this way - extra terrestrials.

SS Do you know who they are?

AB: Yes, but I will not say.

SS. Are these the same ET's that Preston said melted down the buzzsaw antenna at McArthur airport around the Thanksgiving weekend last year?

AB: Yes, basically. And they took care of four sites in the US. one at Fort Meade and there were three other locations. I believe one was Atlanta and another in the New Orleans area and one somewhere in the West. Everyone of them walked out and disappeared. The locations were melted down. The President had a panic, practically apoplexy, tried to call back the old director who was in retirement. He said it was an emergency, we need to talk with you. So he came down to talk with them. I'll only give this man's first name - it's Emil. He was already 90 in age. And they told him the problem. He said, "I'll look at it but I won't give you my answer for about 3 days. I'll tell you then whether or not I'll come back and reorganize this whole operation for you."

In the meantime they contacted NASA to try to get NASA to give up their psychic agents, not Psi-Corps, who are trained for a different mission and are not trained in pairs but individually. NASA told them to go share it and got away with it. They said, "We're not trained to do the work you're doing. You can't have our people. So finally on that following Friday, Emil came back to the President and said, "My answer is no. There's no way I'll come back and do anything for you. You're in deep trouble as it is and you're going to be in a lot deeper trouble in about 30 days." And he packed up and left. And I presume that that was the last we've seen of him at least in those quarters.



But the Psi-Corps remained dissolved until ... they tried to recruit new people and they did pick up a few but nothing like what they had before because it takes 4 years now to train them, it used to be 5.

SS. So they're building it is back up again.

AB: They've been trying to build it back up. Then before the beginning of the so-called Mid-East War with Iraq, they made a deal as part of the situation building up to the declaration of war wherein we got all of the backing from British European nations with the exception of Germany, they went to them as part of the deal and asked the British and French and Russian Governments, who all had their own Psi-Corps, if they would loan again numbers to the U.S. Government for their operations. And they did. They got transfers and built up the whole organization to the original strength overnight.

Now they had a little bit of a shock because the new group tried to bring somebody back into their group to run the operation, Emil, and from what I understand, he was spirited out from right out of the midst of them, again by E.T.'s, and they were told this could never happen under any circumstances, that they were ultra-secure in their facilities. That shook them up. They all walked out. They are now at point zero.

SS. So they walked out a second time

AB: That's right. That's the information I have. And the government is left holding the bag once more. And as far as I'm concerned they Can continue to hold the bag - empty.

Psi-Corps organization is not vicious, they are not vicious people, they're very well trained sensitives and psychics who have a mission. The basic mission has been, in more recent years, not the original one in the first 5-ten years, where they were used for assassination. But they finally drew the line on this when NSA was formed and they became part of NSA in 1949-50 because their original genesis was in 1940 under Harry Bennett under the Roosevelt administration. But they said, "We will not do assassination any more because you have other organizations and intelligence groups that can do this much better than we can so we refuse to do it." But everything else they would still do and that was basically: psychic espionage in this country, outside this country and anywhere on this planet; obtaining information about anything that the government wanted to know that was not obtainable through the normal intelligence channels; or say too many agents got killed or something; let us say they wanted to look at the inside of some super secret Russian or Chinese installation or whatever it may be. The psychics could look inside of it and see what they want. They could read books off their desks, reports off a desk, filch them out of a file.

SS. They could dematerialize them?

AR: Yes they could. They could start a fire in a filing cabinet a couple thousand miles away if they wanted to do that or if they were so instructed.

SS: They could plant disinformation also?

AB: Theoretically they could. They could transport small objects. They had their psycho-kinetic ability well trained. It was not that they could move large objects, they couldn't. But small objects like a piece of paper or a small package of paper like a report they could handle. They had a lot of capability.

They were also very heavily brainwashed and very heavily let us say, indoctrinated in the government's service and what they were to do and indoctrinated to the point that they totally accepted the protocols under which they operated. And this of course meant that they were loyal to the service, to the government. The only mores and ethics they knew was what the government told them they had and this was implanted. impregnated, conditioned into them to the point where there's hardly an change. I've only known of two people, I will not go into this in detail, who decided to walk out and succeeded in doing so. But when they surfaced it started the largest manhunt in the history of this country to find those two and bring them back into the government's service.

Preston saw the police reports, the F.B.I. file reports because the police car came into one of the swap meets, drove right up the aisles where there's not supposed to be any car, virtually pushed people out of the way, stopped right at Preston's exhibit and said, "You're friends with \_\_\_\_\_." Preston says "What are you talking about?" "You know what we mean." And Preston looked down on the police car's front seat and there was the F.B.I. dossier and the picture of the individual and the names of both of them they wanted, and if any information is obtained about the whereabouts of these two, I'll not give the names, report immediately to the F.B.I. office in Philadelphia, Pa. They never did catch them. They were much too smart. They knew what they were doing.

They also stole a few pieces of government hardware in the process including ... I might as well say it... the government has alternate reality generators, the portable type a person could carry in a small suitcase and they can ship themselves and that suitcase with them into an alternate reality and they cannot be traced. They cannot be found.

SS: Kind of park themselves in another...

AB: Park themselves in another universe, so to speak, parallel to our own, very similar to ours as I've gone into in my lectures, the parallel reality thing. The government has the hardware for this, portable. They've had it for years. I don't know how long. And they had it and used it to keep out of sight and they would every so often look in on what was going on and find out the police were there and they'd say, "Well, they can stay there, we'll

stay here. "The final outcome was these two people whom I knew from years before under circumstances I won't go into or it might identify them, eventually hitched a ride off planet and took a shuttle. There are shuttles regularly from this planet to Alpha Centauri 4 which by agreement is a safe haven for people wanted by the U.S. Government. There's a treaty. It takes about 12 hours to get them. Apparently they took all of their family which meant sisters, brothers, father, mother, whatever, with them. As far as I know they're still there.

SS: Who runs the shuttle?

AB: Presumably the Alpha Centauri Government, but I don't know. But it's on a regular basis twice a week. The landing point I have no idea where it is. Of course they guard it secret.

SS: What is their body form like?

AR: Alpha Centauri? Like humans, exactly the same. There's a much lower population on their planet. They're not overpopulated. They're an advanced civilization, a little ahead of us - not a great deal, but somewhat ahead of us. They don't like things like government headbashing and that sort of thing and the way they treat some of the government agents they no longer have any use for or whatever, if they are approached, and I don't know how it's done, if they are approached and asked for asylum, if they issue the card, you just get on the shuttle and that's it, you're there. Beyond that I don't know. I haven't seen them since.

That's a very interesting little side issue and our government doesn't like it particularly but there is some kind of a treaty and they honor it. Apparently there is that type of treaty with other governments elsewhere, and I gather it is all Earth governments or includes outside governments I'm not sure. I have the feeling it includes outside governments too. There's regular communication, I don't know if Preston went into this about the Super Luminary Communication Systems that were developed by ITT in the 1960's. It's another one of those little developments that come out of all of this business evolving from the Philadelphia Experiment and the spin-offs from that and research done by ITT because they were involved in the background of that program to some extent. They were very involved and were the principle contractor for the Phoenix Project, but they also had a lot of other little games also. One of them was building a whole new communication system. This was research based on higher order energies and the effects and the propagation rates and studied all this and found out. "This is all very interesting. With a sixth order energy we can develop a communication system with a propagation rate  $C^6$ , that's C to the 6th power. They now have one  $C^8$ , C to the 8th power.

SS: C being the speed of light?

AB: C is the speed of light, to the 8th power. That's so fast they can literally communicate clear across our galaxy with nothing more than a phase shifter. There is essentially no delay. With the C' system there was a delay so they went to the 8th. 50,000 light-years across our galaxy and they can do it in a fraction of a second.

So Einstein was wrong in one sense. Nothing can go faster than the speed of light? It can. It's long since been done. It was probably done long since he made the statement. Einstein did relent of some of his statements in earlier years before he died but it was not publicly stated that he had.

SS: Speaking of aliens and technology, do you know which aliens Tesla talked to?

AB: The Pleiadians basically that was one of his principle communication groups. Also a group called the K group. K stands for Kondrashkin. That's the best literal translation of English. They were sort of light green skinned humanoid like with no hair. If you put them up in the right garb and bleached their skin and put an old fashioned wig on them they'd pass very readily for an Englishman. Not that I'm trying to cast any kind of aspersions on English people but they most readily pass for English. And the dye or powder or whatever they put on their skin didn't last more than two weeks. Then there were 2 others and I don't know who they were. When you start calling out into space you don't know who is going to answer. And they did. Tesla knew 11 or 12 languages and I presume these people communicated back in English but I don't know that for certain. I wasn't there. I only heard the stories from 2 other researchers who had worked with him before he died. I'm told of the equipment and the fact that he did communicate on an almost daily basis with somebody from the outside.

SS: You mentioned Reichian Programming in your lectures. How would one know if one was hit by it?

AB: You wouldn't after it was over. They pulled this system on Duncan once for certain, maybe more than once and we have a friend back east who worked in a hospital who's seen the equipment, knows what it does and what it's capable of. Preston's checked into the records and found that this particular type of advanced technology, electroshock therapy equipment is what they officially call it. It's now very advanced computerized with floppy disks and very small electrodes instead of the old big patch pads they used to put on people and tape the down. They now have tiny little probes 50 millimeters square and they attach them to certain critical sensitive points on the body, about 8 of them. And there's a computer program they now use which will induce the Reichian orgiastic state by electronics and hold it to that state and in that condition a human mind from conscious to subconscious is completely aligned and opened.

Consequently you can remove buried information in the subconscious, reprogram the person, do whatever you want in that sense. And when the

program is over they close it down, restore the person to the so-called normal state with either blocks on memory of the whole thing happening or a whole total implant of what went on that day as a substitute to memory or whatever they want to do. They usually put in a substitute memory. It's happened to Duncan once. We had quite a time running that down but we did.

They can do this to anyone they want. They grab them physically and take them off to one of the hospitals. The law is that any hospital or institution in the U.S. that accepts federal funding must by law have one of these machines on their premises and there must be certain personnel, very limited, trained in its use. Now it can be used for "nominal" electroshock therapy in the normal mode which doctors use, thought it's much more sophisticated now and less damaging. Or they can use it for reprogramming, the same piece of equipment. But to do the reprogramming requires a special floppy disk, which is kept under lock and key and can only be used by certain government personnel.

When they do this number of the reprogramming it's done by government personnel. It is not normally shown [in] their records and there is never a charge made back to a hospital organization or to a hospitalization fund or medical fund of any kind, that is paid for 100% by the federal government and the record's swept under the rug. They put it once on Duncan and they tried to do it again.

SS: They physically snatched him?

AB: Oh yes. We had quite a time tracking this down that one Sunday. But they did do that. It's based on Reich's principle, his old theories. The original programming techniques were more physical, but now they can do it electronically. It's much clearer, so to speak, much easier to accomplish and much easier to cover the tracks. And the law says these instruments, pieces of equipment, shall be made available to non-federally funded institutions. They recommend that they have them but there's no requirement.

SS: Before going on, how do you feel about all this? Do you want to get revenge on these guys?

Where do you stand personally on this?

AB: I would love to get back at some of ... Well, where do I stand? Number one I feel it's long since time that the public knows the facts about how their government has lied to them practically about everything from politics to science to cover-up of secret projects and the abductions of People by the government, I'm not talking about aliens, by the government for reprogramming - plugging them into special projects against their will. Then when they're done with them they either return them to normal life or deep sixing them in many cases.

SS: You sound angry. Are you?

AB: Oh yeah. I'm very angry about it because they wrecked my life, they wrecked Duncan's life, they wrecked the lives of a number of other people who I knew who were on that project, the original Philadelphia Project. They didn't wreck so many lives from the Phoenix Project in terms of breaking family relations and all this sort of thing. But they did eliminate a number of people who were involved in the Phoenix Project. They were literally killed, some accidentally, some deliberate and otherwise reprogrammed and shipped off to God knows where. And a lot of them were shipped off to another time frame so they never were returned to their original point of origin and live their life out wherever they are, under what conditions who knows.

The massive redistribution, if you want to put it that way, of people, reprogramming them is something which is totally alien to our Constitution and our concepts, not only our religious concepts of freedom, but our political concepts of freedom as we have known it under the Constitution for almost 200 years. The Constitution has existed longer but I say almost 200 years because these government programs have come into play since about 1947 and they get worse every year and they're not restricted to the U.S. But the U.S. seems to be the most vicious in it, by far the most vicious. The suppression of men and the control of the media is by far the worst in the US. It's much worse than in Russia. There's more freedom to speak in Russia than there is in this country. I'm speaking of the last year or two not prior.

Interview provided courtesy of QUANTUM COMMUNICATIONS.

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#### **Appendix IV: A Lecture By Phil Schneider: May 1995**

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Phil Schneider, a very brave man, recently lost his life due to what appeared to be a military-style execution in January 1996. He was found dead in his apartment with piano wire still wrapped around his neck. According to some sources, he had been brutally tortured repeated before being killed. Phil Schneider was an ex-government engineer who was involved in building underground bases. He was one of three people to survive the 1979 fire fight between the large Greys and U.S. intelligence and military forces at Dulce underground base.

In May 1995, Phil Schneider did a lecture on what he had discovered. Seven months later he was tortured and killed by those for whom he had previously worked. This man's final acts should not go unnoticed.

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"It is because of the horrendous structure of the federal government that I feel directly imperiled \*not\* to tell anybody about this material. How long I will be able to do this is anybody's guess. However, I would like to mention that this talk is going to be broken up into four main topics. Each of these topics will have some bearing on what you people are involved in, whether you are patriots or not.

"I want you to know that these United States are a beautiful place. I have gone to more than 70 countries, and I cannot remember any country that has the beauty, as well as the magnificence of its people, like these United States.

"To give you an overview of basically what I am, I started off and went through engineering school. Half of my school was in that field, and I built up a reputation for being a geological engineer, as well as a structural engineer with both military and aerospace applications. I have helped build two main bases in the United States that have some significance as far as what is called the New World Order.

The first base is the one at Dulce, New Mexico. I was involved in 1979 in a firefight with alien humanoids, and I was one of the survivors. I'm probably the only talking survivor you will ever hear. Two other survivors are under close guard. I am the only one left that knows the detailed files of the entire operation. Sixty-six secret service agents, FBI, Black Berets and the like, died in that firefight. I was there.

"Number one, part of what I am going to tell you is going to be very shocking. Part of what I am going to tell you is probably going to be very unbelievable, though, instead of putting your glasses on, I'm going to ask you to put your "scepticals" on. But please, feel free to do your own homework. I know the Freedom of Information Act isn't much to go on, but it's the best we've got. The local law library is a good place to look for

Congressional Records. So, if one continues to do their homework, then one can be standing vigilant in regard to their country.

### **Deep Underground Military Bases and the Black Budget**

"I love the country I am living in more than I love my life, but I would not be standing before you now, risking my life, if I did not believe it was so. The first part of this talk is going to concern deep underground military bases and the black budget. The Black Budget is a secretive budget that garners 25% of the gross national product of the United States. The Black Budget currently consumes \$1.25 trillion per year. At least this amount is used in black programs, like those concerned with deep underground military bases. Presently, there are 129 deep underground military bases in the United States.

"They have been building these 129 bases day and night, unceasingly, since the early 1940's. Some of them were built even earlier than that. These bases are basically large cities underground connected by high-speed magneto-leviton trains that have speeds up to Mach 2. Several books have been written about this activity. Al Bielek has my only copy of one of them. Richard Souder, a Ph.D architect\*, has risked his life by talking about this. He worked with a number of government agencies on deep underground military bases. In around where you live, in Idaho, there are 11 of them.

*\*(Richard Souder -- not to be confused with Richard Sauder, Ph.D, an underground bases researcher and author of the book, "Underground Bases and Tunnels: What is the Government Trying to Hide?")*

"The average depth of these bases is over a mile, and they again are basically whole cities underground. They all are between 2.66 and 4.25 cubic miles in size. They have laser drilling machines that can drill a tunnel seven miles long in one day. The Black Projects sidestep the authority of Congress, which as we know is illegal. Right now, the New World Order is depending on these bases. If I had known at the time I was working on them that the NWO was involved, I would not have done it. I was lied to rather extensively.

### **Development of Military Technology, Implied German Interest in Hyperspatial Technology, and More**

**"Basically, as far as technology is concerned, for every calendar year that transpires, military technology increases about 44.5 years.** This is why it is easy to understand that back in 1943 they were able to create, through the use of vaccum tube technology, a ship that could literally disappear from one place and appear in another place.



My father, Otto Oscar Schneider, fought on both sides of the war. He was originally a U-boat captain, and was captured and repatriated in the United States. He was involved with different kinds of concerns, such as the A-bomb, the H-bomb and the Philadelphia Experiment.

He invented a high-speed camera that took pictures of the first atomic tests at Bikini Island on July 12, 1946. I have original photographs of that test, and the photos also show UFO's fleeing the bomb site at a high rate of speed. Bikini Island at the time was infested with them, especially under the water, and the natives had problems with their animals being mutilated. At that time, General MacArthur felt that the next war would be with aliens from other worlds.

"Anyway, my father laid the groundwork with theoreticians about the Philadelphia experiment, as well as other experiments. What does that have to do with me? Nothing, other than the fact that he was my father. I don't agree with what he did on the other side, but I think he had a lot of guts in coming here. He was hated in Germany. There was a \$1 million reward, payable in gold, to anyone who killed him. Obviously, they didn't succeed. Anyway, back to our topic - deep underground bases.

### **The Fire Fight At Dulce Base**

"Back in 1954, under the Eisenhower administration, the federal government decided to circumvent the Constitution of the United States and form a treaty with alien entities. It was called the 1954 Greeda Treaty, which basically made the agreement that the aliens involved could take a few cows and test their implanting techniques on a few human beings, but that they had to give details about the people involved. Slowly, the aliens altered the bargain until they decided they wouldn't abide by it at all.

Back in 1979, this was the reality, and the fire-fight at Dulce occurred quite by accident. I was involved in building an addition to the deep underground military base at Dulce, which is probably the deepest base. It goes down seven levels and over 2.5 miles deep. At that particular time, we had drilled four distinct holes in the desert, and we were going to link them together and blow out large sections at a time.

My job was to go down the holes and check the rock samples, and recommend the explosive to deal with the particular rock. As I was headed down there, we found ourselves amidst a large cavern that was full of outer-space aliens, otherwise known as large Greys. I shot two of them. At that time, there were 30 people down there. About 40 more came down after this started, and all of them got killed. We had surprised a whole underground base of existing aliens. Later, we found out that they had been living on our planet for a long time, perhaps a million years. This could explain a lot of what is behind the theory of ancient astronauts.

"Anyway, I got shot in the chest with one of their weapons, which was a box on their body, that blew a hole in me and gave me a nasty dose of cobalt radiation. I have had cancer because of that.

"I didn't get really interested in UFO technology until I started work at Area 51, north of Las Vegas. After about two years recuperating after the 1979 incident, I went back to work for Morrison and Knudson, EG&G and other companies. At Area 51, they were testing all kinds of peculiar spacecraft. How many people here are familiar with Bob Lazar's story? He was a physicist working at Area 51 trying to decipher the propulsion factor in some of these craft.

### **Government Factions, Railroad Cars and Shackle Contracts**

"Now, I am very worried about the activity of the the federal government. They have lied to the public, stonewalled senators, and have refused to tell the truth in regard to alien matters. I can go on and on. I can tell you that I am rather disgruntled.

Recently, I knew someone who lived near where I live in Portland, Oregon. He worked at Gunderson Steel Fabrication, where they make railroad cars. Now, I knew this fellow for the better part of 30 years, and he was kind of a quiet type. He came in to see me one day, excited, and he told me "they're building prisoner cars." He was nervous. Gunderson, he said, had a contract with the federal government to build 107,200 full length railroad cars, each with 143 pairs of shackles. There are 11 sub-contractors in this giant project. Supposedly, Gunderson got over 2 billion dollars for the contract. Bethlehem Steel and other steel outfits are involved.

He showed me one of the cars in the rail yards in North Portland. He was right. If you multiply 107,200 times 143 times 11, you come up with about 15,000,000. This is probably the number of people who disagree with the federal government.

No more can you vote any of these people out of office. Our present structure of government is "technocracy", not democracy, and it is a form of feudalism. It has nothing to do with the republic of the United States. These people are god-less, and have legislated out prayer in public schools. You can get fined up to \$100,000 and two years in prison for praying in school.

I believe we can do better. I also believe that the federal government is running the gambit of enslaving the people of the United States. I am not a very good speaker, but I'll keep shooting my mouth off until somebody puts a bullet in me, because it's worth it to talk to a group like this about these atrocities.

## **America's Black Program Contractors**

"There are other problems. I have some interesting 1993 figures. There are 29 prototype stealth aircraft presently. The budget from the U.S. Congress five-year plan for these is \$245.6 million. You couldn't buy the spare parts for these black programs for that amount. So, we've been lied to. The black budget is roughly \$1.3 trillion every two years. A trillion is a thousand billion. A trillion dollars weighs 11 tons. The U.S. Congress never sees the books involved with this clandestine pot of gold. Contractors of stealth programs: EG&G, Westinghouse, McDonnell Douglas, Morrison-Knudson, Wackenhut Security Systems, Boeing Aerospace, Lorimar Aerospace, Aerospacial in France, Mitsubishi Industries, Rider Trucks, Bechtel, \*I.G. Farben\*, plus a host of hundreds more. Is this what we are supposed to be living up to as freedom-loving people? I don't believe so.

## **Star Wars and Apparent Alien Threat**

"Still, 68% of the military budget is directly or indirectly affected by the black budget. Star Wars relies heavily upon stealth weaponry. By the way, none of the stealth program would have been available if we had not taken apart crashed alien disks. None of it.

Some of you might ask what the "space shuttle" is "shuttling". Large ingots of special metals that are milled in space and cannot be produced on the surface of the earth. They need the near vacuum of outer space to produce them. We are not even being told anything close to the truth. I believe our government officials have sold us down the drain - lock, stock and barrel.

Up until several weeks ago, I was employed by the U.S. government with a Rylite-38 clearance factor - one of the highest in the world. I believe the Star Wars program is there solely to act as a buffer to prevent alien attack - it has nothing to do with the "cold war", which was only a toy to garner money from all the people - for what? The whole lie was planned and executed for the last 75 years.

## **Stealth Aircraft Technology Use by U.S. Agencies and the U.N.**

"Here's another piece of information for you folks. The Drug Enforcement Administration and the ATF rely on stealth tactical weaponry for as much as 40% of their operations budget. This in 1993, and the figures have gone up considerably since. The United Nations used American stealth aircraft for over 28% of its collective worldwide operations from 1990 to 1992, according to the Center for Strategic Studies and UN Report 3092.

## **Guardians of Stealth and Delta Force: 'The Bosnia Conflict**

"The Guardians of Stealth: There are at least three distinct classifications of police that guard our most well-kept secrets. Number one, the Military Joint Tactical Force (MJTF), sometimes called the Delta Force or Black Berets, is a multi-national tactical force primarily used to guard the various stealth aircraft worldwide. By the way, there were 172 stealth aircraft built. Ten crashed, so there were at last count about 162. Bill Clinton signed them away about six weeks ago to the United Nations. There have been indications that the Delta Force was sent over to Bosnia during the last days of the Bush administration as a covert sniper force, and that they started taking pot shots at each side of the controversy, in order to actually start the Bosnia conflict that would be used by succeeding administrations for political purposes.

## **Bombings in the United States**

"I was hired not too long ago to do a report on the World Trade Center bombing. I was hired because I know about the 90 some- odd varieties of chemical explosives. I looked at the pictures taken right after the blast. The concrete was puddled and melted. The steel and the rebar was literally extruded up to six feet longer than its original length.

There is only one weapon that can do that - a small nuclear weapon. That's a construction-type nuclear device. Obviously, when they say that it was a nitrate explosive that did the damage, they're lying 100%, folks. The people they have in custody probably didn't do the crime. As a matter of fact, I have reason to believe that the same group held in custody did do other crimes, such as killing a Jewish rabbi in New York. However, I want to further mention that with the last explosion in Oklahoma City, they are saying that it was a nitrate or fertilizer bomb that did it.

"First, they came out and said it was a 1,000 pound fertilizer bomb. Then, it was 1,500. Then 2,000 pounds. Now its 20,000. You can't put 20,000 pounds of fertilizer in a Rider Truck. Now, I've never mixed explosives, per se. I know the chemical structure and the application of construction explosives. My reputation was based on it. I helped hollow out more than 13 deep underground military bases in the United States. I worked on the Malta project, in West Germany, in Spain and in Italy.

I can tell you from experience that a nitrate explosion would not have hardly shattered the windows of the federal building in Oklahoma City. It would have killed a few people and knocked part of the facing off the building, but it would have never have done that kind of damage. I believe I have been lied to, and I am not taking it any longer, so I'm telling you that you've been lied to.

## **The Truth Behind the Republican Contract With America**

"I don't perceive at this time that we have too much more than six months of life left in this country, at the present rate. We are the laughing stock of the world, because we are being hoodwinked by so many evil people that are runing this country. I think we can do better. I think the people over 45 are seriously worried about their future. I'm going to run some scary scenarios by you. The Contract With America. It contains the same terminology that Adolph Hitler used to subvert Germany in 1931. I believe we can do better. The Contract With America is a last ditch effort by our federal government to tear away the Constitution and the Bill of Rights.

## **Statistics on the Black Helicopter Presence**

"The black helicopters. There are over 64,000 black helicopters in the United States. For every hour that goes by, there is one being built. Is this the proper use of our money? What does the federal government need 64,000 tactical helicopters for, if they are not trying to enslave us. I doubt if the entire military needs 64,000 worldwide. I doubt if all the world needs that many. There are 157 F-117A stealth aircraft loaded with LIDAR and computer-enhanced imaging radar. They can see you walking from room to room when they fly over your house. They see objects in the house from the air with a variation limit of 1 inch to 30,000 miles. That's how accurate that is. Now, I worked in the federal government for a long time, and I know exactly how they handle their business.

## **Government Earthquake Device**

### **AIDS as a Bioweapon Based on Alien Excretions**

"The federal government has now invented an earthquake device. I am a geologist, and I know what I am talking about. With the Kobe earthquake in Japan, there was no pulsewave as in a normal earthquake. None. In 1989, there was an earthquake in San Francisco. There was no pulse wave with that one either. It is a Tesla device that is being used for evil purposes.

The black budget programs have subverted science as we know it. Look at AIDs, invented by the National Ordinance Laboratory in Chicago, Illinois in 1972. It was a biological weapon to be used against the people of the United States. The reason I know this is that I have seen the documentation by the Office of Strategic Services, which by the way is still in operation to this day, through the CDC in Atlanta. They used the glandular excretions of animals, humans and alien humanoids to create the virus. These alien humanoids the government is hobnobbing with are the worst news. There is absolutely no defense against their germs - none. They are a biological weapon of terrible consequence. Every alien on the planet needs to be isolated.

"Saddam Hussein killed 3.5 million Kurdish people with a similar biological weapon. Do we, the people of this planet, deserve this? No, we don't, but we are not doing anything about it. Every moment we waste, we are doing other people on the planet a disservice.

Right now, I am dying of cancer that I contracted because of my work for the federal government. I might live six months. I might not. I will tell you one thing. If I keep speaking out like I am, maybe God will give me the life to talk my head off. I will break every law that it takes to talk my head off.

Eleven of my best friends in the last 22 years have been murdered. Eight of the murders were called "suicides." Before I went to talk in Las Vegas, I drove a friend down to Joshua Tree, near 29 Palms. I drove into the mountains in order to get to Needles, California, and I was followed by two government E-350 vans with G-14 plates, each with a couple of occupants, one of which had an Uzi. I knew exactly who they were.

I have spoken 19 times and have probably reached 45,000 people. Well, I got ahead of them and came to a stop in the middle of the road. They both went on either side of me and down a ravine. Is this what its going to take? I cut up my security card and sent it back to the government, and told them if I was threatened, and I have been, that I was going to upload 140,000 pages of documentation to the internet about government structure and the whole plan. I have already begun that task.

"Thank you very much."

End of May 1995 Lecture

## **Appendix V: Phillip Schneider Investigation**

The following article is courtesy Kenneth Vardon  
<http://www.esotericworldnews.com/apfncont.htm>  
Go to the following for a complete site on Schneider.  
[http://www.pufori.org/topics/schneider\\_investigations/](http://www.pufori.org/topics/schneider_investigations/)

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### **By Cynthia Drayer (ex-wife of Phillip Schneider)**

My name is Cynthia Drayer, I live in Portland, Oregon, and I am the ex-wife of Philip Schneider. Philip and I met in 1986, were married in Carson City, Nevada, and had a daughter, Marie, in 1987. We were divorced in 1990 and lived in separate residences. Philip lived in an apartment complex in Wilsonville, Oregon. On 1/17/1996 I received a call that Philip was dead in his apartment and apparently had died up to a week before his body was discovered. At the time of the removal of his body, his cause of death was by a stroke.

When I went to the funeral home I had feelings of discomfort about his death. I asked to view the body, but due to decomposition, the funeral director suggested otherwise. I wanted to be sure, in my own mind, that Philip had not died under "unnatural causes". For the last two years of his life, Philip had been on the "lecture tour" throughout the United States, talking out about government coverups.

You name it, he was talking about it: Aliens (treaties and abductions), UFO's, the One World Government, Black Budgets, Underground Mountain Bases, CIA involvement in civilian murders and drugs, Stealth technology, the Philadelphia Experiment, Operation Crossroads (Bikini Island A-bomb experiments), Dulce Fire Fight, the Oklahoma bombing, the World Trade Center bombing, missing children, Gunderson Freight Cars, the opening of concentration camps and Marshal Law/UN involvement, man-made viruses and earthquakes, etc.etc.

A day later, I received a call from the Clackamas County Detectives, that the funeral director had found "something" around Philip's neck. An autopsy was performed at the Multnomah County Medical Examiner's office (in Portland, Oregon) by Dr. Gunson, and she determined that Philip had committed suicide by wrapping a rubber catheter hose three times around his neck, and half-knotting it in front.

There are several reasons why I believe that Philip did not commit suicide, but was murdered:

1. There was no suicide note.
2. Philip always told his friends and relatives, that if he ever "committed suicide" you would know that he had been murdered.
3. From a number of sources, including his taped lectures (video and audio), and statements to his friends, and the borrowing of a 9mm gun, Philip felt that he and his family were being threatened and were in danger because of his lectures.
4. All of his lecture materials, alien metals, higher math books, photographs of UFO's coming out of the Operation Crossroad A-Bomb, notes for his book on the alien agenda, were missing. (Everything else in the apartment was still there, including gold coins, wallet with hundreds of dollars, jewelry, mineral specimens, etc.)
5. No coroner ever came out to his apartment after his body was found (against Oregon Law) - and a police investigation never took under consideration that items were missing from his apartment - it was considered a suicide, plain and simple
6. The medical examiner took blood and urine samples at the autopsy but REFUSED to analyse them, saying that the county would not "waste their money on a suicide". Although I was assured that the samples would be kept for 12 months, when I asked for these samples to be sent to an independant lab 11 months later they were "missing" and presumed "destroyed".
7. Philip had missing fingers on his left hand, and limited motion in his shoulders. I believe that it was physically impossible for Philip to have held the rubber hose in his left hand with missing fingers and then wrap the hose three times with shoulders that had limited motion. In order to end up where his body was, he had to sit on the edge of his bed, wrap the hose around his neck, slowly and painfully strangle to death, and fall head first into a wheel chair.
8. Philip was an expert in chemicals and his own medical needs. He had multiple pills at hand that could have ended his life quickly and painlessly. He also had a 9mm gun that he had borrowed to protect himself. Why strangle himself in such an unusual manner?



9. Philip was very religious, and did not believe in suicide. He had intense chronic pain all of the time I knew him. At the time of his death, he was on disability, had a housekeeper, and had cancer. The operation to help him with his back pain did not alleviate the pain and he had brittle bone syndrome (osteoporosis). He struggled every day, not to die, but to live. He felt that the lectures he gave were making a difference, and was looking forward to giving more. In fact he was scheduled for another lecture tour that started 1/16/96 in Tampa, Florida. He had just found a friend who was going to help him write a book about the New World Order, and he was enjoying his time with his daughter.
10. Philip was undergoing "injections" of "Beta Serone" every week in an experiment to stop his multiple sclerosis. After his death I contacted the only agency that conducted these experiments to obtain his medical record (OHSU). They had never heard of him, and he was not a part of their experiments. This would suggest people unknown were injecting him on a weekly basis with an unknown substance. He often times called me after these "shots" to tell me that he was too sick for his daughter to come and visit. I believe that the shots that Philip thought were being given to him to help him back to health, were actually being given to him to make him sick.
11. Philip was seen with an "unknown blonde haired woman" for several months before his death. Several times this same individual was seen or talked about and her mysterious presence only leads one to wonder if she had anything to do with his "suicide".
12. Several people with psychic abilities have indicated that Philip did not commit suicide, but was murdered (some say by 5 people: 4 men and 1 woman, 4 directly and one by taking out a "contract").

It is perhaps important to know WHY Philip began lecturing.

Firstly: His background was as a Structural Engineer. He was an expert on explosives and their effects on geologic structures. He worked under two social security numbers. Most of his early work in underground mountain bases with Morrison-Knudsen was done using the wrong social security number. I was later able to prove that he had two numbers through the social security office when I applied for his daughter's death benefits. He worked for the Army Corps of Engineers and U.S. Navy with the same wrong number. Only after he obtained SSI in 1981 did his "real" number come into play. He always told me that he had a Rhyolitic Clearance and that his father had a Cosmic Clearance from his work with NATO. And that is the second reason why Philip began lecturing.

Secondly: On top of his first hand knowledge about underground mountain bases and government black budgets, and the alien agendas (he was one of the survivors of the Dulce Fire Fight with aliens in New Mexico) his father was also involved in government black projects.

When Philip's father, Captain Oscar Schneider, Medical Doctor, United States Navy, died in 1993, Philip discovered documents and photographs in his father's basement which proved that Oscar had been involved in both the Philadelphia Experiment and Operation Crossroads. Philip now had letters written in the 1940's and 1950's showing that Oscar helped to isolate the crewmembers of the Philadelphia Experiment and that Oscar later autopsied them as they died.

He also had photographs of UFO's fleeing through mushroom clouds after the A-bomb was dropped above the lagoon at Bikini Atoll. This was "Operation Crossroads" and Oscar was involved in medical examinations of the animals and humans exposed to radiation after the bomb was dropped.

Thirdly: I believe the main reason why Philip began to lecture was due to the "murder" of his friend Ron Rummel. (*Note from Stephanie Relfe: See an alternative explanation at the end of this appendix*). Ron was found in a park in Portland in Sept. 1993. The police believed that he had committed suicide by shooting himself in the mouth.

However, if you read the detectives report, there is blow-back blood on Ron's hand, but NO BLOW-BACK BLOOD ON THE GUN. The only way this could happen is if Ron had wiped the gun off AFTER he had shot himself in the mouth. Ron, Philip, and 5 other people had been collaberating on a little magazine called "The Alien Digest". It was starting to get a fairly wide circulation, when Ron was found in the park. Philip felt that his friend had been murdered, and decided that it was time to get everything out into the open, so he began "spilling the beans", and ripped up his security clearance card.

Pufori, through Jeroen Wierda, is one of several agencies and individuals that have taken up the call for justice in Philip's death.

My hopes are:

1. That Philip's death certificate will eventually be amended with the true cause of his death: murder.
2. That the world will come to know the truth about aliens, UFO's, the government cover-ups, black budgets, etc. and how they are affecting us.
3. That assets that belong to his only heir, Marie, can be located and turned over to her.

4. That Philip's true work quarters can be proven by people coming forward with information about knowing him before 1981, and that his daughter can eventually obtain the death benefits she deserves.
5. That no more "murders by suicide" ever occur to another individual.

Please look over the information contained in this website. The "truth is out there" and it is here.

Sincerely, Cynthia Schneider Drayer

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Picard UFO Research International  
Forward via: APFN@netbox.com - ICQ# 10811517  
APFN WEB: <http://www.esotericworldnews.com/apfncont.htm>  
".....no conspiracy can survive eXpose'....."

*Additional web info on Phil Schneider*

<http://www.esotericworldnews.com/phil.htm>  
<http://www.geocities.com/Heartland/8623/schneider.html>  
<http://www.eagle-net.org/dulce/Y92SNIDR.html>  
<http://www.zianet.com/wblase/endtimes/schneid.htm>  
<http://www.ufomind.com/people/s/schneider/>

## **Why Phil Schneider went Public**

*By Stephanie Relfe*

Michael and I were told by someone who knew Phil what it was that finally drove him to go public.

Apparently one day he was asked to be present at a meeting of the New World Order in an underground base. He saw roughly 160 world leaders seated in an auditorium. But down the front there were 12 empty reserved seats. He was wondering who they were reserved for. What he saw next made his blood run cold. 12 tall Grey aliens entered and sat in the empty seats. After that, Phil knew that he could no longer stay silent.

## **Appendix VI: Deliverance & Spiritual Warfare**

**by Michael Relfe**

*The following sections on Deliverance do not necessarily reflect the views of Stephanie Relfe, at least with regard to reincarnation, psychic powers and the power of women.*

The ministry of deliverance is defined by the supernatural phenomena of the removing or “casting out” of demonic entities from wherever they happen to abide (humans, animals, objects and places), utilizing the authority given by The Lord Jesus Christ. Jesus Christ gives this authority to HIS people, not to the general public at large.

Deliverance is the core ministry of what is commonly known as “spiritual warfare”. This article is not meant as a complete book on spiritual warfare. It is meant to give some basic key concepts as well as resources for further study.

Spiritual warfare in general and deliverance in particular is a **one way street**. Acting with the unlimited power of THE LORD JESUS CHRIST, from the very first direct encounter with satan’s kingdom, you will never be the same again. At the moment your first wield the power of God you will be a marked person. Satan will never forget that you dared fight against his kingdom. This will encourage you to thank God daily for HIS victory over the enemy.

Some weapons used in this war are as follows :

- Deliverance
- Forgiveness
- Returning Curses To The Sender
- Breaking Soul Ties
- Binding Demons
- Baptism In The Holy Spirit
- Pleading The Blood Of Jesus
- Spiritual Camouflage
- Warfare Prayers
- Breaking Curses
- Renouncing Oaths
- Healing The Fragmented Soul
- Loosing The Spirits Of God
- Sins Of The Fathers
- Praying for angelic protection
- Group Deliverance

An excellent way for you to become educated in spiritual warfare is to obtain a copy of the Moody Deliverance. This manual is \$7.50 (almost 400 pages) and available from Deliverance Ministries, Gene B. Moody, Ordained Minister, 14930 Jefferson Highway, Baton Rouge, LA 70817-5217

A free copy is available to download from the internet  
<http://www.5fold.com/moody/manual.htm>

Following is an excerpt from the manual.

**Excerpt: from Moody Deliverance Manual**

***by Gene B. Moody, Ordained Minister***

**Chapter 15 – Part 16**

**HOW NOT TO DO DELIVERANCE**

Some Advice - For the person who wants God to use him or her for deliverance work among those possessed by evil spirits, here is some advice:

1. The person ministering in the area of deliverance is in a position of all-out warfare with the forces of evil. Many have fallen by the wayside because of ignorance of Bible and deliverance, still having many demons within themselves, women and men ministering by themselves, being lured by false doctrines, etc.
2. Demons can be very stubborn and highly seductive. Demons do not easily come out when they have a right before God to stay due to unconfessed sin, curses, soul ties, etc. They can lure the man or woman who is alone into a sex trap destroying the ministry, their family and others who are following that leader.
3. Effective weapons used against ministers are carelessness, pride, immorality, taking God for granted, spiritual weakness, and affliction of wife or husband where the minister refuses to yield to God.
4. Deliverance ministers should train their families and involve them in deliverance work. Husband and wife should minister together as a team if possible.
5. Unforgiveness is the biggest hindrance to answered prayer and to casting out demons. Unforgiveness between husband and wife is especially a hindrance.

Overall View of Deliverance - Deliverance consists of about three equal parts: teaching, casting out and counseling. Christians generally either do not get involved or only get involved slightly. Because of this, there are weaknesses in the ministry of deliverance. Deliverance will not be completely successful unless there is a balance in the church of teaching, ministry and counseling.

The biggest weakness is trying to cover deliverance by just casting out demons without proper teaching or counseling. Here, many Christians only go after the surface demons and do not go after the root causes of why the person got into those problems in the first place.

The second biggest weakness is not walking out the deliverance. After the demons are cast out, a person must change their ways of thinking and acting, and discipline their life or they will let the demons come back into them. A person needs extensive counseling to help them do this and they must decide to change their lives.

The third biggest weakness is the lack of teaching on deliverance. There is a large body of knowledge about deliverance but you hear little practical teaching come from the pulpit.

Comments - Single men and women must be very careful in ministering deliverance. Satan wants to destroy your ministry by the appearance of sexual sin or by falling into that trap.

Deliverance Myths - There is much ignorance and many myths about deliverance. Deliverance is the most misunderstood part of the Christian life. Many deliverance workers and ministers do not realize how demonized they and the Christian body are. Sometimes they fall by the wayside because they do not continue to purge their bodies of demons. Unless the Church gets involved on a regular basis with deliverance, many Christians will continue to be defeated by Satan.

When the young Christian starts to cast out demons, he will make statements like, "You are completely free of demons." Jesus never told anyone in the Bible that they were completely free of demons.

Battle Myths - There are many myths about Christian warfare. Satan is a good Devil, a worthy Adversary, at what he does; he works twenty-four hours a day to destroy us. He will probably take about 98% of the world population and 75% of the church population to Hell with him. Matt. 7:14, Because strait is the gate, and narrow is the way, which leadeth unto life, and few there be that find it. All we need to have in the church is token deliverance. I can keep my cursed objects without causing any harm. We can get all of our demons cast out in one grand event. I am sure you realize that these are **false** statements.

The Woman Question - Consider the basic way a woman thinks. What happens to a woman in her mind when she has no male leadership? Should a man minister to a woman alone in deliverance? Should a woman minister to a man alone in deliverance? What is the possible happening? We minister as a husband and wife team. What are the advantages of this method? What about protection from sex traps laid by Satan?

Assume a woman minister travels with another woman. What are the pitfalls? Assume a woman who ministers by herself is either married or unmarried. What are the pitfalls? Assume a woman who ministers is married and her husband is unsaved or saved, and will not travel with her. What are the pitfalls?

Comments - Common teaching is that a Christian can not have a demon. Churches need demonstrations to show the manifestations to the congregations. It will be very difficult for a woman who has an unsaved husband to be effective in deliverance. They are not in agreement, woman is weaker vessel, she must go by herself, etc. A woman is much more effective when she is married and her husband is a believer who practices deliverance. Transfer of spirits can not occur unless there is a crack in your armour.

Loudness Of Voice - Many people feel that if you shout or scream at demons that they will come out sooner. The contrary is true. If the demons feel that you don't know your authority or how to cast out demons, they will feel that you are in a weak position and will resist leaving.

The formula for casting out demons is Mark 16:17, And these signs (signs, wonders and miracles) shall follow them that believe (Christians that believe the Bible); In my name (Jesus Christ) shall they cast out (command out) devils; they shall speak with new tongues. An analysis of this verse reveals that you must believe the Bible in what it says about casting out demons, you cast them out in the Name of Jesus, and signs will follow your ministry. I charge you by Jesus Christ to cast out demons if you are a Christian. Even children can cast out demons in the Name of Jesus.

Laying Hands On Others - This is an area that is dangerous and caution must be exercised because of the potential harm to individuals and God's Kingdom. A good verse to ponder is I Tim. 5:22, Lay hands suddenly on no man, neither be partaker of other men's sins: keep thyself pure.

It is not necessary to lay hands on someone to cast out demons. In some cases it is better not to lay hands on the person being ministered to. This is especially true when casting out sexual demons from the opposite sex. You need to be led by the Holy Spirit in what to do.

If you have sexual demons within you, they will interact with the sexual demons in the other person. They will stir up emotions in either or both individuals. This is especially true between the opposite sex, or between homosexuals, or between lesbians.

We have observed men laying hands on women, and women laying hands on men. The safest way is to lay hands on the top of the head. Next in safeness is to lay hands on the shoulder. Many times God heals by the lengthening of legs and straightening of the back. In this instance it is safe to hold a persons shoes and pray for them. In between the head and shoulders, and the feet is the danger zone of eroticism (sexual arousal). This is the area that stirs up sexual feelings.

The way a person ministers to others reveals what is going on inside them.

Suppose that a person has latent homosexual or lesbian demons that they are not aware of. Then, they will want to love on men and boys, or women and girls. They may want to lay hands on their sexual organs and to kiss them to get rid of the homosexual or lesbian demons. This actually invites these type of demons to attack the person being ministered to and satisfies the demons within the person doing the ministering. Ministers have that tendency if they are not careful.

Comments - Some women want to be lord over the men in deliverance; they feel justified even if they are wrong. Men and women should not be in competition. Some deliverance does more harm than good if not done properly such as pulling out a person's eye to get rid of the demon. Their doctrine should be sound and according to the Bible.

Traveling Ministries - Suppose that a man or woman travels alone in the ministry. This person could be single or married. If married, the mate is not traveling with that person. Sexual pressures and loneliness may build up in the traveling evangelist. There may be an unconscious desire to love on the person being ministered to; this satisfies the unfulfilled desire within the minister. This is extremely dangerous and has caused many divorces and loss of ministries.

Outside of the desire to live, sex is the greatest drive in mankind. The big three used to destroy a person's relationship with God are money, sex and power. Sex is a playground for Satan and he has used it to destroy multitudes of Christians, ministers and churches.

The Bible clearly states that the woman is weaker than the man. A woman traveling alone is more vulnerable than a man traveling alone. The woman is also subject to being raped or molested. However, it is now getting to the point where men are being raped too.

Suppose that the woman is a lesbian or has lesbian tendencies, is manly or has manly qualities, or has problems with rejection and not being loved. Traveling with another woman may lead to a lesbian relationship. If a woman looks like, acts like or dresses like a man, then she is a candidate for this problem.



Private Ministry - A man should not minister to a woman alone and a woman should not minister to a man alone. What frequently happens is that the couple ends up in bed having sex. Suppose that the minister is a man of God. Many women will come to him with their problems of a serious nature. He may feel sorry for them and try to comfort their feelings. If he does not go about this ministry in a proper way, then he is on the abcess of destruction which can lead to Hell.

Suppose that the minister is a woman of God. She may feel that she is strong and not subject to the temptations of mortal woman. Due to her lack of a man, she may go overboard in ministering to the man and make a fool out of herself. She may feel that she can minister to the man in her motel room which is the ideal setup for Satan's mischief.

Husband and wife can protect each other from the opposite sex. You should ask yourself this question, "How am I opening myself up to sexual attack?"

Comments - Pastors can lay hands on women improperly and open themselves up to demon attack. Women should lay hands on women and men on men in places where it would be inappropriate for the opposite sex to place their hands. One problem area is that women want to be counseled privately by their male pastor. A lot of mischief can happen behind closed doors leading to sex even in the church.

Deliverance is not a parlor game! - Deliverance is not a plaything to make the meeting interesting. It is deadly serious and can make the difference between life and death, or a victorious life here and in the hereafter. We should not practice token deliverance in our meetings or churches.

Deliverance is not a grand event! - Deliverance is a way of life probably until we die and God takes over our training. Christians are very demonized and require years for cleansing and retraining so that the demons are not let back in.

You can't keep your cursed objects and stay free! - If you persist in keeping your cursed objects, then you are cursed and the demons have a right to attack you, your family and what you have. Don't expect the demons to let you alone when you give them a right before God to torment you.

Fallen Deliverance Ministers - It is amazing to see the casualties among deliverance ministers. These should be the strongest of Christians and the most knowledgeable of the Word. They are trapped by not confessing sin, not crucifying the flesh and not casting out demons in their lives. They are trying to help others when they need help themselves. They are immature and do not know the Word of God or much about deliverance. They have received a measure of deliverance but need much more.

It is also amazing to see these fallen men and women get into false doctrine. A big problem is their pride, ego and vanity. They want to be Number One or have the Preeminence. They want others to tell them how great they are. A common problem is being overweight and indulging themselves on food rather than the food of the Word. Most can not take constructive criticism and are very sensitive about their weight. We all pay for our mistakes in the here-and-now and in the here-and-after. These people are not open minded and will not change. Therefore, their organizations suffer from their bad decisions of judgement in the mental, spiritual and material realms.

Comments - When praying for someone in a group, the group needs to yield to the person that God has given the authority and discernment. Follow their leadership. Share a Word of Knowledge with the leader. There needs to be discipline and not confusion. Everybody does not have to call the demon out. You do not need crying, loudness, wildness, shouting and disorder. The group needs to pray, agree, give support and have unity. The Holy Spirit needs to be followed so that God's battle for the individual can be won. The leader should not fall for trying to take God's glory.

Difficulty in Driving Demons Out - Some demons come out easily and some demons take hours to drive out. A worthless command is, "All demons come out of this person or everyone in the congregation or everyone in the world now in the Name of Jesus." Another worthless statement is, "All of your demons are gone." How do you know that all of their demons are gone? Can you see into the body and soul of the person? If Jesus didn't say this, how can you?

Agreement Between Husband and Wife - When husband and wife agree, there is great power before God. When husband and wife disagree, there is weakness before God. In the deliverance ministry, they need to support each other. They can not be careless, take God for granted, or not do the things that a Christian must do. They need to train the children also about the battle. Satan will attack the children of a couple that minister in deliverance.

Comments - Inner healing, visualization, etc. is a cop-out for not doing deliverance. If you do deliverance, then inner healing is not required. If you only teach deliverance or only cast out demons or only counsel about deliverance, you will fail; to succeed you must do all of these things. A lot of Christians quit along the way such as after salvation, baptism, healing; you need to follow through to freedom. Teach deliverance - minister by casting out - counsel afterwards.

Three-Fold Deliverance - The three arms of deliverance are teaching, ministering and counseling. If they ever get around to it, the church usually wants to cast out the demons and get this messy subject over with so that they can go on to more glorious services. Suppose the man is a drunk. Then, they will try to cast out drunkenness and not find out why the man became a drunk. This is surface or token deliverance: deal with the surface demons and not the root causes.

If you don't deal with the reasons why the person became an alcoholic, then he will probably let the demon back in. It is difficult to dig out the root causes and is time consuming, requires discernment and must have the power of God.

Those who don't believe in deliverance say that all a Christian has to do it to crucify the flesh. In a sense they are right; you must crucify the flesh to be successful in deliverance. You can't get your pet demon cast out and go back and do the same thing again. Examples: smoking - the demon is cast out and the person goes out and buys a pack of cigarettes again; gluttony - the demon is cast out and the person goes and eats three pieces of pie.

Teaching and counseling must be continuing. You don't just bring in the deliverance minister once a year and that takes care of everything, or you minister to a person and you don't need to talk to that person again. This is the same problem that a new Christian faces after salvation - the need for continual feeding and growth.

Comments - Christians have many demons including the five-fold ministry. It is fantasy to believe that all it takes is one session of deliverance for life. Demons are very common and there are multiplied billions so that everyone can have their share. We cast about 10,000 demons out of one man over a period of about a year. This helped show us how demonized people were. Most of the people we have worked with are Full Gospel Christians. You are like a house with many rooms; every room needs to be cleaned. Search and destroy every problem that is ungodly so you can follow God. Deliverance is not for the unwilling or un-Christian; it is a waste of time. You can intercede, pray and war for them. Don't cast out demons from the non-Christian; you are doing them a disservice. Try to get them to accept Christ. The best way is face-to-face; next best is phone line to phone line. You can cast out demons across the world on the phone. If the person is willing and will submit to your leadership, then deliverance can be effective over the phone. There is no distance in God and He can be everywhere at once. Your mate needs to agree with you and both need to walk the Christian walk. There must be good communications and openness between mates who are in deliverance. Allow your wife to have her say and do not become bitter against her.

## **List Of Demons to use with How Not To Do Deliverance**

You can use Lists of Demons found in the lessons: Bad Habits of Thinking and Reacting, Charismatic Witchcraft, Drunkenness and Gluttony, and Ingratitude. The following are characteristics of those in this lesson: hate, vengeance, envy, strife, rejection, bitterness, rebellion, selfishness, Ahab, Jezebel, ignorance, false doctrines, seduction, soul ties, alluring, carelessness, pride, immorality, taking God for granted, spiritual weakness, unforgiveness, cursed objects, sexual demons, homosexuality, lesbianism, eroticism, demonic sexual feelings, demonic kissing, sexual pressures, loneliness, divorce, separation, love of money, manly women, effeminate men, inability to give or receive love, token deliverance, immaturity, ego, vanity, overweight, drunkenness, smoking.

This manual is \$7.50 (almost 400 pages) and available from :

Deliverance Ministries  
Gene B. Moody, Ordained Minister  
14930 Jefferson Highway  
Baton Rouge, LA 70817-5217

A free copy is available to download from the internet :

<http://www.5fold.com/moody/manual.htm>

In preparation for a deliverance session, it is very important to free oneself from legal holds and legal bonds of the enemy. Perform these warfare prayers prior to the start of your deliverance session.

*The following warfare prayers are reprinted with the permission of Hegewisch Baptist Church.*

### **Warfare Prayers and Deliverance by Win Worley**

**Father, in the name of Jesus, we pray and confess that the Spirit of the Lord shall rest upon {Name pastor}; the spirit of Wisdom and Understanding, the spirit of Counsel and Might, and the spirit of Knowledge.**

**We pray that as Your Spirit rests upon {Pastor} it will make him of quick understanding because You, Lord, have anointed and qualified him to preach the Gospel.**

**You have sent {Pastor} to bind up and heal the broken-hearted, to proclaim liberty to the physical and spiritual captives and the opening of the eyes and of the prison for those who are bound. {Pastor} shall be called the priest of the Lord; people will speak of him as a minister of God and he shall eat the wealth of the nations and the glory shall be the Lord's.**

**We pray and believe that no weapon, which is formed against {Pastor} shall prosper and that any tongue that rises against him in judgment shall be shown to be in the wrong. We pray that You prosper {Pastor} abundantly, Lord - spiritually, physically and financially.**

**We confess that {Pastor} holds fast and follows the pattern of wholesome and sound teaching, in all faith and love in Christ Jesus. {Pastor} lovingly guards and keeps the Truth which has been entrusted to him by the Holy Spirit.**

**Lord, we pray that each day freedom of utterance will be given {Pastor}; that he will speak boldly and courageously. Thank you for the extra strength that You have given him.**

**We hereby confess that we shall stand behind {Pastor} and undergird him in prayer. We will say only those good things which will edify {Pastor}.**

**We will not allow ourselves to judge him, but will continue to intercede for him and speak and pray blessings upon him in the name of Jesus. Thank You, Jesus, for the answers.**

**Father, I confess that in the past I have held unforgiveness, sometimes bitterness and resentment in my heart against certain people who have hurt or disappointed me. I now recognize this as sin and confess it as sin, for You have said in your Word that if we confess our sin, You are faithful and just to forgive us our sins and to cleanse us of all unrighteousness (1 John 1:9). I do now forgive the following people whom I can remember, who have hurt or disappointed me. {Insert here the names of all who come to mind}. I now freely forgive all these people and ask You to bless them if they are living. I also forgive myself for all my many faults and failures for You have freely forgiven me. Thank You, Father, for freedom from the load of unforgiveness, bitterness and resentment. In Jesus Name, Amen.**

**I come to You Lord Jesus, as my Deliverer. You know all my problems {name them}; all the things that bind, torment, defile, and harass me.**

**I now loose myself from every dark spirit, every evil influence, every satanic bondage, and from every spirit in me which is not a spirit of God. I command all such spirits to leave me now in the name of Jesus Christ.**

**Through the blood of Jesus, I am redeemed out of the hand of the devil. Through the blood of the Jesus, all my sins are forgiven. The blood of Jesus Christ, God's Son, is cleansing me now from all sin.**

**Through the blood of Jesus, I am justified, made righteous, just as if I had never sinned. Through the blood of Jesus, I am sanctified, made holy, set apart for God.**

**My body is a temple for the Holy Spirit, redeemed, cleansed, sanctified - by the blood of Jesus. I belong to the Lord Jesus Christ, God's Son - body, soul and spirit.**

**His blood protects me from all evil. Because of the blood of Jesus, Satan has no more power over me, no more place in me. I renounce him and his hosts completely and declare them to be my enemies.**

**Jesus said, "And these signs shall follow them that believe: In My name shall they cast out devils." (Mark 16:17). I am a believer, and in the name of Jesus Christ, I exercise my authority and expel all evil spirits. I command them to leave me now according to the Word of God and in the name of Jesus Christ.**

**I place the blood of the Lord Jesus on our door posts (Exodus 12:13); I draw the bloodline of Jesus around all of our possessions and properties; (Joshua 2:18); and I sprinkle (Ex 24:8; 29:20,21; Leviticus 1:5; 4:6); or place the blood of Jesus upon myself and my family.**

**In the name of Jesus, I forbid and block for myself and my family all Satanic and demonic activity in our lives; all harming and hurting; all lying and deceiving; all manifesting and influencing; all transference of evil spirits; and all thought, communication, advice, control, power and strength between the demons in us with each other; between the demons in us with those in the heavenlies and in other people.**

**Lord Jesus, I pray for myself and my family {name them}, I commit our lives to You totally (bodies, souls and spirits). I ask that You bend, break and mold us to make us into the persons that You want us to be.**

**Satan, I come against you and all your hosts; I reject and refuse all the snares, pits and traps you have set up to draw us away from the Lord Jesus Christ and deliverance. I rebuke, reject, renounce and resist you and your hosts, Satan, in the name of the Lord Jesus Christ.**

**Father, I ask for Your best in our lives today, that Your will and purpose be done in and through us. I also ask that everything which comes today will be used to keep us in Your perfect will as yielded vessels for Your work. May we bring honor, praise, glory, blessing and joy to You today.**

**For myself, family and friends, in the name of Jesus Christ, I break all curses, bind Satan and the rulers, strongmen, doorkeepers and evil spirits of, over, in and working through our entire lives and beings; our bodies, souls, spirits, homes, schools, churches, jobs, possessions, properties, finances, businesses, each president, owner, board of directors, employer, employee, treasurer, customer and the finances of these businesses.**

**In the name of Jesus, I break all curses and bind and cast Satan's spirits out of each category just named and, especially from us: all hindrances to spiritual growth, our bodies (infirmities, sicknesses, weaknesses, deformities) and our souls (minds, wills, emotions).**

**In the name of Jesus, I now renounce, break, free and loose myself and my family from all psychic heredity, demonic holds, psychic powers and bondage of physical and mental illnesses, family and marital and other curses upon us, back to ten generations on both sides of our families resulting from sins, transgressions, iniquities, occult and psychic involvement's of myself, my parents and any other ancestors of mine or my spouse, any and all ex-spouses, or their parents, or any of their ancestors.**

**I take authority over every foul demon spirit in the name of Jesus Christ. You have no legal right or grounds to reside in this body. Jesus Christ obtained an order of eviction 2,000 years ago at Calvary for you. It is written and signed by the Lord Jesus Christ in His blood.**

**I ask my Father in heaven, by His Son, Jesus Christ, to send angelic sheriffs to execute this order of eviction. You must vacate God's property now or be forcibly removed. This is the only warning you will receive.**

**In the name of Jesus Christ, I break curses on both sides of our families back to Adam and Eve which would interfere with our future happy marriages, families, descendants, and ministries. I specifically break any curses of illegitimacy which may be on me or my family back to ten generations on both sides of the family. I destroy every legal hold, ground and right that demons have to work in our lives. I bind and command all connected, related and resulting demons to leave me now (Galatians 3:13, Colossians 2:14-15).**

**Heavenly Father, I come to You now for myself and my family. We have been rebellious, disobedient, stubborn, obstinate, ungrateful and many other things which you have forbidden in Your Word.**

**We do now renounce and forsake these sins and ask to receive forgiveness and deliverance, in Jesus' name, from these and all connected, related and resulting demons.**

**Father, I renounce unbelief, doubt, lies, and fear. I ask forgiveness for these and bind and cast them out of us. I ask You to replace them with spirits of truth, faith, trust and confidence in You and help us to have contentment, peace and rest in You.**

**Thank you Lord Jesus for dying for my sins, for your glorious resurrection; and for making me a new creature in Christ by faith in Your precious blood.**

**Dear Lord I confess that, in the past, through ignorance, stupidity or willfulness, I have sought supernatural experiences apart from You. I have disobeyed Your Word (Deuteronomy 17:2-5, 18:10-12) and ask You to help me as I renounce all these things.**

**Lord, cleanse me in body, mind, soul and spirit. Satan, I am closing any door which I may have opened to you and your demons through contacts with the occult.**

**I renounce all contact with witchcraft, magic, Oui-Ja boards and other occult games;**

**I renounce all kinds of fortune telling, palm reading, tea leaf readings, crystal balls, Tarot and other card playing; all astrology, birth signs and horoscopes;**

**I renounce the heresy of reincarnation and all healing groups involved in metaphysics and spiritualism.**

**I renounce all rock music, including acid, hard and Jesus rock;**

**I renounce all yoga, transcendental meditation, Zen and all eastern cults and religious idol worship;**

**I renounce all forms of the martial arts, including Judo, Kung Fu and Karate;**

**I renounce all water witching or dowsing, levitation, table tipping, body-lifting, psychometry (divination through objects), automatic handwriting and handwriting analysis;**

**I renounce all literature I have ever read and studied in all of these fields and vow I will destroy such books in my possession (Deuteronomy 7:26; Acts 19:19);**

**I renounce astral projection, soul and out-of-body travel and other demonic skills.**

**In the name of the Lord Jesus Christ, I renounce all psychic heredity that I may have and break any demonic hold on my family line back to seven generations on both sides of the family.**

**I do now renounce and forsake every psychic and occult contact that I know about and those which I do not know about.**

**I renounce every cult that denies the blood of Jesus Christ and every philosophy which denies the deity of the Lord Jesus.**

**Lord, I confess seeking from Satan the help that should have only come from God. I confess as sin {name all occult contacts and occult sins committed} and also those occult sins I cannot remember.**



**Lord, I now repent and renounce all these sins and ask You to forgive me (I John 1:9). I renounce Satan and all his works. I hate all of his demons; I count them my enemies. In the name of Jesus Christ I now close the door on all occult practices and command all such spirits to leave me in the name of Jesus Christ.**

**Satan, I put you and your demons on notice that I donow renounce any and all legal holds or grounds which spirits of Mind Control may have on me. In the Name of Jesus Christ I renounce every contact with Mind Control which I know about and also those I do not know about.**

**Specifically, I renounce any Mind Control holds or evil soul ties on me from the following people {mention names of family members, past/present friends, acquaintances, doctors, psychologists, psychiatrists, psychics, religious leaders, preachers, etc.}.**

**I also renounce any and all Mind Control manipulations which I may have exercised, knowingly or unknowingly toward {names of family members, children, past/present friends, acquaintances, etc.}**

**I do now renounce any and all Mind Control holds or ties from any groups or organizations (occult, witchcraft, karate; transcendental meditation; yoga groups; cults or churches teaching false doctrines and individual musicians or groups). I claim my freedom from all these things in the name of my Lord and Saviour Jesus Christ because of His resurrection victory over all the power of the enemy.**

**In the name of Jesus Christ, I now rebuke, break and loose myself and my family from any and all evil curses, fetishes, charms, vexes, hexes, spells, every jinx, all psychic powers, sorcery, bewitchments, enchantments, witchcraft, love potions and psychic prayers which have been put upon us, back to ten generations on both sides of the family.**

**I break and loose myself from any connected or related spirits from any person or persons or from any occult or psychic source. I ask You, Heavenly Father, to return them to the senders now! (Genesis 12:3,28; 27:29; Deuteronomy 30:7; Psalm 109:17-19). Let him that loves cursing receive it unto himself (Psalm 109).**

**IN THE NAME OF JESUS CHRIST, my Lord and Savior, I bind all principalities, powers in the air, wickedness in high places, thrones, dominions, world rulers and strongmen over and within (\_\_\_\_\_) (person prayed for).**

**I BIND any and all witchcraft control, mind blinding spirits, spirits that block and/or bind the will, mind and emotions, mind control, destruction, lust, rebellion, rejection, paranoia, schizophrenia, anger, hatred, resentment, bitterness, unforgiveness, unteachableness, deception, Ahab and Jezebel, doubt and unbelief, fears, drugs, rock music, hypnosis and hypnotic trance and alcohol. I bind kings, princes, and world rulers for each evil spirit here named. I strip each spirit and each hierarchy of power, armor and rank, and separate each of them from one another.**

**I BIND all evil, touching the senses, sight, smell, taste and hearing, and the emotions; all evil against the 7 points of the body used by witchcraft (heel of the spine, spleen, navel, heart, throat, between the eyes, and top of the head). I bind all evil on bodily systems (reproductive, skeletal, muscular, digestive, excretory, endocrine, respiratory, nervous and circulatory).**

**I BIND any and all evil powers giving aid or pulling these things in our body toward evil by means of energy drawn from the sun, moon, stars, planets, constellations, earth, air, wind, fire, water, light, darkness, matter, elements or from lines and/or circles used against us.**

**I BIND any and all transference of spirits in family, friends or associates (name those for whom you are binding and from whom you have forbid demonic transference). I break, sever, clip and sear with the Blood of Jesus all evil soul ties among these persons, and I place the Blood of Jesus over their minds, wills and emotions.**

**EACH AND EVERY EVIL SPIRIT named in this prayer is to be bound (Matthew 16:19, 18:18) for each person prayed for as well as for the person uttering this prayer. Spirits from the nether world, spirits over, between and around those praying and those prayed for, are to be completely bound in the Name of the Lord Jesus Christ.**

**IN JESUS' NAME, I loose the spirits of God (Isaiah 11:2) and any other godly spirits necessary upon the persons praying this prayer and the persons prayed for. I place a shield over their minds to protect against end-time mind control.**

**In the Name of my Lord, Savior, and Deliverer, Jesus Christ of Nazareth, we come against and bind the Strongman, Prince, Prince-Ruling Spirit, and all Spirit Guides associated with (specific name or covenant). We right now bind all psychic heredity that was inherited through the blood line of these (this) witch(es) and ask you, Lord Jesus, to seal the third eye through which they see into the occult realm. We also ask, Father, that you would restrain them from astral projection and that their cursing come back upon their own heads as your Word declares. We also ask that you send your angels to make sure that their curses are returned to them, and that these returning curses are not blocked by their magic or sorcery. We come through the Blood of the Lord Jesus Christ and in the Name of Jesus Christ as we bind, blind, gag, deafen, paralyze and silence you, demons, and forbid you from influencing or strengthening any witch, wizard warlock, spiritualist, satanist, (or specific name) right now in the Name of Jesus Christ.**

**We bind the spirits of Hate, Bitterness, Murder, Wizardry, Sorcery, Witchcraft, Magic, Occult, Control, Lust for Power, Lust for Position, Rejection and Pride (etc.) in order to destroy the demonic work, power, influence, plans, or appointments of these demons in the Name of Jesus Christ. We place you on notice, demons, that you will not be able to use these (this) soul(s) any longer against any church, group, family, individual, or themselves, in the Name of the Lord Jesus Christ.**

**We take authority over and come against the spirits of Blindness, Spiritual Blindness, Darkness, Occult Darkness, Wicked Heart of Unbelief, Pride, and Deception; binding the spirits of Bondage, Heaviness, Fear, and Hate in the Name of the Lord Jesus Christ.**

**We ask You, Heavenly Father, in the Name of Your Son, Jesus Christ, to send Warrior Angels to blind, gag, deafen, and paralyze these spirits, forbidding them from influencing or interfering with these souls so that they can have control over their own free wills and be able to make up their own minds should they choose to repent. We pray that they would be able to do this without any demonic or satanic interference.**

**Lord Jesus, we pray that you would release Warrior Angels to wage war against these demons and their activities. We also pray that you would send ministering angels of Salvation, Adoption as Children of God, Conviction, Repentance, Humility, Contrite, Brokenness, Knowledge, Revelation, Understanding, Grace, Mercy, Truth, Forgiveness, and any others necessary to minister to their souls.**

**Lord, open their eyes so that they can see the Glory of Jesus. Open their hearts so that they can hear Your voice. Break the yokes in their lives and give them liberty in their souls so that they may be free to repent. Show them every evil work and deed that they're guilty of, and Lord Jesus, convict their hearts unto repentance. Bring these souls out of darkness, save these souls so that You may have the Glory.**

**Heavenly Father, we humbly ask all these things in Jesus' Mighty Name, Amen, Amen, and Amen!**

**In the name of the Lord Jesus Christ, I break all bondage over my conscious and unconscious mind. I send out God's angels to gather all portions of my soul that have been removed by witchcraft, Communism, Masonry, Catholicism, false religions, rock music, drugs and any other means (and replaced by demons to control me) to be restored to me (Psalms 23:3; 7:15; 35:1517; 50:22; Job 33:1033; Ezekiel 13:1723).**

**Heavenly Father, I break and renounce all evil soul ties that I have ever had or may have had with: {name any lodges, adulterers, close friends, husbands, wives, engagements, cults, binding agreements between buddies, etc.}. I renounce these evil soul ties, break them and declare them destroyed by the blood of the Lord Jesus Christ.**

**In the name of Jesus Christ, I now renounce, break and loose myself from all demonic subjection to my mother, father, grandparents or any other human being, living or dead, who has dominated me in any way which is contrary to the will of God. I thank you, Lord, for setting me free.**

**I command the demons to be bound and cast out. I ask You, Heavenly Father, to send angels to uncoil, untangle, dig out, break, cut, sever off and remove all demons and demonic roots, fetters, bands, ties, bonds, coils, tangles, serpents, cords, metals, wires, hairs and webs.**

**Father, I ask that the angels gather and restore the fragments of my {or other name} soul (mind, will, emotions) to their rightful place in me {or other}. In the name of the Lord Jesus, I ask for angels to unearth and break all earthen vessels, cut bonds, bands and bindings that have been put upon my {or other} soul, willingly or without my knowledge.**

I ask that the angels free my {or other} soul from all bondage by whatever means is required. I agree and declare, Father, that the power of the Lord Jesus Christ is all powerful and effective to do this. I ask this that my soul might fully magnify and glorify the Lord.

In the name of Jesus Christ, I bind the rulers, strongmen, doorkeepers and all connected, related and resulting demons of witchcraft, Satan worship, human and animal sacrifice, black magic, witchcraft control, mind control, mind occult and the occult of, over, in and working in and through the world, the United States, each state, county, city, township, suburb, street, neighborhood, block, home and church.

Upon and into all of Satan's children partaking of and planning these wicked and evil practices I loose, in the name of Jesus, spirits of Confusion, Forgetfulness, Destruction; also spirits of Salvation, Adoption as Children of God (Romans 8:15) and Deliverance.

I ask you, Father, to put a special covering of warrior angels over each ceremony, coven, witch, wizard and warlock, so that no curse or demon can emerge or be sent. In the name of Jesus, I return to the senders all curses and demons that they already have or will attempt to send.

Father, I ask that You send special angels to protect (Exodus 8:22-23); hide and put a hedge around (Job 1:10; Hosea 2:6) all of your children who are in the deliverance ministry. Also for all the people and animals that would be sought out to be sacrificed or to be cursed.

In the name of the Lord Jesus Christ, I loose into myself and my family the angels of God to fight our battles in the heavenlies. Let them guard us from Satan and all his hosts who would have us believing and agreeing with lies. We bind all deception within us to prevent any more from getting through to us. Lord, minister to our needs.

Upon all fears I loose: perfect, agape<sup>18</sup>, true, pure love; the love of God and our love for each other (1 John 4:18); power (2 Timothy 1:7), sound mind and self control (Micah 3:8).

Upon our minds and all deceiving spirits I loose: knowledge, revelation and understanding (John 8:32); wisdom (Job 20:3); truth (Exodus 28:3; Ephesians 1:17); diligent searching (John 14:17; 1 John 4:6); freedom (Psalm 77:6); and deliverance (Psalm 51:12).

Upon all marriage and family destroying spirits I loose: God's family protecting angels (Genesis 24).

Upon rejection I loose: the love of the brethren (1 John 3:14); acceptance in the beloved (Ephesians 1:6), the acceptance of God and the approval of men (Romans 14:18), adoption as children of God (Romans 8:15).

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<sup>18</sup> Agape: An unconditional love that comes directly from Jesus Christ

Upon all Ahab and Jezebel spirits I loose: spirits of Elijah (1 Kings 17-21, Luke 1:17); Jehu (2 Kings 9); the hounds of heaven (2 Kings 9:36). I also loose upon us spirits of: aggressiveness (Mark 11:22-26); boldness, zealotry, willingness (Matthew 26:41); readiness (Mark 14:38); service, fairness, honesty, obedience, creativity, ingeniousness, inventiveness, retentive mind (Proverbs 8:22); maturity, purity, holiness, righteousness, guileless (Psalm 51:10); excellent (Proverbs 17:27, Daniel 6:3); praise (Isaiah 61:3); thankfulness, worship (John 4:24); singing (1 Corinthians 14:15); prayer (1 Corinthians 4:21); quiet (1 Peter 3:4); constraining (Job 32:18); contrite (Psalm 34:18); broken (Ps 51:17); judgment (Isaiah 4:4, 28:6); repentance, conviction (Isaiah 57:15, 66:2); and all the fruits (Galatians 5:22-23); love, joy, peace, patience and longsuffering (Ecclesiastes 7:8); gentleness, kindness, goodness, faithfulness (Proverbs 11:12); meekness (1 Corinthians 4:21, Gal 6:1); humility (Proverbs 16:19, 29:23; Isaiah 57:15); temperance, self-control and all of the gifts of the Holy Spirit (1 Corinthians 12:8-10); wisdom, knowledge, faith (2 Corinthians 4:13), prophecies, healings, miracles (Revelation 19:10); tongues and interpretation of tongues, discernment of spirits.

We ask all this to help us become more like Jesus and to prepare us for our marriages, families and ministries. We also loose each person's angels (Matt 18:10); grace, mercy, supplication (Zechariah 12:10); life, health, healing, restoration, well-being and life-giving spirits (2 Corinthians 2:6, Revelation 11:11); Counsel and skill to rule, might and strength (Luke 1:80), reverence for the Lord (Isaiah 11:2); the seven spirits of God (Rev 1:4, 3:1, 4:5, 5:6); quickening (John 6:63); success, victory, profit, prosperity, abundance, plenty, (Loose the opposite of the demons and add any others which the Holy Spirit brings to your mind.)

In the name of Jesus, I cut Satan, his demons and curses loose from me, my family and friends. I command you, Satan, and all evil spirits and curses to loose me and my family and all the things you have stolen from us (happy marriages, finances, jobs, families, ministries).

I command you to stop robbing us of our blessings and blocking God's perfect will for our lives. I refuse to allow you to steal anything else from us.

I command you to loose all natural resources, land, animals, money, the finances of people who owe us money, and all the things you have stolen from us that are ours through the blessings of Jesus. I ask you, Lord, to send Your angels to bring these things back to us.

*A haughty look; a lying tongue, hands that shed innocent blood; a heart that devises wicked imaginations; feet that are swift in running to mischief; a false witness that speaketh lies; and he that sows discord among brethren are seven things that the Lord hates and are an abomination unto God (Proverbs 6:16).*

Father, I renounce these and turn away from them. I humble myself before You and come as a little child. I renounce unbelief and doubt as sin and ask you to forgive me for entertaining them.

Heavenly Father, I come to you in the name of the Lord Jesus Christ. He is the Son of God who takes away the sin of all those who repent and confess Him as Lord. The blood of Christ cleanses me from all sin. I claim freedom from all filth of a sexual nature which came through my eyes, my ears, my mind or through actual participation in sin.

**In particular I confess the following: all preoccupation with sensual desires and appetites, and indulgences of them; all longing and ardent desire for what is forbidden (evil concupiscence); all inordinate affection, all unnatural and unrestrained passions and lusts; all promoting or partaking of that which tends to produce lewd emotions and foster sexual sin and lust.**

**I further confess all filthy communications, obscene and filthy language, conversation and jokes, lewd and obscene music, poetry, literature and art; all pornography, all acts of sodomy, adultery, immorality, fornication, oral sex, masturbation, effeminacy and homosexuality.**

**I also confess all affection for and attachment to philosophies, religions, and lifestyles which glorify, promote and condone sexual conduct in thought, word and deed, which is contrary to the standard set for believers in the Bible.**

**I further renounce the expression of these philosophies, religions and lifestyles in art, literature, mass media and public practices and attitudes. Lord I ask that Your Spirit reveal other sexual offenses in my life that I have committed.**

**Father, I confess and renounce all occult involvement, both known and unknown by me or my ancestors. I hate Satan, his demons and all his works, I count all that offends you, Father, as my enemy (Psalm 139-21-24).**

**Your Word declares, "In My name shall they cast out devils...." (Mark 16:17) and "I give you power....over all the power of the enemy, and nothing shall by any means hurt you," (Luke 10:19). Jesus came "....that He might destroy the works of the devil," and "to turn them {men} from the power of Satan unto God. ..." (I John 3:8, Acts 26:18).**

**I accept these promises and in Jesus' name, command Satan and all of his hosts of evil spirits to come out of me - body, mind and soul. Especially, I renounce the following spirits of sexual sin {give the names of specific sexual sins you have committed}.**

**I also renounce the Prince of Occult Sex and command all of his demons to leave me now in the name of Jesus Christ my Saviour.**

**Christ was made a curse on the cross for me (Galatians 3:13) and blotted out the handwriting of ordinances against me (Colossians 2:14). I declare all curses over my life, whether through my own sins or those of my ancestors, to be broken; particularly in the area of sexual sin and occult involvement. I claim freedom from all curses which have been placed upon me in the name of Jesus Christ.**

**I hereby reclaim all ground that I have ever given to Satan in body, mind, soul, or spirit. I dedicate it to you, Dear Lord, to be used for Your glory along. I want you to control and empower every area of my life, including all my sexual powers, that from now on they might be used according to Your will. I also now give to You my affections, emotions and desires and request that they might be motivated and controlled by Your Holy Spirit (Romans 12:1, 2). Amen**

**Heavenly Father, In the name of the Lord Jesus Christ I bind and cast down the strongman and every stronghold of Satan over the New Age Movement.**

**I also bind and cast down all Principalities, Powers, Might, Kingdoms, Thrones, Dominions, Nobles, Princes, Kings, Rulers of Darkness who are driving the forces behind this evil movement.**

**In Jesus Christ's name, from my position in the third heaven, I bind and cast down all of the Ascended Masters and Spirit Guides.**

**Heavenly Father, I ask in Jesus' name that you instruct your angels to come by the legions to attack, bind and pull down the works of all of the Mind Control, Mind Occult and Mind Binding spirits.**

**In Jesus mighty name, I rebuke, bind and cast down all evil spirits working through Witchcraft, Sorcery, Divination and Necromancy.**

**I rebuke, bind and cast down all spirits working through Eastern Mysticism, Reincarnation, Transcendental Meditation, Soul Travel, Martial Arts and Yoga, in the name of Jesus Christ.**

**I rebuke, bind and cast down all wicked spirits working through Mantras, Tantra, Maithuna Hatha Yoga, Mundra, Yantra, Ying and Yang, in Jesus' name.**

**I bind, rebuke and cast down all the Familiar spirits which are being channeled through visualization, spirit guides, inner healing, ascended masters, crystal helpers, bodiless spheres of light, dolphin deva and universal intelligence.**

**In the name of Jesus Christ I bind, rebuke, cast down and strip the powers from all of the New Age gods of Maitreya, Vishnu, Imam Mahad, "Christ" Sanat Kumana, Shiua and the Kundalini.**

**Heavenly Father, in the name of Jesus Christ, I also come against, bind and cast down the following spirits who are being "channeled":**

**Adept; Alexander; Alien Soul; Ascended Masters; Astar Command; Basher; Celestial Seed; Crystal Woman; Divine Flame Holder; Divine Counterpart; Djwal Khul; Dr. Peebles;**

**El Morya; Eleutheria; Enchantment; Enlightened Master; Emmanuel; Etherion; Fortuneteller; Global Dreamer; Goddess; Guru; Healer; High Priest, Hilarion; Holy One; Initiate; Jaguar Woman; Jason; "Jesus"; John; Jonah; Konar; Kristos; Kuthumi; Lanto; Lazaris; Light Worker; Lilly; Maat; Mafu; Magician; Master R; Master; Medicine Woman; Medicine Man Sorcerer; Medicine Man; Mentor; Mystic; Mystical Traveler;**

**Old Chinese; Oracle; Orion; Power Woman; Prophet; Quan Yin; Ra; Ramtha; Saint; Sananda; Savant; Seer; Seth; Shaman; Shepherd; Soli; Soothsayer; Soul Projection; St. Germain; Star Seed; Rainbow Warrior; Sunat Kumara; The Michael Entity; Visionary; Warlock; White Eagle; Witch Doctor; Witch; Wizard; Xax; Zosh.**

**Heavenly Father, in the name of the Lord Jesus Christ I pray for your will in putting a lying spirit (I Kings 22:22,23; 2 Chron 18:21,22) in the mouths of all the New Age prophets to bring utter confusion on the plans of the enemy.**

**For myself, Heavenly Father, I pray that you would give me wisdom and knowledge concerning what I can do to combat the New Age Movement and how to be an effective warrior and witness for Jesus Christ. Even so, Come Lord Jesus!!**

**In the name of Jesus Christ, I now renounce, break free and loose myself and my family from all false religions, especially Roman Catholicism. I bind and cast out all connected and related spirits.**

**I do now break all curses and judgements put on me or my ancestors from prayers or the rite of excommunication from the Roman Catholic Church, back to ten generations on both sides of my family.**

**I break all curses put upon me or my family because of my turning to Christ and coming out of the Babylonian system. I renounce and break any and all legal rights that the Roman Catholic church has on me because of the sacrament of baptism, infant or adult. I claim Galatians 3:13 and Colossians 2:14.**

**Any curses put on me by the Roman Catholic church for denying all idolatrous and witchcraft practices I do now break and send back to the senders (Psalm 109).**

**I do now break any oath or promise I made while a member of the Roman Catholic church which would allow any demonic attacks from Satan on me or my family.**

**I break any curses put on me or my family because of receiving any of the sacraments: Penance, Holy Eucharist, Confirmation, Extreme Unction, Matrimony, or Holy Orders. I break all ungodly soul ties with any Roman Catholics whether they be family members, friends or clergy.**

**I do now specifically break any curse of Death, Destruction, Illness, Infirmary, Blindness, Crippling, Heart Disease, Cancer, Leprosy, Blood Disease, Deformity, Insanity, Madness, Murder, Hate, Rage, Religious Pride, Legalism, Double-mindedness, Spirit of Pharisees, Moloch, Poverty, Contention. I break any curses put on me or my family which were pronounced by the Council of Trent against all heretics and schismatic's.**

**I break all curses on my body, mind and emotions; especially all spirits of Fear: Fear of Death, Fear of Roman Catholic clergy, Priests, Nuns, Loss of Salvation, etc.**

**I also break any curse of "good works". I confess the sins of my fathers (1 John 1:9) which may have brought the curse of the Vagabond (returning evil for good) on my family line.**

**I break all religious curses on me and my family and any curses of murder connected with the killing of heretics (Christians.) I break all curses of witchcraft coming from the Roman Catholic church and send them back to the sender.**

**Heavenly Father, in Jesus' name we ask that You send warrior angels to do battle for us. Thank You for Jesus' precious blood, His resurrection and our authority in His name. May the Holy Spirit give us discernment and gifts to set the captive free.**

**In Jesus' name we block any and all transference of evil spirits. Heavenly Father, we ask that your angels block and remove any evil spirits assigned to hinder or interfere. We cut off all evil power directed toward us from witches or other such persons. Let each strongmen present, all demonic doorkeepers and gatekeepers be bound. May all communication between enemy forces be disrupted and confusion be loosed on them (Psalms 149:6-9).**



**We command that all evil spirits cast out must go wherever Jesus wants them to go and never return. May the Holy Spirit to fill any vacancy left by evil spirits.**

**Jezebel, in Jesus' name we attack and bind you from our position in the third heaven. high above Satan, principalities, powers, dominions, world rulers of darkness, kings, princes and all angelic ranks.**

**We take away all of the known and unknown power of your titles, including: Queen of Heaven; Mistress of Kingdoms; Queen of Kingdoms; She Who Sits on Many Waters; Ashtoreth; Queen of Babylon; Daughter of Babylon; Queen Mother; Mother of God;**

**Ishtar; Astarte; Venus; Diana; Rosemary; Athaliah; Semiamrus; Daughter of the Chaldeans; Hecate; Isis; Cybele; Mystery Babylon; Artemis; Mother Mary; Great Harlot; Goddess of War, Goddess of Fertility; Mother of Prostitutes and Abominations of the Earth; Mistress of Sorceries; in Jesus Christ's name.**

**We also bind in Jesus' name the known and unknown powers of your consort by his various names, including: Ahab; Nimrod; Marduk; Tammuz; Baal and King of Babylon. We separate Jezebel and Ahab spirits and forbid them to communicate or hinder this deliverance in any way.**

**In the name of Jesus Christ, we cut, sever and break all cords, snares, controls and bondage's used by these spirits and their related demons to keep this person in bondage. We ask Heavenly Father that you send angels to break all yokes of bondage to Jezebel and Ahab spirits.**

**Jezebel, in the name of Jesus Christ we denounce you and expose your works to the light. We destroy any unholy mother/child relationship between you and this person. We take away your throne, your scepter and your hirelings and command you to be humbled.**

**We destroy all your veils of magic, enchantment, and secrecy and heap shame and the vengeance of the Lord upon you and your companions.**

**Because Jesus became a curse for the believers (Galatians 3:13) we break all curses of Jezebel and Ahab which were put upon this person and their family. We destroy related curses back to the tenth generation on both sides of the family.**

**According to (Matthew 12:22-32, Mark 3:20-30; Luke 11:14-23)**

**In the name of Jesus Christ, we command Satan's demons to fight against and destroy each other. Specifically, we command all marriage and family hindering, delaying, preventing, destroying and breaking demons to attack the spirits of Ahab and Jezebel.**

**We command the spirits of power and control to attack the spirits of pornography and Eros; the spirits of violence and torture to attack all the spirits of human subjection, degradation and submission.**

**We command the spirits of riches and wealth by greed to attack the spirits of lust for one world rulership, currency, and total control of the world system, the spirits of anti-capitalism, rebellion against free enterprise, strike and work stoppage to attack the spirits of poverty, hatred for believers, anti-Americanism and human bondage.**

**Let the spirits of war between the nations, destruction, hatred and anger attack the spirits of political and spiritual blindness, rage, mockery, vengeance, evil political science and influence, Illuminati and Communism.**

**Let the spirits of Antichrist, 666 and false religions attack the spirits of Roman Catholicism, and Masonry, the spirits of infirmities, sicknesses, weaknesses, deformities and accidents. Let them attack the spirits of alcohol, drugs, nicotine, bad nutrition and abortion. Let them destroy the spirits of mind control and darkness and attack the spirits of Leviathan and pride.**

**Heavenly Father, we ask You to loose burning, judgment and destruction upon all disobedient and reluctant spirits that fail to follow these commands promptly.**

**In the name of Jesus, I loose upon Satan, his headquarters, strongholds, orders, plans, curses and demons, the curses of the Midianites (Judges 7:22), Ammonites, Moabites and Edomites (2 Chronicles 20). Let panic, frustration, havoc, confusion, pandemonium, disasters, chaos, destruction upon each other, the hornets of the Lord descend upon them (Exodus 23:28; Deuteronomy 7:20).**

**May the wrath, hatred, anger, terror, fear and finger of God (Luke 11:20), the burning judgment and warring angels, spirits and the Word of God prevent Satan's orders from being carried out, that the perfect will of God be done.**

**We bind and cast out the demons in us and replace them with the spirits of God and His Word. Especially we ask that the demonic strongmen or rulers in us and our churches be replaced with agape love (Matthew 12:43-45; Luke 11:24-26); that all demonic doorkeepers be replaced with joy and that we have peace in abundance.**

**Father, in the Name of the Lord Jesus Christ and the authority You have given us (Matt 16:19, 18:18; Luke 10:19), we now bind the strongman (Luke 11:20-22) over all evil spirit powers working in and through the following:**

**The Illuminati, Moriah, Council of 13, Council of 33, the Rothschilds Tribunal, The Rothschilds Foundations, the Rockefellers, the Bilderbergers, Trilateral Commission, Council on Foreign Relations, Federal Reserve System, Internal Revenue Service, United Nations, Socialism, Humanism, Liberalism, Communism, Atheism, the Kremlin, Peking, Church of Wicca,**

**All Satanist churches, All Masonic Lodges, the Roman Catholic Church, the Vatican, Babylon, the Pope, Beast and False Prophet, Antichrist, Hospitals, Prisons, One World Government, New Age Movement, International Monetary Fund, Witchcraft and Zodiac powers, World Council of Churches, Body of Christ, all True Believers, Israel, and Jerusalem.**

**We break all the curses, vexes, hexes and spells over these people, places and institutions in the name of Jesus Christ:**

**The President; the Vice President; the Cabinet; the Supreme Court , all Senators and Representatives; all Federal Judges, the Pentagon; State Department; all the States; Governors; State Legislatures, Counties, Cities, Family, and Businesses; Home and Possessions.**

**We bind all these evil spirit powers operating to control and subvert these and loose upon them the spirits of Burning, Destruction, Judgement and Confusion and loose Warrior Angels to attack and destroy them in Jesus Name.**

**We also loose the ministering spirits of God on our loved ones, country, businesses, etc. We loose the spirits of Adoption, Grace and Supplication, Truth, Peace, Love, Joy, Sound Mind, Praise, Worship, Prayer, Holiness, Obedience, Grace, Mercy, Conviction, Repentance, Deliverance and the seven spirits of God (Wisdom, Counsel, Understanding, Might, Knowledge, Fear of the Lord and the Spirit of the Lord).**

**Lord, we pray that: leaders who govern and judge unjustly will make many mistakes in decisions, especially involving world evangelism (Psalm 109:29); leaders who despise You will fall from power through improper advice and actions (Psalm 5:10, 19:14); leaders who are truly searching for understanding will find knowledge and wisdom in Your word (Proverbs 28:2).**

**Let the leaders who live in darkness receive a personal message of Your love (Psalm 52:15). Cause leaders who live in war-torn nations to grow weary of continual bloodshed (1 Kings 5:3-4); Force leaders who lead corrupt governments to recognize their evil ways and turn to You (1 Chronicles 33:12-13); cause leaders who boast of power to realize that their earthly kingdom was given to them by God (Daniel 2:19-22).**

**Dear Father, I come to You in the Name of the Lord Jesus Christ to pray for my children, they are Your inheritance and reward (Psalm 127:3).**

**I have placed my trust for salvation in the Blood of the Lord Jesus Christ; therefore, my children are clean and holy unto You. (1 Corinthians 7:14).**

**As Job prayed for his children, I ask You to accept my prayer for mine, for it may be that they have sinned and cursed You in their hearts (Job 1:5).**

**I confess that I and my family have been slack in serving You joyfully and gladly for the abundance of all things (Deuteronomy 28:47). Please forgive us for our ingratitude. I now break all curses off myself and them of madness (Deuteronomy 28:28), oppression (v. 29), sickness (v. 22) being held captive by evil (v. 41), untimely death (v. 62), fear, trembling heart, sorrow of mind, restlessness and wandering (v. 65-67).**

**You have fulfilled the covenant You promised by the blood Your Son shed (Hebrews 10:12-24). We thank You that You will never turn away from doing us good, but will put Your fear in our hearts lest we depart from You (Jeremiah 32:40), that we may fear You forever, for our good and the good of our descendants (Jeremiah 32:39).**

**By Your grace I fear You, giving my children a place of refuge (Proverbs 14:26). I listen to the words of Thy mouth (Psalm 78:1) and share them with my children, for they show Your strength and wonderful works (Psalm 78:4).**

**Let my children set their hope in You, not forgetting Your works, but keeping Your commandments (v.7) lest they be a stubborn and rebellious generation v.8).**

**As father (or parent) I shall make known Thy truth to my children (Isaiah 38:19). Your Spirit is upon me and Your words shall not depart out of my mouth nor my descendants (Isaiah 59:21). Thank You for the promise to pour out Your spirit and blessings upon my offspring (Isaiah 44:3).**

**As You have promised, I declare now that my children shall be released from captivity. Please send angels now to deliver their bodies, minds, wills and emotions from the enemy. Contend with him that contends with me and save my children (Isaiah 49:25; Hebrews 2:14 & 15; I John 3:8).**

**As David commanded Solomon, so I pray today that {names of the children} will know and serve You with a perfect heart and a willing mind. I loose Your grace on my children that they will seek and find You (I Chronicles 28:9).**

**According to Your purpose You have given us to Christ Jesus before the world began (2 Timothy 1:9) and we can receive Your Word (Acts 20:19).**

**I bind all evil spirits who would seek to conform me or any of my family to the world; I loose grace on us to be transformed by the renewing of our minds (Romans 12:2). I also loose grace on each of us that we will be fully assured in our own minds of Your truth (Romans 14:5); not shaken in our minds (2 Thessalonians 2:2); not beguiled by Satan through his subtlety; nor have our minds corrupted from the simplicity, sincerity and singleness that is in Christ (2 Corinthians 11:3).**

**Father, I am jealous over my household with godly jealousy and have espoused them to the Lord Jesus Christ (2 Corinthians 11:2). I ask that you bind their feet to the paths of righteousness and may they come to abhor the things of the world which allure them.**

**I ask for wisdom to correct and discipline my children. You have said that "the rod and reproof give wisdom but a child left to himself bringeth his mother to shame" (Proverbs 19:15), and "Correct thy son, and he shall give thee rest; yea, he shall give delight unto thy soul" (Proverbs 19:17). In this matter of discipline I ask You turn my heart to my children and their hearts to me (Malachi 4:6). I bind all evil spirits who would try to block this.**

**I loose upon myself and my household the grace to be filled with the knowledge of Your will in all spiritual wisdom and understanding. Help us to increase in godly knowledge of You.**

**Let us be strengthened with might, according to Your glorious power unto all long suffering with joyfulness. We give thanks unto You for delivering us from the power of darkness into the Kingdom of Christ (Colossians 1:9,14).**

**In the name of my Saviour I loose all the judgments against Satan's host in Your Word if they attempt to rob me or my family of any of our inheritance in Jesus Christ (Romans 8:16,17; Acts 20:32, 26:18; Ephesians 1:11; Colossians 1:12, 3:24.)**

**As a priest of God in my child's life and purchased by the blood of Jesus Christ, I renounce and repudiate all the sins of my son/daughter according to 1 John 5:16.**

**I pull down all strongholds in which Satan has blinded the mind of {name} so that the gospel light cannot shine to them. I break the power of {name cult, false religion, etc.} over my child and ask You, Father, to loose a spirit of truth upon him/her.**

**I bind all spirits of Mind Control and psychic powers that may have my child's mind bound and ask Father that You send your ministering spirits to snip and break all bonds or fetters on {name}'s mind. I ask You to command light to shine into my child's heart. Also give the light of the knowledge of the glory of God to my son/daughter (2 Corinthians 4:6).**

**In the name of Jesus Christ, I break and loose {name} from the curse of the law. I ask You, Father, in the name of the Lord Jesus Christ to reveal to {name} the redemption that Jesus paid in full for him/her, and I thank You, Father and praise You for the immediate release of {name} from error and false religion.**

**In the name of the Lord Jesus Christ, I praise my Heavenly Father that He has entrusted to me my adopted child {give name}. I accept all responsibility that God places on me as a parent and priest of God in {name}'s life.**

**As a priest of God in my child's life, purchased by the blood of the Lord Jesus Christ, I here and now confess and renounce all the sins of {name} through his/her blood line.**

**I declare to Satan and all of his forces that I now cover {name} with the protection of the blood of the Lord Jesus Christ and the work of the Holy Spirit.**

**As one who has authority over all powers of darkness through my union with the Lord Jesus Christ and who is seated with Him in heavenly places, I renounce any and every way in which Satan may claim ownership of {name}.**

**I pull down all blindness which Satan would put on {name}'s eyes to keep him/her from understanding spiritual truth and growing to love and serve my Lord and Savior.**

**As the legal parent in the eyes of God and as a priest of God in {name}'s life, I cancel and take back all the ground given to Satan by his ancestors. I claim that ground through the victory won over Satan achieved by the Lord Jesus Christ in His redemptive work. I cover all ground with His precious blood that Satan may have no claim against {name}.**

**All of this I do in the name and authority of the Lord Jesus Christ and will accept in my child's life only that which comes by way of the cross and through God's grace.**

## **Beginning Deliverance Session**

Heavenly Father, in Jesus' name, we ask that You send Warrior Angels to do battle with us. Thank You for Jesus' precious Blood, His resurrection, and our authority in His Name. We pray that Your Holy Spirit give us discernment and gifts to set \_\_\_\_\_ free. In Jesus' Name we block any and all transference of evil spirits assigned to hinder or interfere with this deliverance session. In Jesus' Name we cut off all evil power directed toward us from witches or other such persons, and bind each Strongman present, all demonic doorkeepers, gatekeepers and demonic reinforcements. May all communication between satanic & demonic forces be disrupted and confusion be loosed upon them (Psalm 118:6-7; Psalm 35:4)

As the Holy Spirit Leads

**In Jesus' Name, we bind all demonic kingdoms of Passivity, Leviathan/Pride, Doubt, Unbelief, Confusion, Deception, Lying, Mind Control, Occult Mind Control (add any others as the Holy Spirit leads) according to Matthew 12:29.**

**In Jesus' Name, we bind all demons hurting, tormenting and harassing \_\_\_\_\_. We ask You, Heavenly Father, to send angels to uncoil, untangle, dig out, break, cut, sever off and remove all demons and demonic roots, fetters, bands, ties, bonds, coils, tangles, serpents, cords, metals, wires, hairs and webs (Heb 1:14).**

**We bind every demon, from the Strongman on down to the lowest demon in rank, power & form within \_\_\_\_\_ to our authority in the third Heaven (Eph. 2:6). We are in Christ, Christ is seated at the right hand of God the Father which places us far above all principalities and powers, including you, demons. When you are called by name or by function, you are to manifest and leave \_\_\_\_\_. If you do not, we will loose more angels on to you, and use our authority in the Name of our Lord Jesus Christ, and every means at our disposal in His authority to forcibly remove you.**

**We ask You, Jesus, to send every demon cast out to where ever You want them to go and that You would strengthen the will of \_\_\_\_\_ so that they can never return. Holy Spirit, please fill any and all vacancies left by the ejected demons with the Spirits of God as found in Isaiah 11:2. In Jesus' Name, Amen.**

Begin casting out each evil spirit by calling it by its demonic name or function. (Command demons to manifest and leave in Jesus' name.) Contrary to popular belief, demons do not have hearing impairments. The power that dislodges demons is only found in the Mighty Name of Jesus Christ (Mark 16:17), not in the volume of our voices. At this point begin casting the spirits as named in the above prayers as well as those named in Win Worley's books and in literature available on deliverance websites such as <http://www.demonbuster.com/>.

## Ending Deliverance Session

We take authority over every remaining demon from the Strongman on down to the lowest ranking demon, power & form and bind you all in Jesus' Name. By binding, we mean that you are not to torment, hurt or harass \_\_\_\_\_. We loose sufficient numbers of Warrior Angels to put each of you in boxes, cages or caves 500,000 times too small and seal each box, cage, or cave with the Blood of our King, the Lord Jesus Christ (Joshua 10:17).

Angels, gag each remaining demon so that no communication can go on between them or any others. Angels, in Jesus' Name, we assign you to read Scriptures to these demons on the Blood of Jesus, the Cross, their torment in the Lake of Fire to come, and any other passages that they hate to hear (Psalm 59:10; Heb 1:14). We pray, Lord Jesus, that your glorious light shine through each box, cage, or cave so the demons will have no rest. It is written, "There shall be no rest for the wicked!"

We loose ministering angels of Life, Health, Healing and Restoration into areas of \_\_\_\_\_'s body or soul where the ejected demons have done damage. We cover each of our families, properties & possessions with the Blood of Jesus Christ, and loose Warrior and Ministering Angels to protect us from any and all satanic & demonic backlash. In Jesus' Precious and Almighty name we pray. Amen.

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## **Further Notes by Michael Relfe**

Note 1 : These warfare prayers are quite long and are meant to be a “warm up” to a group deliverance session. These sessions commonly go for about 2 hours or more. You will see these prayers are divided by “subject” every time you see two blank lines. In reality, the minister would explain each area to the group and then lead the group through that prayer.

Note 2: It would be extremely effective if you were to obtain as many deliverance booklets, books, audio tapes and video tapes as possible and do an intensive study of their contents. They are available from the above address. You will need to read them and the associated bible verses many times to become familiar with them as this specialized information becomes your weapon against the enemy.

Note 3: Visit <http://www.demonbuster.com/> for one of the best collections of free information on deliverance on the internet. Over 2000 pages is available.



*The following warfare prayers are used by my wife and myself on a regular basis.*

### **Praying for protection**

Heavenly FATHER, In the name of THE LORD JESUS CHRIST, I ask you to please send hundreds and hundreds and hundreds and hundreds of millions of legions of angels to surround and encamp around me and set up angelic shields, protective devices, impenetrable force fields and angels to protect me against all the demonic attacks being sent to me. In JESUS name, please put the full armor of GOD on me ; In JESUS name please put spiritual camouflage on me to hide me from all the attacks of the enemy. And in JESUS name I ask you to please put upon me The armor of light, The breastplate of righteousness , The shield of faith, The helmet of salvation and The sword of the spirit. In JESUS name I pray. Amen.

### **Loosing the spirits of GOD.**

HEAVENLY FATHER In the name of the LORD JESUS CHRIST, I ask you to please loose upon me, the spirits of power, protection, strength, might, wisdom, truth, knowledge, council, understanding, fear of the LORD, spirit of the LORD, healing, sound mind, sound body, deliverance, agape love, charity, humility, peace, love, joy, happiness, financial prosperity, spirit of Elijah, power of Elijah, spirit of utterance, spirit of virtue, spirit of compassion for people, spirit of ministry, spirit of prophecy, spirit of Isaiah, spirit of Moses, spirit of Noah, spirit of King David, Wisdom of King Solomon, spirit of Mathew, Mark, Luke and John, spirit of John The Baptist, spirit of John in The Book of Revelations, spirit of the apostle Peter, spirit of the apostle Paul, spirit of Mechezeldak, and the SPIRIT OF THE LORD JESUS CHRIST. In JESUS name I pray, Amen

### **Prayers against aliens**

Heavenly FATHER, In the name of THE LORD JESUS CHRIST, I ask you to please send hundreds and hundreds and hundreds and hundreds of millions of legions of angels to surround and encamp around me and set up angelic shields, protective devices, impenetrable force fields and angels to protect me against all abduction and influence from Government Groups, New World Order Groups, Witches Groups, Satanist Groups, Masonic Groups, MIB Groups, Draconian Alien Groups, Reptilian Alien Groups, Grey Alien Groups, Insect Alien Groups, Groups that have abducted me or that I have willingly went with in the past, Groups that have performed mind control on me, Groups that have put implants, microchips, alien circuitry and foreign objects in me and all groups that are unknown to me. Father, In Jesus name I ask you to send angels with scramblers, jammers and disrupters to jam, scramble and disrupt the technology of the enemy when they attempt to abduct or contact me. If they attempt to abduct or contact me I ask you to immediately launch a counterattack of millions of legions of angels to destroy the installation from where the attack originates, in Jesus name I pray, Amen.

Heavenly FATHER, In the name of THE LORD JESUS CHRIST, I break every curse, spell, psychic prayer and influence put upon me by Government Groups, New World Order Groups, Witches Groups, Satanist Groups, Masonic Groups, MIB Groups, Draconian Alien Groups, Reptilian Alien Groups, Grey Alien Groups, Insect Alien Groups, Groups that have abducted me or that I have willingly went with in the past, Groups that have performed mind control on me, Groups that have put implants, microchips, alien circuitry and foreign objects in me and all groups that are unknown to me.

In the name of THE LORD JESUS CHRIST, I break every soul tie, link, hook, comm link, telemetry line, communication line, surveillance link and data link between myself and all Government Groups, New World Order Groups, Witches Groups, Satanist Groups, Masonic Groups, MIB Groups, Draconian Alien Groups, Reptilian Alien Groups, Grey Alien Groups, Insect Alien Groups, Groups that have abducted me or that I have willingly went with in the past, Groups that have performed mind control on me, Groups that have put implants, microchips, alien circuitry and foreign objects in me and all groups that are unknown to me In Jesus name, Amen

In the name of THE LORD JESUS CHRIST, I break every soul tie, link, hook, comm link, telemetry line, communication line, surveillance link and data link between every implant, microchip, alien circuitry and foreign object in me and the beings that own those implants.

Lord, In Jesus name I ask you to please send as many legions of angels as necessary to go to all parts of creation to gather up all the parts of my fragmented soul and restore them to their rightful places in me. I ask you to send more legions of angels to free any other souls captive in that place, to destroy the containment vessels that keep those soul parts prisoner, and to destroy that installations where they were kept. In Jesus name I pray, Amen.

## Appendix VIII: More about Kinesiology

by Stephanie Relfe

### **“Muscle Testing”**

plus

### **“The Cause of Disease”**

Kinesiology is a fairly new branch of science which was developed by doctors, chiropractors and acupuncturists in the U.S.A. They pooled their knowledge and added it to Chinese medicine to develop a totally new technology which is amazingly efficient at balancing the body so that it can return to excellent health, energy and emotional strength.

It is a truly 'wholistic' system, because it looks at the **whole** person (not just at selected parts), and looks at *all* types of stresses, which can cause disease. They include emotional, nutritional, structural and electrical stress.

The basis of Kinesiology is that the body is like an electrical piece of equipment, which is controlled by an incredibly complex **computer**, namely the brain. The brain is continually in communication with each of the 639 muscles in the body.

If a muscle is electrically in balance, it is possible to measure a constant electrical signal from the brain to that muscle and back again, much the same as two faxes 'talking' to each other.

However, when the body is overstressed (through a chemical, emotional, structural or electrical cause), the electrical signals in one or more muscles go weak. It is like a fuse in your fusebox blowing. The body figures that it is better to blow a fuse than the whole thing.

This is the basis of muscle testing. For example, if a person has a particular muscle in their arm 'out of balance' (as we say), then they will not be able to hold their arm in a certain position when the kinesiologist applies pressure to it. This is particularly significant when you realise that many different parts of the body are in communication with many other parts of the body. That is,

<b>Muscles</b> (communicate with)	<b>muscles</b>
<b>Muscles</b> (communicate with)	<b>organs</b>
<b>Organs</b> (communicate with)	<b>muscles</b>
<b>Organs</b> (communicate with)	<b>organs</b>

In the above example, the muscle itself may have been weakened. However, if it is the particular muscle that communicates with the stomach the muscle may be weak because the stomach is out of balance.

In another example, a person may have a weak bladder because their bladder is out of balance. However, the bladder communicates with the ankle muscles and therefore a weak bladder may have been caused by weak ankle muscles. It is virtually impossible to completely heal the body without taking the whole picture into account.

Once the weakness is located through muscle testing, the kinesiologist then 'talks' to the body. For example, by use of muscle testing the kinesiologist can ask the body any of the following questions.

What caused this muscle to go out of balance? If it was a chemical he can ask the body what specific food or other substance caused the body to go out of balance. If it was a deficiency, he can find out what food will re-strengthen the body. Muscle testing shows whether a particular food weakens, is neutral to, or strengthens a particular body. Every body is different at different times. When a body is well balanced, foods which were previously weakening may become neutral, and neutral foods may become strengthening.

If it was an emotion which caused the imbalance, the kinesiologist can ask what specific emotion is it? Once the emotion is located, the kinesiologist can then do an extremely simple form of emotional stress relief.

He/she lightly places a few fingers on the other person's forehead, while the person 'looks at a video' of the emotion. When we are under stress, blood goes to the back of our brain (where the past is). But when a hand is placed on the forehead, blood moves to the front of the brain (which unfortunately most of us use only 5% of the time) where new choice is located.<sup>xv</sup> Within a very short period of time (often a few minutes) the person will be a lot less emotional about the particular incident, and therefore a lot less affected by it.

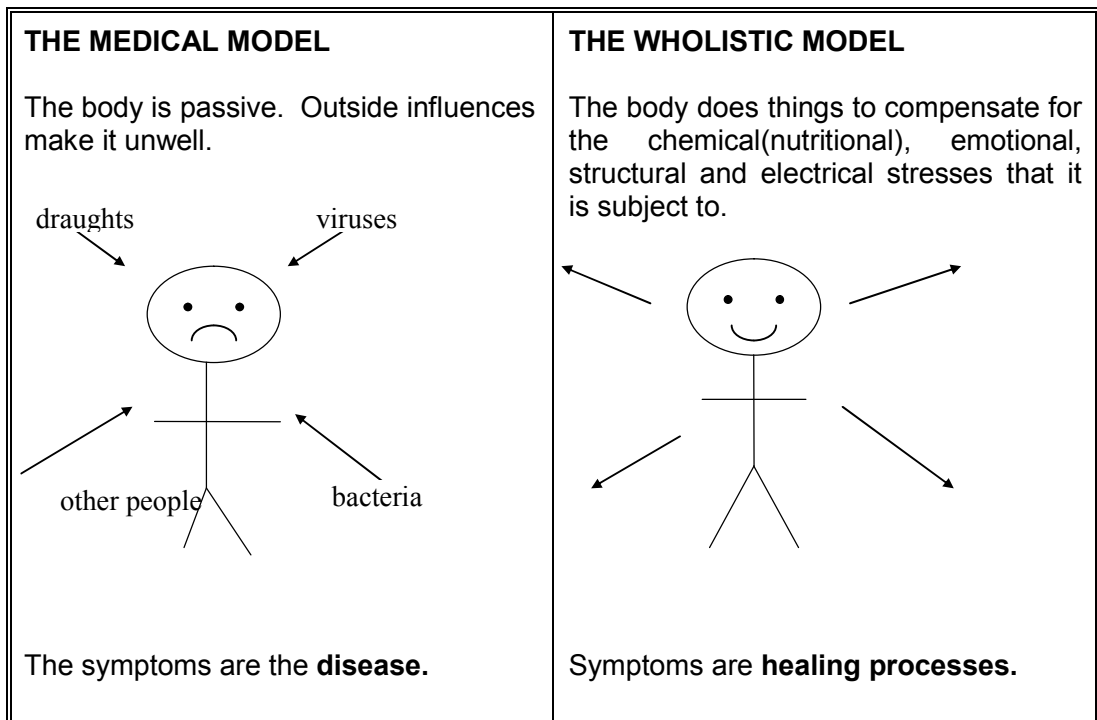
If the person went out of balance due to an electrical cause (which is quite common), it can be determined whether this is being caused by an electric blanket, microwave oven, computer, pager, car, television or whatever else you can think of.

Many people go seriously out of balance by simply using an electric blanket, eating microwaved food or by working on a computer for seven hours. After the cause is located the person can either remove the offending piece of equipment, or ask the kinesiologist to rebalance them to a new strength so that next time they are around the piece of equipment for an extended period of time they will stay in balance.

A little-known fact is that many crystals are just the same as food - they can either weaken, be neutral to, or strengthen the body. A number of people are seriously out-of-balance due to the crystals that they wear in order to 'strengthen' themselves!

This is one reason why kinesiology is such a boon to any type of health practitioner. As people get more and more specific communication back from their body, they usually begin to take responsibility for their own health and have more knowledge of how to do that. When a big, tough guy sees that a puny girl can easily push his arm down when she says "cigarettes" or "sugar", he often begins to think seriously about giving them up. Many people don't feel like giving up harmful habits because someone else has told them that they should - but when their own body starts telling them in no uncertain terms that those habits are weakening it, then that is another story.

Whether or not the cause of the imbalance is identified, the kinesiologist is able to ask the body which particular areas of the body should be touched in what particular way to correct the imbalance. The brain becomes aware of the problem and finds the electrical pathways which were blocked or forgotten about, and rectifies the situation. Typically people notice an immediate (and hopefully long-lasting) absence of pain in the troubled area and within a few days afterwards many of any other symptoms have often gone.



'Healing' is a biological process initiated and accomplished by the body and its inherent ability to eliminate and regenerate. No outside agent has the ability to heal or 'cure'. No drug, medicine, herb, food or therapy can actually 'heal'. However, they may assist in providing favourable conditions for healing to occur.

## Drugs

Drugs fall into two main categories:

<p><b>ALLOPATHY</b> (‘conventional medicine’) "opposites cure opposites".</p> <p>For example, if a person is constipated they are given a substance that in a healthy person would cause diarrhoea.</p> <p>However, drugs are not active. They are passive. It is the body which is active. If the drugs did the work, then that drug would have little effect on a healthy person, more effect on a sick person, and cause the most amount of diarrhoea in a corpse. The opposite is what happens.</p>	<p><b>HOMOEOPATHY</b></p> <p>"like cures like"</p> <p>It stimulates a memory of what is happening to the body, and once reminded the body heals itself.</p> <p>It is possible that it also works by "as-ising" the substance.</p>
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The disadvantage with both allopathic and homeopathic drugs is that neither address **the cause** of the problem.

The 'symptoms' we perceive as 'disease' are actually the very processes the body uses to restore balance, and thus health, to an out of balance system. What are the symptoms of 'disease' (dis - ease)? Amazingly they are few in number:

### The only symptoms of disease

- 1) Pain
- 2) Hardening (sclerosis)
- 3) Discharge
- 4) Necrosis (tissue breakdown)
- 5) Swelling
- 6) Inflammation (redness)
- 7) Increased temperature
- 8) Nerve signalling problems

We are led to believe that there are many different diseases requiring many different treatments. The truth of the matter is that there are many different parts of the body with many and varied functions and if any of the above 'symptoms' occur in those parts the condition seems different only because that part or system has a different function.

For example, Bronchitis is an inflammation in the bronchial tubes. The symptoms are coughing, pain, discharge and temperature increase - but no bowel spasms, diarrhoea or intestinal bloating. Colitis is an inflammation of the colon. The symptoms are abdominal cramps, loose stools, discharge of mucus and some bloating - but no coughing, chest pain or breathing difficulties. Why? The bowels can't cough and the lungs don't pass stools.

This is why many different and apparently unrelated conditions in the body improve or disappear when we restore the structural, chemical and emotional contexts to balance.

### **WHAT HAPPENS IN ANY DISEASE - AND WHY ALL DISEASES ARE SIMILAR**

The body has two responses to the introduction of a threat to its structural, chemical and emotional integrity. The first is **resistance** which is active and in many cases dramatic actions, such as rashes, swelling, fainting or vomiting.

As resistance is expensive of energy, and the body does not have a limitless supply, resistance cannot be maintained indefinitely. If the attack continues, the body's enthusiasm for resistance sadly gives way to the apathy of **toleration** or adaptation. The spirit of the fight is lost and acceptance of unsuitable things lays the foundation for chronic illness and inevitable death. The body degenerates in the following order (virtually all body problems can be located in the following eight steps):

- 1:           **Enervation.** Lack of energy, locally or generally, due to going out of balance by exceeding the biological laws by having too much or too little oxygen, pure water, wholesome/unwholesome food, exercise, rest, sleep, sunshine, emotional poise or electrical disturbances.
- 2:           **Toxaemia.** The lack of energy has reduced elimination of waste and thus toxins begin to build up. The person is tired and feels sluggish.
- 3:           **Irritation.** Waste has reached irritant proportions. The body may initiate a resistance at this stage if there is some energy to do it with. Otherwise passive acceptance, stiffness, pains and deposits remind that all is not well.
- 4:           **Inflammation.** Irritation and toxaemia have reached threatening levels, so energy must be mustered from within to activate the inflammation process, which means more blood (redness), more white cells (pus discharge) and more lubrication and neutralisation (mucous). That is, the immune response is in full swing, and the body is actively resisting and processing.

Depending on where the inflammation occurs, it is usually labelled as an "itis", eg appendicitis, colitis, tonsillitis.

Unfortunately, at this point the process may be suppressed with drugs (more toxaemia), or the energy reserves may fail and the body changes out of desperation to an adaptation/toleration mode.

- 5: **Ulceration or necrosis.** There is even more tissue breakdown in whatever area of the body it begins. There is not enough energy or materials to repair with.
- 6: **Induration.** This is a hardening, thickening or toughening of tissue (eg arthritis). It is the body's desperate attempt to stop the extreme breakdown of cells. This is adaptation/toleration at its peak.
- 7: **Fungation.** The induration of tissue has reduced the oxygen to the tissues by reducing blood circulation. The resultant build up of waste causes this new stage. Organisms such as yeasts, fungi, bacteria and protozoa find the environment most favourable for feeding and production. They in turn create more toxins to the already overburdened system.
- 8: **Cancer.** The cells find themselves cut off from the oxygen they love, so in order to survive they must alter their function by becoming anaerobic, which leads to them becoming independent and cancerous. The immune system is too tired to deal with the situation, and the final take over of the body is beginning. And yet, this is still an intelligent process, designed to maintain life in a situation that is way from ideal.<sup>xiv, xv</sup>

**SOLUTION** As our bodies replace and replenish themselves completely, atom by atom every 18 months, we do have the ability to reverse the above changes. One of the first steps that needs to be taken is to restore the energy in Step 1, by a kinesiology balance or other means that addresses the WHOLE body. Our responsibility is to study the laws and apply the conditions of health. If we fail at that, all else fails.



## The Cloacals

The cloacals are an electrical system not known by conventional medicine. They are taught as one of the corrections in Applied Kinesiology.

One of the reasons why some types of alternative treatments do not work as well on some people as they do on others, or have lasting effects, is because the right treatment is not being done in the correct order of priorities. There are a few BASIC electrical systems which must be in balance if the body is to recover to full health. Unfortunately, it appears by simple observation that most people do not have all of these basic systems in place.

The most important system to have in place is the Cloacal System. The Cloacal System controls and regulates most if not all of the major fluctuating qualities and quantities in the body. When your Cloacals are not working you are like a 'leaf in the wind' and will be much more affected by different stresses.

The Cloacals seem to work by acting as a reference point for the Autonomic Nervous System, which has the main job of maintaining stability within your body. Therefore, with your Cloacals 'blown' , as we say, you will be continually out of balance and the body will not be able to completely heal itself.

In addition, you may be operating on, say 30% to 70%, of your normal body energy level.

**If the Cloacals are not working properly, a few of the things that will be affected are; body energy levels, bladder, bowels, reproductive organs, pregnancy, sexuality, hormone levels, body fat, metabolism, blood sugar levels, blood pressure, body temperature, speed of healing, immune efficiency, brain chemistry, learning abilities, coordination, emotional stability and allergic responses.**<sup>xiii</sup>

The good news is that it takes only a few minutes for a good Kinesiologist to put the Cloacal System back into balance. People typically notice an immediate improvement in their symptoms. In cases where people feel worse for a few days after having their Cloacals back in balance, it is a symptom of the body using the extra energy available to it to heal some major problems which until then the body has had the energy to attend to.

### **EXERCISE - NOT ALWAYS BENEFICIAL**

A balance of rest and exercise is necessary to keep a body in optimum health. In particular, the body needs to exercise so as to drain the lymph fluid of the waste products from all its cells. People who don't exercise are virtually drowning in their own waste products. This is because, while the blood vessels which go to the cells have muscle cells and valves to move fluid through them, the lymph vessels which carry fluid away from the cells do not. They rely on the movement of muscles around them, through exercise, massage etc., to move fluid.

However, one of the main electrical centring systems in the body is called "Gaits". Walking is a very complex process that uses many electrical pathways. If the gaits are out of balance, then the simple act of taking just one step forward will weaken the body, as it 'switches' all of the muscles off. This can be easily demonstrated by any good kinesiologist. Again, it is a simple correction to make.

Another point to bear in mind is that some people get fit, taut bodies through exercise while others do not. This is because the people who are making gains are probably in balance, with most of their muscles in balance and therefore in good communication with their brain. However, say a person has their abdominals 'switched off' through some type of stress. They can do sit-ups all day long, but because the brain has lost the electrical communication with those muscles, the exercise will make very little difference to their appearance.

## **STRUCTURAL CORRECTIONS**

**It is the muscles which hold up the skeleton, not the other way around.** Therefore, many structural problems are caused, not because the bones are doing anything, but because some of the muscles holding them up have gone weak - and so the muscles on the other side of the bone have pulled the bone over.

Therefore, if we want to make a permanent correction to a bone, we must locate which muscles went out of balance and rebalance them. Again, it would be preferable to find what type of stress caused the muscle to go weak in the first place, to prevent the problem from reoccurring.

## **ILEO-CAECAL VALVE**

I have found that many people's physical problems start with something out of balance in the digestive system, which is hardly surprising when you see what most people consider to be food. (Muscle testing shows that many of the foods that we consider basic to our daily diet have negative effects on the body).

There is a small valve between the large and small intestines called the ileo-caecal valve, which is operated by two small muscles. It is relatively easy to knock the ileo-caecal muscles out of balance, with the result that the valve will then stay either open or closed. If it stays open, rotten material from the large intestine will flood back up into the small intestine and mix with fresh food coming in. If it stays closed, food will stay too long in the small intestine and start rotting, so that again toxins will flood back up through the body.

**In either case just some of the 'symptoms' that the body may show are bad skin, bloated stomach, tiredness, sore back, headaches and in extreme cases, bowel cancer.<sup>xvi</sup>**

## DYSLEXIA

Most people think that dyslexia is poor right-left brain integration. Kinesiologists have a totally different approach to dyslexia, using information which has been available and self-evident since Guyton's 'Physiology of the Human Body and Speech and Brain Mechanisms' (by Wilder Penfield/Lamar Roberts) in 1959. To quote from "One Brain" by Gordon Stokes and Daniel Whiteside:

"Why the medical establishment and the Wholistic movement haven't put the obvious 2 + 2 together escapes us entirely, because the answer to the problem of dyslexia appears so simple once a person understands the basic functions of the brain itself."

In almost every instance, "learning dysfunctions" (which almost all of us have to some degree) result from emotional stress at the time of learning, a stress so intense that the individual programs in a blind spot to a given learning skill due to fear, fear of pain or pain itself.

Dyslexia results from a denial that learning is possible in a specific area. This denial comes from a conscious choice made in a moment of intense emotional stress. It is a simple neurological function caused by a mis-communication between the fore and backbrain. In order to correct the dyslexia, it is necessary to defuse the emotional stress through a simple process that is taught by kinesiologists (and described earlier in this article).<sup>xvii</sup>

## HISTORY

The kind of kinesiology used in these sessions is called Wholistic Kinesiology. Wholistic Kinesiology incorporates much of the best of Touch for Health, Applied Kinesiology and Educational Kinesiology, as well as newly developed discoveries and corrections such as the Wernicke's Correction.

Two of the original developers of kinesiology were Dr John Thie DC and Dr Goodheart. Touch For Health was developed principally by John Thie to make Kinesiology easily taught to the general public so that **everyone** can learn about their own bodies, and be responsible for the health of themselves and their families, without having to rely on outside "professionals" or "experts."

The purpose (of Touch for Health) is to give to the general public some of the safe, simple, easy-to-use techniques which have been developed in the last 30 years in chiropractic, together with modern practice of ancient disciplines and knowledge in Oriental health management. These tools will enable people to be more creative with their own lives. They can be used without certification, and their existence does not require or impose any obligation to use them. The methods are so simple and so rewarding to use that we believe nearly everyone will want to use or be helped with these techniques when they seem appropriate."

## **Appendix IX: Biography of Stephanie Relfe**

Stephanie Relfe graduated from Sydney University with a Bachelor of Science degree, majoring in Histology (the study of cells) and Zoology. After that her REAL education began. Over the next twenty odd years her learning included:

- Insight I seminar.
- Alpha mind control seminar with Paul Blackburn.
- Excelerated Learning Institute (ELI) seminars and training, including “Money & You” approximately 30 times (training to be an instructor). The Head of ELI was Robert Kiyosaki.
- The work of Buckminster Fuller.
- Hundreds of hours of Clearing with a number of Clearing Practitioners.
- Studying Clearing with Allen Wright and the Excalibur Program.
- ‘Ethics Handling’ with Mary-Jo Thomas – A series of processes which remove counter intention. After completing this, Stephanie’s life improved remarkably.
- Different branches of Kinesiology with David Bridgman, including
  - Touch for Health
  - Specialized Kinesiology
  - Professional Kinesiology Practition.
- The teachings of Jesus Christ and Sathya Sai Baba.

She developed her own style of healing through Kinesiology called Wholistic Kinesiology, which she practises on a professional basis. In 1997 Stephanie married and moved to the USA. She now lives in Australia. She has authored a number of articles in various magazines, and appeared on television shows, demonstrating muscle testing and kinesiology.

**Appendix X: To Learn More About Clearing & Kinesiology**

And for information on  
Seminars and Videos  
Please email us

**[www.TheMarsRecords.com](http://www.TheMarsRecords.com)**  
**[www.MetaTech.org/](http://www.MetaTech.org/)**

## **(Additional Resources)**

(See also Bibliography & References)

### **DELIVERANCE**

#### **War on the Saints [UNABRIDGED]**

*Jessie Penn-Lewis, Evan Roberts*

<http://www.amazon.com/exec/obidos/ASIN/0913926043/healthwealthppi>

#### **Spiritual Warfare**

*Jessie Penn-Lewis*

<http://www.amazon.com/exec/obidos/ASIN/0875089623/healthwealthppi>

#### **Pigs in the Parlor**

*Frank Hammond, Ida Mae Hammond*

Paperback

<http://www.amazon.com/exec/obidos/ASIN/0892280271/healthwealthppi>

#### **The Breaking of Curses**

*Frank Hammond*

<http://www.amazon.com/exec/obidos/ASIN/089228109X/healthwealthppi>

#### **Demons & Deliverance**

*Frank Hammond*

<http://www.amazon.com/exec/obidos/ASIN/0892280018/healthwealthppi>

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*Val Valerian*

Available from <http://www.trufax.org/>

### **Eagle Net. Webpage by Branton.**

<http://www.eagle-net.org/>

### **The Language of Miracles**

*Lawrence West & Jane Taylor-West*

Reproduced for the benefit of the Free Zone by the New Bridge Supply Company

### **Montauk Revisited**

*Preston Nichols & Peter Moon*

<http://www.amazon.com/exec/obidos/ASIN/0963188917/healthappi>

### **Pyramids of Montauk**

*Preston Nichols & Peter Moon*

<http://www.amazon.com/exec/obidos/ASIN/0963188925/healthappi>

### **Dr Al Bielek**

Various Videos available from:

Dr Al Bielek

PO Box 1672

Smyrna GA 30081

770 944 8119

*or*

Preparedness Expo

PO box 758

Midvale UT 84047

### **Phil Schneider**

Various Videos available from:

Dr Al Bielek  
PO Box 1672  
Smyrna GA 30081  
*or*  
Preparedness Expo  
PO box 758  
Midvale UT 84047

**The Holographic Universe**

*Michael Talbot*

<http://www.amazon.com/exec/obidos/ASIN/0060922583/healthwealthppi>

**TranceFormation of America**

*Kathy O'Brien*

<http://www.amazon.com/exec/obidos/ASIN/0966016548/healthwealthppi>

[www.trance-formation.com/](http://www.trance-formation.com/)

**Thanks for the Memories**

*Brice Taylor*

Available from:

Brice Taylor Trust

PO Box 655

Landrum SC 29356

**The Philadelphia Experiment**

Movie starring Michael Pare.



**The Philadelphia Experiment Part 1**

Lecture by Al Bielek

<http://www.amazon.com/exec/obidos/ASIN/6304349343/healthwealthppi>

**The Philadelphia Experiment Part 2**

Lecture by Al Bielek

<http://www.amazon.com/exec/obidos/ASIN/6304349351/healthwealthppi>

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