

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 or 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. 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 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

www.PerfectHealthSystem.com

www.PerfectHealthDVD.com

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.

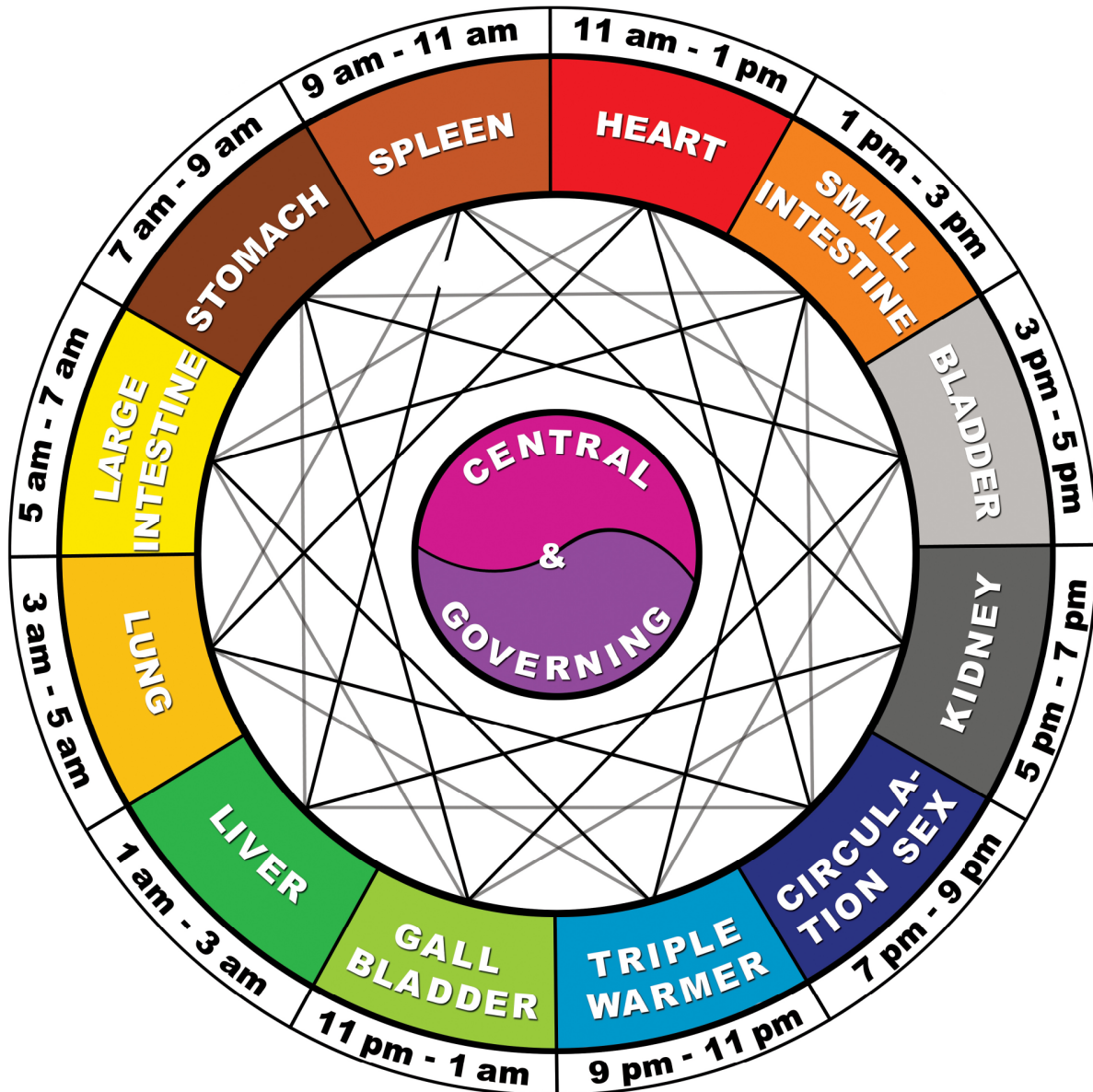
FOURTEEN MUSCLE BALANCE

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

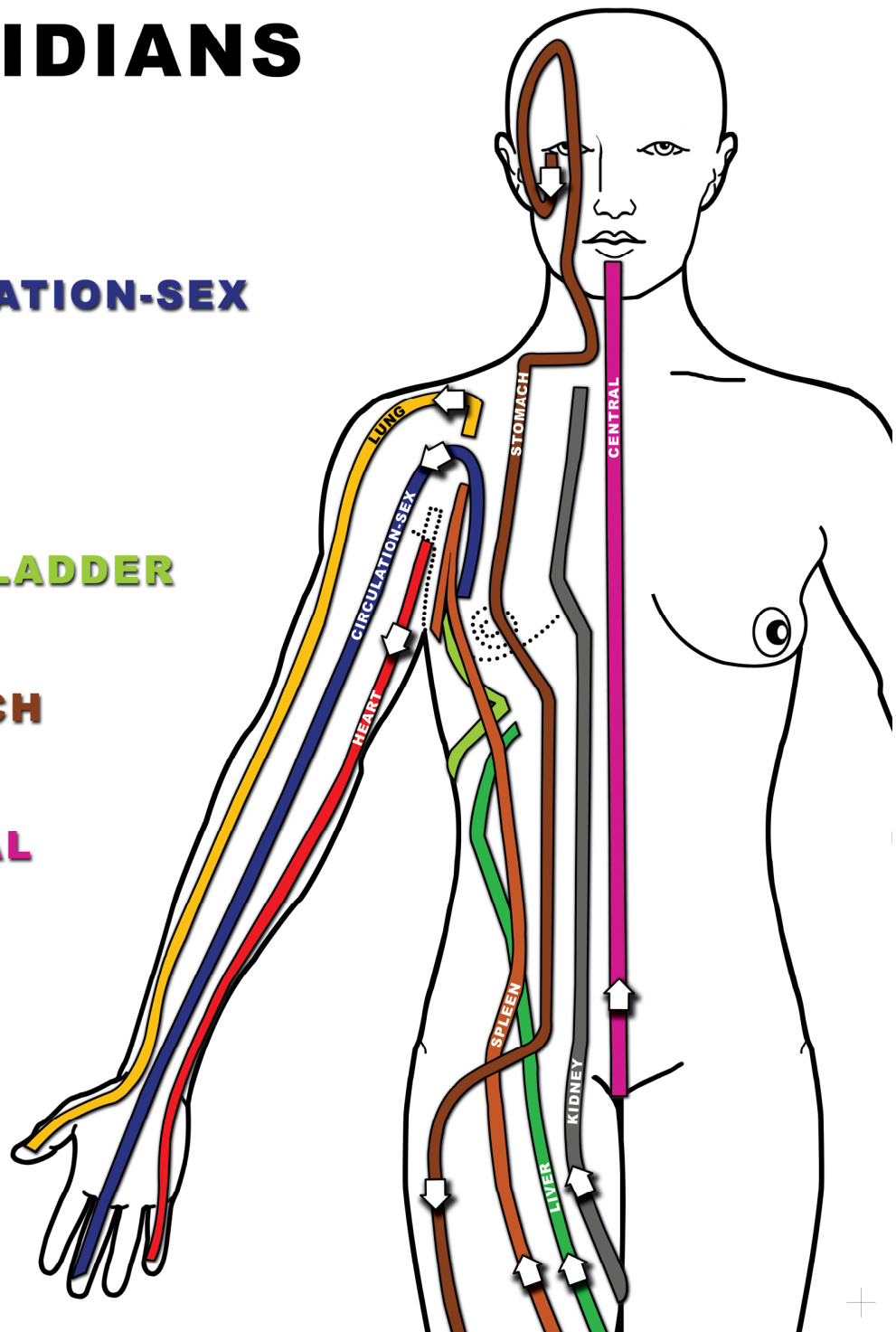
STOMACH

CENTRAL

SPLEEN

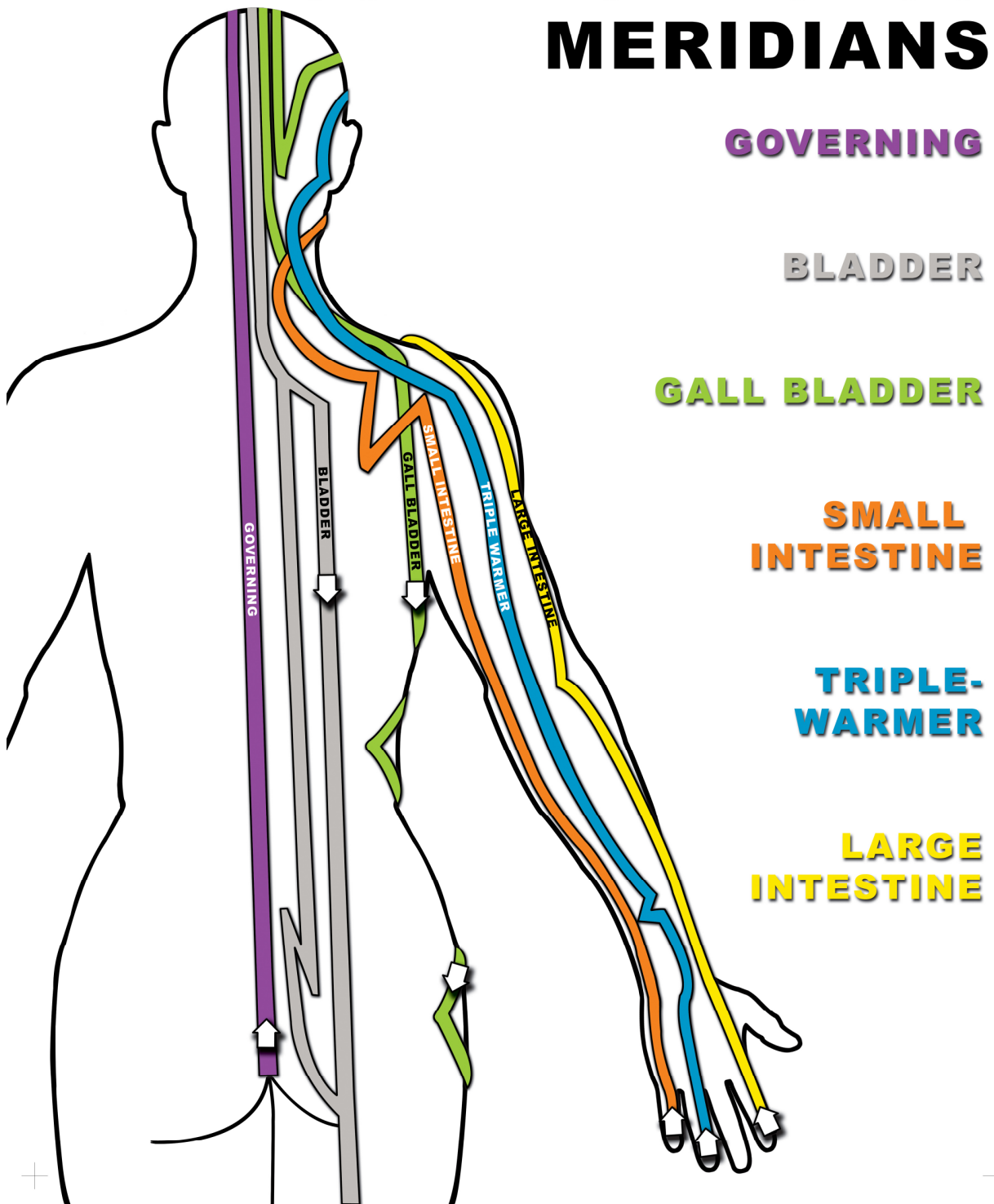
KIDNEY

LIVER



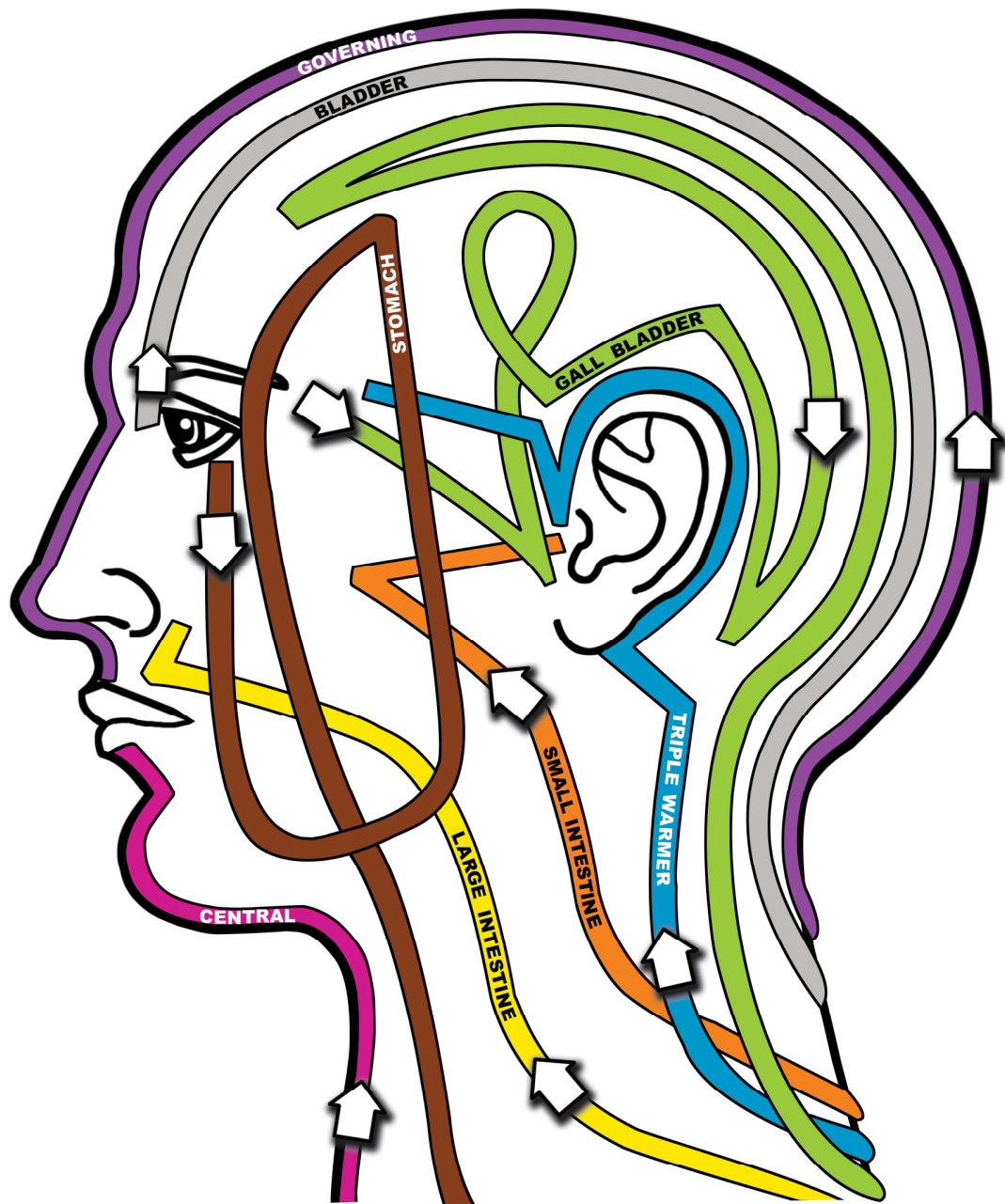
*The Anterior Torso Meridians, from
"Perfect Health with Kinesiology and Muscle Testing"*

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 and www.PerfectHealthDVD.com as well as 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.

PERFECT HEALTH WITH KINESIOLOGY & MUSCLE TESTING

with Stephanie Relfe B.Sc.

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ABOUT YOUR INSTRUCTOR

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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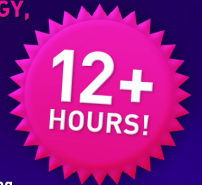
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- The incredible "Ileocecal Valve" correction of the intestinal system
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How Your Metaphysical Abilities are Being Suppressed

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)

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 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 weblinks 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 changing the quantum matrix 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 kinesiology, including removing wernicke's commands.</p> <p>WARNING: Check first for implanted death thoughts.</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 this article 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 huge dangers 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 The Breastfeeding Book and learn why you should breast feed to AT LEAST 3 years old. Children do not get their full immune system till six years old.</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 DVD kinesiology training series.</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 unhealthy food.</p> <p>Get muscle tested with kinesiology 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 think which has its usefulness. However, it does not teach us to know, 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 “55 Serious Reasons why You Should Homeschool”</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"> • <i>"God is a Spirit"</i> John 4:24. • <i>"Behold, the kingdom of God is within you."</i> Luke 17:21

	<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 water birth, 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 Magical Child (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 native metaphysical abilities.</p>	<p>If you have drug addictions, Ibogaine, 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 technological and spiritual encryption 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>Muscle testing 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 four to seven years old. 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 (The Baby Book) 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 excitotoxins.</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 shrink brain cells.</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 similar to poisoning. 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 listed here.</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 & 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 telepathy course.</p>

<p>Anger</p>	<p>The reptilians in particular will focus on increasing your rage and anger, because your metaphysical abilities definitely go down with rage and anger.</p>	<p>Would you rather be right or would you rather have peace?</p> <p>Focus on forgiveness.</p> <p>Focus on feeling love radiate in your heart.</p>
<p>Toxins Deliberately Added to the Food Supply</p>	<p>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.</p>	<p>This is a very big subject which cannot be handled in one article. I spent 2 years writing “You’re not Fat, You’re Toxic” 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.</p>

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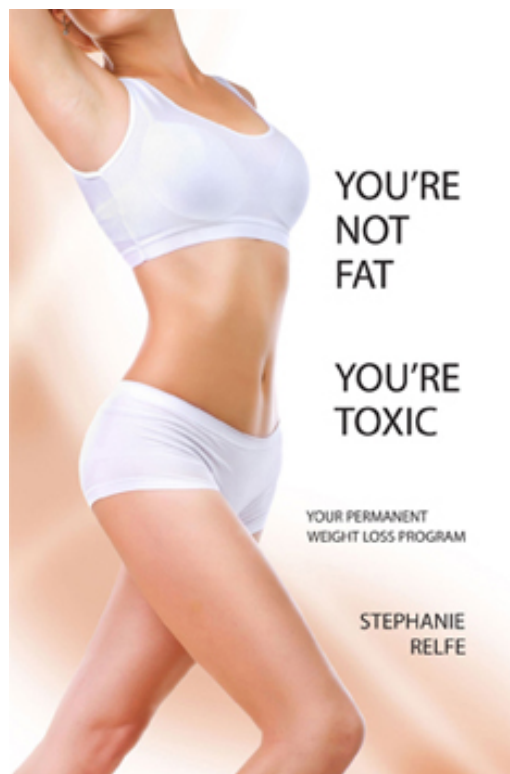
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**TOP
SECRET**

***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 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, www.SynergisticKinesology.com, and www.PerfectHealthSystem.com. She is also the webmaster of Health, Wealth & Happiness at 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 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

BOOK 2

**Continuing the Biofeedback Meter Sessions
Where a Man Regained Hidden Memories
Of Working on Mars
and of Abductions by
Greys, Reptilians and the Military**

With Meter Readings

Edition 1.5

by Stephanie Relfe B.Sc. (Sydney)

First Published April 20 2002

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Other copies of this book are available for free by downloading at

www.TheMarsRecords.com

TABLE OF CONTENTS

Preface by Stephanie Relfe	1
Summary by Michael Relfe	8
Definitions of Healing Therapies Used	10
Clearing	12
A) The Clearing Biofeedback Meter.....	12
B) Acknowledgements.....	13
C) The client is fully conscious throughout the session.....	14
More on the Biofeedback Meter	15
The Mind	18
The File Clerk	19
To “As is”: How Negative Thoughts and Emotions are Cleared .	20
The Language of the Clearing Biofeedback Meter	21
Tone Arm (TA)	21
READS: Short Falls, Falls and Long Falls	23
Floating Needle	24
‘Yes’ and ‘No’	25
Rock Slam.....	26
Underlined v. not underlined words	27
Other Abbreviations.....	27
A summary of symbols used	28
Metabolism	29
Drugs	29
Repeating Technique	30
The Clearing Practitioner's Code of Ethics	31
Kinesiology	32
Emotional Stress Release	34
'The Wernicke's Correction'	35
Organisation of The Mars Records: Sessions & Chapters	38
Session 58: Wernicke's Commands X: Memory Recall	39
Session 59: ‘Abduction’ of March 25	42
Session 60: ‘Abduction’ 23rd April & Wernicke's Commands	46
Session 61: More Wernicke's: Memory Recall	47
Session 62: Mechanical Memory Blocking Device	48
Chapter 63: A Breast Lump & Radionics	52

Session 64:	Secret Testing at Armed Forces Enlisted Station..	54
Session 65:	Implanted at Boot Camp.....	61
Session 66:	Poison Hand.....	66
	Weird Phone Noises.....	67
Chapter 67:	A Bad Reptilian	68
Session 68:	Reptilian Interference	70
Session 69:	Missing Piece of Toenail & Alien Drugs.....	71
Session 70:	Demonic Attack.....	77
Session 71:	A Visit to Pine Gap.....	78
Session 72:	Assassinations from Mars	81
Session 73:	'They' watch the E-groups	87
Session 74:	More Wernicke's Commands.....	88
Session 75:	Drugs in the Etheric Body.....	89
Session 76:	A Special Project	94
Chapter 77:	Weird things happen to Computer	98
Session 78:	Break Soul Ties.....	99
Session 79:	Terminations #4 through #10.....	100
Session 80:	Balancing the Etheric Body with Kinesiology.....	105
Session 81:	Reptilian Wernicke's Commands in Etheric Body	106
Session 82:	More Wernicke's Comands	107
Session 83:	Attacks on the Etheric Body	108
Session 84:	Another Abduction	109
Session 85:	Brain Surgery.....	110
Session 86:	Termination No. 11	117
Session 87:	Vanishing Scars.....	118
Session 88:	More Wernicke's Commands.....	119
Session 89:	Testosterone Levels: Medical Results	120
	Michael's Testosterone Levels Before Kinesiology	122
	Michael's Testosterone & DHEA Levels After Kinesiology.....	125
Session 90:	Multiple Layers of Wernicke's Commands	127
Session 91:	Radionic Drugs	131
Session 92:	Alien Abduction	134
Session 93:	Alien Abduction continued	135
Session 94:	Cutting into third eye.....	138
Session 95:	Erasure	142
Session 96:	Praying Against Hypnotism	143

Session 97:	High Temperature	144
Session 98:	Inoculation.....	147
Session 99:	Radionic Attack.....	151
Session 100:	YOU can stop Abductions!.....	152
Session 101:	Female Reptilians are Mean!	154
Session 102:	Operation at 12 Years Old to Increase Abilities..	155
Session 103:	An Attack from Reptilians	159
Session 104:	Black Light Markings from Abduction.....	160
Session 105:	Abduction of April 21 2001	162
Session 106:	Wernicke's Commands from April 21 Abduction	163
Session 107:	Invasion Earth	165
Session 108:	Not relevant to this book	172
Session 109:	Hired Occultists.....	172
Appendix I:	Interview by www.surfingtheapocalypse.com	173
Appendix II:	Interview by Eve Lorgen www.alienlovebite.com	189
Appendix III:	YOU can Stop Alien & Military Abduction!	202
Appendix IV:	Defeating Electronic Witchcraft	220
Appendix V:	Defeating Holographic Attack	223
Appendix VI:	Destroying a Coven.....	226
FURTHER INFORMATION		237
REFERENCES		238

Preface by Stephanie Relfe

This is book Two of the Mars Records. *If you have not yet read Book One, please stop reading now and go and download Book One and read it, because Book Two will make little sense unless you have read Book One first.*

The Mars Records, Book One was published on the internet on 2nd April 2000. This was between Sessions 59 and 60. Book Two was published on April 20 2002.

Since publishing Book One we have been amazed and touched by the many people who have communicated with us to show their support. Some support us by believing that what we have said is true, others have supported us by communicating some kind of experience to do with people being on Mars.

For example, one lady told me how she once astral travelled to Mars and came across an area of EXTREME sadness. It was all the old scientists who had left earth, and were no longer allowed to return home. Another man told me how he had a number of clearing clients who came up in session with telepathic links to people on Mars.

Yet others have supported us by coming back to us with stories of personal experience that in one way or another contribute to the veracity of what we said happened to Michael.

A chapter describing The Mars Records and a chapter describing the kinesiology techniques for the Wernicke's correction (with pictures) were published in a brilliant new book in March 2002. The book is titled "The Universal Seduction". It is a world first in that it is about alternative science / paranormal phenomena / government black projects etc. and the author Angelica Tapestra is not one person, but a large group of authors, researchers, experiencers and scientists. This book is HIGHLY recommended. See www.theuniversalseduction.com

Possibly the most important event that happened during Book Two was that Michael found a way to stop being abducted. This is described in session 100. The abductions were happening regularly once a month before that. On the 15th October he did an action which stopped him from being abducted for the next six months. He was later abducted again, but continued to refine and improve his methods and as of today he is winning this battle. His methods are described in the appendices.

Michael's methods to stop abductions use prayer and precise wording of what you are praying for. It makes sense that this can stop their technology. If you read the Montauk books by Peter Moon you will learn that the original technology used to change space/time was a chair which HAD to have a psychic in it. Later they learned to do without the psychic – but the space/time technology REQUIRED the initial input from a psychic. Therefore, the human element cannot be underestimated. If you add faith, God and understanding of how their technology works, then you have a force to be reckoned with.

If you do not have time to read this book immediately, please have a look at Session 89: Testosterone Levels – Medical Results. This chapter is truly amazing.

There have been certain repercussions to us for publishing the Mars Records, which will be described in this book. However, I will mention here one odd thing that happened to us. A month after publishing the Mars Records we moved house within Australia. All of our things then arrived in one large container from America. Everything was checked off and all boxes were present and accounted for. I distinctly remember storing in one spare room where we had a number of boxes, the two boxes that contained the contents of Michael's filing cabinets. They were labelled "Michaels files". Michael also remembers seeing them. And besides, the paperwork that came with the moving company showed that we had received all our boxes, and everything had been in a container.

It wasn't until about four or five weeks later, when we had unpacked everything, that I realised that Michael's two boxes were nowhere to be seen. You couldn't miss them, they were standard boxes from Penske, 16" x 14" x 13" high. They have never appeared – and there is nowhere they can be. We can only surmise that at some time after moving we had visitors. I suppose they were interested in them because the boxes were marked "Michaels files". In fact, there was nothing of value or interest in these boxes, they were mostly catalogues from camping companies etc. Maybe they were removed as a warning to us. As far as we could determine, nothing else was removed. It was most strange.

I believe we had another visit later from someone when we were living in Norfolk Virginia. This book would have been published several months earlier if it was not for this visit. I had finished the first draft of the book, printed it out and had just finished proof reading it in red pen. The last I remember, that copy was sitting on our coffee table. As you can see, this book is about ¾" thick. It's not easy to misplace. We were living in a tidy two-bedroom apartment. That copy never showed up, even when we packed up and moved to Arizona.

Since the beginning of this project I have learned much about mind control which, like most people, I was previously unaware. The saddest and perhaps most crucial piece of information that I have learned came from the books of Fritz Springmeier. He claims that many of the people who are involved with mind control and / or most of the people who are in political power are themselves the victims of mind control, which has often been done to them by members of their own family!!!! For example, the father will deliberately rape his children to create a multiple personality which can be programmed to do whatever the father wants.

This explains one problem that many people have with conspiracies: These people argue that no one can keep a secret, and that therefore if there was a conspiracy of a relatively few ruling families working to take control of our lives and minds, we would all know about it. This works for conscious people with free-will. However, if what Springmeier says is true, then the system of mind control that is in existence offers one explanation as to how these people manage to keep their secrets.

While we do not believe that this is true in all cases, since sexual abuse was never part of Michael's life, we feel that this is an important piece of the puzzle.

It seems to me that breaking this system of mind control is one of the keys for us all getting our freedom back, and creating heaven on earth.

We suggest that possibly the best way to break this system is through prayer, if you feel guided to do so. The effectiveness of your prayers can be increased if you know exactly what it is you are praying for. You could pray for an end to mind control, or you could pick on one particular person to pray for. After all, if these people are all subject to mind-control, they are unlikely to be praying for themselves.

If you want an example of how the power of prayer can turn someone from the dark side back to goodness, check out the history of Bill Schnoebelen (www.withoneaccord.org) who was a satanic priest and high level mason, among other things, and going steadily downhill when his monthly tithe check to the Church of Satan came back to him from the bank with a note on the back written in a delicate, feminine saying "I'll be praying for you in Jesus' name". Within a week, his world turned upside down. He was so impressed that simple prayers could undo years of occult work that he eventually gave up the path he was on and sought out a better one which eventually ended in him becoming a Christian. He now gives talks which expose many of the dark secrets that have been kept hidden from us.

For example, he explains how many Masonic court judges are sworn to defend other masons who are at a certain level, even in cases of murder or treason. See his video "The Light Behind Masonry".

A highly important piece of the puzzle was answered for me when I read a brilliant new book "Secret, Don't Tell: The Encyclopaedia of Hypnotism" by Carla Emery. The author maintains that for 10% of the population, the ONLY method needed for total mind control is hypnotism. No physical abuse is necessary.

Like most people, I thought that hypnotism was not all that important, because people cannot be made to do things that they would not do if they were conscious. This is far from the truth. Carla Emery gives many examples, including some from court proceedings, which show that hypnotism CAN make people do incredibly immoral and unethical things, including prostituting themselves, robbing banks, giving away all their money to the hypnotist, and even murder!!!

This is done by secretly putting a person into a trance, and then making them forget that they were ever hypnotized. After that, it is easier for the hypnotist to put them into a trance a second time, and each time they are put under they become more and more susceptible to the commands from the hypnotist.

Perhaps the most amazing fact I learned from this book is that the more intelligent you are, the HIGHER is the likelihood that you can be hypnotized!!!!

The Mars Records Book Two was published in mid April 2002. Previous to that it was generally Michael who was attacked. However, during the three or so months before this book was published, I too started to receive unwanted attention. I believe that one or more people decided to add me to the list of people who have died from heart attack caused by advanced technology being directed at them. However, these attacks have been averted so far through the help of a crystal device invented by Don Croft, and by the help of God and prayers from Michael.

I first 'met' Don Croft on the internet around the beginning of 2001. My husband, Michael, and I had put a note on the website saying that [Al Bielek](#) was in need of help as he was being thrown out of his home. Because of that note Don sent a note to Al through us advising of a friend who had some help to offer.

As I got to know Don through his emails, I began to learn of his new orgone-generating cloudbuster which was an improvement on Reich's cloudbuster and able to disperse chemtrails. Through a group effort, around September 2001 an article was written telling how to build a cloudbuster and smaller orgone generators called HHGs. The article was placed on my site www.metatech.org. After that I started an egroup for people who had cloudbusters to network with each other. See <http://groups.yahoo.com/group/cloudbusters>

Because of our involvement in his work, Don very kindly sent us for protection a crystal orgone generating device that is now called a “Succor¹ Punch” We were very impressed when it arrived. We felt that it must really do something.

At that time we believed that Michael had been abducted from our car in a public carpark. After that we would scan the sky for ships, and we would both sense that they were in the same area. We would then use the Croft crystal device to send the ships energy and we both sensed that the ships left very quickly.

However, I didn't fully appreciate the power of this device until March 2002. We had tried leaving it turned on while we were asleep, and did not feel refreshed as we should have in the morning. We also didn't feel that this was the result of a healing crisis. Figuring that nature's energies are the best for our bodies, we began to forget about the crystal device. However, I must note that others have reported that the Croft crystal device ('Succor Punch') has given them energy and they have found it to be very beneficial, even when they slept.

In any case, that was until I came under what we believe was radionic attack.

I had been attacked by radionics once before, about two years ago in Australia, around June 2000, a couple of months after releasing The Mars Records Book One. I suddenly felt a pain in my left breast. When I felt there, there was a lump the size of duck egg. Michael laid hands on it and prayed in Jesus name to heal it. He went through a great range of possible causes. When he said “radionics” I started to cough deeply, belch loudly, yawn and have water coming out my eyes and nose. When he was done, the lump was half the size. By next morning it was gone. Using muscle testing I verified that the lump wasn't cancerous, but it was meant to turn cancerous.

Around January 2002 I started working on a new project. Also, it was around this time that Book Two was stolen from our apartment – I wish I had written the date down now. I started to feel radionic attacks again. I suddenly felt a hot, burning pain in my left chest, just below the left breast towards the midline. Again Michael prayed to stop what was causing it. Again when he got to the word “radionics” I reacted with the same deep coughing, belching, yawning, tearing eyes and watery nose. Once he was finished, the pain was gone. However, this time the pain kept returning almost daily. Muscle testing confirmed that the attacks were by radionics.

¹ Succor:: A person or thing that brings relief, helps in times of distress

After about two weeks of this I was getting pretty fed up and even a touch concerned. One day when the pain returned I remembered Don's Succor Punch. We turned it on. Within a few minutes the pain was gone. Wonderful!

This happened many times over the following weeks. In the week previous to when I wrote this article we drove across America. I was in a different vehicle to Michael. On three occasions I felt the sharp, hot burning pain appear. I turned on the Succor Punch on and the pain went away, almost instantly.

At one time I even used the energy of the Succor Punch to send the energy back to the sender, plus the people above him, to be used to open their hearts so that they can feel the pain that they have caused directly and indirectly to people and animals and the earth.

One time was particularly remarkable. I was driving along with the crystal device on the seat beside me. The pain suddenly appeared. I thought "Oh no, the crystal device isn't working any more!" but when I checked it I found that the alligator clips had become separated from the crystal as a result of me rummaging around my belongings on the seat. As soon as I reconnected it, the pain disappeared. This happened on one other occasion.

I felt that the bad guys were increasing the strength of whatever they were sending. One day just as we pulled out of a gas station, I suddenly felt an ENORMOUS amount of heat and pain in the center of my sternum. The pain felt like a ring of fire about the shape and size of the outside of a bread plate. I knew that this time it was pretty serious. I turned on the Succor Punch and within a minute or two, the pain had receded.

I once read an article in a UFO magazine that listed the number of people involved in UFO research who had died from murder, suicide and from cancer and heart attack. The list was incredibly long!!! We have always believed that many of these people were killed radionically. Of recent deaths, we believe that Dean Stonier, who died by heart attack shortly after hosting a Global Sciences Congress in Denver, was killed by radionics.

We also believe that Stanley Kubrick, who died shortly after the release of his movie "Eyes wide shut" was also killed by radionics. We believe that his movie "2001 a space odyssey" indicated that he was in alignment with the secret powers that be. However, people change. He didn't produce a movie for twenty years before he produced "Eyes wide shut". This movie was kept in super secrecy until it came out. Even reviewers did not see it until the day it was released. Most people did not know what to make of it. They didn't recognize it for what we believe it was, namely a documentary,

of the kind of religious rituals that the powers that be are involved in. In the movie Tom Cruise is told towards the end something like "If you knew who those people were, you wouldn't sleep at night". We believe that Kubrick towards the end turned towards the good side, and wanted to get information out to the people. We believe that Kubrick was killed radionically by people who he was once aligned with.

Some time after the initial attacks I got attacked again. Michael used muscle testing, as we had many times previously, to confirm that the pain was in fact caused by radionic attack. He then used prayer instead of the crystal device to get rid of the attack. I did the usual deep coughing, belching etc. while Michael was doing this. When Michael got to praying in Jesus' name against "death signal attack" I reacted very violently. We then turned on the Succor Punch to prevent the attack from coming back again. I had to sleep for several hours after that, as I had virtually no energy left.

Since that time until today (April 17 2002) the attacks have returned to me almost daily, and sometimes twice a day or night. Unfortunately, we believe they started to change their technology as the Succor Punch was not always effective after the first few weeks. We believe the Succor Punch works more on the physical and that there are spiritual aspects to these attacks that only praying will work against.

The prayers Michael used to protect us available from www.MetaTech.org.

Summary by Michael Relfe

I survived a military abduction and all I got was this stupid T-shirt

That's how I feel sometimes. I don't like being a lab rat. I didn't like it in 2000 and I don't like it in 2002. I don't care that it includes the best "health insurance" on the planet. I don't like the secrecy. I don't like being watched and monitored and I really don't like being ignored and treated like a stud bull.

It has been two years since **The Mars Records** was released. In that time we have had many new experiences. The most positive one being that God gave me a way of preventing being taken. An explanation of the procedure is described in the appendix.

The results of publishing **The Mars Records** were to be expected. Silence from most of the so-called "UFO Community" (for notable exceptions to this, please see the interviews in the appendices) and swift retribution from the enemy. There are many hundreds of books published concerning military/alien abduction however never had there been a book documenting the use of biofeedback clearing, Kinesiology and Christian deliverance in freeing someone from the effects of long term mind control resulting from a history of abduction. Several different groups in the shadow government did not appreciate this. Radionic attack, various types of psychic and remote viewing attack as well as witchcraft attack are used against us sometimes on a daily basis. Please see the appendices to discover how to deal with such problems.

The Mars Records was published as a help for people suffering the negative effects of mind control. It was meant to encourage victims to seek out effective treatment without the use of invasive hypnosis and to recruit healers and practitioners in helping those abductees and contactees that want help.

Several people have asked concerning how I feel about how I have been treated and what it is like to live such a life. In addition, we have had two offers to publish **The Mars Records** commercially as well as several offers to speak on radio and at conferences. I will answer the last question first. After some discussion with two publishing companies we felt that we did not want to "sell" the book to anyone. I made it clear at the beginning of the negotiation that a free PDF copy of **The Mars Records** must always be available on the internet for anyone to download. That didn't go over too well with the publishers. End of negotiation. Stephanie and I also decided that we didn't want to risk our lives entertaining people. Many people use

conspiracy and fringe science research as their entertainment and we didn't want to contribute to that end.

As for my personal feelings I don't really have any, at least bad ones that is. I want to reiterate that at no time during the documenting of these books have I ever said anything negative or treasonous against my country. Regardless of the way I have been treated by certain groups, I love my country and my planet and will stand with them against any enemy. However I believe that my planet has been invaded and that the enemy has compromised some key command structures. The abductions are real. The scars on my groin and the operations that caused them are real. The modifications made to my hormone levels are not my imagination. The radionic, psychic and witchcraft attacks are real. And so I conclude that I am in a battle and that I must myself resist these attacks and help others to do the same. I can only accomplish this with the help of God almighty and His son The Lord Jesus Christ.

I recognize that God Himself made me the way I am and put me in this situation for HIS benefit not mine. I thank Him daily that for every kind of attack that the enemy throws against Stephanie or myself, no matter how strong or complex. God ALWAYS shows us the answer to it and how to take it apart. Only He can do this EVERY time without fail.

Thank You for taking the time to download this book **The Mars Records: Book 2**. We believe that you will find it interesting and hope you will put the warfare prayers to use. We also hope you will be encouraged to learn Kinesiology and Biofeedback clearing and become a practitioner to help those that need it in your area.

And for those in the military remember, **Never Volunteer For Anything**

Sincerely,

Michael Relfe
05 April 2002

P.S. A note for you intelligence spooks that are reading this. We know that some of your attacks are illegal, unsanctioned and unknown to your superiors. You are only supposed to do what you are told. We hope these dates and documentation will enable your superiors to trace you and see what you are up to. They only have to monitor the session dates and watch you without interfering. I sincerely hope that it gets your asses in trouble.

Definitions of Healing Therapies Used

- **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. For more information please see the information, books and audio tapes available at www.hbcdelivers.org
- **Clearing** : A technology for finding truth¹ 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.

We 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 reading these records, please take special note of the format of the sessions as well as the explanations of the technologies. With “The Mars Records” (www.themarsrecords.com) these records are unique in the field of alternative science (UFO, Paranormal Research, New World Order Expose, Government Coverup, etc) in that they contain 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.

Clearing

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

A) The Clearing Biofeedback Meter

The Clearing Biofeedback Meter is a simple Wheatstone Bridge² 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 charge³, 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.

² 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).

³ 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 these records, acknowledgements are not recorded. One merely assumes that an acknowledgement was made for every answer from Pat, or for anytime that Pat did as I told her to do.

C) The client is fully conscious throughout the session

There is no hypnosis^v, or induced trances involved. A client is free to leave the session whenever she wishes. The success of the session depends on her full conscious support.

A major difference between clearing and hypnosis is that in clearing you are (painfully) aware of time going by - hence fully conscious. In hypnosis, people have no idea how much time has gone by, therefore not fully conscious.

Personality change and improvement are not simply brought about by the practitioner acknowledging the client, but also by the CLIENT acknowledging whatever it was that she found in the depth of her 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 ordinary tin cans which the client holds in her hands. 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**.^v

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 reality⁴. 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 truthⁱ 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".

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.

⁴ 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.

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.^{vi, ii}

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".^{vii} 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 comingⁱⁱ. 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 ‘picture⁵’. 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.^{ii, iii}

⁵Mental 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:

Tone Arm (TA)	Ohms (resistance)
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 pictures⁶ 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.^{iv,vi}

⁶ 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'.^v 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.^v

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".^v

'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.¹ 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).^v

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.^{vi}

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 sometimes 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 ^v
↓	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)

NOTE ON METER SENSITIVITY

Unless otherwise stated, the meter sensitivity was set at eight (8)

NOTE ON THE SESSIONS

Not every word is written here. Sometimes I wrote down just a few words to abbreviate what was going on. However, as much as possible, whenever what was said was reading or affecting TA or body movements, every word is recorded.

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.^v

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-is-ed at least part of the reason why they "didn't know" when repeating this statement.^{vii}

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.^{iv}

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 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 client⁷.
11. I agree to maintain ABSOLUTE CONFIDENTIALITY of the data revealed in the session.⁸

⁷ 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 married by now, and Book 1 proved that I could successfully work with Michael.

⁸ 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.

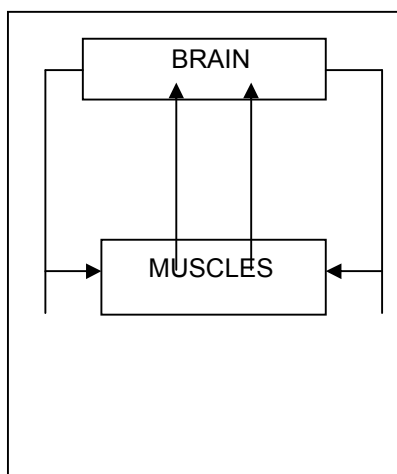
Kinesiology is a new technology which works directly on the body. It was developed by doctors, chiropractors and acupuncturists in the U.S.A. One of the most important people in this development was George Goodheart. They pooled their knowledge and added it to Chinese medicine to develop a technology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

Wholistic Kinesiology incorporates much of the best of different schools of kinesiology including Touch for Health^{ix}, Applied Kinesiology and Educational Kinesiology. It also includes new discoveries and newly developed corrections such as the Wernicke's Correction (described later in these 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,

Muscles (communicate with)	muscles
Muscles (communicate with)	organs
Organs (communicate with)	muscles
Organs (communicate with)	organs

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.

A kinesiologist can also "balance out" a negative substance. This is a correction which enables the brain to energetically correct harm done to the body by a harmful substance.

If you wish to learn kinesiology, please visit www.tfhka.org and/or email stephanie@relfe.com for information on her training video.

Emotional Stress Release

If an imbalance is caused by a negative emotion, a 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 these notes 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.

'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".^x

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 can be put in our brain either unintentionally (as by our parents) or intentionally (as by the mind controllers).

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.

Full details on how to do the Wernicke's correction are given in Appendix VII.

This information on The Wernicke's Correction has now been published as a chapter in a brilliant new book "The Universal Seduction" written by many authors who go under the collective name "Angelico Tapestra". See www.theuniversalseduction.com

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.

There is a break in the sequence of session numbers towards the end of the book. This was because I decided to include some later sessions – the ones where reptilians stole our baby. I felt that the missing sessions (110, 111 and 112) did not need to be included in this book.

Session 58: Wernicke’s Commands X: Memory Recall

26th March 2000

Summary: We both woke up feeling “like we’d been hit by a truck”. When I tested Michael, his cloacals were out of balance with eyes open, and with eyes shut. He was also ‘switched’ (to do with right and left brain integration and his stomach was out of balance (Pectoralis Major Clavicular muscles). I had to do Emotional Stress Release on the emotions “frustrated” (at being taken), “not-heard” (by the military) and “no-choice”.

An interesting point: We had looked at the scars on his groin yesterday, when they were red and obvious. On this day they were whiter and less obvious, but went HIGHER UP by about ½”. The energy of the right scar needed rebalancing. (Physical scars can create dams in the energy of the meridians).

When Michael tested me I was also switched and had my cloacals out of balance. The cause of this was shown to be electrical – from the machine that made me go to sleep.

<u>Start of Session</u>		4.6	
Metabolism 2.25”			
<u>Do you have an incident in restimulation?</u>	F		
Yes			
<u>Move to the beginning of the incident.</u> (He does so).	F		
<u>Move through the incident telling me about it as you go.</u>			
I’m not getting any images.	SF	4.9	
I’m getting tired.		5.0 5.1	
<u>Are their drugs blocking this session?</u>	SF		
(Answer not recorded but since I got a read on the question I stopped to balance out the drugs).			
Balanced out four drugs			
<u>Move to the beginning of the incident.</u>			
I’m at the start.	F	4.8	
<u>Move through the incident telling me about it as you go.</u>			
I’m not getting any images.			
Everything’s dark			

(I accidentally bump his foot, which causes a read).	F 4.9 5.0 5.1	
(sensitivity increased to 10)		
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	SF, SF	
<u>Continue repeating</u>	F 5.0	
(he keeps repeating this statement)	F,SF, SF,F 4.9 SF	Note all the reads. Something is going on here.
I feel kind of numb	F,F 5.0	
(communication lag)	5.1	
	F,SF 5.2	
I'm not getting any images	SF	
I'm still tired	SF	
(communication lag)	5.1	
	F,F 5.0	
I'm coming to the end of the incident	F,F 4.9 SF	
<u>Move to the beginning of the incident.</u> (He does so).	F	
<u>Move through the incident telling me about it as you go.</u>		
(communication lag)	4.8 5.0	
I'm starting to feel tired	5.1 5.2	
	F 5.1	
I'm starting to feel pain in the upper right side of my head	LF 5.2	Note the big read and onset of physical sensations.
	SF	
I'm very tired and I don't see any images		
	LF 5.1	
<u>Is there anything blocking you?</u>		
Yes. A memory block.	SF,SF	
Hypnosis		
<u>Is the best way to clear it the wernicke's correction, or something else?</u>		
Wernicke's	Tk	
We'll stop here and do the wernicke's correction	LF	

We then did the kinesiology Wernicke's Correction. Once again, there were ten negative commands to be removed from the right wernicke's area of the brain . These were done with EYES OPEN:

1. "Don't remember" (from the military)
2. "This isn't happening" (from the military)
3. "Forget this night"
4. "Forget about the military"
5. "Forget about aliens"
6. "Forget about this facility"
7. "You imagine this happened"
8. "You made this up"
9. "This is all a dream"
10. "We're not here"

We then ended the session, because by this state Michael was too exhausted to continue.

Session 59: 'Abduction' of March 25

9th April 2000

Please note that The Mars Records, Book 1, was published on the internet between this and the last session, on 2nd April 2000.

Michael had been harder to live with since he had been taken last time. We finally found the time to do a session. After that, he returned to his normal happy self.

Start of Session	5.1	
<u>Do you have an incident in restimulation?</u>		
Yes		
<u>Move to the beginning of the incident and tell me when you are there.</u> (He does so)		
<u>Is this the last time you were taken?</u>		
Do you mean March 25?	SF	
Yes		
Yes, it is	5.2	
(communication lag)		
I don't see any images	F 5.3	
	5.25	
	5.3	
I'm tired	5.4	
It's over	SF 5.0	
<u>Move to the beginning of the incident.</u> (He does so).	LF	
<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 5.1	
I wonder if there are drugs in the way ?		
<u>How many drugs are there?</u>		
Three	SF	
I balanced out three drugs with eyes closed.		
<u>Move to the beginning of the incident.</u> (He does so). <u>Move through the incident telling me about it as you go.</u>	5.4	
I don't see any images.	SF 5.5	
	Tk,F 5.4	

I'm starting to feel tired	5.5 SF 5.6 F,F	
<u>What's that?</u>		I refer here to the thought that caused the previous fall
I don't know		
<u>Repeat "I don't know"</u>		
I don't know, I don't know		
A round, red circle. It's the orange dot again	5.4	
<u>Tell me about the red circle</u>		
It's really faint. I can't see anything, but if I try to concentrate on it, it barely appears. (communication lag)	5.5 SF,SF,SF, F,F	Note the reads
I'm trying to focus and concentrate on this red dot.	F	
	4.9 F	
I don't know what I'm doing, but it's hurting me to do it.	F	
	LF 4.8	
Keep it up.	F 4.9	
I'm not seeing any images	F	
<u>Repeat "I'm not seeing any images"</u>		
I'm not seeing any images, I'm not seeing any images		
I keep looking at the red dot	LF	Note the read
It hurts to do it	LF	Note the read and onset of pain
	4.7 4.9 5.0 5.2 F,F 5.0 F	
I can't see anything	F 5.1	
<u>Repeat "I can't see anything"</u>		
I can't see anything, I can't see anything		
It's over	LF 4.8 LF 4.5	Note how TA comes once he gets to the end of the incident, giving him relief
My head feel's like it's throbbing	F/N	
<u>Move to the beginning of the incident.</u> (He does so).	LF 4.6	
<u>Move through the incident telling me about it as you go.</u>	4.8 5.0	
	F,LF	
I don't see any images. I'm starting to feel tired.		

	5.1 5.2	
I don't see any images	F	
I'm starting to feel pressure in my nose and upper part of my forehead		
I still feel pressure in my nose	F	Note the read
<u>Tell me about that</u>		
It feels weird. It's in either nostril, way inside my sinuses.		
It goes into my forehead	5.3 F 5.1 F	
That red dot keeps coming and going. I try to focus on it, and it goes out. My head definitely feels weird when I do it.	5.3	
I still feel pressure between my eyes.	SF 5.5	
There are some blocks.		
It's over	F LF 5.0	
My mind is so tired. I feel like I took a 5 hour test.		
<u>Move to the beginning of the incident.</u> (He does so).	F 4.6	
<u>Move through the incident telling me about it as you go.</u>	4.8	
I'm starting to feel tired again		
I'm still not seeing any images		
<u>Is there anything blocking this session?</u>	X	
Yes	X	
<u>What's happening?</u>		
I'm trying to find the red dot	5.5	
<u>Locate what's blocking this session</u>	SF	
It's wernicke's commands		
What commands?		
Telepathic wernicke's commands	SF	Note the read
It's something new, in the form of words.		
<u>How many ?</u>		
Ten		

We then did the Wernicke's Correction. The wernicke's were the SAME as those done in the previous session, except that this time we had to do them EYES CLOSED:

1. "Don't remember" (from the military)
2. "This isn't happening" (from the military)
3. "Forget this night"
4. "Forget about the military"
5. "Forget about aliens"
6. "Forget about this facility"
7. "You imagine this happened"
8. "You made this up"
9. "This is all a dream"
10. "We're not here"

At the end Michael was too exhausted to continue. He felt as though his head had been pulled apart.

Session 60: 'Abduction' 23rd April & Wernicke's Commands

24th April 2000

Again, we both woke up feeling that we were taken last night. We were both super argumentative. I felt awful. Michael felt his scars were more prominent.

Michael balanced me, and again my cloacals were out of balance. Again the cause came up as electrical (from the machine that puts me to sleep). There was a difference however. This time I didn't feel totally drained like I had at other times. The kinesiology where we balanced out the effect of the machine on me was beginning to have a positive effect. The kinesiology was helping my body to recover from the machine.

Michael's cloacals were out of balance also. The cause came up as emotional. Again, the cause was Wernicke's commands. Again, they were the SAME TEN as last time! These were removed with EYES OPEN:

1. "Don't remember" (from the military)
2. "This isn't happening" (from the military)
3. "Forget this night"
4. "Forget about the military"
5. "Forget about aliens"
6. "Forget about this facility"
7. "You imagine this happened"
8. "You made this up"
9. "This is all a dream"
10. "We're not here"

He got rid of these more easily than last time.

We also balanced out four drugs.

He then said he had a pain at the top of his left groin scar. When I touched this, he tested weak. I rebalanced the energy around the scar, and he then tested strong when I touched his scar.

After all this, we both felt loving, pretty good and peaceful again, although a little tired.

Session 61: More Wernicke's: Memory Recall

3rd May 2000

I attempted here to start a session on the meter to look at the previous two 'abduction' incidents, but we couldn't do anything because there were more wernicke's commands in the way. Again, there were ten. All were from a military guy. This time they were different from the last several times:

1. "This never happened".
2. "You weren't here"
3. "You're dreaming.
4. "Forget us". (We tried "Forget about us" but that wasn't it).
5. "Go to sleep"
6. "This is a dream"
7. "It's just your imagination" (We tried "You're imagining this, but that wasn't it).
8. "This didn't happen"
9. "Memory blocks are on line" (This was after about ten attempts).
10. "Don't remember"

Session 62: Mechanical Memory Blocking Device

2nd May 2000

Summary: I was still trying to get access to what happened during the two 'abduction' incidences on the nights of 25th March and 23rd April.

Instead of finding out what happened, we came across another memory block. This time it was a new mechanical device in his head designed to stop recall. The device was deactivated.

Michael was cranky before the session, and no longer cranky after the session.

<u>Start of session</u>	5.5	
<u>Do you have an incident in restimulation?</u>		
Yes	5.6	Even though there are no reads, I accept Michael's answer and move on
<u>Move to the beginning of the incident.</u> (He does so). <u>Move through the incident telling me about it as you go.</u>	5.5	
I'm starting to feel tired. And relaxed. I don't see any images. <u>Repeat "I don't see any images"</u>		Note onset of tiredness
I don't see any images. I don't see any images.	5.8	
I feel a bit of pain above my left eye (Sensitivity increased from 8 to 12) (communication lag)		
I'm not feeling as tired.	Tk	
I think it's over.	5.5	
<u>Move to the beginning of the incident.</u> I'm at the beginning.	F	
<u>Move through the incident telling me about it as you go.</u>	SF 5.6 5.7	
I'm starting to feel tired again	5.8	
I'm not seeing any images	5.9	
<u>Repeat "I'm not seeing any images"</u>		
I'm not seeing any images. I'm not seeing any images	Tk,SF,F	
<u>Move to the beginning of the incident.</u> (He does so). <u>Move through the incident telling me about it as you go.</u>		

My head feels weird. I get it's to do with the electronic thing that puts you to sleep when they come. I get that it's the spillover, like a cloud coming over.	5.8	
(I get up to close the windows, as we can hear music coming in from the neighbours).		
<u>Move to the beginning of the incident.</u> (He does so). <u>Move through the incident telling me about it as you go.</u>	5.9	
I'm not seeing any images. I'm kind of tired.	F	Now we start to get some reads
(communication lag)		
I'm still not seeing any images	SF SF	
I think it's over	F 5.8	
<u>Move to the beginning of the incident.</u>		
I'm at the beginning	F 5.7	
<u>Move through the incident telling me about it as you go.</u>		
I'm starting to feel tired again.	SF 5.8	
<u>When is this incident?</u>		
I don't know		
Repeat "I don't know"		
I don't know. I don't know. I don't know. I don't know. I don't know	F,F 5.7 SF,SF,F	
<u>I repeat the question, when is this incident?</u>		
April	F	
<u>Move to the beginning 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	SF 5.7	
I get something's trying to block it.		
<u>What?</u>		
A telepath	Tk	
<u>Locate it.</u>		
It's a military guy in an installation		
<u>Is there something else blocking?</u>		
A demon. I need to pray		I ignore him and continue. I have told him that if he wants to pray, he does so with my permission, or after the session.
<u>Is there something else blocking?</u>	SF	The read indicates that there is something else
Yes		
There's something projected at the house.		
Something out hanging in a tree	SF	
<u>Is there something else blocking?</u>		

Yes	F	
<u>Locate it</u>		
It's something external	F	
<u>Locate it</u>	F	
Right there (he points to an indentation in his skull which he only just noticed yesterday).	F 5.5	
<u>Say 'hello' to it until it answers</u>		
It's mechanical	F	Note the read
<u>I repeat, say 'hello' to it until it answers</u>		I say this to Michael because there is a spirit in everything.
It smiles	F	
<u>Ask it, "What is your purpose?"</u>		
To do it's job		
To prevent memory recall	SF,F	Note the reads
<u>When was it installed?</u>		
The other night.		
26 th April		
(He got the realisation that he may have got taken again, a few days after the 'abduction' of 23 rd April. However, it did not read on 26 th April and he may in fact have been referring to the night of 23 rd April. I did not pursue this for further clarification).		
<u>Ask it, who built you?</u>		
The greys	SF	Note the read
and someone else	F	
Americans	F	
<u>Ask it, "How do you block my memories?"</u>		
	F 5.5	
It works on the meridians in the brain	F	Note the read. Meridians are pathways of energy, like rivers. They are described in Chinese medicine.
It creates a field to disrupt them. Lightning bolts coming out, all at the same time. Memory is not in one place, so it has to do it simultaneously all to one area.	F F	Note the reads
I get it's something new	LF	Note the read
<u>Ask it "How do you turn it off?"</u>		
It said that I can't, but I got another image of a metaphysical device. At the front it's mechanical. But at the end is a demon.		
I'll pray to break it off (he does so)	LF	Note the heaps of reads and blow downs
(I join in silently)	LF ↓5.0 F,SF,F 5.5	

	F,F,F 5.0	
I cut it off		
I asked Jesus to cut lines of communication and control. I asked angels to box it up. I commanded it in Jesus name to remove hooks and implants into my memory system. In Jesus name I commanded all programs, back up programs, contingency program and booby trap programs running to be shut down.	LF 4.8	
I feel better. I feel like something is a little lighter up.	4.7	
I feel good.	LF F/N VGI	Note floating needle and very good indicators

Chapter 63: A Breast Lump & Radionics

30th May 2000

We got the biggest reprisal we had had since publishing The Mars Records, Book 1. There had been a number of times when we felt a psychic backlash which caused us to feel very drained and 'down', but we were always able to handle this by prayer and other means.

However, on Tuesday 30 May I woke up in the morning and immediately felt a pain in my right breast. I was VERY surprised to find a large, hard lump about 1.5" wide, on the right hand side. Nothing like that had ever happened before. I am very healthy, and constantly work to improve my health with kinesiology, diet etc.

Muscle testing indicated it wasn't cancerous or a cyst - although I believe it would have developed that way if we hadn't dealt with it. Muscle testing showed it was related to people associated with the Mars Records.

Michael prayed for me (eg "In Jesus name I break every curse, spell and psychic prayer put upon Stephanie by any government group, MIB group, witches satanists or masonic group, NWO group, illuminati group, NRO group, NSA group, CIA group, military group, army group, navy group, air force group, marine corps group, Mars Defence Force Group, Mars Program group, reptilian group, draconian group, grey alien group, insect alien group. In the name of the lord Jesus Christ I break every soul tie, communication link, insertion point, communication line, surveillance line, hook, radionics attack, death signal hook and disease signal hook put upon Stephanie by (the names above).

Instantly pain appeared in my breast, especially when he mentioned radionics - which I suggested he add when I got an intuitive flash that it might be related to this and I did a lot of burping, belching and yawning which confirmed the spirits were related to radionics, and not cancerous at that time.

We also got a good reaction when he prayed away spirits of "breast infection" and "breast inflammation". Also, something was hooked into the breast itself which was associated with the Mars project and military.

After this, the pain went away. Incredibly, the lump was immediately 50% smaller. We continued to pray a few more times, and the lump was totally gone within about 40 hours.

Up until this time the attacks were mostly demonic in nature, with energy being drained, anger thrown in etc. The radionics thing was a new thing.

We believe that this may be the mechanism behind the MANY researchers (especially UFO researchers) dying of cancer and heart attack. I once read an article outlining how many UFO researchers had died, and it was an amazingly long list. I believe most UFO researchers do not believe in God, and so have little to protect themselves when attack comes their way.

This just goes to show that God's power is more powerful than anything the enemy has.

Session 64: Secret Testing at Armed Forces Enlisted Station

18th June 2000

Summary: First we had to end a telepathic link between Michael and a member of the NSA who was interfering with the session from Maryland USA. Then he remembered that when he went for standard testing and to be sworn in at the Armed Forces Enlisted Station, instead of having lunch he was given extra, special testing by the NSA, and a drug to see if he could take the drug that he would have to take to go through the jump gate. He was then hypnotised so that he would not remember about the extra testing that he was given.

<u>Start of session</u>	4.5	
My head is starting to hurt	F	Note the read & onset of pain
<u>Do you have an incident in restimulation?</u>	SF,F	
Yes		
<u>Move to the beginning of the incident. (He does so). Move through the incident telling me about it as you go.</u>		
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. (He keeps repeating)	F F LF 4.7 SF yawn SF 4.9	With all these reads, there is something going on here
<u>What happens next?</u>	F,SF,SF	
I'm still not getting any images	F	
My head is throbbing a little	F	
In the upper right forward quadrant		
I still don't see anything	F	4.8
<u>Repeat "I still don't see anything"</u>		
I still don't see anything. I still don't see anything.		
I think it's over	LF 4.5 F/N	
<u>Move to the beginning of the incident. (He does so).</u>		
<u>Is there an earlier beginning to this incident?</u>	F	
Yes		
<u>Move to the new beginning and tell me when you are there.</u>	LF 4.4	Here I had to handle his confusion as to why I asked this question. I ask this because often when a person drops into an incident, they drop into the middle of the incident, and not the true beginning of the incident. So I

		was just giving him a second chance to check whether or not the incident started at an earlier time than he originally thought.
	F/N	
<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>		
<u>Move through the incident telling me about it as you go.</u>	4.2	
	F,F	
I'm starting to feel tired	4.3 4.4 4.5	
I feel pressure across my eyes and forehead	SF,LF 4.4	Note physical sensations appearing
I'm not seeing any images	F 4.5	Note the reads
Pressure across my forehead	F,F,F	
I'm still not seeing any images	F	
<u>When is this incident?</u>	LF	Note the read
May 23 rd		
<u>What year?</u>		
	F	
1976	F	Note the read
	F	
Something's interfering	LF	Note the read
<u>Locate the interference</u>		
Wernicke's	LF	
<u>What else?</u>		
Something outside	LF	
<u>What is it?</u>		
Hook to handler		
An external link		
Handler	LF	Note the read
<u>Where is he?</u>		
Pine Gap	SF	
I feel like I'm making this up	SF	
<u>Did you make that up?</u>		
Yes	SF	
<u>Where is he?</u>		
(answer not recorded)		
<u>Is he in Australia?</u>		
No		
<u>On earth?</u>		
Yes	F	
<u>What country?</u>		
USA	F	
<u>What state?</u>		
Maryland	F,F	Note the reads
He's NSA	F	Note the read
<u>What is his purpose in interfering?</u>		
Control	F	

<u>Specifically, what is his purpose?</u>	F,SF,F	
Surveillance and control		
He's trying to break off the link now	LF	Note the big read
<u>What is the name of his division?</u>	F 4.0	
Psi Corps		
<u>Is the name something similar to that?</u>		
I keep getting that that is what it is.		
<u>Is the link now broken?</u>		
(He prays it away to make sure)	3.8	
<u>I repeat the question, is the link now broken?</u>		
No		
There's a secondary link		
He broke the primary link to make me think it's gone.		
<u>Ask him, specifically, what is your purpose in relation to me?</u>	F 4.1	
<u>Say 'hello' till he answers</u>		
He's in an installation		
<u>Describe it</u>		
<u>If he won't talk to you, locate a chair or desk where he is</u>	LF 3.7	Any part of any universe can speak to any part of any other universe. The theory is that if someone won't talk with you telepathically, there is something else near that person that will talk to you, and that knows the answers. That thing could be a piece of furniture, the person's body, a pen, anything.
<u>Say 'hello' to the desk until it answers</u>	F,F	
<u>Ask the desk, specifically, what is his purpose in relation to you (Michael)</u>		
Surveillance, influence and control	3.9	
<u>How is he trying to influence you?</u>	4.1	
Anger. He projects anger.		
<u>What other ways does he influence you?</u>		
To forget things		
<u>What other ways?</u>		
Distract you	LF 4.0 F	
Create worry		
<u>Other ways?</u>	F	
Depends on the situation		
<u>What other ways does he control?</u>	LF	
Implants to block abilities		
<u>What is his reason?</u>		

It's his job		
<u>Are there any more links interfering with the session?</u>	LF 3.5	
No		
(Michael stops to pray for protection to stop links from being recreated).	LF 3.7 4.0 F 4.1	
<u>Move to the beginning of the incident. (He does so). Move through the incident telling me about it as you go.</u>		
<u>When is this incident?</u>		
'76	3.5 F 3.7 3.9	
I'm starting to feel pressure in my forehead	SF 4.0	
I'm tired	SF 4.2	
I'm not seeing any images	F,LF ↓3.8	
I get the idea this took place in boot camp		
Maybe not		
It's before boot camp. I wasn't in till April.		
March	LF, F	Note the read
It must have been a few weeks before I went to boot camp		
It feels different		
No flashes. It's totally black.		
It's over	LF	
I think you should check for drugs		
<p>We stop and do a kinesiology balance. With eyes shut, his cloacals were not out of balance.</p> <p>We also balanced out one drug.</p>		
<u>How are you doing?</u>		
Fine		
<u>Move to the beginning of the incident. (He does so). Move through the incident telling me about it as you go.</u>		
I'm at the Armed Forces Enlisted Station. It's where you go to get a medical check-up prior to enlistment.	4.5	
They did something to me there, in addition to what they do to everyone else.	4.7	
They did some kinds of tests		
I can't see what they did		
<u>Repeat "I can't see what they did"</u>		
I can't see what they did. I can't see what they did.	5.0	

	SF	
I think they tested me for hypnotic suggestibility	SF	Note the read
Spatial something	SF 5.1 5.2 Tk	
(sensitivity increased to 10)		
The drug they gave me had something to do with it		
<u>Is the drug interfering now?</u>		
No	F 5.2 SF	
It's something to do with the tunnel – to see if I could take the jump gate tunnel		
I don't think the people giving me the test know what it is for.		
The drug is the same as the drug I was given the first time I went through the tunnel		
My test for hypnotic suggestibility is one of the highest for that day.		
<u>How high did you score?</u>		
Very high		
These people are directly connected with the NSA. They're in another part of the building.	5.3	
They're giving me something to drink, like orange juice. They hook me up to a machine. It monitors brain waves, while I look at pictures of deep space etc.		
<u>Do you remember this consciously?</u>		
I never considered it		
<u>What did you think happened that day?</u>		
That I just got vaccinated		
There are psychological tests too	F	Note the read
Multiple choice stuff	5.2	
A lot more tests, such as hearing tests, blood tests, allergy tests.		
	F	
When we're done, they took me back home	LF,LF 4.1	
I remember consciously that he drove me there and back	LF	
We met at Fort Lauderdale		
He drove me into Miami to the Armed Forces Enlisted Station. He drove me back. It's a 45 to 60 minutes drive. I was there the whole day.		
<u>How old were you?</u>		

21		
Everyone else there was eighteen. I had three years' college behind me.	F 4.0 3.8	
I got up early (sensitivity reduced to 8)	LF	
I hate getting up early. I had to be there by 7.00 am.		
Mum took me.	F 3.7	
I got in the recruiters car. <u>Did he do anything to you?</u>		
No. He was just a regular recruiter.	3.9	
He was glad I signed up for the nuclear power program, because it made him look good. We had talked about all this before, and I had done tests weeks before.	F,LF 3.6 4.2	
This was the day I went to get sworn in. They did all kinds of tests. X-rays, blood pressure, urine analysis. There was a lot of waiting in between tests. There were thirty other people doing them too.		
I get the idea that it was right before lunch that they did the extra tests.		
<u>What did they do to you to make you forget about them later?</u> <u>Or did they do it at the end?</u>	F,F	
It's very fuzzy. I think they did it before lunch. I got out at 1pm.		
I didn't go to lunch, obviously.	F	
I'm trying to think what I ate		
I get a 'read' on 'no lunch'	LF	He means that he remembers that he did not get any lunch. Note the big read
That high energy drink kept me going all day <u>Locate the incident with hypnosis to make you forget</u>	LF 4.3	
It was at the end		
They did all the other testing first My mind had to be clear.	LF	
The hypnosis suggestibility test was at the end. I was suggestible enough – and they can make you forget anyway – they can use drugs.	F F 3.3	
	F/N	Note the floating needle

They then returned me to the general population	VGI	
<u>Locate the person who gave you the hypnosis.</u>		
A doctor with dark hair	F/N	Note the floating needle
I'm ticked off – this program goes back to the beginning	VGI F/N	
They must be testing everybody in the military for hypnotic suggestibility, and exceptional abilities		He means exceptional metaphysical abilities
In case anyone slips through their fingers.		
I'm very surprised they're not looking for psychics.		
It's the guys at NSA that are doing the special testing.		
The NSA are the big picture guys. They take people from anyone they want. The military are piss-ant compared to these guys.	3.2	
It's interesting. I recently added the NSA to the list of groups I pray to end soul ties with!		

Note: Although Michael has a very sweet and loving mother, he was periodically beaten by an abusive father (when his father drank) during Michael's childhood. Michael's father is now deceased. Michael's father was an air traffic controller who had been in the air force.

The military utilizes this abuse because it creates a vacuum where the father should be. It allows the military to take the place of the father. People with this type of background have what is called "special patriotism" which is a term commonly used by those involved with special forces, and other covert activities. It made Michael much more gung-ho and unquestioning about the military.

Perhaps it is also significant that Michael was born two months premature. In "**The Illuminati Formula used to create an undetectable total mind controlled slave**" by Fritz Springmeier & Cisco Wheeler it says that a premature birth is important for mind control because this insures a traumatising to the child. The premature birth is induced.

Session 65: Implanted at Boot Camp

19th June 2000

Summary: We did this session to see if we could find out why Michael kept getting a pain in the neck, and thereby clear it.

Start of session	4.5	
<u>Do you have an incident in restimulation?</u>		
Yes		
<u>More than one?</u>		
Yes		
I assume so because my neck hurts	F	
<u>Move to the beginning of the incident. (He does so). Move through the incident telling me about it as you go.</u>	SF 4.9	
No images	5.0	
I don't see anything	Tk 5.1	
I feel pressure in my head	5.3 5.4 5.5 Tk,Tk	
I'm trying to concentrate to see if I can see anything, but it's dead black. I get the idea something is being done to me but I can't see it or feel it.		
We stopped here and balanced out two drugs with kinesiology.		
<u>Move to the beginning of the incident.</u>	4.5	
I'm at the start	F	
<u>Move through the incident telling me about it as you go.</u>		
This was one of the first times they did anything to me.	4.8	
I think they put an implant in my neck.		
<u>Look at this as though it is happening NOW. Don't look at it as though it happened in the past.</u>		
I'm in hospital	Tk	
For one week in Boot Camp. I'm talking to a nurse, and laying in a bed. I see a chair. Someone is talking to me, explaining what they'll do.	SF	
(communication lag)		

I'm starting to feel tired		
I think they've given me drugs.	SF,SF	Note the reads and onset of tiredness
Now I got to sleep		
They take me into the operation	SF 5.2	
I'm on an operating table. They roll me over. My head goes through a hole in the table, like a massage table. They're doing something to my neck.	5.3	
(communication lag)	Tk,SF	
I can't see anything		
It's dead black	Tk	
(communication lag)	SF,SF,F	
I think it's over, cause I'm not so tired.	5.1	
Someone said "Mr Relfe, you'll be fine".	F	Note the read
	5.0	
	F 4.8	
<u>Move to the beginning of the incident and tell me when you are there.</u>	F	
I'm at the start		
<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	
(communication lag)	4.8	
	4.9	
I'm starting to feel tired again	5.0	Hardly surprising, as TA starts to climb again
I don't see any images		
They're operating on me		
(communication lag)	SF,SF,F	
	4.8	
	F 4.7	
	SF	
I still can't see any images	F	
I feel pressure in the front part of my head	5.0	
(communication lag)	Yawn	
	5.1	
I think it's over. I'm not sure because it's so dark.		
<u>Is it over?</u>		
No		
The surgery is over	SF	
I'm in the recovery room	5.2	
It's over now	F,LF 4.8	
	F 4.7	
<u>Move to the beginning of the incident.</u>	F	
I'm at the start	F	

<u>Move through the incident telling me about it as you go.</u>		
<u>When is this?</u>		
1976		
<u>What month?</u>	F	
April	4.3	
I'm in hospital		
Someone's talking to me about it.	F	
They say it's a simple operation, not to worry about it		
I say 'okay'	4.7	
Someone comes in, gives me a shot	4.8	
	4.9	
	5.0	
I feel pressure in my sinuses	SF	
<u>Tell me about that</u>		
I feel pressure	LF	
It feels like someone's doing something to it	Tk	
Feels like something inside my sinuses		
<u>What is it?</u>		
I don't know	SF	
<u>Repeat "I don't know"</u>		
I don't know. I don't know. I don't know.	F 4.7 F	
<u>What is in your sinuses?</u>		
Implant	F	Note the read
<u>Tell me about that</u>		
They put in one to two in my neck and one in my sinuses		
In the left nostril	F	
<u>How big is it?</u>		
Tiny		
<u>I repeat the question, how big is it?</u>		
3 mm in the sinuses	F	Note the read
<u>How big is the other?</u>		
2 mm	F	Note the read
I can still feel pressure in my sinuses	4.9	
The sinus one is put in first, as it's not as dangerous as the other.		
The sinus one is non-invasive		
<u>Elaborate on that</u>		
It simply goes up through the nose.		
<u>What about the other one?</u>		
They cut into you	SF 5.0 SF	Note the reads
<u>What is the implant in your sinus made of?</u>		
There are no words for it		
<u>Are the implants still there?</u>		
Yes		

What happens next?		
I feel my sinuses. I'm in the recovery room		
It's over	SF	
I've got a headache	LF 4.8 F 4.5	It's hardly surprising that he now has a headache!
<u>Move to the beginning of the incident.</u> (He does so). <u>Move through the incident telling me about it as you go.</u>	4.0	See how TA has come down (from 4.8 to 4.0) once he got to the end of the incident.
I'm in the hospital room. A guy is talking to me. He assures me it's a simple operation. They give me a shot. I get tired.	4.5 4.6 4.7	
I lay on my back in the operating room. They put things up my nose. I start to feel it in my sinuses. It's very irritating. I see myself turned over.		
They do something to my neck.		
<u>Tell me about that. Access the pain</u>		
There is no pain. That comes after.	5.2	
I can feel them doing something, but I don't now what.		
<u>Repeat "I don't know"</u> (he does so)		
They're done. They wheel me into recovery.		
They see if I'm going to live.		
<u>Is it that dangerous?</u>	SF	
It was then. It's not now.		
I'm laying, recovering. I wake up in my bed. They say my neck will be a bit stiff – an under statement.		
It's very painful.	F,LF	Note the reads
I still can't see how they did it in boot camp without anyone knowing about it.	LF	
I was just in bed for a day with measles, in the barracks.		
<u>Did they make you forget?</u>		
Yes	SF	
<u>Did you really have measles?</u>	LF	
(Answer not recorded)		
<u>Before or after the operation?</u>		
After		
<u>Was it measles or was it just the symptoms of measles?</u>		
Yes – the symptoms	4.0 LF	
<u>Have you ever had measles?</u>		
When I was little		

How do you feel?		
Not tired.		A good sign
My neck doesn't hurt as much as before. I shouldn't put it past them. They took advantage of boot camp. They don't do it to everybody.	LF 3.7 LF	Note the read
They make you think it's all chance, but in reality, it's all planned ahead.	LF VGI F/N 3.3	

Michael's neck pain went away. It has not come back as of ten months later.

Session 66: Poison Hand

27th June 2000

Michael had found it very difficult to concentrate at work. He had a very stressful day. While I was praying at home to help Michael to overcome his difficulties at work I got that he had a big black cloud over his head and upper body.

When he came home we had a 'blew'. We decided to do a balance to get rid of whatever the problem was.

I found that he was switched and his spleen (Latissimus Dorsi muscles) was out of balance. Muscle testing indicated the cause was chemical.

What we got as the cause of this chemical stress that caused the imbalance seemed to really go into the land of make-believe (even for us, after all we had been through). However, we went with what we were getting, and it seemed to work.

We were in Melbourne, Australia at the time. On the train to work Michael sat opposite a man who was around 32 years old, with sandy brown hair. Michael especially noticed his deep rat-like eyes. Michael looked up from reading his bible, and he caught his eye. He got a real negative feeling like a 'zap'. He got the idea that someone had watched Michael enter the train, and had radioed on ahead to the next station to have someone watch him.

Michael felt that he had somehow energetically given him the equivalent of the "poison hand". The poison hand is a horrible ancient martial arts technique. They take a child and feed it miniscule quantities of a special deadly poison. The quantities are so small that they don't kill the child. Gradually the doses are increased. Eventually when the child is an adult, the adult is immune to the poison. However, there is so much of the poison in his system that he merely has to touch someone for them to die – which gives this system the name "poison hand".

Before the balance Michael had felt drained and 'down'. After I balanced him and balanced out the effect of the energy of the "poison hand" of the man, Michael felt great.

Michael got help when he prayed in the shower before going to bed, but felt that there was still something else. I had been surprised – If he had really been affected by the energy of a “poison hand” he would, I figured, have been more out of balance than he was. However, it appeared that we hadn’t done all that was required. That night he had a very bad sleep. He woke up around 3 am and couldn’t get back to sleep (which is unusual for him). He said he felt, and he looked, awful.

I guess his body was clearing the effect of the poison hand. I gave him another balance and this time his Central Nervous System (left Supraspinatus muscle) and cloacals were out of balance. That made more sense.

After that, he REALLY felt great!

Weird Phone Noises

The following day something REALLY strange happened. We were home all night. I had used the phone during the day. Several hours later we clearly heard from another room the phone, which was ON the hook, making the noise a phone makes when it’s off the hook. Neither of us had ever heard this in our lives. It went on for a number of times, and stopped before we went to investigate.

This could have happened due to an automated surveillance device that enabled them to listen to our conversation, even with the phone on the hook (This technology exists. If interested, you may be able to find a reference to this at www.spyking.com).

Chapter 67: A Bad Reptilian

30th June 2000

Summary: Michael had a cold. He got that it was an electrical problem, from an attack, by psychotronic interference.

I felt exhausted. I wanted to go to bed but I was guided to have a solo session on the meter. (People can only go solo after they have done a certain amount of clearing and have been trained. Although even people who can go solo would probably benefit by working with someone else if they were trying to do the kind of sessions that we had been doing on Michael).

Solo Session by Stephanie Relfe:

	5.3 R/S Coughing	I wasn't coughing before the session
I spotted a reptilian, and commanded him to leave	4.5 yawn cough 4.2 F/N	If reptilians, aliens etc. don't leave on the first command, then command them to leave in Jesus name.
		Note the huge drop in T/A, plus the fact that a rock slam has gone to a floating needle.

After this my energy started coming back to me.

This event reminded me of an incident about two years ago when we were in Indianapolis. Michael said something to me which was quite ordinary, but somehow it 'activated' me like I had never been activated before. I was ABSOLUTELY FURIOUS. I felt like I wanted to put his head through the wall. Luckily, I had been in a good mood all day, and I retained enough sanity and awareness for a part of my mind to tell me that what was going on with me was coming from my reactive mind, and had nothing to do with Michael. I tried to handle it by running away. I ran into the bedroom. Michael could see that something had 'got' me and followed me. On one level I didn't want to hurt him, but I still felt FURIOUS. I wanted to get away from him. I tried to run outside, but he blocked my way to the door. Somehow he kept me there long enough for me to calm down.

Within about 15 minutes of this, I started questioning where the rage had come from. I got onto the biofeedback meter. Sure enough – there was a rock slam!!! I got that there was a reptilian in the room projecting total rage straight into my mind. I commanded him to leave which fixed up the problem. I have not experienced this kind of rage since.

Session 68: Reptilian Interference

1st July 2000

This morning Michael had a bad cold. The symptoms were tiredness, puffy nose, achy head.

I gave him a balance. His cloacals, central nervous system (Supraspinatus muscles) and throat chakra were out of balance.

Muscle testing indicated that part of this was caused by the emotion "indifference" which came from some reptilians that had interfered with him energetically.

Session 69: Missing Piece of Toenail & Alien Drugs

5th July 2000

Summary: This was the second time Michael had been taken since we had published the Mars Records on the internet. The other time (on 23rd April – see sessions 61 and 62) had been just 3 weeks after we published, and appeared to be similar to previous abduction incidences.

Then we moved on 22nd May. This session describes what we believe was the first abduction incident since we moved. We had noticed a pattern in the past. ‘They’ came to get Michael around the end of the month, except after we had moved to a new state, when it took them a few months to catch up with where we were. Michael figured that they turned up – and if we were not there, then we were “put at the bottom of the list” and left until someone tracked down where we were. He believed that his implants helped them locate him and project the jump gate, but they needed to have a rough idea as to our location first. In other words, they needed to know what the general area was.

On waking, Michael felt that he was taken last night. Last night was July 4th, American Independence Day, so the timing appeared to be a sick joke on their part.

The amazing thing was that this morning he had a large chunk, about ¼” square, taken out of the middle of his big toenail – as though he had kicked it on something. This chunk of toenail was not missing the previous night. Once we did the session, the cause of this was made evident.

During the day at work he felt as though he “had been hit by a truck”. He was VERY tired (which is not normal for him). I felt his tiredness as soon as he came home.

Before we did the session, I had to give him a balance. His cloacals were out of balance with eyes open and with eyes shut.

We also balanced out one drug.

Naturally, we first had to remove wernicke's commands. Yet again, there were ten to be removed. They were all given to him by a doctor. They were:

1. "Forget this happened"
2. "Go back to sleep"
3. "This is not happening"
4. "You're at home"
5. "You have no memory of this"
6. "Don't remember"
7. "This never happened"
8. "This was all a dream"
9. "Obey your commands"
10. "This night is erased" (This last one took us quite a while to get)

Then Michael had enough energy for us to do a session on the meter:

<u>Start of session</u>	4.8	
<u>Do you have an incident in restimulation?</u>	F	Note the read
Yes		
<u>Move to the beginning of the incident.</u>	SF	
(He does so). <u>Move through the incident telling me about it as you go.</u>		
I'm not seeing any images. My eyes are closed.		
<u>Do you mean, your eyes are closed in the incident?</u>		
Yes		
I'm starting to feel tired	5.0 5.2 5.3	
I'm still not getting any images	5.4 5.5	
I'm still tired	SF	
I feel a weird tingling in my right hip	SF	
<u>Tell me about that</u>		
It's a sharp tingling, it came and went four or five times	5.6	

It's tingling again	Tk	
It tingled again		
(sensitivity 12)		
And again, a lot	SF 5.7	
I'm feeling pressure in my forehead, between my eyes. Also tingling in my hip, a cold numbness, I'm feeling it continuously.		
<u>Is there something blocking the session?</u>		
Yes		
<u>What is it?</u>		
A hook		
Something else. Drugs		
<u>What drugs?</u>		
<u>I repeat the question, what drugs?</u>		
Scopolamine		
Anaesthetic		
<u>Anything else?</u>	Tk	
A drug to lock in the programming	R/S	Note the rock slam, indicator of an evil purpose
Tell me about it		
It' a mind control drug. An alien drug.		
It's over	F 5.7	
<u>Move to the beginning of the incident.</u>		
I'm at the start of the incident		
<u>Is there an earlier beginning to this incident?</u>		
No		
<u>When is this incident?</u>		
Last night		
<u>Move to the beginning of the incident.</u> (He does so).	SF	
<u>Move through the incident telling me about it as you go.</u>	SF	
What's happening feels very strange.		
I'm talking about the drug	R/S	
The alien drug		
<u>Is someone in the room?</u>	F	I ask this to see if a presence in the room is causing the rock slam. The reads on my question and Michael's answer indicate that it is.
Yes	F R/S	
It's in the corner. It moved to my left shoulder.	5.2	
<u>Who or what is it?</u>		
Controller		
Human	F	
Also reptilian		
He's remote viewing		
<u>Tell him to piss off</u>	R/S	

Michael starts doing deliverance to disconnect him	Cough LF LF 4.9 F 5.1 F	Note the reads Also note that Michael's praying got rid of the rock slam!!!
He's gone now		
We stop and balance out two drugs: Scopolamine and the mind control alien drug		
	4.1	Note how much TA has come down now
<u>Move to the beginning of the incident.</u> (He does so).		
<u>Move through the incident telling me about it as you go.</u>	F 4.4	
I'm starting to feel tired	SF 4.7	
I'm not seeing anything	SF	
<u>Repeat "I'm not seeing anything"</u>		
I'm not seeing anything. I'm not seeing anything.	SF	
(communication lag)	5.0	
	5.1	
	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	5.2	
(communication lag)	F,F 5.1	
I still don't see anything	F,SF,SF, SF,SF	
I keep getting an image of me struggling with someone.	LF	Note the reads
Struggling with	F	
someone who's holding me.	LF	
I took a kick	F	
That's when I took a chunk out of my toenail		
<u>What was their reaction?</u>	F	I bet they were surprised!
Surprise		
That's why the alien drug – they've never used it on me before		
The guy I'm struggling with is in a uniform, like a guard.	F	Note the read
He's holding onto me. We're next to a metal table with wheels on it. I took a kick at him and the table got in the way.		
I feel pressure again between my eyes		
	SF	
I don't feel as tired		
I think it's over		
	LF 4.7	
<u>Move to the beginning of the incident.</u>		
I'm at the start	LF 5.0	

<u>Move through the incident telling me about it as you go</u>	F	4.8	
My hip's starting to tingle again. It's continuous.		5.0	
It's a kind of cold tingling. Like someone's operating on it.		5.1	
		5.2	
	SF,F	5.0	
I'm not seeing any images		5.1	
There's pressure between my eyes		5.2	
I'm feeling more pressure between my eyes		5.4	
I still don't see any images		5.5	
		5.6	
My hip's starting to tingle again I get the idea they're operating on it.		5.7	
I think they're done with my hip	SF		
I still feel pressure between my eyes	SF		
I'm done	LF	↓4.8	
<u>Move to the beginning of the incident.</u> (He does so).	LF		
<u>Move through the incident telling me about it as you go.</u>			
	F,SF		
A portal opens in the bedroom.	F		Note the read
A man steps through in black camouflage	F,F		
He's got a little box that activates me	SF		
He presses a couple of buttons	SF		
He says "Come on Mr Relfe"			
<u>Does he use the password?</u>			
It's in the box – it transmits electromagnetically	F		Note the read
It's a different hospital			
It's not as cheery	SF		
I don't like the place.			
<u>Is there a reason why you don't like the place?</u>			
It's not friendly			
It looks more military. Not like the other hospital. They took me there cause I'm a hard case.		5.0	
<u>What country is it in?</u>			
Australia	SF		
	SF		
Pine Gap			
He's leading me down the hall	F		
I say I don't want to be here.			
That's why I kick the gurney			
	F		
He pressed the button again and I			

do what he says. <u>Have a look at the signal</u> It's an electromagnetic signature of the drug. <u>What drug?</u> Scopalamine It goes into the implant I walk down the hall.	5.1	
He takes me to a preparation room. A nurse does blood pressure. Then a room where they do operations. Give me an anaesthetic.	5.3	
I'm on my back on the table They're doing something to my hip, head and groin I'm taken to the recovery room. I have to wait a few hours, to check there's no complication The doctor does the wernicke's He puts the same box over my eyes. There are flashlights. It feels like data goes directly into my brain. Then the alien drug to make sure the commands stick this time.	5.4	
It didn't work	SF	This comment is referring to the fact that we now recovering his memories
I'm done and they lead me back I got to the portal. Back to bed. <u>What time do they return you?</u> 5.00 am the next day <u>Did you time travel back?</u>	F	
No. Where I was they have the ability to stretch time. In a certain area – not the whole base, they've done something to stretch the time. They take five hours and stretch it to 25 hours. Because time travel's a pain, it causes problems. It's easier to create an artificial reality that time slows down in.	LF LF LF ↓4.3 F SF 4.2 F/N VGI	Note the reads. These likely relate to his next realisation.

Note: Michael had a cold sore the night before he was taken. It was really red and raw. In the morning (after he was taken) he commented that it was almost totally healed, which would normally take a couple of days.

Session 70: Demonic Attack

6th July 2000

The next day Michael still felt as though he had been run over by a truck.

I did a balance. His 'gaits' were out of balance. This is similar to having the cloacals out of balance – it takes a big stress to knock them out of balance.

Muscle testing narrowed the cause down to attack by 3,000 to 4,000 beings, mostly (but not all) demons.

I got that the mind control alien drug had opened him up to them, so that they could hook into him.

Michael did deliverance on these beings.

Once he did that, the gaits correction held.

Michael felt like something had lifted off. He began to feel happy again, and as though he was then able to heal.

Session 71: A Visit to Pine Gap

8th July 2000

Summary:

<u>Start of session</u>	4.3 4.7 F/N	
<u>Is the last incident (of 5th July) erased?</u>		
No		
<u>Move to the beginning of the incident.</u> (He does so).	F	Note the read – there is still charge on the incident.
<u>Move through the incident telling me about it as you go.</u>	5.0	
I'm in bed. He wakes me.		
He does something with the box in his hand.	SF	
He says "Come with me"	SF	
I follow through the portal. I come out in a different place. It's darker.	5.1 SF	
Darker walls	F,SF 5.0	Note the reads
(communication lag)	SF,SF	
I know I don't want to be here. I tell him. I struggle with him. He grabs me by the shoulders.	F	
I struggle		
I go to throw a kick at him	LF 4.7	Note the big read
I lose a chunk out of my toenail	F,F	Note the reads
He used the electric device again	F	
<u>What does it feel like?</u>		
Like a burst of drugs	F 4.6	Note the read
It transmitted a signal of scopolamine into me. Took me to a room. Blood pressure, tests etc. Put me on a gurney, make me lay back.		
Another drug –anaesthesia. Operate on me, to the groin.		
<u>What do they do to the groin?</u>		
I don't know		
Repeat "I don't know"		
I don't know. I don't know.	4.9	
<u>What do they do to the hip?</u>	F	
I don't know		
<u>Then what happens?</u>	LF 4.7 F,F	

Some other operation to the forehead	F	
Wheel me into the recovery room		
I stay there a long time.		
When I'm done recovering they put the thing over my face with the flashing lights.	F	
Give me an alien drug to lock it in	F,F	Note the reads
I wait	F/N	Note the floating needle – we are getting to the end of this
He leads me back.		
I go back to sleep.		
That's all	LF 4.2	Note that TA is considerably lower than the last time we looked at this incident
		Here I explained that each time he goes through the incident we are looking to see if there is anything that he did not see the first time, because everything does not always show up on the first viewing.
<u>Move to the beginning of the incident.</u> (He does so). <u>Move through the incident telling me about it as you go.</u>	4.5	
	4.7	
I'm asleep. He wakes me.	4.8	
	F	
It's in an underground area. We go down the hall.	SF	
There are other people	SF,SF	Note the read
Some are men, some are women. Each has a guard with them.		
Where is this?		
Pine Gap	SF,F 4.6	Note the reads
	F	
There is more than one jump gate portal area. There are five of them. Not everybody gets operated on.		
There are different programs	F 4.7	Note the read
	SF	
	F/N	
He leads me into the prep room.	4.8	
Give me anaesthesia	F	
They're harvesting cells out of my testicles	LF,F 4.6	Note the reads
	F	
They're using them to create other people	SF	
The people all have to be metapsychic ⁹		

⁹ Metapsychic. This is a term coined by author Julian May in his fictional "Intervention" series. It means some one who is more than ordinarily psychic. Someone with extra potent psychic abilities.

<u>What if they're not?</u>	SF	
They are. The one's they grow are metapsychic		
It's to populate some place.	F 4.7	Note the read
Another planet, which is on the other side of a jump gate	F	
I don't have a name for it		
There's a permanent jumpgate to it		
Defence priority is very high	SF 4.5	
Those that guard that gate are guarded with their life		
They have to have a planet and a population in case they lose this one	LF	Note the big read
They won't make the same mistake twice	LF 4.4	
<u>What does that mean?</u>		
This planet may be lost		Hmm. I think there may be more to that statement than he knows.
The operation's done	4.5	
Recovery room	F 4.6	
Mind block in	SF	
Alien drug in to make it stronger	SF	
Lead me back to the portal		
	SF,SF	
That's it	LF 4.0	
<u>Is there another viewpoint to be run?</u>		
No. We're done.	F F/N	
This is just a continuation of the Mars program	VGI	

Session 72: Assassinations from Mars

9th July 2000

Summary: I did this session for two reasons. One was to find out more about Mars (rather than just continually try to catch up with what was going on with his 'abductions'). The other reason was to improve Michael's life. "What goes around, comes around" or "As a man sows, so shall he reap". I did not want Michael attracting bad things into his life as 'payback' for bad things that he had done to others. The real problem was that he could not ask for forgiveness for bad things he had done on Mars if he didn't know what he had done!!!

When a clearing session is done to find out what a person did to another, there is seldom little charge on it. After all, it didn't hurt the perpetrator of the crime! Therefore notice that through this session we had lots of floating needles, and the tone arm stayed lower than it had been in a long time.

<u>Start of Session</u>	F/N 4.5	
<u>While you were on the Mars Project, did you do anything, or fail to do anything, that caused harm?</u>		
Yes		
<u>What did you do or fail to do?</u>		
(communication lag)	F,F	
My job to terminate		
Please give me specifics	LF	
We're going to look at specifics.		
<u>When was this?</u>		
1976, 1977	Tk	
<u>Where?</u>		
Mars	F	
Main headquarters		
<u>Who else was there?</u>		
Instructors		
<u>What happened?</u>		
	F	
It was a training exercise	SF	
It turned into a line exercise. They pretended it was training. At the last moment, they told us it was for real.		
<u>Who got hurt?</u>		
The target		
<u>Who was the target?</u>		
	SF	
A military officer		
<u>What was his name?</u>	F 4.3	

I had a number. They don't give you the name.	F	
If they don't give you a name, it can't be personal.	LF	
<u>What was the number?</u>	F	
	F 4.2	
That's classified	F,F	
Something like 348TX869	F 3.8	
They give you a DNA sample. When I'm on the machine, I can read it, & interpret it.	F	Note the read
	F	
I kind of wrap it up on an envelope. I have his general area.		
<u>What was the general area?</u>		
Los Angeles	F,F 3.9	Note the reads
They have to give me an idea of the general area.		
I swoop down on them like a bird. I use the DNA to do a match up.	F,LF 4.0	
Once I have a positive, I request further orders.	F	
It was supposed to be just to locate him.	F	
I searched and found. I identified. I requested further orders.		
The orders were upgraded to terminate.		
I requested clarification, as per standard operating procedure.	F/N	
The order was to terminate.		
I requested final clarification.		
The order was to terminate.	F/N	
I then executed the protocol.	F	
I locked my focus onto the target. I built up the required energy.	SF	
It comes from below and moves up my spine.	SF, F/N 4.0	
I use my mind to focus. I put out one large blast.		
Each individual chooses their weakness. I usually choose the heart, to cause a heart attack, or the third eye to cause a stroke.	LF 3.8 3.7	
<u>What was his name?</u>		
I'm trying to remember	LF	
<u>What was his description?</u>	3.5	
White male, Navy officer		
<u>Rank?</u>	SF,F	

I think there was more than one organization he was a member of.		
<u>What was his rank in the navy?</u>		
Captain		
<u>What was his rank in the other organization?</u>		
Chinese. He was spying for the Chinese		
Major		
<u>What did he do?</u>		
Spy		
<u>Was he causing harm?</u>		
Yes	F	
<u>What were your intentions?</u>		
Terminate the target as per orders.		
<u>Did you assume all orders were good?</u>		
Yes		
<u>What were your thoughts?</u>		
	F	
No thoughts. I followed orders.	F	
<u>What were your feelings?</u>		
I had none. If I had any thoughts later, it was that I was pleased at my accomplishment. Not everybody can do it, even with the machine.		
	F/N	3.3
<u>What effect did this have on others?</u>		3.4
Nothing. I don't think he had a family.	F	
<u>Did it have any other effect on others?</u>		
Prevented loss of secrets	F/N	
<u>In what way was this a harmful act?</u>		
It was harmful to that person.		
<u>How have you justified this since?</u>		
	F	
National security concern.		
Enemy activity	F	
<u>Who have you tried to keep this a secret from?</u>		
Myself.	F	
Others outside the program		
<u>Who needs to know about this in order to remove the charge from you?</u>		
No one. There is no charge.	F/N	3.2 3.0
I was kind of pissed off that they threw that in without giving prior knowledge.		
<u>While you were on the Mars Project, did you do anything, or fail to do anything, that caused harm?</u>		

Yes	F	
<u>What?</u>	F	
Nothing sticks out. Nothing comes to mind.		
<u>Repeat "Nothing is coming to mind"</u>		
Nothing is coming to mind. Nothing is coming to mind.		
<u>I repeat the question, while you were in the Mars Project, what did you do or failed to do that caused harm</u>	3.5	
I killed another target.		
<u>When?</u>		
1977	F	Note the read
<u>How long was this after the first event?</u>		
A week		
<u>Is this the second one?</u>		
Yes		
<u>Where were you?</u>		
Mars. Headquarters.		
<u>Where was the target?</u>		
Earth	LF	
Chicago		
<u>Who was it?</u>		
A scientist.		
He was tied in with a university.		
<u>What had he done?</u>		
He was also spying.	F	
<u>Who for?</u>		
Israel	SF	
He was from some kind of private group	SF	
<u>What kind of scientist was he?</u>		
A DNA scientist, what ever that means.	SF	
<u>How did you do it?</u>		
I signed in.	F	
I had a couple of warm ups first – things to find, targets to locate. The third one was a fly swatter.	F	Note the read
That's slang for the guy I had to kill. The job is called a fly swatter. I followed standard procedure. Scanned the sample. Locket it in. Located the target. Verified the target. Reported to the controller. Requested further orders. They were verified. Requested further verification. Then requested final verification. They said to terminate. I focused on the target. Built up the energy. Blasted the		

target.	LF	
I did a brain blast, which gave him a stroke. I then logged in.		
<u>What was the time?</u>		
March 16 1977		
<u>What was the time?</u>		
8pm Chicago time	F	Note the read
<u>Who was hurt?</u>		
The scientist	F	
<u>Anyone else hurt?</u>		
No. No one missed him. I think he was old.		
<u>Your thoughts?</u>		
None	3.5	
<u>How was this harmful?</u>		
I terminated a target.		
<u>Are you willing to accept responsibility for this action?</u>		
Yes		
<u>And for the previous action?</u>		
Yes		
Every one of these targets deserved what they got. They did lots of checking and double checking.		
<u>While you were on the Mars Project, did you do anything, or fail to do anything, that caused harm?</u>		
Yes	F	
<u>What did you do?</u>		
Terminated target No. 3		
<u>When?</u>		
March 27 1977		
<u>Where were you?</u>		
Mars HQ		
<u>Where was the target?</u>	F F/N 3.8	
I can't get a fix. I want to say New York.		I got a 'picture' of where he was, and why Michael is having problem locating him.
<u>Is the target underground?</u>	F 4.0 F 3.9	Note the reads
Yes. Underground.		
<u>Who is the target?</u>	F	
A reptilian	F	Note the read
<u>A total reptilian?</u>		
Yes		
<u>What is his job?</u>		
He's a scientist		
<u>What happened?</u>		
I get he was a good guy	LF	Note the big read
He was against all the stuff that was going on in different programs.		

<u>What do you do?</u>		
I go to my work station. I locate the target. I verify his energy signature.	F 3.5 LF	
I watched. I waited.	F	
They're really tough.		
I waited three hours.	F	Note the read
I request verification. The order comes to terminate. And again. And again.		
I watched some more.		
I continued to watch.	LF SF	
I didn't see an opening	LF	
My shift was over. I closed down. That target was my first target the following day.	F	
I got some sleep.	3.2	
Then I went back to work	F/N	
I only have to verify once today. I found him. Three hours went by.	F	
I saw an opening in his shielding, right behind his head.		
This is really wearing.		
I blasted quick with what I had, off hand, a quick blast. That hurt him. I paralysed a lot of his systems. I built up the energy to a big thrust. Before he could come again, I blasted again.	F/N	
The target was terminated		
<u>Who else got hurt?</u>		
No one.		
He was for freedom. I guess the cause of freedom was hurt.		
<u>What were your thoughts?</u>		
At the time I had no thoughts. I had proved my ability. I was happy.		
<u>And now?</u>		
I'm sorry – he was a good guy.		
<u>How have you justified this?</u>		
National security concern.		
Now I wish I hadn't done it.		
<u>Do you take responsibility for this action?</u>		
Yes	F/N	
They work you a lot, to keep you dull, so when they give you something like this, you won't have any emotional attachment.		

Session 73: 'They' watch the E-groups

12th July 2000

Last night we had sent out a message about the Mars Records to about 100 e-groups. That may or may not have been meaningful.

This morning Michael woke up with a swollen nose, and he said that his face looked different. He felt that he had been taken again.

On balancing him, his cloacals were out of balance, suggesting that he had in fact been taken again. I also had to balance scars on the inside of his nose.

We then removed the following wernicke's commands:

1. "Forget this"
2. "This didn't happen"
3. "Go back to sleep"
4. "Don't remember this"
5. "It's just a dream"
6. "Aliens don't exist"
7. "You're dreaming"
8. "You can't trust anyone"
9. "Obey"
10. "Don't make waves"

That night his Central Nervous System (left Supraspinatus muscle) was out of balance.

The next morning he felt awful again. His cloacals were out of balance again. I got that it was the same 'abduction' in restimulation, so this time I got him to do Emotional Stress Release on being taken. After this, his cloacals stayed in balance, and he got back to feeling "heaps better".

Session 74: More Wernicke's Commands

22nd July 2000

Michael was feeling very grumpy and not well. His cloacals were out of balance. Muscle testing indicated the cause was emotional. Muscle testing further indicated the cause was another 10 wernicke's commands, the same as in the previous session (12 July 2000), but this time with eyes SHUT. They were again,

1. "Forget this"
2. "This didn't happen"
3. "Go back to sleep"
4. "Don't remember this"
5. "It's just a dream"
6. "Aliens don't exist"
7. "You're dreaming"
8. "You can't trust anyone"
9. "Obey"
10. "Don't make waves"

Session 75: Drugs in the Etheric Body

23rd July 2000

Summary: We did a clearing session on the 'abduction' of 11th July.

Once again, Michael had been very 'touchy' and quick to respond to anger for a day. I felt that we had to do a session on the night before which he woke up with a swollen nose (11th July).

In the session we found that people at Pine Gap were interfering with the session. Michael sent back what they were sending him "one million times as strong". After the session he finally agreed to what I had been asking him to do – to send it back to them at only an 8/10 intensity level, in an effort to end the war!.

A reptilian turned up as evidenced by a rock slam which went away once the reptilian went away.

An important discovery: We found that Michael had drugs in this etheric body, in addition to the ones which we had got out of his normal body. The etheric body is the first layer of the aura, and is the same shape as the body.

Start of Session	F/N 4.4	
Move to the night of 11 th July	F	Note the read
Move through the incident telling me about it as you go.	F 3.8	
I'm wide awake		
Were you taken that night?		
Yes		
Move through the incident telling me about it as you go	SF	
Is there something blocking?		
Yes	R/S 3.9	Note the rock slam
Locate where it is coming into you		
It's where they drilled into my head, where the indentation is	SF	
Upper right		
Locate where the interference is coming from		
The boys in Pine Gap	F	Note the read
Break it off		
(He prays)	F,F	
(He does deliverance to end it)	F/N 3.7 3.9 4.0 SF 4.1 4.2 SF coughs	

	LF ↓3.6 3.5 SF,F 3.2	Note the reads and huge blow down
First thing, I broke off curses, then attacks, then sent them back, and made them one million times stronger.		
I undid hooks, soul ties and telepathic links	F	
I broke all lines from the implant itself to the people who put it in. I got a mental picture of someone with head phones – when I sent it back one million times as strong, he ripped the headphones off and went “oh shit”	F	Note the read
First he was linked into me	F	
He curses. They switched to the implant. Then I broke off the implant. Then they got even madder.	F	
<u>Move to the night of 11th July</u>		
I'm there	F 2.9 F, F/N	Note the read
<u>Are there drugs blocking?</u>		
Yes		
We stopped and used kinesiology to balance out three drugs. Michael also broke off the demonic component to the drugs. I also rebalanced the energy around the indentation in his skull.		
<u>Move to the night of 11th July</u>	3.7	
<u>Move through the incident telling me about it as you go.</u>		
	F 3.6	
I'm starting to feel tired	F 3.8	
I feel a sharp pain in the left side of my sinuses	F	Note the read
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 3.9	
(communication lag)	4.0 4.1 4.2	
It's just dark. I'm tired.		
There's some itchiness at the back of my neck.	SF scratches 3.9 F 3.8	
I don't see anything		
<u>Repeat “I don't see anything”</u>		
I don't see anything. I don't see anything.	3.9 4.0	

(communication lag)	4.1 SF,SF	
It's over	LF 3.9	
<u>Move to the beginning of that night.</u> (He does so). <u>Move through the incident telling me about it as you go.</u>	SF	
I'm starting to feel tired again.	4.0 R/S	Note the rock slam
<u>See if you can locate anything with an evil purpose</u>		
There's something off to my right.		
A 'lizard'	F	Note the read
A reptilian		
They don't like being called that	LF LF	Note the big reads on this comment! To clarify, he means that reptilians don't like being called 'lizards'.
Tell him to leave (Michael prays)	3.7	
<u>Is he gone?</u>		
Yes		Note that the rock slam has gone too
He went kicking and screaming		
Continue where you were at (communication lag)	3.9 4.0 4.1 4.2	
I'm not getting any images.	4.3 4.5	
I'm real tired	4.6 4.7	
<u>What's happening?</u>		
I'm not getting any images.		
I'm asking God to remove the memory blocks		
<u>Is there anything else blocking this session?</u>	SF	
More drugs		
<u>How many more?</u>	SF	
Same ones		
<u>Can they put them in different energy bodies?</u>		I got an intuitive flash to ask this question
Yes	SF	Note the read

We stopped here and used kinesiology to balance out three drugs from his etheric body.

Barbara Brennan gives much information on the etheric body in “Hands of Light^{xiii}”. She says that our aura is composed of at least seven layers. The first layer is the “etheric body”. She says of the etheric body:

“It has the same structure as the physical body including all the anatomical parts and all the organs.

The etheric body consists of a definite structure of lines of force, or energy matrix, upon which the physical matter of the body tissues is shaped and anchored. The physical tissues exist as such only because of the vital field behind them; that is, the field is prior to, not a result of, the physical body.

This relationship has been supported in the observations of plant growth by Dr John Pierrakos and myself. Through the use of High Sense Perception, we observed that an energy field matrix in the shape of a leaf is projected by the plant prior to the growth of a leaf, and then the leaf grows into that already existing form.”

<u>Move to the beginning of the incident.</u> (He does so). <u>Move through the incident telling me about it as you go.</u>		
I'm there	SF	4.3
I'm not seeing anything		4.6 4.7

Since the tone arm was going up, I decided to end the session here, because I felt it was likely that his body needed a rest to get rid of the drugs.

After this session, Michael was his usual happy self again. He continued to feel good until the following day until about mid day, when he started to go down hill. This time I suggested that he hit back with just an 8/10 level, not one million times as strong as he usually does. He agreed to this.

The reason for this is that I felt that he was keeping a war going by hitting harder each time than he got back. Hitting back with more than you receive causes escalation. Also, what you give out you get back.

However, one does not want to take bad stuff lying down. The answer is to hit back with an 8/10 level. This way you keep the intensity levels low, but you also are giving notice to your opponents that you won't stand for their treatment of you. (This applies to normal day to day personal relationships as well).

Note: Before this session I had felt fear. I am pretty good at picking up emotions from other people, without meaning to. I couldn't tell where the fear was coming from. After I balanced the drugs on Michael, I got that maybe the fear came from the guys at Pine Gap, because they were afraid of getting into trouble if they couldn't control us. With this realisation, the fear left me.

Session 76: A Special Project

24th July 2000

Summary: Michael was still feeling 'yucky' which was not surprising as we had still not finished the incident of 11th July

Start of Session	4.4	
<u>Move to the beginning of the incident. (He does so). Move through the incident telling me about it as you go.</u>	4.5	
I'm starting to feel tired	F 4.4	Note tiredness kicking in
I don't see any images	4.5	
I'm very tired and relaxed	4.6	
	SF 4.7	
	Tk	
(sensitivity of meter increased from 8 to 10)		
Something tickles in my nose	SF 4.8	
	SF	
My eyes are starting to water		
I'm at the end		
<u>Move to the beginning of the incident. (He does so). Move through the incident telling me about it as you go.</u>	F,F	
I don't see any images. I'm starting to feel tired.	LF 4.7	
	F	
I feel pain, and itching about the middle of my left eyebrow, like someone stuck a pin in it	4.9	
(communication lag)	5.0	
	5.1	
	F,SF	
The tear duct of my right eye is starting to water	F	Note the read & physical reactions
	F 4.9	
	SF 5.0	
My nose feels stuffy, as though it's filled with cotton	SF	
	F 4.8	
	4.9	
	5.0	
I still don't see any images, I don't see anything	SF	
I feel very tired	LF	

	(looks zonked out) 4.8	
I feel a slight throbbing in my nose	F F 4.7	Note the reads
I feel more throbbing. Somebody has a tool or needle or pliers, they're putting it up my nose.	SF	
Somebody puts something up my nose. It expands the nose, so they can get up inside.	5.0 5.1	
The doctors are looking at me. They have a mask over their face.	5.2	
I feel pressure in my nose	5.3	
I'm still very tired	SF	Hardly surprising that he is tired with a TA as high as it is
(communication lag)	F,SF 5.2	
They're done	F	
I'm in the recovery area.		
My throat's really dry	SF	
My nose is numb	5.0 F 5.2	
After I'm recovered, they sit me up, and walk me to a new kind of machine. While I'm standing up, I step backwards into it. It cradles me.	5.3	
It's moulded to my body. It hooks into the back of my neck. It's taking information out, about my body. This is where they put the drug into my etheric body. The drug was supposed to change something about me, my energy level. If it changes the level in your etheric level, the physical level will follow.	5.5	Note that the TA is incredibly high, indicating that there are things here he does not want to face.
I start to feel pain in my head. A real tight kind of pain.		
(sensitivity of meter increased to 12)		
They leave me there a while.	SF	
To make sure it worked.		
<u>How long?</u>		
Two hours	SF	Note the read
My head is starting to hurt now	SF,F 5.25	
I'm done	5.2 R/S	Note the rock slam
See if you can see anything with an evil purpose		
The machine	F	Note the read, and that this answer gets rid of the rock slam
	5.2	

My head still hurts. The doctor said "That'll hold you for a while." They led me down the hall, to the portal. I go to the bedroom, go to sleep.	LF,SF,LF 4.7	Note the reads
They replaced the implant in my nose	SF,F	Note the reads
The praying was starting to take effect on the implant	F	Note the read
That's why they had to get a new one		
My hands are numb	4.0	
Remember how Arnold looked at the end of Terminator II? I taught him that. I think this is the worst one we've done.	LF 3.5 LF	Note the big read I should have noticed here that the TA had come screaming down from 5.5 to 3.5 in a very short period of time, indicating that if I was gentle and give him time, we would have got a floating needle and the session would have been over. Unfortunately, I missed this fact and kept on going. The result was that we had an "over run". That is, from here on he was trying to look at things that were no longer there because they had been cleared. This was shown by the fact that from here on TA went straight up WITH NO READS. I finally realised my mistake and rehabilitated the floating needle that I should have got here. Having a floating needle feels wonderful (we should all feel like that all the time). But being "over run" is horrible. I have had it done to me and therefore I know how 'heavy' and truly awful it feels.
<u>Move to the beginning of the incident.</u> (He does so). <u>Move through the incident telling me about it as you go.</u>		
I'm starting to get tired (communication lag)	3.7 3.9 4.2 4.4	
A man in black fatigues is standing next to the bed.		
He says "Come along Mr Relfe"		
I go with him. To the hospital. It's brighter and more cheery than last time.	4.6	
No. I don't think it IS brighter and cheerier.	SF	
It's the same place.		

Is it brighter?		
No. It's darker than the places in America.	4.7	
The right side of my nose is starting to itch.	4.9 5.0	
I feel kind of dizzy. I'm starting to feel that pressure again.	5.1	
Someone's doing something to my nose. It feels stuffy.	5.2	
They're done with the nose. They're putting me into the recovery area. They put me onto the machine. Hook it into my neck. It hurts. They put the alien drug in.		
<u>Is that the same drug as in the Blue Planet book?</u>		
I get a 'yes and no'. Could be a combination.		
I'm done. They lead me out, to portal, to bed, to sleep.	F 5.4 5.3 5.2	
<u>Move to the beginning of the incident. (He does so). Move through the incident telling me about it as you go.</u>		
<u>I am sorry to say that I believe that I have over-run you. (I explain this to him). Back when you said "Remember how Arnold looked at the end of Terminator II? I taught him that. I think this is the worst one we've done", did you have a floating needle then that I missed?</u>		
Yes	F, F F/N 4.5	Note that TA comes back down, and the floating needle now appears, although the TA is not as low as it would have been if I had finished when I should have.
I don't like them trying this new shit on me	F	
I get that the machine is for something else – some important project	SF	Note the read
What ?		
Teaching	F	Amazing discovery: Their technology allows high speed learning by inserting data into the energy body!
Their own people	F,F	
High speed education		
It's supposed to change you	SF	
<u>Did it change you?</u>		
Yes	SF 4.8	

Chapter 77: Weird things happen to Computer

26th July 2000

Today we noticed that weird things were happening with the computers. The short cut for windows explorer in the start menu was gone. We both noticed this independently without discussing it with each other. It was there yesterday.

Normally, we clicked on 'start', and then 'programs' and Windows Explorer was there.

But today we had to click on 'program', 'microsoft' and then we found Windows Explorer.

That is, the short cut got moved from one directory to another.

In addition, it was around here that we realised that the two boxes labelled "Michael's files" were missing (as described in the preface).

Session 78: Break Soul Ties

29th July 2000

We tried to do a clearing session but the tone arm was too high.

We were both feeling a bit down all day, but were too drained to do a session.

Michael prayed off whatever was affecting him. He felt it was to do with Pine Gap. Nothing responded until he asked to break soul ties to “things he didn’t know about or have a name for”. Then he coughed a LOT.

He felt lighter afterwards.

Session 79: Terminations #4 through #10

30th July 2000

Summary: We looked at more of the terminations of people etc. that Michael carried out on Mars.

Note that in this session there are not a lot of reads (falls). This is because in this case we are looking at things that Michael did to others, not things that were done to him. Therefore, there was a lot less charge on it. In fact, his tone arms comes down and he ends up feeling very good.

This session was necessary, not to remove charge but to improve his life. We get what we give out. Although Michael felt good when he did these things to these people, that energy can come back and affect him later. By getting him to thoroughly view what he did, and repent of it, it can stop bad things from happening in his life.

<u>Start of Session</u>	4.5	
	F/N	
<u>Was there a termination No. 4?</u>		
Yes		
<u>When was this?</u>	F	
1976	F	
<u>Where were you?</u>		
Mars		
<u>Where was the target?</u>		
Earth	F	
<u>What country?</u>		
US	F	
	F/N	
Below ground		
<u>Where?</u>		
Below ground, Dallas		
<u>Describe the target</u>		
White male		
30s, Brown hair		
He was another spy	F	Note the read
<u>Who for?</u>	F	
	4.0	
One of the factions		
Faction Two	F	It believed by some people that there are two main factions within the government, irrespective of what political party they belong to. Those belonging to Faction One promote the New World Order. Those belonging to Faction Two are opposed to the New World Order. For more information on

		Faction Two, go to www.rumormillnews.com or read the book available from www.theuniversalseduction.com
<u>Who do you work for?</u>		
Faction One	F	Note the read.
<u>What effect did this have on others?</u>		
No effect. He had no relatives	3.8	
<u>Do you take responsibility for this?</u>		
Yes		
	F, F/N	
<u>Was there a Termination No. 5?</u>		
Yes		
<u>How did they die?</u>		
Stroke		
<u>When?</u>		
1976		
<u>Where were you?</u>		
Mars		
<u>Where was the target?</u>		
Earth, US		
<u>What state?</u>	F	
Texas, Houston		
<u>Describe</u>		
White male, late 30s		
<u>What was his job?</u>		
Spy for Faction Two	3.7	
He was involved with software		
<u>What do you do?</u>		
Terminate him		
<u>How?</u>		
That's classified		
Heart attack		
<u>When?</u>		
Late 1976, November		
	LF	
<u>Was anyone else hurt?</u>		
No		
I don't know if these are true		
<u>Are these true?</u>		
Yes	F 3.5	Note the read
<u>Was there a Target No. 6?</u>		
Yes, 1977		
<u>Where were you?</u>		
Mars		
<u>Where were they?</u>		
(answer not recorded)		
<u>Who was the target?</u>		
A reptilian masquerading as a male. White male, early 30s, medium build.		
<u>What was his job?</u>		
A remote viewer		
<u>Why was he terminated?</u>		

He was a bad guy – He was supposed to be one of our allies, but he's spying on the Mars base, for his race.		
<u>Are we meant to know he's reptilian?</u>		
No	F	
<u>What effect did this have on others?</u>		
None		
<u>Are you willing to accept responsibility for this?</u>		
Yes		
<u>Was there a Target No. 7?</u>		
Yes		
<u>When?</u>		
1977		
<u>Month?</u>		
March		
<u>Where were you?</u>		
Mars		
<u>Where were they?</u>		
Earth		
<u>What area?</u>		
Earth satellite	F	
<u>Who owns it?</u>		
Reptilians		
<u>Who was the target?</u>		
A reptilian	3.7	
<u>Describe him</u>		
A scientist and remote viewer	3.8	
He studies how remote viewing works in humans	SF,F	Note the reads
It works differently in humans than in reptilians. They want to stop it.		
<u>Is there anything else?</u>		
He was hard to kill.		
<u>Describe how you killed him</u>		
The reptilian installation is shielded.	SF LF	Note the reads
Most remote viewers can't even see it. I'm pretty good against a shield.	3.5	
It's kind of hard to explain. I reach out to the shield and lightly sample it, like tasting it.	F/N	
Then I move my field forward and sideways, in all three dimensions simultaneously. Once I'm through the shield I locate the target, I verify the energy signature. He's also shielded, but it's not as strong. I wait till he's momentarily distracted, about an hour. Then I blast him.		
<u>How did he die?</u>		

A stroke		
How old was he?		
74	3.2	
<u>Do you accept responsibility for this?</u>		
Yes		
<u>Was there a target No. 8?</u>		
Yes		
<u>When?</u>		
March 1977		
<u>Where were you?</u>		
Mars		
<u>Where was the target?</u>		
Earth		
<u>What area?</u>		
Kentucky, Military base		
<u>Who was the target?</u>		
White male, late 20s		
<u>What was his job?</u>		
Military remote viewer		
<u>Why was he terminated?</u>		
He found out things he wasn't supposed to.		
<u>About what?</u>		
Us, Mars base		
<u>Who else was hurt?</u>		
His parents, but they weren't close		
<u>What was your intention?</u>		
Obey orders		
<u>Do you accept responsibility for this?</u>		
Yes		
<u>Was there a Target No. 9?</u>		
Yes		
<u>When?</u>		
April 1977		
<u>Where were you?</u>		
Mars		
<u>Where were they?</u>		
Earth		
<u>Area?</u>		
Arizona	F	
<u>Who?</u>		
Man, male white, late 40s		
<u>What was his job?</u>		
Executive		
<u>What company?</u>		
Not a company, he was in our organization. Some of the people are not officers.		
<u>Why was he terminated?</u>		
He was selling out to Faction Two		
<u>Do you accept responsibility for this?</u>		
Yes		

<u>Was there a Target No. 10?</u>		
Yes		
<u>When?</u>		
Late April 1977		
<u>Where were you?</u>		
Mars base		
<u>Where were they?</u>		
Earth	F/N 3.1	
<u>What area?</u>		
Washington DC		
<u>What building?</u>		
The pentagon		
<u>Who was the target?</u>		
A reptilian disguised as a military officer		
<u>What rank?</u>		
Lieutenant	LF	
At first I got he has a high rank- in the reptilian group he has a high rank.		
<u>What do you do?</u>		
Terminate		
<u>How does he die?</u>		
Stroke		
<u>Was anyone else hurt?</u>		
No		
<u>Do you take responsibility for this?</u>		
Yes. It was fun.		
<u>What was the reptilians purpose?</u>		
Infiltration and destruction		

Since Michael has not been sending psychic attacks back to the perpetrators, life has been better for him. He has even started to pray for the people doing these things to him.

Session 80: Balancing the Etheric Body with Kinesiology

31st July 2000 am

Previously, on 29th July, Michael would get grumpy. Then I would balance out drugs which came from the etheric body. They kept coming back daily. Each time after I balanced his body for the drugs which were coming from his etheric body, he would become much calmer and happier.

Then today, 31st July, we both woke up feeling tired and full of dread and foreboding. It appeared that Michael was taken again. I realised that I had to balance drugs out again, which were coming in from his etheric body.

Then I got a brain wave. It was not that Michael had been taken again. What was knocking us both around was that Michael's ETHERIC body was full of drugs and out of balance, from what happened in the previous abduction.

All I had to do to fix this up permanently was to balance the drugs out from this ETHERIC body, not from his normal body as I had been doing. Plus I also had to check to see if his etheric body was out of balance, from what had been done to it.

Using muscle testing, I got his body to surrogate for his etheric body. Sure enough, his etheric body was switched, dehydrated (presumably from the drugs which were put there unnaturally), and the cloacals were out of balance, both with eyes open and eyes shut.

I then balanced out drugs from his etheric body, and gave him two vitamin C tablets for nutritional support.

I then got his body to stop being surrogate for this etheric body.

After this balance, Michael was smiling!!! And I felt improved as well. Although we were both tired – we had to wait for Michael's etheric body to finish its healing process.

Session 81: Reptilian Wernicke's Commands in Etheric Body

31st July 2000 pm

I was feeling yucky all day. I figured I was under attack for the etheric correction I had done on Michael. This discovery and correction may be more important than I realised.

I tested Michael's etheric body, because I got that there are some wernicke's commands which are not in the body.

None presented themselves to be removed, because Michael was feeling so good – Until I asked him for wernicke's commands to make him obey.

We got that there were ten (again). All were from a "reptilian scientist"

1. "You will obey"
2. "Obey ASAP"
3. "Do as you're told"
4. "Do as we tell you"
5. "You are ours"
6. "We own you"
7. "Serve us"
8. "Give yourself to us"
9. "Surrender to me"
10. "We are your master"

Michael got that they hook into a human doctor, and stay invisible. The reptilian works on the etheric body while the human works on the physical, without any knowledge of the reptilian. At present, this would normally be easy for the reptilians to do, since most people's awareness is so low.

As we removed these commands, the wernicke's area on his head felt hotter and hotter.

Session 82: More Wernicke's Comands

3rd August 2000

Michael didn't feel well.

His etheric cloacals were out of balance. Muscle testing indicated the cause was the emotion "hostility" from reptilians. Since they kept attacking after this, I told Michael to send it back to them at an 8/10 level.

Because Michael had been having some trouble with work, we looked to see if there were any wernicke's commands affecting him. We got that there were ten, but this time they were 'normal' type commands:

1. "You can't figure" (teacher)
2. "You can't reason" (teacher)
3. "You'll never figure that one out" (school kids)
4. "That's too tough for you" (mother)
5. "You haven't got a snowball's chance in hell" (father)
6. "You never could concentrate" (teacher)
7. "Your head hurts" (father)
8. "You won't make a good programmer" (teacher)
9. "You haven't got what it takes" (father)
10. "Blockhead" (kids)

Session 83: Attacks on the Etheric Body

3rd August 2000

Michael had been feeling fantastically light and happy since we fixed his etheric body.

This morning, however, he felt very bad, as though he had been taken.

The following were out of balance with his eyes open:

- Cloacals
- Gall Bladder (Anterior Deltoid muscles)
- Stomach (Pectoralis Major Clavicular muscles)

Muscle testing indicated the cause of his cloacals being out of balance was, again, “hostility” from reptilians. It appeared that his etheric body had been interfered with.

I then tested him with his eyes shut. Again, his cloacals were out of balance. His etheric cloacals were also out of balance.

It appeared that some wernicke’s commands had been put back in to his etheric body, namely:

- “You will obey”
- “Obey quickly”
- “We own you”

I got that they visited Michael in the night. When I muscle tested him, it appeared there was something else, to do with circuitry.

I did a “circuit locate” on him. That is, I felt all over his body with one hand while muscle testing his arm with my other hand, to see if his arm would go weak when I touched a certain area. Sure enough, once I touched his heart area, his arm tested weak. I ‘got’ that there was some kind of metaphysical circuitry there, and unscrewed it. He then coughed when I did this.

I also got that there was something that I had to remove from the back of his neck, and 2 inches from the back of his neck. These were also removed.

That night Michael checked my etheric body, as I had felt all day that something was amiss. My etheric Central Nervous System was out of balance.

Session 84: Another Abduction

Morning, 5 August 2000

The previous night we both found that we woke up and were WIDE awake around 3.30 am, which had never happened before.

Michael was very cranky in the morning (which was unusual).

I gave him a balance. He was switched, and his cloacals were out of balance. Muscle testing indicated that the cause was "fear of loss". Further muscle testing indicated it was "fear of loss of his life".

His cloacals were also out of balance with his eyes closed. Muscle testing indicated the cause of this was the emotion "no choice".

Muscle testing indicated that he had been taken during the night. We both woke up after he was returned – the first time that had ever happened. Perhaps our bodies were beginning to handle this stuff.

Muscle testing indicated that there were three drugs that needed balancing out, with both eyes open and eyes closed.

In addition, I tested his etheric body. His etheric Gall Bladder was out of balance. His etheric cloacals were out of balance with both eyes closed and eyes open.

More work! There were three drugs that needed balancing out of his etheric body, with both eyes open and eyes shut. No wonder he was cranky!!! He was greatly improved after all this work.

Session 85: Brain Surgery

5th August 2000, afternoon

We decided to do a clearing session on the meter, to look at last night's 'abduction'.

Start of Session	4.6	
What's happening?	F	
I was taken again	5.0	
Would you like to look at that?		
Yes	F	
<u>Move to the beginning of the incident. (He does so). Move through the incident telling me about it as you go.</u>		
	F,F	Note the reads
I'm tired	SF,F	
I'm light headed		
	5.1	
	SF,SF	
I don't see any images.		
I just feel very relaxed	F	
I feel pressure in front of the back of my head	Tk	
I feel throbbing through my sinuses	F 5.2 5.3	Note the read & physical reactions
I still don't see any images. Everything's dark.	5.4	
(meter sensitivity increased to 12)	5.5	
I still feel pressure between my eyes	F 5.4	
I'm not so tired now	5.5 5.6	
I still don't see any images	F	
The pressure in my forehead is still there	F	
Some kind of operation is happening	SF F 5.4 F	Note the reads
I'm done	5.2	
<u>The crease on your forehead ('frown mark') looks deeper than normal</u>	F	This was not appropriate for me to say – but suddenly the crease on his forehead looked SO deep.
They cut through it again		
<u>Move to the beginning of the incident.</u>		
I'm at the beginning	F	
<u>Move through the incident telling me about it as you go.</u>	5.1 5.3	
I'm starting to feel tired again.		
I still can't see anything.	LF	

<u>Repeat "I still can't see anything"</u>		
I still can't see anything. I still can't see anything	SF	
<u>Repeat "I can't see anything"</u>		
I can't see anything. I can't see anything.	F 5.2 F	
I feel pressure between my eyes again	F	
	LF 5.0 5.1 5.2 5.3	Note how the TA starts to go way up
The pressure has increased a bit	5.4 5.5 5.6	
(communication lag)		
I'm still not getting any images		
<u>Is there anything blocking this session?</u>	F	Note the read, which indicates "yes" to the question
Yes		
Drugs		
<u>What else?</u>		
	SF	
A link or soul tie		
<u>Locate where it is coming into you</u>		
Implant, in my head		
<u>Locate its source</u>		
The guys at Pine Gap		
<u>Fine tune where it's coming from</u>		
A Remote Viewer at Pine Gap	F	
<u>Do what you need to gracefully break off that connection</u>	5.4 LF LF ↓4.9 LF	Note the many big reads
<u>What did you do?</u>	↓4.2	Note the huge drop in TA, from 5.4 to 4.2, to 3.8 in a little while
I broke off ties between me and the operators, and operators I didn't know about. I prayed to send them back at the same level. I prayed to help them to end mind control, to free them from implants and demons.	3.8	
(meter sensitivity returned to 8)		
<u>Move to the beginning of the incident.</u>		
I'm there	F	
<u>Move through the incident telling me about it as you go</u>	F (looks heaps lighter-is smiling) SF,SF	

	4.2	
A portal opens in the bedroom I'm awakened. It's a different person. A female	F	
A woman with long hair <u>White time is it?</u> 2.00	F	
<u>I need you to be more accurate. I repeat the question, what time is it?</u> 2.10	SF	
She calls me by my first name and leads me through the portal It's a friendlier place than last time	4.5 LF 4.2 SF	
She leads me to an area close to the portal. Another woman takes my blood pressure, heart rate etc. She puts things in my ear to take my temperature.	F	
She has some other device. She points it at me. Reads medical information from it. It's a square of metal. She moves it up and down my arm.	4.5	
She does something to give me a drug I get the first drug from her	F	Note the read
I'm starting to feel tired.	F	
She leads me to a gurney Lays me on it	4.6 4.7 4.8	
I don't see any images <u>What is the name of the drug she gave you?</u> A barbiturate	4.9	
I'm getting tired	Tk 5.0 LF 4.9	
I'm starting to feel pressure between my eyes Somebody is operating on me	F 5.1 Tk, SF 5.0 SF, F 4.9 SF, SF 4.8	Note the read
They're taking something out from between my eyes Inside my head. They're taking some liquid out.	F	Note the read
It has something to do	SF	

with my ability.		
It's another harvesting thing.	4.5 4.6	
Now they're taking something from my groin area	4.8 4.9 5.0 SF	
I think it's done		
I'm recovering	5.1 F	
It's been two hours	4.8	
Another man comes in and puts goggles over my eyes. I see lights and colour.	5.0	
He gives me a drug to make sure it holds		
My head's still throbbing between my eyes	F	
I think everything's done		
<u>Is everything done?</u>		
Yes	4.6	
(We stop for a short break)		
<u>Move to the beginning of the incident.</u> (He does so). <u>Move through the incident telling me about it as you go.</u>	3.6	
We balance out the fourth drug with eyes closed and eyes open		
<u>Move to the beginning of the incident.</u> (He does so). <u>Move through the incident telling me about it as you go.</u>	4.3	
	SF 4.5 F 4.7	
My head's starting to hurt again. I feel pressure between my eyes. They're operating on me.		
They extract something from me	F	Note the read
From in my head	5.0 SF 5.1	
I don't see any images		
Now they're operating on my groin	5.3	
Even though they're done on my head I can still feel the pressure, the throbbing	SF	
I'm in recovery	F,LF	
Now the man's putting goggles on my eyes.		
I see colours		
<u>What colours?</u>	F	
Flashing lights		
All colours	F	
No colours		

I don't know	5.1	
He gives me a drug to lock it in	5.3 5.4 5.5	
I go home	SF	
That's all	F,F	
I'm tired	5.1	
<u>Move to the beginning of the incident.</u>		
I'm there		
<u>Is there an earlier beginning to this incident?</u>	LF	
Yes		
<u>Move to the new beginning and tell me when you are there</u>		
I'm at the new beginning		
<u>Move through the incident telling me about it as you go</u>	SF 5.0	
I'm not seeing any images		
I'm just getting tired		
My head is starting to throb		
<u>When is this?</u>		
I don't know		
<u>Are you looking at an earlier similar incident, or an earlier beginning to the same incident we were just looking at?</u>		
(not sure of his answer here)		
<u>Stick with the incident from last night</u>	F 4.3	
I'm awakened by the woman	F/N	
She leads me through		
The other nurse does the blood pressure etc.		
Asks me how I am	F,F 4.5	Note the reads
Examines me with the device		
Gives me a drug	4.6	
I'm starting to feel tired	4.7 4.8 LF 4.6 4.7	
I feel pressure between my eyes	SF	
Someone's operating on me	4.9 5.0	
They're extracting something from between my eyes	5.1	
I'm done there. My head is throbbing. They operate on my groin.	5.2 5.3	
They're done	SF	
I'm in the recovery area		
It's boring	SF	
<u>How long there?</u>		
2 hours	F	

<u>In just that area?</u>		
Yes	5.3	
The man puts goggles on my eyes		
I see all the colours. He gives me a drug to lock it in.		
I wait again.	5.2	
They lead me out		
Back to the portal		
I go to sleep		
<u>What time are you returned?</u>		
3.30		
<u>Before or after 3.30?</u>		
A bit before		
3.20		
<u>How long are you away for?</u>	SF	Remember that these guys have technology to stretch time within a localized area
4 ½ hours		
<u>Is there another viewpoint to be run?</u>	4.2	
No		
<u>Is there an earlier similar incident?</u>		
No		
I'm so tired		
<u>Move to the beginning of the incident.</u> (He does so).	LF 4.0	
<u>Move through the incident telling me about it as you go.</u>		
I'm awakened	LF	
Portal. Greet me. Take measurements. Drug. Tired.	4.2	
Leave me on gurney	4.4	
	F	
Hallway. Operating room.		
It's like an assembly line. Somebody says "I've got another one"		
I'm on my back	4.6	
They start to operate on my forehead		
Operate on my groin	4.8	
I'm in recovery	4.9	
Take me. Goggles. Drug	5.0	
	SF	
I get the idea the machine that puts things in the etheric body is there	SF	Note the read
<u>Do they put you in that?</u>		
Yes	SF	Note the read
I lean back in the machine.		
They put a drug in my etheric body.		
That takes 15 minutes	F	Note the read
They leave me there another half hour		
Then they lead me out		
I'm back home	F,F 4.8	

I'm so tired	LF 4.6	
I'm tired	4.4	
	F 3.9	
	F/N	
	VGI 3.8	
I'm tired		
It's exhausting		
<u>Is there anyone in this incident you would like to pray for?</u>		
All of them		
No – pick out special people there eg the nurses		
<u>End of session</u>		Note: The higher than normal TA at the end was probably due to tiredness. He had a lot less metabolism than normal at the beginning

Session 86: Termination No. 11

6th August 2000

Start of Session	F/N 4.2	
Was there a termination No. 11?	F	Note the read
Yes	F	Note the read
When was this?		
March 1977		
1977?		
Yes	F	
April	4.5	
Where were you?	F	
On Mars		
Where were they?		
Earth		
Where on earth?		
Eastern U.S.		
Langley, West Virginia		
Tell me about the target		
White male, early 30s		
CIA		
Why him?		
Something he discovered	SF	
He did photo recon	F	
He was looking at photos of something on Mars. He saw an installation he shouldn't have seen.		
There was a failure in the shield for a small amount of time		
How did he die?		
Stroke		
Are you willing to take responsibility for this?		
Yes	4.6 F/N	

Session 87: Vanishing Scars

7th August 2000

Michael was complaining of headaches etc.

At his request, I checked the energy around the scar on this third eye. When I touched there, his arm tested weak, indicating the energy there was out of balance.

His third eye chakra was also out of balance.

However, the body told me there was another scar somewhere which needed correcting. Muscle testing indicated the scar was not on the head, nor on the legs. I tracked it down to the middle of his body, and then to his arms, and then to his left arm.

Once I did this we saw what we had not seen before – He had two big scars on his arm. About 6” long, ¼” wide, and perfectly straight. They looked like something from an operation. These scars tested weak. I rebalanced the energy around them.

Within a day these scars were no longer visible.

Session 88: More Wernicke's Commands

13th August 2000

Michael had been feeling tired and worn out, even after a ten hour sleep. His face was also puffy.

Muscle testing indicated that his cloacals were out of balance. The cause of this was ten wernicke's commands which were removed:

1. "Don't remember"
2. "This is all a dream"
3. "Go back to sleep"
4. "There are no aliens"
5. "Forget"
6. "None of this happened"
7. "This isn't real"
8. "You work for us"
9. "Tell no one"
10. "You can't remember"

His cloacals were also out of balance with eyes closed.

I also tested for drugs. I had to balance out one drug with his eyes open, and two drugs with his eyes closed.

I also tested his etheric body. With eyes closed his etheric cloacals were out of balance.

With his eyes closed I also had to balance out one drug from his etheric body.

Immediately after all this, Michael looked and felt bright, energetic and completely different to how he was before the balances.

Session 89: Testosterone Levels: Medical Results

24th August 2000

Michael felt that his sex drive was lower than it should be, and therefore decided to have his testosterone levels tested. He ordered a saliva test, completed it and sent it off for analysis.

The results were interesting. The testing company contacted Michael and advised that the first sample must have been damaged and asked him to send a second sample.

When we finally got a successful test done the results were incredible!!! We were able to see why they thought the results of the first sample were damaged – **he had testosterone levels less than a 90+ year old man!!!** Even though Michael looks quite young for his 45 years.

His results were around 24 pg/ml. As you will see from the sheet of standards, a man OVER EIGHTY YEARS OLD should have 26 – 54 pg/ml!!!!

The results are on the next pages:

HORMONE STANDARDS

Expected Hormone Ranges in Saliva by Gender, Age and Treatment

Estradiol		Saliva Range		Estrone		Saliva Range	
Unsupplemented				Unsupplemented			
Premenopausal	Follicular	0.5 - 5.0	pg/ml	Pre & Postmenopausal & Men	2.6 - 5.4	pg/ml	
	Midcycle	3.0 - 8.0	pg/ml				
	Luteal	0.5 - 5.0	pg/ml				
Postmenopausal & Men		< 1.5	pg/ml				
Supplemented*				Progesterone		Saliva Range	
Oral		2.0 - 20.0	pg/ml	Unsupplemented			
Patch		1.0 - 5.0	pg/ml	Premenopausal	Follicular	< 0.1	ng/ml
Cream / gel		10.0 - 50.0	pg/ml		Luteal	0.1 - 0.5	ng/ml
					Postmenopausal & Men	< 0.05	ng/ml
Estriol		Saliva Range		Supplemented*			
Unsupplemented				Oral	0.1 - 0.5	ng/ml	
Premenopausal	4.4 - 8.3	pg/ml		Cream / gel	1.0 - 10.0	ng/ml	
Postmenopausal	3.0 - 11.8	pg/ml					
Men	4.7 - 7.1	pg/ml		Cortisol			
Supplemented*	Oral	20 - 40	pg/ml	Unsupplemented			
	Cream	300 - 500	pg/ml	Women & Men	A. M.	1.0 - 8.0	ng/ml
					P. M.	0.1 - 1.0	ng/ml

*Supplemented ranges represent hormone levels 8 - 10 hours after last dose.

Age and Gender Specific Ranges for Salivary Testosterone and DHEA Unsupplemented A.M. Ranges

Testosterone

Female		Male	
Age	Range	Age	Range
20 - 29	17 - 52 pg/ml	20 - 29	42 - 145 pg/ml
30 - 39	15 - 44 pg/ml	30 - 39	53 - 114 pg/ml
40 - 49	13 - 37 pg/ml	40 - 49	41 - 104 pg/ml
50 - 59	12 - 34 pg/ml	50 - 59	36 - 96 pg/ml
60 - 69	12 - 35 pg/ml	60 - 69	32 - 86 pg/ml
>70	11 - 34 pg/ml	70 - 79	31 - 81 pg/ml
		>80	26 - 54 pg/ml

DHEA

Female		Male	
Age	Range	Age	Range
20 - 29	106 - 300 pg/ml	20 - 29	137 - 336 pg/ml
30 - 39	77 - 217 pg/ml	30 - 39	82 - 287 pg/ml
40 - 49	47 - 200 pg/ml	40 - 49	68 - 221 pg/ml
50 - 59	38 - 136 pg/ml	50 - 59	49 - 177 pg/ml
60 - 69	36 - 107 pg/ml	60 - 69	40 - 158 pg/ml
70 - 79	32 - 99 pg/ml	70 - 79	35 - 135 pg/ml
>80	33 - 90 pg/ml	>80	37 - 106 pg/ml

For oral testosterone and DHEA supplementation, compare values with unsupplemented ranges.

profback5.vp 9108

Michael's Testosterone Levels Before Kinesiology



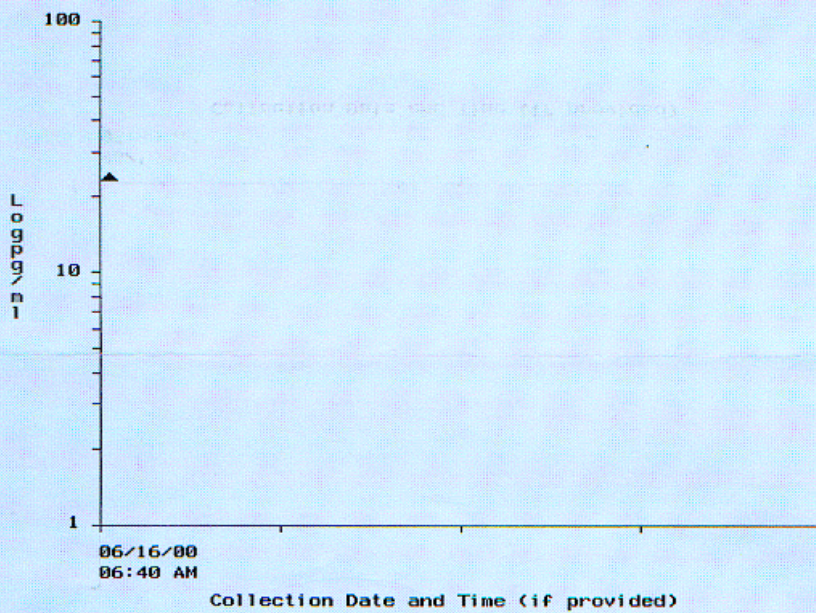
Aeron Accession Number:

Michael Relfe

,Vic,Australia 3207,

Please see reverse side for comparative range(s)

Testosterone ▲ 24 pg/ml



Signed: Charles M. Dollbaum
Charles M. Dollbaum Ph.D., M.D.

Date: 06/23/00

Aeron LifeCycles Laboratory, 1933 Davis St., Suite 310, San Leandro, CA 94577 (800) 631-7900 Fax (510) 729-0383
Internet: <http://www.aeron.com>

I decided to see what I could do to raise his testosterone levels with kinesiology.

Amazing, muscle testing indicated that his level of testosterone production was only 5%!!!

Muscle testing further indicated that the cause of this was spiritual or metaphysical, not due to 'hardware' (physical) problems, or because anything had been removed from his body.

His testicles were out of balance. When I rebalanced them, the level of testosterone production was raised to 22%

I then found ten wernicke's commands which were inhibiting testosterone production:

1. "You have low testosterone"
2. "Testosterone levels are low"
3. "Keep testosterone levels down"
4. "Stop 95% testosterone production"
5. "Testosterone production is 5% efficient"
6. "Maintain testosterone levels at 5% production"
7. "Reduce testosterone levels to 5%"
8. "Your male hormone levels are at 5% efficiency"
9. "Stop 95% production of mail hormones"
10. "Maintain male hormone levels at 5%"

Once these were removed, his level of testosterone production was at 100% efficiency. Muscle testing indicated it would take three months before his testosterone levels got to optimum levels.

As it turned out, we did not get Michael's sex hormones tested for one and a half years. When we finally did test them again, the results were equally amazing – but this time to the good!

After kinesiology and time had gone past for healing, results were as follows:

TESTOSTERONE: 74.0 pg/ml. This put him in the midrange of a 20-29 year old.

DHEA: Interestingly, we also measured DHEA, the 'youth hormone'. It measured 483 pg/ml. This is off the scale!!! He has more DHEA than a 20 year old!!!! At 47 years old!!!

We conclude from this that the military programmed Michael's hormones:

- 1) To reduce his sex drive, to conserve sperm for later harvest and maybe to preserve life energy
- 2) To keep him as young as possible to extend his life for their own uses.

Incidentally, Michael's sex drive returned to normal with the increase in testosterone.

Michael's Testosterone & DHEA Levels After Kinesiology




Aeron Accession Number:

Health, Wealth & Happiness
 Attn: Stephanie Relfe
 5652 Georgetown Rd #266
 Indianapolis IN 46254

Michael K Relfe

Collection: Date Time	01/20/02 10:07 am	Assay Value Ranges*			
		Female		Male	
Testosterone	74.0 pg/ml	A.M.	17 - 52 pg/ml	A.M.	26 - 145 pg/ml
		P.M.	10 - 20 pg/ml	P.M.	15 - 100 pg/ml
DHEA	483.0 pg/ml		33 - 300 pg/ml		37 - 336 pg/ml

*See back for expected ranges based on age, gender, menopausal status, phase of cycle, and treatment.

Signed: 
 Charles M. Dollbaum Ph.D., M.D.

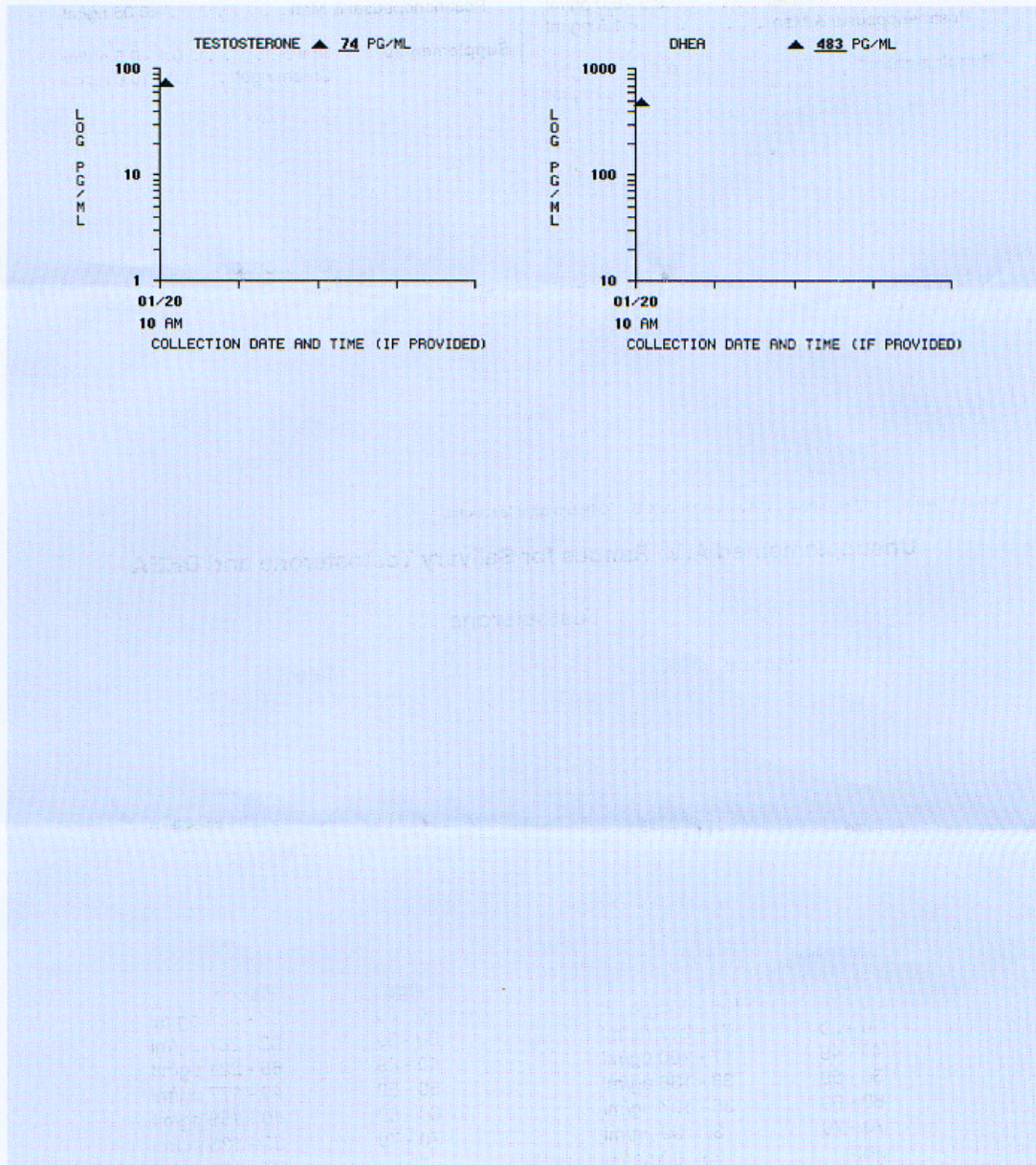
Date: 01/30/02

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Page 1 of 3

Michael K Relfe
Aeron Accession Number:

LifeCycles Graphic Display



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Page 2 of 3

Session 90: Multiple Layers of Wernicke's Commands

27th August 2000

Summary: Firstly, we found that certain of Michael's glands that related to psychic ability were not operating at 100% efficiency. The session that followed this was unlike any other. We found that they had started getting serious about stopping Michael from regaining his memories. We found that on the night of 12th August he was given TWO layers of ten wernicke's commands and drugs, to stop him remembering.

I had a realisation that in doing a kinesiology balance there are certain glands and organs which are not looked at.

Michael tested me and I found that my pancreas was operating at 60% efficiency. This was increased to 100% with a balance. After this I felt a lot less hungry.

I then tested Michael. Muscle testing indicated that his Pineal gland was operating at 47% efficiency, and his Pituitary was operating at 52% efficiency. These were increased to 100% with a balance.

A few hours later we did a session on the meter to look further at the 'abduction' of the night of 12th August.

<u>Start of session</u>	F/N	4.5	
<u>Shall we look more that the night you were taken on 12th August?</u>	F		
Yes			
<u>Move to the beginning of the incident.</u>		4.3	
<u>Move through the incident telling me about it as you go.</u>	F	4.4	
<p>Again, I had to stop and balance out drugs. With eyes open, there were two drugs that had to be balanced out. With eyes closed, there were two drugs that had to be balanced out.</p> <p>Then I tested his etheric body. With eyes closed there were two drugs that had to be balanced out of his etheric body. Also, his etheric Gall Bladder was out of balance.</p>			
<u>Move to the beginning of the incident. (He does so). Move through the incident telling me about it as you go.</u>		4.5	
		4.7	
		4.8	
		5.0	
		5.1	
		5.2	

I'm starting to feel tired		
<u>Is anything interfering with this session?</u>		
Yes		
Pine Gap		Note the absence of reads
<u>Anything else?</u>		
Implant		
<u>Anything else?</u>		
No		
I'm not seeing any images.		
<u>Were you taken that night?</u>		
Yes		
It was different		
I think it's wernicke's commands		
<p>I stopped the meter session and switched to kinesiology. Sure enough, there were ANOTHER ten wernicke's commands which had to be removed:</p> <ol style="list-style-type: none"> 1. "You're not getting any images" (from a doctor). Michael got that this was a joke on their part 2. "You won't remember a thing" 3. "Forget everything" 4. "Your mind is off line" 5. "No remembering" 6. "All of this didn't happen" 7. "Your memories are deactivated" 8. "You can't remember" 9. "You'll never remember" 10. "Stop remembering" <p>We then returned to the session with the meter.</p>		
	4.8	
Somehow they put the first lot of wernicke's commands in, then drugs, then another layer of wernicke's commands and drugs, so that there was more than one layer.		
<u>Move to the beginning of the incident. (He does so). Move through the incident telling me about it as you go.</u>	SF	
The portal opens in the bedroom.	F	
Someone comes through		
The woman with the short, black		

hair. She says "Come along with me".	5.0	
I go with her	5.1 5.2	
They're giving me a different drug at the beginning.	5.3	
Another person takes my blood pressure		
<u>Is something interfering with this session?</u>		I ask this because I'm not getting any reads (falls)
Yes		
Pine Gap		
<u>Anything else?</u>		
A drug		
(sensitivity of meter increased to 12)		
I don't know		
<u>Repeat "I don't know"</u>		
I don't know. I don't know		
<u>Anything else?</u>		
Implant		
<u>Anything else?</u>		
A reptilian	Tk	Note the read (although a small one)
Locate the reptilian		
Pine Gap		
No, that's wrong	Tk	
Somewhere near that	Tk	Note the reads
There's another base		
<u>How far from Pine Gap?</u>		
Fifty miles	Tk	Note the read
<u>What direction from Pine Gap?</u>		
South West	Tk	Note the read
<u>Say 'hello' to the reptilian</u>	F 5.3	
He snarled		
<u>Pray for him</u>	5.4	
(Michael does so, silently)	SF cough F,LF 5.1 F,F 5.0 blows nose	Note the reads, body reactions and big drop in TA
(sensitivity reduced to ten)	4.1	
<u>Move to the beginning of the incident.</u> (He does so).	F	
<u>Move through the incident telling me about it as you go.</u>	F	
The portal opens. A woman comes through. I go through the portal. I'm in the hospitality waiting area.	4.3	
Another woman takes my blood pressure	4.4	
She uses the thing in my ear to take temperature. Then she puts		

my finger in a device – it reads something.	4.5	
She gives me some kind of drug		
How?		
By a shot. It shoots through the skin of my arm.	4.6	
I start to feel sleepy.	4.7	
She leads me to the gurney	4.8	
(sensitivity increased to 12)		
Wheel me down the hall. Wheel me into a room.	4.9	
Some kind of operation on my groin.		
They're done. They wheel me out to recovery. I have to wait here till I recover from the operation		
<u>What country are you in?</u>		
Australia	SF 5.1	
After recovery a guy comes in and puts the goggles over my eyes.	SF	
I'm done. They send me home, after a period of time when they wait to see that I don't react negatively.		I end the session here. Michael has done a HEAP of work, and the high TA is probably due to lack of energy

Session 91: Radionic Drugs

29th August 2000

Summary: We discovered that Michael was being affected by drugs which were transmitted to him by radionics¹⁰.

This session was done because Michael had been 'snappy' for most of the day.

<u>Start of session</u>	4.4	
	F/N 4.2	
<u>Do you have an incident in restimulation?</u>		
(sensitivity increased to 12)		
I feel blocked.		
<u>Who or what is blocking?</u>		
Drugs	F	Note the read
Radionic drugs	F	Note the read. What next?
That reads	LF	
Get rid of drugs with pray		

¹⁰ Radionics (Definition 1): Radionics is the utilization of an unusual energy or energies in devices to produce natural phenomenon or effects. J.G. Gallimore

Radionics (Definition 2): System of alternative medicine developed by Dr. Albert Abrams, who believed that diseased body tissue affected the nervous system and gave forth, 'dull emanations'. Abrams believed electronic phenomena were involved with this, and he invented a variable resistance instrument called a 'black box' to measure the ohm resistance of different diseases on an electronic circuit. He found for example, that cancer produced a 50 ohm resistance, while syphilis had a 55 ohm resistance. Abrams later modified his technique so he could take readings from a drop of blood. In 1924, a committee established by the Royal Society of Medicine investigated Abrams techniques and were favourably impressed. Today Radionics and its cousin Radiesthesia (medical dowsing) are recognized in Europe as legitimate medical procedures.

There are two reasons 'why' the USA has made 'laws' against Radionics.

1. It works, but not in a way totally understood, either by the academic community or by the practitioners themselves.

2. It works and produces miracle cures in man, plants, animals, and outdates existing sciences if it is understood. Therefore, the 'lobbies' in Washington representing the commercial applications of existing sciences force laws against Radionics to preserve existing sciences and the large sums of money invested in them to create our present technology and preserve the jobs of millions which might be lost if indeed Radionics was used to achieve the same results.

Note: Radionics can be used to transmit positive, healing and also negative, destructive energies.

Michael silently prayed to:

1. Break off all transmissions of drugs to him by:
microwave
radio frequency (RF)
scalar wave
radionic
psychotronic
disease signals
death signals
very low frequency (VLF)
extremely low frequency (ELF)
2. Break all curses and spells put on him by drugs.
3. Bind and cast out all demons that came into him by the drugs.

Each time he did these things, he coughed and spluttered.

I then gave him a balance, where we had to balance out two implants from his etheric body that we were led to by muscle testing.

We then returned to the meter

(sensitivity decreased to 8)	4.4 itches nose 4.3	
I'm asking the Lord to send angels Is there anything else blocking?	F	
Yes	F	
Pine Gap		
Anything else?		
No		
<u>Pray for the guy who was sending the drugs to you</u>	4.6 4.7 4.8 4.9 F 4.8 4.9 coughs LF 4.5 blows nose	Tone arm often drops with body movements in a session because the reasons they are coughing or moving can be linked to things happening in the incident.
I had to break connection and soul ties to Pine Gap etc. and to me and implants, and implants and whoever put them in	4.4	
The last thing was what gave me the reaction	4.3	
<u>We'll look at that night on 12th August again</u>	F,F	

<u>Move to the beginning of the incident.</u> (He does so). <u>Move through the incident telling me about it as you go.</u>	F	
	SF,F 4.2 4.3	
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.	4.5	
(communication lag)	4.6	
I'm starting to feel tired	4.7 5.0	
They've done something different		
<u>Am I talking to Michael No. One?</u>		
Yes	F	
Well, it's good to know I'm still me	F	
I need time off for the drugs	F	Note the read
Radionics drugs work much the same as normal drugs		

After the session Michael felt lighter, and he was no longer snappy.

I, also, felt HEAPS better. The exhaustion which I had felt on coming home was lifted. I presume that this is because of the close tie between us. When Michael is 'down', I feel it too.

Session 92: Alien Abduction

1st September 2000

During the night Michael woke at 4.30 am and couldn't get back to sleep, which was VERY unusual for him.

In the morning we saw that he had a strange mulberry coloured vertical scar ½" long over his trachea. Surrounding this area for about 3" was an area of inflamed skin.

He felt a bit tired and weird. He felt as though he'd been taken again, although the effects were no where near as bad as usual.

When I touched the mulberry area, his arm tested weak, indicating that there was a weakness here (which is usual for scars). I fixed this weak energy.

His cloacals were out of balance. Muscle testing indicated that the cause was drugs.

His Thymus was out of balance, although not from last night. This was rebalanced.

Luckily, he appeared not to have been given any wernicke's commands. It was all done just with deep sleep.

Michael's weird feeling went after the balance.

I myself had been totally exhausted all day, which was extremely unusual for me.

When Michael tested me my cloacals were out of balance. Muscle testing indicated that the cause of this was the emotion "trapped".

When Michael did Emotional Stress Release on me I saw pictures of Greys and then Reptilians.

We both got that we had been taken, but had not been greatly interfered with. They were just checking us out.

Session 93: Alien Abduction continued

2nd September 2000

<u>Start of session</u>	3.6	
<u>Has the incident of the night of 12th August been erased?</u>		
No		
<u>On Thursday night, 31st August, were you taken?</u>	LF jumps	Note big read and body reaction
Yes	3.5	
<u>Move to the beginning of the incident. (He does so). Move through the incident telling me about it as you go.</u>	F	
I feel different	SF,SF	
I'm not seeing any images		
I feel a warmth or pressure where they cut me	SF 3.9	
I still feel tired	F 4.0	
	F 4.1	
I feel pressure between my eyes	4.2	
	SF 4.3	
I can't see anything	F	
<u>Repeat "I can't see anything"</u>		
I can't see anything, I can't see anything	F 4.4	
<u>Keep repeating</u>	SF	
I can't see anything, I can't see anything	LF,F 4.2	Note the reads.
<u>Keep repeating</u>	F	
I can't see anything, I can't see anything	F	
<u>Sense what's happening if you can't see anything</u>		
Reptilians are here	Tk	
Three of them. They're doctors. Two are talking. One is doing something to me.		
	F	
I'm not flat on my back or straight up	F	
I'm on a bed, at an angle	F,F 4.0	Note the reads
	SF	
Other reptilians are walking around	F,SF	
They cut into and above my chest, to get something	F	
What do they want?		
A sample		
	F 4.1	
It's a medical check-up. They scan		

me.	SF 4.3	
I felt part of my nose itching	LF	
and my right eye	F	
They touched it, or did something to it.	4.1	
Everything is done	SF	
They put me back through the portal		
I'm asleep the whole time.		
They levitate me down	LF	Note the big read
They're different people from the navy	3.4	
<u>What's the next viewpoint to be run?</u>		We can look at an incident from our own point of view. However, because we are Beings (spirits) and not the body, we can be in any place at any time. Often people pick up emotion that comes from someone else. It is not their own emotion. To clear the emotion, it can help to run out the incident from the point of view of the person who originated the emotion.
Stephanie	SF	That is, me.
<u>Be Stephanie</u>	F	
<u>Move to the beginning of the incident from the point of view of Stephanie. From the point of view of Stephanie, move through the incident telling me about it as you go.</u>		
	SF,SF 3.5	
I'm transported to their area	LF 3.3 3.5	
I'm laying on a doctor's bed	LF 3.4 F,F	
It's a medical check-up	SF	
They look in my eyes, nose and mouth		
<u>What is their purpose?</u>		
Something to do with psychic species		
They put a little sensor on the end of all the fingers on the left hand	F 3.5 3.6	
They have some kind of light that shines on the body, which makes everything transparent	LF 3.7	Note the read
	F 3.8 SF	
When they're done,		

they put me back	F	
	F	
I still feel like you, but outside the body	LF	
<u>Was I out-of-body?</u>		
Yes		
<u>Are there any more viewpoints to be run?</u>		
No		
<u>Is that incident erased?</u>		
Yes	F F/N	
Be yourself again		
I'm tired, from drugs		
Did they use drugs?		
They did an electronic zap	LF	
Same thing, just has no toxins or by products		

Session 94: Cutting into third eye

7th September 2000

We did this session because Michael's head felt "stuffy"

Start of session	5.1	
<u>Do you have an incident in restimulation?</u>		
Yes		
<u>Is something blocking this session?</u>		I asked this because I'm getting no reads, which doesn't make sense with Michael's answer
Yes		
<u>What?</u>		
Drugs		
Filing clerk is jammed	Tk	
<u>Say "hello" to it</u>		
I get a weird image when I think of it. It's like the file bar on windows.		
I see something looking over it (meter sensitivity increased to 16)		
<u>Say 'hello' to that thing</u>	Tk 5.7	
(He does so)		
<u>Ask it, what is your purpose?</u>		
Control		
<u>Thank it for it's answer.</u>		
<u>Tell it it's done a good job</u>	SF	
<u>Is it an entity, a demon or something else?</u>	scratches nose 5.5	
It's like the sleeping part of some life form	SF F	Note the read
<u>Locate the life form</u>	SF	
It's like one of those 'spiders'		He is referring to the occult 'spider' from Session 52 in The Mars Records Book One
The thing grabbing hold of the filing clerk is the energy of a being.		
<u>Where is the Being?</u>		
Some other planet	SF	
<u>Command the Being "Run out the incident that made you the way you are"</u>		
I guess it did it	5.6	
Tell it "well done"		
<u>Command it ... (answer not clearly recorded)</u>		Note that we don't get any reads so these commands are not working
<u>Pray for it</u>		
(Michael prays for silently)	5.8 SF coughs LF 5.3 F 5.1	Note the body reaction, reads and big drop in TA
I told it to go away. I sent it back in		"He that believeth on me, the works

Jesus name		that I do shall he do also ... And whatsoever ye shall ask in my name, that will I do ... If ye shall ask any thing in my name, I will do it.” John 14:12
When I hit MJ12 in my prayers, that’s when I started coughing.		MJ 12 stands for Majestic 12, one of the main US government groups (if not the main group) behind the cover-up of the alien presence on earth
My head feels stuffy	F	
<u>Do you have an incident in restimulation?</u>		
Yes	SF	Now we get a read, even if only a small one
<u>Move to the beginning of the incident.</u> (He does so). <u>Move through the incident telling me about it as you go.</u>	5.3	
	5.4	
I’m not seeing any images. <u>Tell me what’s happening, as a spirit, even if you can’t see.</u>	5.5	
I’m very tired		
I feel pressure on my nose	5.6 5.7	
<u>Are there any entities in restimulation?</u>		
Yes		
Locate one		
Upper left quadrant of my head <u>Say “hello” to it until it answers</u>	Tk	
<u>Command it to run out the incident that made it the way it is</u>	Tk	
(He does so) <u>Congratulate it</u>		
<u>Command it to run out the incident that made it stick to the body</u>		
(He does so) <u>Congratulate it</u>		
<u>Tell it to leave</u>	F	Note the read – presumably it does leave
<u>Go back to how you were feeling when you said “my head feels stuffy”</u>		
(He does so)		
<u>Is there an earlier, similar incident?</u>	Tk	
Yes	Tk	
<u>Move to the beginning of the incident.</u> (He does so). <u>Move through the incident telling me about it as you go.</u>	SF	
(communication lag)	SF 5.7	
<u>When is this?</u>		
The time before last.		
Now I get it – This is the first time they cut into my forehead.		

I'm at the end of the incident.	5.4	
<u>Move to the beginning of the incident.</u> (He does so).		
Is there an earlier beginning to this incident?		
No		
I feel drowsy	Tk	
<u>Have we done this incident before?</u>		
Yes		
I'm very tired		
<p>We stopped to do kinesiology.</p> <p>Michael was dehydrated and switched.</p> <p>More importantly, with his eyes open his cloacals and gaits (electrical signals related to walking) were out of balance – which only happens when the body has been under a lot of stress</p> <p>With his eyes closed his hyoid was out of balance. This is the third electrical system in the trio called 'centring' which consist of cloacals, gaits and hyoid. When any of these systems are out of balance, the body is like a 'leaf in the wind' and will be much less efficient or balanced.</p> <p>His etheric body was switched.</p> <p>He was totally exhausted, as bad or worse than he had ever been before. I got that it was restimulation from the original time they cut between & above his eyes.</p>		
(meter sensitivity reduced to 12)		
<u>Move to the beginning of the incident.</u> (He does so).	5.0	Note the read
<u>Move through the incident telling me about it as you go.</u>	F	
I'm starting to feel tired	F	
	5.2	
	5.3	
	5.4	
	F,F	
I saw the red dot	LF	This came up in sessions 22, 26 and 57 in Book One.
My head is chilling out	super body shakes	Note big body reaction
I don't know what's going on	↓4.6	Note BIG drop in TA and big reads
	LF,LF	
They were cutting between my eyes	F 4.5	
It hurt, I'll tell you!	shakes	Note body reaction
They're still doing it to me	4.9	
	shakes	
Every time I try to concentrate on it between my eyes, I chill out		
I think it's the interface between my third eye and the machine	SF 5.2	
	SF	
I'm done	5.0	
<u>Move to the beginning of the</u>		

<u>incident</u>	F	
I'm at the start	F	
<u>Move through the incident telling me about it as you go</u>	SF	
	SF 4.8	
I'm starting to feel tired		
<u>When is this?</u>		
1997		
It's the first time they cut into me		
The red dot and cutting into me are hooked together	5.5	
When they were cutting into me I was partially conscious. They put in an interface, and I had to concentrate on the red dot. They monitored on machines to see if it fitted in correctly. They kept saying "concentrate on the red dot"		
<u>Do that now, concentrate on the red dot</u>	F	Note the read
<u>Again</u>		
<u>Again</u>	F	
I don't see it, but I'm concentrating and looking where it should be	SF 5.4	
I can't do two things at once		
<u>Concentrate on the red dot</u>	F	Note the read when he does this
<u>Again</u>		
I'm trying to look. It's not there		
<u>Maybe you as-ised it.</u>		
<u>What happens next?</u>		
<u>They're done. Recovery room. Four hours.</u>		
<u>Is this on the Mars Project?</u> (answer not recorded)		
<u>During this incident, did part of you as a spirit leave?</u>		
Yes		
<u>Locate it</u>		
That sort of thing has already been fixed. It was part of my deliverance.		
When they cut into me, I jumped out of my skin, even though I was programmed to like it.		
<u>End of session</u>	Exhausted	I ended the session here. It was already 9.20pm, and the TA did not seem to want to come down, and reads had stopped. I figured that he may have run out of metabolism.

Session 95: Erasure

10th September 2000

<u>Start of session</u>	4.4 F/N 4.1	
<u>Move to the incident where they first cut into you</u>	jumps 3.9 4.0	Note body reaction
<u>Move through the incident telling me about it as you go</u>		
(He runs through it briefly, leaving out most of what has already been said)	SF SF 4.5 F 4.3 F 4.2 SF F/N	
I'm at the end		
<u>Is this incident erased?</u>		
Yes	F/N 4.1	

This incident may in fact not be erased (as we didn't get a read on the question or the answer), but we have got rid of enough charge to leave it alone. I don't want to run the risk of over-running him.

Session 96: Praying Against Hypnotism

16th September 2000

When we went to bed I finally decided to pray so that:

1. They stop taking Michael
2. He is immune to their commands, if they turn up

Ten minutes later I got the thought to tell him to pray to end anything to do with hypnotism.

He then prayed to break off hypnotic commands, and reacted fairly strongly with coughs, deep breaths etc.

Then I had a realisation. I said to Michael that I really meant that he pray to make it so he can never be hypnotised again. It was interesting that he hadn't thought of this himself (presumably the mind control stopped him from thinking of this). When he did this he REALLY reacted, with violent coughing etc.

Comment from Michael:

I felt a foreboding feeling, like they were coming soon.

- I asked God for angelic protection around the house, around Stephanie and around me.
- I broke curses (in Jesus name)
- I broke attacks
- I broke soul ties.
- I broke all connections to and from me to the implants
- I broke all connections from the implants to their owners
- I specifically attacked demons and demonic rule of hypnotism, hypnotic commands, post-hypnotic commands and the ability to be hypnotised.

The implant in the upper right quadrant of my head was hurting all night. I had weird dreams and unsettled sleep.

Session 97: High Temperature

17th September 2000

Michael woke up feeling terrible. He had a headache, a stuffy head and his joints ached. He felt like he had “run fifty miles”.

He felt that he had been taken last night. (Prayers are not always answered immediately). In fact, before he went to bed he felt as though he knew they were coming.

I gave him a balance. Sure enough, his cloacals were out of balance (indicating major stress). Muscle testing indicated that they were caused by something emotional, and then that they were caused by ten wernicke's commands:

1. “Don't remember”
2. “You'll never remember this”
3. “Go back to sleep”
4. “You can't remember”
5. “Forget this”
6. “Always forget”
7. “You have no memory”
8. “You cannot recall”
9. “Memory is forbidden”
10. “Don't do clearing”

He also had out of balance:

- Stomach (left Pectoralis Major Clavicular muscle)
- Kidney (Left Psoas muscle)
- Lung (Left Anterior Serratus muscle).

With his eyes shut, his cloacals were out of balance again.

I also balanced out four drugs, and something that acted like a drug, but wasn't a drug.

After all this Michael felt and looked a lot better. Unfortunately, it wasn't over so easily this time.

His etheric cloacals were out of balance with eyes open.

A neck muscle was out of balance (Right Rectus Capitus Posterior Major).

His Pituitary was operating at 67% efficiency.

The energy of the scar on his forehead which is where his “frown mark” is was out of balance.

Michael then tested me. I was blocked and switched, but there was nothing majorly out of balance.

Michael then slept all day to recover. He seemed to have a temperature. When he woke up at 4pm in the afternoon, he looked terrible again. Plus he had a 9/10 headache.

I gave him another balance.

I had to balance a drug out of his etheric body.

Then I got that his etheric body was dehydrated from all the drugs that had been put into it. He drank water while his body was surrogating for his etheric body, to help wash out the drugs from this etheric body.

After this, the pain in his head reduced to “not near as bad” (6/10).

When I felt his forehead, it felt very hot. This was the first time ever that he did not “snap back” after being taken and after a balance. This was Sunday. He stayed in bed the next several days.

On Monday I rang a friend who is a sensitive to see if she could pick up anything about Michael that might help. She said that Michael had an “Arch Demon¹¹” in his chest (That is, the equivalent level of the Arch Angels), although she doesn’t know much about the different rankings of demons and probably overstated the case – but she did see a big demon.

On Tuesday I finally went and bought a thermometer and took his temperature. He was 102°F!

It took Michael five days to get over this sickness. This was definitely not your ordinary “cold”. Michael went to sleep feeling perfectly fine, and woke up with many abduction symptoms – much more than normal.

I myself “caught” whatever was upsetting Michael a few days later, though no where near as bad as he. I was totally exhausted and unable to function and with a high temperature of 100°F for three days.

¹¹ The angelic realm (whether good angels or fallen angels) have definite hierarchies and rankings within them. The bible names these as “powers, principalities, dominions, world rulers, thrones and kingdoms”. Below these are many other rankings.

We felt, and kinesiology indicated, that Michael had been given some kind of inoculation to protect him from goodness-knows-what in the future. Thoughts of the chemtrails¹² came to mind.

¹² Definition of a contrail: A contrail occurs when a plane travels at a high altitude (about 30,000 ft. or more) and compresses the air into a water vapor or ice crystals through jet engines or the wing tips pushing through the air. This trail disappears after a minute or so due to evaporation, because it's water.

Definition of a chemtrail: The term "chemtrail" is a relatively new word, which appeared in the last few years along with the appearance of chemtrails.

A chemtrail is very different from a contrail. At first a chemtrail might look a bit like a contrail. However, instead of disappearing like a contrail does, a chemtrail just keeps spreading out and forming a hazy cloud bank. These trails traverse the whole sky and stay for up to around five or even eight hours. They have been known to turn what was originally a clear blue sky into a grey haze. (Note: As of Nov 2001 there are already at least several dozen cloudbusters in seven countries, so if you see chemtrails that don't last anywhere near this long, there may already be a cloudbuster in the area).

It is believed chemtrails are composed at least in part by an oil based substance of unknown content that is actually being sprayed from jets on populated areas. It has also been found that some chemtrails contain unknown biological components. There are many reports of increased diseases, especially lung diseases, in areas where there are chemtrails.

Chemtrails are often seen to be sprayed by white planes with no markings. Sometimes you will see these planes give off no contrail at all, and immediately after the same kind of plane in the same area will start to leave a thick chemtrail. At other times, distinct short gaps in chemtrails have been photographed, as though the plane ran out of chemicals and then had to start spraying with a new supply (as in the photo).

For information on Chemtrails see the sites listed at www.relfe.com/weblinks.html#chemtrails
See also satellite photos of chemtrails at www.rense.com/general4/chmgb.htm
www.rense.com/general3/massive.htm
See: Chemtrails Crimes & Cover-up Documented, www.carnicom.com/contrails.htm
Strange Haze, <http://strangehaze.freeservers.com/index.html>
The Contrail Connection, www.contrailconnection.com
Sightings, www.sightings.com

Session 98: Inoculation

23rd September 2000

Summary: We discover that Michael was in fact taken on Saturday night the 16th September. He was given an 'inoculation' by an 'energy plate' put on his chest. He was then exposed to whatever he was inoculated against, to confirm that the inoculation held. That was why he was sick for five days with a high temperature.

Note: Michael was in balance five minutes before we started this session.

<u>Start of session</u>	5.1	
<u>Do you have an incident in restimulation?</u>		
Yes		Something is not quite right – he answers yes to the question and to all appearances does in fact have an incident in restimulation, but we get no reads on the question or the answer.
<u>What's happening?</u>		
I got sick after being abducted	SF	Note the read
<u>Is something blocking this session?</u>		
Yes		
<u>Locate it</u>	SF	
A drug	F	
<p>We stopped using the meter to do kinesiology.</p> <p>I had to balance out a FIFTH drug with his eyes open and closed, and from the etheric body with his eyes open.</p> <p>Michael felt that something 'lifted' after that.</p> <p>We then returned to the meter.</p>		
<u>How are you doing?</u>		
I feel clearer, as though something lifted.		
<u>Do you have an incident in restimulation?</u>		
Yes	SF	NOW we get a read
<u>Move to the beginning of the incident. (He does so). Move through the incident telling me about it as you go.</u>		
My head is starting to feel funny	F 5.1 F	
I'm not seeing any images		
I'm not even getting tired.		
I'm in the middle of it (the incident).		Usually when an incident is in

You didn't say to go to the beginning.	5.3 5.5	restimulation the person falls into the middle of the incident, rather than the beginning (where there is not so much 'charge')
(meter sensitivity increased to 10) (communication lag)	F 5.3 SF	
I can't see any images		
<u>When is this incident?</u>		
Saturday night (the night after which he had the high temperature, 16 th Sep. Session 97)	Tk 5.4	
(meter sensitivity increased to 12)		
I feel irritation or heat over my breast bone	SF	
	5.3	
	LF	
It's over	LF 5.0	
<u>Move to the start of the incident, and tell me when you are there</u>	F	
I'm at the start	SF	
<u>Is there an earlier beginning to this incident?</u>		
No	5.0	
<u>Move through the incident telling me about it as you go</u>		
The portal opens in my bedroom		
A man says "Mr Relfe, come with us"	SF,F	
(meter sensitivity reduced to 10)		
I go with him	5.1 F,F	
(meter sensitivity reduced to 8)		
I don't see any images		
I'm not even feeling tired		
They've done something to my immune system	F	
They put something over my breast bone, over my thymus gland		The thymus gland makes "T" cells and is one of the two most important parts of the immune system (the other being the "B" cells in the bone marrow)
It's like a sensor or a plate		
They did something to change my immune system		
That's why I got sick		
<u>Are these the same people as usual?</u>		
Yes	SF	
Same group	F	
Different area	SF,SF	
I'm in the waiting area. A nurse takes my blood, temperature, blood pressure etc.		
She gives me a shot		

	SF	
I start to feel sleepy.		
They walk me to the table that has wheels on it.	SF	
They wheel me down the hall	LF 4.8 4.9	
I'm in the operating room	5.0	
They're operating on my forehead again	LF	Note the read
Between my eyes	F 4.9	
They're done	5.0	
I'm in the recovery room		
Now they put that plate next to my breast bone. It's like shooting energy into me. Doing something - I don't know.	5.1	
<u>Repeat "I don't know"</u>		
I don't know. I don't know etc.	F,F	
They leave me there a couple of hours to make sure I'm all right	F	
A man puts on the goggles, for mind control commands	F,F 4.8	Note the reads
Leaves me there a couple more hours	F	
I'm done		
They send me home. I go to sleep.		
	LF F LF 4.4 VGI	
<u>Move to the beginning of the incident.</u> (He does so). <u>Move through the incident telling me about it as you go.</u>	4.1	
(I remind him to not 'bring back' memories that are gone. I tell him we are going over it again to see if there is anything important that he missed earlier).		
The portal opens.		
I go with them	SFS 4.7	
Pressure between my eyes	F	
I must be in the operating room	F 4.8	
<u>Tell me about that</u>		
I'm not feeling anything.		
They were doing something	F 4.9 SF 5.0 SF,SF,F	Note the reads
All done	F 4.7 4.3	

	VGI 3.9	
It was weird what they did to my immune system.	F/N	Note the floating needle – which also indicates the truth is being said
A shot wasn't enough. They did something energetically.	4.7	
They programmed me.		
Then exposed me to it to see if it worked.	F	t
They didn't want to take a chance.		
There were two separate parts – the programming part and the exposure part	4.1 F/N	

Session 99: Radionic Attack

am, 15th October 2000

Michael woke feeling great. He was working on his computer when suddenly he felt sharp pains in his chest.

He broke off in Jesus name “attack of scalar attack, radionics, psychotronics”. When he did this he really reacted, coughed a lot etc. He then felt improved but still awful.

I then gave him a balance. His cloacals were now out of balance. Muscle testing indicated the cause was an emotion. Further testing to identify which emotion from a long list gave us the emotion “attacked”. Muscle testing indicated this was by the military (another group from the ones who usually took him).

Michael got that he had been attacked by a Remote Viewer guy, who did what Michael used to do to people (that is, kill them by giving them a heart attack). Michael got that he had been protected by Jesus, not by his abilities.

I mentioned in Book One that Michael had experienced divine aid before concerning protection when driving. I feel that here is a good spot to tell the story.

MICHAEL FILL THIS IN

Session 100: YOU can stop Abductions!

pm, 15th October 2000 (plus notes from 27th October)

Michael thought that they might come to get him the next night.

He had been praying hard for an answer to the ongoing abductions for quite a while. Since becoming so ill from the inoculation he was especially earnest in seeking God's help for what was going on.

Michael described it as follows –

“It was like a realization or finding something that had been lost. I was praying and asking God for an answer on how to stop the abductions. I remembered the passages in the old testament on how the Lord would fight for his people if they asked him and how He would give the enemy into their hands. I “got” that the enemy jump gate technology was “damaging” to the space-time continuum and that the continuum could be healed. I couldn't imagine healing ALL space time just as I couldn't imagine healing ALL the people in the world. But I *knew* that it could be done locally. So I did the following –

1. I asked God to send angelic protection for the house that we were living in and to seal it off from the attacks of the enemy.

“Heavenly Father, in the name of The Lord Jesus Christ, I ask you in Jesus name to please send hundreds, hundreds, hundreds and hundreds of millions of legions of angels to surround and encamp around this house and set up angelic shields, protective devices, impenetrable force fields and angels to seal this house off from the world.

In Jesus name Father I ask you to send angels to bind up all the free demons trapped inside this house when the shield is closed and to send them to where you want them to go, in Jesus name.

In Jesus name Father I ask you to break, destroy, cut, dissolve, and sever every line of remote viewing, energy drain, energy supply, remote influence, command and control and surveillance that the enemy would try to put through this shield. In Jesus name, Father I ask you to make this shield impregnable to all the attacks of the enemy”.

2. Then I put my hands in the air, like I was laying hands on “space” for healing.

“Heavenly Father, in the name of The Lord Jesus Christ, I ask you, in Jesus name, to change the space time continuum in this sealed off house, so that the enemy’s jump gate technology will not function in this sealed off house. In Jesus name I pray, Amen.”

After this, Michael was not taken again until April 2001 – a break of six months. That was a big improvement on being taken once a month.

It appears as though the first space-time travel research was done during the Philadelphia Experiment and the Montauk Project. Preston Nichols in the book ‘The Montauk Project’ explained how the original project HAD to have a psychic make the initial link-up. The psychic used to lie in a special chair. It was only after using a psychic for a long period of time that they were eventually able to make space-time changes with machines alone. Therefore, the spiritual aspect to this cannot be underestimated. We feel that this gives a sound basis for the subsequent success of Michael’s prayers.

Twelve days later, on the 27th October 2000, we both felt like we were under some kind of attack. Muscle testing indicated that it came from the greys. Michael felt that he had been continually attacked by reptilians for the previous ten days.

I felt that the night of the 27th October the greys were mad at not getting their ‘quota’. And that they are beginning to realise that Michael was doing this on purpose. I felt that they were draining energy off Michael to stop him doing this. He prayed to end all these attacks, which cleared them up.

March 2002: Much has happened since October 2000. For a more complete and detailed explanation on stopping abduction, please see the Appendix.

Session 101: Female Reptilians are Mean!

November 6 2000

Shortly after arriving home from work, Michael felt 'not good', really tired and super lethargic. He had eaten nothing unusual that day.

I gave him a balance. His cloacals were out of balance again! What next?! What super stress had caused this, this time?

Muscle testing indicated the cause was 'chemical', but wasn't food. Further testing indicated it had to do with something between work and home, something on the train home.

Michael then remembered a woman he had seen on the train. She was in her late 20's/early 30's, blonde and looked tall but it was hard to tell as she was sitting down. What was extraordinary about this woman was her EXTRAORDINARILY long and strong legs. She was wearing a dress so they were easy to see. Her knees alone were twice as thick as Michael's (and he is a medium-well built six foot tall).

When Michael saw her, his first thought was that that would be what a female reptilian would look like. He had to check to make sure she was a woman. She had a small-medium chest, average face, but no Adam's apple.

He got that he got 'zapped' by her.

Perhaps the strangest thing was that he didn't see her leave. When he next looked at her seat, she was gone and a little old lady was sitting in her seat. Michael got that she fuzzed his mind when she left.

I got that the bad guys were still trying to find ways to weaken Michael, to stop him from preventing them from taking him at night.

After the balance Michael felt "fine", less tired and a lot better than before.

Session 102: Operation at 12 Years Old to Increase Abilities

January 7 2001

On a number of previous days we had experienced either psychic attack or an energy drain from Michael, in an effort to stop him from stopping the jumpgate from working, even though we felt that it took them a while to realise that Michael had anything to do consciously with the inability of the jumpgate to operate.

I had been quite tired for several days. Today I woke with a headache, which was very unusual for me. I got on the meter and saw that my TA was high – 5.3. I then got Michael to pull invisible circuitry off me, including:

1. An energy drain from my back
2. Wiring from my third eye
3. Wiring from my right ear, which went into the back brain.

He did this while I was still holding the cans of the meter. While he did this, I got lots of reads, plus I did lots of burps, coughing and tearing. The TA then came down to 3.5 (a very big drop) and then settled at 4.

After this, my headache was gone! My energy was improved! My smile was restored!

We later did a clearing session on Michael:

<u>Start of session</u>	4.7	
<u>What's happening?</u>		
I'm tired	SF	
<u>Do you have an incident in restimulation?</u>	5.0	
Yes		
<u>Move to the start of the incident and tell me when you are there. (He does so). Move through the incident telling me about it as you go.</u>		
I have no idea what it is		
Repeat "I have no idea what it is"		
I have no idea what it is, I have no idea what it is.		
	F,F	
Drugged		
Since Michael felt that drugs were stopping the session, I did a kinesiology balance. Sure enough, muscle testing indicated that there were two drugs affecting him. These were balanced out. These drugs seem to be left-over from an earlier time.		
<u>Do you have an incident in</u>		

restimulation?		
No		
<u>Is there something blocking this session?</u>		I ask this as this answer doesn't fit with his earlier answer of 'yes'.
I think so		
<u>Locate where it's coming from</u>		
Tower		
Twenty miles away	SF	Note the read
<u>Break off the beam</u>		
(He does so with prayer)	5.5 5.6 5.7	
<u>Do you have an incident in restimulation?</u>		
No		He says 'no', but there must be some reason for the high TA.
<u>Is there something blocking this session?</u>		
Wernicke's commands		
(I stopped and muscle tested. It appeared that there were, in fact, no wernicke's commands to remove).		
<u>Do we have black magic interfering with this session?</u>	shakes	This was an idea that came to me while I was muscle testing him.
Yes	F	Now we have something! (as evidenced by the body reaction and read)
(Michael lies down on the bed to undo the magic, with deliverance)		
I then got that he had the same wiring that I had had – from a voodoo doll. This read on the meter when I removed the wiring. The wiring was in his right ear, back, third eye and on the back of his neck.	4.6	
<u>Do you have an incident in restimulation?</u>		
Yes	LF	
<u>Move to the start of the incident and tell me when you are there.</u>	4.8	
(he does so). <u>Move through the incident telling me about it as you go.</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.	SF SF	
I feel pressure in my third eye		
	SF,Tk	
Someone is operating on my third eye	SF 5.3	
They are operating where that 'cut' is above my eye		He is referring to what looks like a very deep frown mark, which seems a lot deeper than it used to be.
<u>Is this an incident we've looked at</u>		

before?		
Yes		
They're done. That's the end	SF	
<u>Is there an earlier, similar incident?</u>	LF	The reads indicate that there is. In other words, the charge is coming from an earlier time.
Yes	5.1	
<u>Move to the new incident and tell me when you are there.</u> (he does so).	F	
<u>Move through the incident telling me about it as you go.</u>	F 5.0 5.1	
	F	
I'm in the operating room, being operated on.		
This is something we've looked at		
<u>When is this?</u>		
A long time ago	F	
1976	F	
<u>Is there an earlier, similar incident?</u>	SF,F	The reads indicate that there is.
Yes		
<u>Move to the new incident and tell me when you are there.</u> (he does so)	F	
<u>Move through the incident telling me about it as you go.</u>	LF 5.1 F 5.0	
The number 12 comes to mind. I think I'm 12 years old.		
<u>Are you 12 years old?</u>	5.1 5.2 5.3	The TA may be rising because there is something here that he doesn't want to look at.
Yes		
<u>What happens?</u>		
They did something to me. They do something to boost my future abilities.	F	Note the read
They have to get me before I hit puberty.	5.2	
They're greys.		
There's a mixture – greys and the military.	LF	Note the big read
<u>How many greys?</u>		
Six		
<u>How many men?</u>		
Three		
<u>How many women?</u>		
One		
<u>Anybody else?</u>		
No		
There's nobody else involved.		
Two reptilian soldiers are guarding.	F 4.5 F	Note the read
	F	
<u>Are you the only person being operated on?</u>	F	
Yes		

They're done with me. They put me back.	F,F	
<u>Are there any drugs we need to balance out?</u>	F	Note the read
Yes	F	
<u>How many?</u>		
Three		
<p>I used kinesiology to balance out three drugs, with both eyes open and eyes shut.</p> <p>Michael then needed time and rest to recover.</p>		

Session 103: An Attack from Reptilians

January 7 2001

We had been a bit short with each other – quick to take offence etc. for a day or two, which was unusual.

Stephanie felt that she was under attack. She was in balance, so kinesiology was not called for. Michael did some deliverance on Stephanie. She coughed when Michael got to “radionics” in the prayers.

Stephanie then felt REALLY bad. She got that there were two reptilians in the room. Once this happened, she went out of balance. Muscle testing indicated that there was some kind of energy drain. This was fixed. Stephanie then felt improved but not perfect.

We then felt that Michael needed to clear something. He did deliverance on himself. He did LOTS of coughing when he got to “remote viewing attack” in his prayers.

Stephanie then felt much better. We were both rather tired after this. We stopped being short with each other after this.

Session 104: Black Light Markings from Abduction

April 9 2001

Note: At the end of February 2001 we moved from Australia to the USA.

Michael woke feeling that he'd had a very vivid 'dream'. He dreamed he was on a base and didn't want to be there any more. In the dream he packed up and left – he put things in a trailer and drove off the base.

He felt that he'd been taken, although he looked okay (not like he usually did after being taken), and woke up at a normal time. I felt fine (which I usually didn't after he had been taken).

Muscle testing indicated that he had, in fact, been taken. His cloacals were out of balance. Muscle testing indicated that the cause was the emotions "picked on" and "defeated".

Muscle testing indicated that he had been taken by greys. Michael got that this time, for the first time, they were physically present in the area. They did not use the jump gate technology this time. They used a different type of transporter technology, which was more local (short range). They didn't use the password to get him to go with them – they just beamed him up (as is usual in many alien abduction experiences).

His cloacals were also out of balance with eyes closed.

Muscle testing indicated that he was being affected by two drugs, which were balanced out.

We then checked Michael over with a "Black Light" – an ultraviolet light. We had read that anyone who is abducted should always check themselves over straight afterwards with an ultraviolet light, as often strange markings will appear. Well, we sure got a shock. At first I was about to give up looking for markings on Michael as I couldn't see anything unusual. And then he remembered to check the scars on his groin. It was amazing! His scars were now a bright fluorescent pink on the outside, and fluorescent purple on the inside. Plus there was a more "solid" looking substance on the inside – flecks of something that glowed like the colour of bright pink lipstick in some areas, and bright apricot in other areas.

The coloured areas were 3.75" x 1.25" on the right side, and 2.5" x 1.25" on the left side, which was fainter. They followed the lines of his scars.

After Michael showered, much of the colour went. The solid flecks went, and much of the fluorescent colour went also, although not all.

Michael was surprised at how good he looked and felt after his abduction. We thought that possibly they had changed the technology to lessen the after-effects, to make it harder to detect, or that maybe the transporter technology had less side effects than the jumpgate technology.

It has been shown that the general modus-operandi has changed in normal abductions. Early on, people who reported being abducted reported a lot of fear. But people who are abducted these days often report that they are 'happy' to be abducted because it is 'serving a higher purpose'. I wonder if they would be so 'happy' about someone visiting them at night, without permission, and taking them away to operate on them, if that person was a simply a human being? At the very least, it is certainly very rude!

We would like to point out here that we believed that Michael's prayers to change the Space-Time continuum were still effective. The abducters did not use the jump gate technology – they had to be physically in the area (in a nearby ship). At the time we were staying in a rural area, with lots of forest land and very few houses.

The effects of this abduction were removed in a clearing session. I have not included the notes for this session, as it was much like the other abduction experiences he had had before.

P.S. We would have liked to have photographed the fluorescent light markings, but we found out that a lens that could achieve this was several thousand dollars and outside our budget.

Session 105: Abduction of April 21 2001

April 22 2001

Michael woke feeling that he'd been taken again, which was unusual as it was only 2 weeks since his last abduction. It was possible that they were behind in their 'quota', since it had previously been six months since they had got to him. I also woke with a very heavy feeling.

Michael's cloacals were out of balance. Muscle testing indicated that the cause was, in fact, that he had been abducted again.

We used the ultra-violet light again. Michael had some of the colour back on the scars on his groin. There was not as much colour as last time, but there was a definite fluorescent apricot colour on both sides of his groin.

Muscle testing indicated that he had been away for two days. (In an earlier session he learned that they have the ability to expand time in a localised area).

We had been trying for several months to have a child. I had felt that I had become pregnant a week before. Today I felt that the aliens had taken the embryo. This was hard to verify with muscle testing, as there was too much emotion attached to the significance of the answer.

I felt that this had happened to me before. I remembered that I knew of many people who were finding it hard to have children. I had a realisation that it was possible that these women really WERE getting pregnant, but either aliens or people were taking the embryos or foetuses, before the women knew they were pregnant, or later on when the women would think that they miscarried.

When we looked at Stephanie's body with an ultra-violet light it was very strange. There was a fluorescent creamy-yellow colour on her hands – the colour of a post-it note. It looked as though her hands had been dipped into a liquid, as there was a distinct straight demarcation line along her fingers. There were also smudges of yellow on her hands. There were also solid flecks of colour on her hands, and also in her navel. The yellow on her hands came off with a shower. We later found some dried liquid soap that also glowed with this colour, but that didn't explain the unusual markings on her hands.

On this day the computer kept crashing. As it was located in our bedroom at the time, I suggested that it was crashing because there was residual energy from the abduction affecting it. The next day the computer was fine.

Session 106: Wernicke's Commands from April 21 Abduction

April 23 2001

Using kinesiology, we found and removed the following wernicke's commands from the right wernicke's area of Michael's brain, which he had been given during the abduction on April 21:

1. "Forget this happened"
2. "You're not here"
3. "Go back to sleep"
4. "You were never here"
5. "Memory is shut off"
6. "Forget clearing"
7. "Don't remember this"
8. "Forget us"
9. "You have no memory of this"
10. "Stay asleep"

We then switched over, so that Michael was doing kinesiology on me. The following wernicke's commands were removed from my (Stephanie) right wernicke's area of the brain. These commands were given during the April 21 abduction:

1. "Don't remember"
2. "Forget this"
3. "Stay away from Michael"
4. "Leave Michael" (I had been feeling a little negative towards Michael since that day)
5. "This didn't happen"
6. "There was no baby" (this seem to confirm that I really WAS pregnant)

7. "Tell no one"
8. "Aliens are our friends"
9. "Your memory is gone"
10. "We are your friends"

Session 107: Invasion Earth

April 28 2001

We did a clearing session for the abduction of April 21.

Michael made a very important discovery after this session. He realised that he had been praying against the jumpgate ONLY. **He realised that they were now using other technology that he also had to pray against.**

<u>Start of session</u>	4.7	
<u>Do you have an incident in restimulation?</u>	F	
Yes		
Abduction		
<u>When is it?</u>		
The most recent one		
<u>The last one?</u>	R/S	Note the rock slam
(Michael gets cranky with me)		
<u>Move to the beginning of the incident and tell me when you are there.</u>	R/S 5.2	Note the rock slam. When I had got onto the meter just before the session, I got only a floating needle.
<u>Is there anything around with an evil purpose?</u>		
No		
I'm not seeing any images	SF	
<u>Repeat "I'm not seeing any images"</u>		
I'm not seeing any images, I'm not seeing any images etc.	F, F, SF, SF, F 4.9 SF 5.0 4.9	Note the reads, that indicate there is something going on
It's all dark	SF	
I'm not seeing any images	SF	
I'm not getting tired		
<u>Where are you in the incident?</u>		
At the end		
<u>Move to the beginning of the incident and tell me when you are there.</u>		
I'm there		
<u>Is there an earlier beginning to this incident?</u>		
Yes	F	
<u>Move to the new beginning and tell me when you are there</u>		
I'm there		
<u>Is there an earlier beginning to this incident?</u>		
No	SF	

<u>Move through the incident telling me about it as you go</u>	F 4.6 F,F,SF	
I'm starting to feel tired	F,F,SF	
I don't see any images	SF	
<u>Repeat "I don't see any images"</u>	F	Note the read
I don't see any images, I don't see any images etc.	F 4.5 SF,SF,SF,	
(communication lag)	F, F, F, F 4.4 F,SF	Note the tons of reads. There is definitely something for us to find here.
I still don't see any images	SF,SFS,F, LF	
I think I'm at the end		
<u>Move to the beginning of the incident and tell me when you are there</u>	F	
I'm at the beginning		
<u>Move through the incident telling me about it as you go</u>	4.6	
(communication lag)	SF,F	
I feel a little bit of pressure between my eyes	4.7 SF,F,SF, SF, F	
I don't see any images	F,F 4.6	
(communication lag)	F 4.7 F,F 4.6 SF,SF,SF, SF	Note the reads – something is going on, even though he can't see it yet
It's over		
Nothing's happening	F	
<u>Move to the start of the incident</u>		
I'm at the start		
<u>Move through the incident telling me about it as you go</u>		
	F 4.6	
	R/S	Note that the rock slam is back
<u>Do you see anything with an evil purpose?</u>		
I saw a light image of what looked like three guys dressed like MIB's ('Men In Black'). They had a suit, hat and sunglasses.		
I thought I was imagining them.	4.7	
<u>Were you imagining them?</u>		
No	LF 4.4 4.6	
I'm starting to feel pressure between my eyes again.	4.9	Note onset of physical sensations
I feel like those MIB guys zapped me with something electrical.	SF	
<u>What percentage is that electrical</u>	SF	Note the read

<u>device interfering with this session?</u>		
60%	F	Note the read
<u>Move to the beginning of the incident</u>	F	
(he does so)		
<u>Move through the incident telling me about it as you go.</u>		
I see some greys looking at me	F	Note the read
My eyes are open	LF 4.5	Note the big read
They're on either side	4.7	
I feel some pressure between my eyes	4.9 5.0	
There are some humans among the greys	5.1	
They're giving me a kind of check-up – prodding me.		
<u>Is there something interfering with this session right now?</u>		
Yes		
<u>What?</u>	SF	
Drugs and hypnosis		
<u>Anything else?</u>		
Yes		
<u>What?</u>		
A spell		
<u>Please break the spell</u>		
(he does so silently with deliverance)	SF SF 5.0 Cough F,LF ↓4.2 4.4 F,F Yawn 4.3 Yawn Watery eyes	Note the reads, sudden drop in TA, and body reactions.
<u>Anything else?</u>	F	The read indicates that there is still something else
Somebody has a hook into me. It's military, at a base.		
<u>Where?</u>		
Pittsburgh. Below ground.		
(he silently breaks off the hook)	4.7 F,F,F	Note the reads
<u>Anything else?</u>		
No	F	The read indicates that we have got to the end of the interference.
<u>Move to the start of the incident and tell me when you are there.</u>		
(he does so)		
<u>Move through the incident telling</u>		

<u>me about it as you go.</u>	4.8	
I see me laying on a table.		
<u>Are you in your body?</u>		
I'm in my body. The MIB guys are in the background, off to the left.		
<u>Where do they come from?</u>		
(I think he said here he didn't know)		
<u>Ask them</u>	F,SF	
(answer not recorded)		
<u>What planet were they born on?</u>		
Here	F	Note the read
I think they're hybrids	F 4.8 F,SF,F,F 4.7	
They gave me a check-up. Then operate on my groin.		
It's cold when they touch me there	SF F,F	
I don't see any images	F	
<u>Repeat "I don't see any images"</u>		
I don't see any images, I don't see any images etc.	F 4.6	
<u>Keep repeating</u>		
(he does so)	SF,SFS	
I'm asleep		
<u>How long does this incident last?</u>		
Two hours from beginning to end.	F	Note the read
	F,F,F	
I'm left alone in the recovery room	F 4.5	
They put the goggles on		
I'm in the recovery room	LF,F,F	
The rest of the time I'm there I'm sent off for training		
<u>What does that mean?</u>	F	
(answer not recorded – I think his answer was unclear as to the meaning)		
<u>What do they do?</u>	F	
Lectures and high speed movies		
<u>What do you learn?</u>		
About the enemy	F	Note the read
Aliens		
<u>What species?</u>		
I can't pronounce the word for it		
<u>What do we call them?</u>	SF	
Bugs or chiggs		
<u>Did you make that up?</u>		
No	LF	Note the big read
Tell me more		

They're from a long way a way. <u>Are they any danger to earth?</u>		
Yes	F	
Invasion, danger	F	
<u>How do the reptilians fit into this?</u>		
I don't know		
I say good bye to my friends		
I go home		
They use a transporter beam		
I spend two days there	F,F	
I'm very tired		
<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>		
They transport me on board a ship.		
The ship went into orbit. It docked with the mother ship.		
<u>Say that again in present time</u>		A clearing session works only if the person is seeing it exactly as it is, right now. It doesn't work anywhere near as well if they look at it as though it happened in the past.
The ship goes into orbit. It docks with the mother ship.		
It's night time.		
They transport me into the ship. It's a good size.	4.4	
I'm laying on the bed, on a gurney.		
I'm semi-awake. I see three MIBs.	4.6	
I see greys and military.		
They're poking and prodding me, give me a medical check-up.		
They're operating on my groin	SF	
They send me to a recovery room		
I come around out of consciousness	F	
Goggles on my eyes.		
They put the wernicke's commands in		
They run a program to make me relax and feel good.		
I wait a couple of hours	F	
I'm released. I go get some food. The ship docks with the mother ship. I disembark. Over the next couple of days we do training and lectures. Simulations and exercises.		
<u>Is this an implant or false memories?</u>		
No	F	
I say good -bye. I'm back on the		

shuttle.		
It transports me	F	
I'm back into bed in one hour	F,LF 4.2	
<u>Move to the training.</u> (he does so).		
<u>Tell me about bugs</u>	LF 3.9	
It's just like the TV show "Space – Above & Beyond".		<p>I hadn't seen this show before this session and was a bit afraid of these 'bugs' – thinking they might be like the big insects in the movie "Starship Troopers". However, I was quite relieved to see that the 'bugs' in "Space-Above & Beyond" are humanoid. I guess the military just HAD to find a new 'enemy' to fight – but made sure it was one we could defeat – We have never made even one species of insect extinct. But humanoids with a few insect features are more our match.</p> <p>By the way, this information corresponds with information given out by Al Bielek of The Philadelphia Experiment. His website is www.albielek.com</p>
<u>How long have we known about them?</u>		
Fifteen years		
<u>Are they planning on invading us?</u>		
Yes		<p>Since the military need a new enemy now that Russia is gone (and China will be one day), maybe they found this species for a future war with earth. They wouldn't want the greys and reptilians to invade us – since they are working with the military. In fact, an invasion of the chiggs would give the greys and reptilians a chance to 'save' us – they could come out in the open and rule us openly in return for 'saving' us.</p>
<u>Could we fight these spiritually if we (as a race) were on a different path?</u>		
I'm only told what I need to fight them.	F 4.1 3.9	That figures
<u>Move to the beginning of the incident and tell me when you are there.</u>		
(he does so)		
<u>Move through the incident telling me about it as you go.</u>		
I'm sleeping. I'm transported.		
<u>What is the time?</u>		
1 am		

They beam a device to the house. All the houses in the area go to sleep. Then they beam me up. They zap me with other things to stop me remembering –something extra.	SF LF	Note the big read
I undergo an operation	F	
Goggles		
<u>In the operation, what causes the colours on your groin (as seen with the ultra-violet light)?</u>		
Sterilization	F	
I'm in the operation.		
<u>What are they doing it for?</u>		
They're breeding people off planet. They're raised in command families.		
<u>Are they told anything about this planet, like freedom?</u>		
No, just that it's polluted and they're special.		Pity – since the military industrial complex has many solutions to stopping the pollution, such as clean, free energy
I do training and simulations.		
<u>What are you training for?</u>		
I'm a pilot.	F 4.0	Note the read
Shuttle. I go to sleep. That's all.	F/N VGI 3.6 3.3	

NOTE TO PEOPLE IN THE MILITARY AND IN POWER:

As you know, thought creates reality. Instead of suppressing the people of earth, why not harness the ability of six billion people to protect earth?

Instead of dumbing people down, how about helping to raise people who can think and work together spiritually and metaphysically with synergy?

We could be the strongest planet in the universe if only all the psychic ability of the people is aligned and harnessed for good.

Session 108: Not relevant to this book

Session 109: Hired Occultists

June 7 2001

I dragged myself around all day, feeling incredibly low in energy. I thought it was the pregnancy until Michael said that he felt the same. Later on in the day the word "spell" came suddenly into my mind. (I am not one to think of this kind of thing). I got a picture of several people in a circle.

I asked Michael if he 'got' that there as a spell on us. He said yes. He did deliverance on me. When he did so, I coughed, yawned and burped a lot, and liquid ran down my nose. I had none of these symptoms before he started.

Michael then prayed for himself, and also got some reactions.

After that, we both felt about 60% better.

Michael 'got' that it was people who had been hired. They had no animosity towards us. They were just doing what they were paid to do. This felt true to me also.

Appendix I: Interview by www.surfingtheapocalypse.com

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The following is an exclusive interview that www.surfingtheapocalyspe.com conducted with Michael and Stephanie Relfe. Stephanie Relfe is the author of The Mars Records, a chronicle of biofeedback meter sessions where Michael R. regained hidden memories of military service on Mars.

During these sessions which began in 1996, the two discovered that while Michael was in the United States Navy he served for twenty years at a base that was established on the planet Mars.

Through the clearing sessions, a complex set of memories began to surface. Memories that included remote viewing, time travel, age recession of 20 years and on-going intrusive abductions. These memories were found buried beneath the false memories that had been implanted so that Michael would not remember.

The Book The Mars Records is a result of these sessions. It is available online and is free to download at www.themarsrecords.com

Where possible, when certain technologies or people are mentioned in the interview, links to information on those subjects and/or people are provided. It is highly recommended that you follow these links and review the information contained there, as well as search out information on your own.

Surfing the Apocalypse is denoted as **SURFING**, Michael R. as **MICHAEL**, and Stephanie Relfe as **STEPHANIE**.

This interview was conducted via email over a period of several weeks by Theresa de Veto for Surfing The Apocalypse.

The views expressed here are not necessarily the views of Surfing The Apocalypse, the interviewer or any of the affiliated websites.

SURFING: In 1996 You began clearing sessions, can you tell me about why you started these sessions and the techniques that were used?

MICHAEL: I initially agreed to the clearing sessions because I have always had a question concerning a dream I had as a child. I dreamed of seeing a spaceship outside my house.

STEPHANIE: When I first met Michael I thought I might have (finally) met

the man for me. I could tell that he had done some work on himself (which I learned later was called deliverance). We met through a number of coincidences at the Nexus Magazine conference in Sydney. We had a date the first day we met, but it soon became clear to me that this wasn't going to work - he still had too much anger in him, and his ideas on some things were too fixed. However, we remained friends. From my side, in particular because I needed his help to make my web page.

Meanwhile, I continued to pray and work to meet the man of my dreams. About a year later I was on the net when I saw an ad for some information that I KNEW was for me. I sent off my money. I had figured that since the man of my dreams would be telepathic like me; he should be able to pick up my thoughts and find me. But the information told me that there is no use talking telepathically to someone if their 'phone is off the hook' so to speak. They need to be in THEIR alpha levels as well. And when is that? When they are asleep. So I told myself that I would wake when I was in mind-to-mind communication with the man who fitted the list of the man of my dreams. I woke at 3 am and he was THERE spiritually. I told him to get to me as soon as possible. About 3 weeks later I was sitting at a table with Michael. I was thinking - he's got so much going for him - if only I could get rid of whatever that rage is behind his eyes. Suddenly I got the thought to offer him some clearing sessions free of charge. To my surprise (because not everyone wants to look at their 'stuff') he accepted.

SURFING: Were the clearing sessions successful in retrieving the memories as well as diffusing the rage?

MICHAEL: Concerning the childhood memories, we haven't gone that deep into exploring that area. The internal rage I felt as the result of how I had been treated is mostly gone. Along with that was great physical pain (in my neck and back) that I had felt as a result of the crash of the attack craft. The way clearing works, it is easier to remember things that contain a lot of "charge" on them. That charge is usually associated with pain or traumatic events.

STEPHANIE: Michael is a very different person now to how he was when I first met him. Eventually he improved so much that when he asked me to marry him, I accepted. We are now very happy together. And he becomes more of a "people person" every day, when previously he was pretty much a loner.

SURFING: Michael, when did you enlist in the U.S. Navy and how long did you serve with them?

MICHAEL: I enlisted in the Navy in 1976 for the Nuclear Power Program. That program requires a six-year enlistment.

My time in the Navy was 6 years relative and 26 years absolute. That means 6 years in my "normal" life time line. Then some time after arriving at Great Lakes, Illinois for Electronics Tech School I was recruited to Mars. I stayed there 20 years, at which time I was age regressed and returned to Great Lakes about a week after I had left.

6 Years + 20 Years = 26 Years.

Remember that during the duration of my 6 year enlistment plus the next 14 years, there were two instances of "me", one on Earth and one on Mars. There was no "parallel universe" situation.

SURFING: Michael, you state that the time you spent in the Navy was " 6 years relative and 26 years absolute," and that there were "two instances" of you, "one on earth and one on Mars," can you explain what this means and/or how this worked?

MICHAEL: In the book, the visual representation of the time line helps clarify the matter. I was living my normal "time line" when I was recruited for the program. I was taken to Mars via jump gate where I served a 20 year tour of duty. During that period I was not allowed contact with any event, any thing or anyone on earth. At the end of the tour of duty I was physically age regressed 20 years and returned to my point of origin. (about a week after I had left). I continued to live my normal "time line"

From the point of an outside observer I lived my normal time line (minus the week I was gone). At the same period I was also living on Mars, totally isolated from earth. The key is ISOLATED. During the time on Mars I was never allowed to interfere with any event on earth. In addition, I eventually had to be returned to earth to live out my normal time line and accomplish my destiny.

SURFING: The "jump gate" that you refer to, is this technology that grew out of the [Philadelphia Experiment?](#)

MICHAEL: Yes. This is the same technology that [Al Bielek](#) describes in the Montauk Book series, although instead of being in the experimental stages, at the time of my enlistment, this technology was being used in everyday practice.

SURFING: Your first clearing sessions were because you remembered seeing "spaceships" as a boy. Can you tell me about these memories, and what you discovered about them in the sessions?

MICHAEL: I remembered that one night I was awakened and my parents were not in the house. So I went outside to try and find them and saw all the people of our neighbourhood outside looking up at the sky at a

"rocket". I wanted to know if it was really a dream.

Then I mentioned to Stephanie something about wanting to know if I ever saw "weird" things in the Navy. The meter started to read so Stephanie followed that line of thought. The Mars Records is the result.

SURFING: What was your first memory of your service on Mars? How did you both feel about this revelation?

MICHAEL: It was during the first session as described in the book. I was in Great Lakes, Illinois, in the Nuclear Power Program. I had completed Electronic Tech School but they supposedly did not have room at Nuclear Power School for me at that time, so I was assigned to be an "Instructor Assistant" at one of the Electronic Schools. My memory from that time seemed "flat", like a cartoon or something. When Stephanie started questioning me about that time, asking if I was doing something else or if I was somewhere else, that is when the meter started reading. The word MARS came into mind and the meter went crazy. She continued with that line of research.

How did I feel about it? I was very surprised and astonished at this realization. I had no idea I was ever involved in anything such as this. You have to understand that I was very emotionally "bound up" at this time. I was "programmed" to be an unemotional loner and did not react emotionally to much of anything. My job was using my Remote Viewing "talent" to kill other beings (human alien and other) in excess of 70 times. Other beings were just "targets". My world was one of fact and logic. I was a very cold person. I once mentioned to Stephanie that I must have been like the Psicorps Officer "Mr. Bester" on the TV show Babylon 5. She said "No, You were like his BOSS !" I have improved quite a bit since then.

STEPHANIE: I had a range of emotions and thoughts at the time. However, a clearing session runs successfully only if the clearing practitioner is PRESENT. I was trained to be present, no matter what the client says or does. Once you are in that state of "Here" and "Now", nothing affects you - because our emotions are a result of our past experience and beliefs.

Also, because I had done years of clearing and reading about alternative type things, I had had my reality on many things totally changed many times in the past, so that one more surprise was not as hard to handle had I not been prepared by previous changes to my way of thinking.

However, that aside, I guess I can say that at the back of my mind there was a part of me that felt that the world turned upside down, so to speak, when I asked him "where were you at that time?" and he finally answered "Mars". Some how I just KNEW that his answer was going to be Mars. I

didn't put that thought in his head. It's just that the reality of it was so much in the room (and because I'm pretty telepathic). It took him quite a while to answer - not because he didn't instantly know the answer, just because he was reluctant to tell me. To me, he looked pretty astounded.

After the session, as his answers sunk further into my mind, I became even more astonished. It would have been all right if I had heard of even ONE person having been to Mars (I didn't know at that time that Al Bielek said he had been to Mars), but that I should find the first person to remember this was a pretty big responsibility. It took me a long time to get used to the idea. For quite a while after that I used to try different ways to get Michael to realize that it must have come from a past life or something else, but I finally had to accept that it really happened and in this lifetime.

SURFING: What was your life like on Mars? Did you live on the surface or underground? What special life support systems, if any were required?

MICHAEL: From my memories in the sessions, I remember that most living was done indoors in a mixture above ground and underground installations. We have not looked at this subject fully.

SURFING: What was your "mission" at the Mars base?

MICHAEL: My service at Mars Base took place over a 20 year time span. During that time my job specialty changed at least twice. During one time period I was involved with Remote Viewing. During the remote viewing period, there was a time of initial conditioning (drugs to enhance metaphysical "talent" and surgery for the man/machine interface), training and deployment. The missions that I performed at different stages varied from recon (data gathering) to defence to offensive.

Recon - Data Gathering, Covert Spying, etc. Remote Viewing can be shielded against. You have to have control and finesse to be effective against a shield.

Defence - Differing assignments according to the "power" of the talent. Ranges from lightweight, general "monitoring" of a region, to active defence of a region, to active defence of an installation, to active defence of a selected VIP target.

These regions can be on planet or in an area surrounding the planet. Sometimes the defence is "mental". Sometimes you are hooked into offensive and defensive weapons systems.

Offensive - Remote Viewing used as an offensive tactical weapon to terminate selected VIP targets (assassination). Even with the machines, this job requires a "talent" of high "horsepower" and low compassion for

other beings. Most RV people never come close to this level.

These jobs are a progression "upward". I remember being very good against shields. Later after gaining experience I became offensive and proficient at termination. The final count was 70 targets terminated.

SURFING: What exactly were you defending on Mars Base, and who were you defending it from?

MICHAEL: During my Remote Viewing period, defence was provided for various targets, depending upon the operatives skill and experience. Some of the things defended were regions of space, installations, VIE equipment, weapons platforms and VIP individuals. We have not looked at the identification of the enemy(s)

SURFING: You mention "final count 70 targets terminated," who/what were these targets?

MICHAEL: These targets were humans, aliens and synthetics (I don't actually know what a synthetic is...it is the name I give to the "thing" that looks human, but is a shell containing an artificial intelligence)

SURFING: What is the man-machine interface?

MICHAEL: The machine that amplifies your metaphysical abilities. It requires a direct connection to the brain. Candidates undergo surgery to implant an interface device so that the connection can be made.

SURFING: Earlier in the interview you mentioned great physical pain in your neck and your back as a result of the "crash of the attack craft." What was the crash of the attack craft?

MICHAEL: From what we have been able to piece together, I spent a certain amount of the 20 year Mars duty term in a specialty commonly known as Remote Viewing. I "know" that this is a very stressful type of procedure and that duty rotation is required. I also "know" that I was given a choice of other types of training and I chose flight training.

In one session I recalled flying a single seat attack craft and while being on patrol in a certain area, I discovered a very large ship. It was deep space recon so I was supposed to return after reporting the position of the intruder. I didn't. I was too excited, gung-ho and bored for "action". I went as close as possible and launched my weapons. They launched some type of missile, that when it hit my ship, it did not explode, but penetrated the cockpit. It sent quite a bit of shrapnel into my arm, chest and leg. The suit I was wearing sealed the wounds and pumped me full of drugs that put me in suspension. I was later picked up and sent to the hospital for repair.

SURFING: In the Mars Records you mention two specific groups of "aliens," The Greys and The Reptilians. Can you tell me more about these groups and what their connection to the US Military is?

MICHAEL: I can recall that they work together with certain groups within the shadow government. The greys seem to be technicians or doctors, always doing something to someone and neutral toward the subject. The reptilians seem ill tempered and we have had more than a few psychic attacks from some of them.

SURFING: How have your "monthly visits" (abductions) been? Are they still occurring? Do you believe these will ever stop?

MICHAEL: The "visits" continued monthly after the scars appeared. After the Mars Records was published on the net, we moved to another state. As per what usually happened when we moved, they took a while to track us down. Eventually, however, the visits started again. There has been an increase in psychic attack since then and if it were not for the protection of God Almighty, I believe that things could be a lot worse.

STEPHANIE: A big reprisal happened on Tuesday 30 May. I woke up in the morning and immediately felt a pain in my right breast. I was VERY surprised to find a large, hard lump about 1.5" wide, on the right hand side behind the nipple. Nothing like this had ever happened before. I am very healthy, and constantly work to improve my health with diet etc.

Muscle testing indicated it wasn't cancerous or a cyst - although I believe it would have developed that way if we hadn't dealt with it. Muscle testing showed it was related to people associated with the Mars Records.

Michael prayed for me (e.g. "In Jesus name I break every curse, spell and psychic prayer put upon Stephanie by any government group, MIB group, witches satanists or masonic group, NWO group, illuminati group, NRO group, NSA group, CIA group, military group, army group, navy group, air force group, marine corps group, Mars Defense Force Group, Mars Program group, reptilian group, draconian group, grey alien group, insect alien group. In the name of the lord Jesus Christ I break every soul tie, communication link, insertion point, communication line, surveillance line, hook, radionics attack, death signal hook and disease signal hook put upon Stephanie by (the names above).

Instantly pain appeared in my breast, (especially when he mentioned radionics - which was added when I got an intuitive flash that it might be related to this) and I did a lot of burping, belching and yawning which confirmed the spirits were radionics (not cancerous at that time).

We also got a good reaction when he prayed away spirits of "breast infection" and "breast inflammation". Also, something was hooked into the breast itself which was associated with the Mars project and military.

After this, the pain went away and the lump was immediately 50% smaller. We continued to pray a few more times, and the lump was totally gone within about 40 hours.

Up until this time the attacks were mostly demonic in nature, with energy being drained, anger thrown in etc. The radionics thing was a new thing. We believe that this may be the mechanism behind the MANY researchers (especially UFO researchers) dying of cancer and heart attack. (I once read an article outlining how many UFO researchers had died, and it was an amazingly long list).

This just goes to show that God's power is more powerful than anything the enemy has.

SURFING: At one point in the clearing sessions, you came to realize that "abduction/physical" changes had been made to your father while he served in the U.S. Air Force and that as a result of these changes "they" started "doing things" to you at age 8.

First off, who are "they?" Secondly what type of physical changes were made to you and what was the effect of these changes?

MICHAEL: "They" were grey aliens. The changes made to me were genetic. The effects of these changes were to enhance my natural "talent". It must have worked as they have been visiting monthly for the last couple of years to "harvest" tissue from my testicles.

I believe that the genetic changes increased my talent "horsepower" as well as its depth and breadth of control and resolution.

SURFING: All during your experiences, you were subjected to the drug Scopolamine. Scopolamine is one of the most insidious drugs known. It has been stated that a person can be "programmed" in five minutes or less using this drug. My understanding is that Scopolamine was originally used on "double agents" so that if the double agent was subjected to torture, truth serum or more Scopolamine the ORIGINAL programmers had to be sure that the double agent would not "crack." Scopolamine was combined with personality fragmentation and hypnosis so that no matter what the interrogators did, if they did not have the original "code words" or "triggers" they could not penetrate the "cover." How were you able to locate and break this programming, and how can you be sure that you have completely "cracked" it?

MICHAEL: I give all the credit to GOD Almighty and The Lord Jesus Christ for breaking the power that these people had over me.

The mind control technologies that these "controllers" use are composed of a demonic component, a metaphysical component and a physical component, all in one.

An example is an implant that suppresses metaphysical abilities. A hardware device (physical) that generates signals that interfere with energy processes (metaphysical). Then a demonic entity is "assigned" to protect, maintain and look after the device. If the subject starts to think the wrong thoughts or probe too deeply into certain subjects covered by the demons assignment, it takes measures, within its authority (and what GOD allows) to try to distract and lead the person's thoughts in other directions.

Sometime pain, fear and uncomfortableness is used.

So you can see that it is the power of Jesus Christ and the deliverance he provides that gave me enough freedom to allow the clearing and kinesiology to help me.

The idea is that the body and the mind records everything that has ever happened to it. It even knows the "code words" that the controller has used to "lock in" the programming. Clearing allows the therapist to "home in" on the exact time that the programming took place. By looking at the memory pattern over and over, it is "worn away" and weakened. When specific commands are implanted, the wernicke's procedure can find and remove them. When drugs are used, the kinesiology will balance out (cancel) the effects of the drug. The deliverance removes the demonic component of the equation and prevents interference by the dark forces.

Remember that these effects took many years to build up and it may take some time to undo. We have not completely "cracked" this programming, but with God's help, we will.

SURFING: Many "booby traps" were placed in you to stop you from remembering these experiences, including commands that were meant to make you fatally ill if you were to remember. I think it might be useful to others who may be experiencing these same things to explain a bit here about what Wernicke's commands are and how they were removed.

MICHAEL: The wernicke's commands are completely explained in the book. The procedure is outlined. The booby traps are dealt with slowly with God's help. We do a lot of extra praying when delving into this area. I am reading the Fritz Springmeier books at this moment to gain more information in this area.

STEPHANIE: It is generally known that 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](#).

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.

The 'authorities' who might have put commands into this mind are anyone that we might have looked up to at some time. These can include parents, teachers, peers, politicians, and doctors - and aliens.

Have you 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 or important said "you're too fat", "you'll never change", "you'll forget", "you're a slow learner", "eat ALL your food", "don't trust anyone", "you're not good enough", "strong 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!

In the case of people who have suffered an abduction experience, the commands have often been implanted INTENTIONALLY. Commands such as "you will forget" and "this never happened" and "you dreamed all this" are one reason why the victims have no conscious memory of the event.

In 1996 Australian kinesiologist David Bridgman made an astounding discovery. He realized 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".

The specific kinesiology procedure developed by David Bridgman enables

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

This is a simple, revolutionary and very powerful procedure. If you are interested, send an email to me at Stephanie@relfe.com mentioning the Wernicke's video and I'll put you on a list to be notified when we have produced a video teaching this technique.

SURFING: Knowing all the disinformation that is in the mind control world, what measures do you take before you rely on someone else's information?

MICHAEL: I use prayer and ask God for spiritual discernment. I never totally rely on anyone's information except God's King James Bible.

STEPHANIE: I run my life by listening to my intuition. The more I do that, the more I can rely on the answers it gives me, as when I do it, it is always correct (although at the time it often may not seem to make a lot of sense). Also, I like to meet the person in the flesh (e.g. by going to [Global Sciences Congress](#)) to see what they're like and what vibration they give off.

SURFING: Because of so much disinformation in regard to mind control information, have you found a way using any of the techniques, beyond what your faith and intuition tells you, that helps you to verify that the information is truthful and coming from a pure motive, rather than one of deception?

MICHAEL: Our experience with Kinesiology and Clearing has proven to be effective in our situation. Kinesiology allows the body to indicate what is wrong with it. The Clearing technology and the "truth detector" meter can't be fooled. Let me stress the importance of "faith". If you don't deal with the demons, you don't deal with mind control.

As for other techniques, we are not familiar with any other techniques that claim to "break" programming. Most people use hypnosis. So do the bad guys. Hypnosis doesn't cure hypnosis. Hypnosis does not remove the cause of the problem.

SURFING: After many years, The TV Program [Alternative 3](#) has been released for viewing on the internet.

The film which was produced by Anglia Television aired in 1977. Quoting from the website: "Alternative Three - to build a "transfer station" on the backside of the Moon, build an underground base on Mars and remove a certain limited "Noah's Ark" cross section of Earth's population, artists, scientists, engineers, writers, etc., to Mars as a survival colony in the event of "catastrophe" on Earth. They started this project in 1961 and may have

accomplished most of this as well."

Is this what you believe has been accomplished on Mars? A "survival colony?"

(EDITORS NOTE: Alternative 3 can be viewed online/free:[HERE](#))

MICHAEL: The Mars Base project accomplishes that mission objective, however with the jump gate technology that is utilized by this group, colonization of other planets in other star systems is a reality. During one of the sessions I came to "know" that the mars base is a jumping off point to other bases on other planets and that it is used because of the electronic "interference" here on earth to too great to use that technology effectively.

Mars Base is not a survival colony. It is composed of several large installations located at different points around the planet.

SURFING: So, The "colonization" as described in Alternative 3 has taken place BUT on several planets other than Mars. Do you know what other planets are being accessed and/or colonized?

MICHAEL: No.

SURFING: It seems as if there are actually TWO governments at work here. One that we the public are told of and that operates close to what we as the public know as our current technological level of achievement. Then there seems to be a second "shadow" government that works at a much higher and secretive level. It also appears that these two government factions are either unaware of each other, or are at battle with each other. Is this perception correct? Do you have anything to add to this?

MICHAEL: This is pretty much my conclusion, however there is some overlap in their operations, what with them keeping me under "watch" since childhood as well as the way I was "recruited" from training in Great Lakes, Illinois.

SURFING: PAGE 101 - The Mars Records - You speak of how Reptilians at [Pine Gap Military Base](#) in Australia put "metaphysical hooks" into you taking part of your "mind and heart" and keeping them at Pine Gap. You state the reason for this was so the reptilians could "siphon off the energy and use it for barter."

What can you tell me about this?

MICHAEL: Only what came up in the session. That these reptilians had hooks into the energy centers of my body and that they were draining

energy to be used by them as a "sacrifice" to the dark forces that they serve.

They seek out those individuals with metapsychic abilities. That is what the "metagene" is about.

SURFING: In the notes regarding the session on page 101 of [THE MARS RECORDS](#) Stephanie writes: "It was found by muscle testing that reptilians do not fit the term "alien." They have been on this earth for such a long time that they are considered residents by our bodies."

What does this mean?

MICHAEL: Michael: This was an interesting discovery. Using muscle testing we ask our "body/mind/will/emotions" questions. Our body knows (genetic memory?) that these beings called reptilians have been on this planet for quite some time and they are not "alien" to it. It is interesting that the Bible describes a serpent like creature talking to Adam and Eve in the garden of Eden. In addition, many societies have stories of snake or reptile like creatures and in fact these creatures demanded worship and sacrifice from those societies.

STEPHANIE: I first discovered this about 5 years ago. There was a group of people who were doing work with a man who was working at a house in the country outside Sydney, Australia, owned by a friend of mine. He was showing them how to raise their frequency to the "Love Universe". He said that the opposite of love is not hate, it is "no love", and some people's frequency was in the "No-Love Universe", not the "Love Universe". (One way of getting into the No-Love Universe is to do a lot of work such as clearing where one is looking at negative stuff, without balancing it up by doing other positive work such as working to increase love).

I saw a number of people have this done to them, and it was sometimes quite amazing to watch. I saw a positive, physical change in one man who had once been a Catholic priest.

They started finding that some people would get very sick once their frequency was raised to the love universe. They then discovered that these people had "metaphysical circuitry " (wiring and other junk - presumably to block metaphysical abilities) on them, put there by aliens. From then on, the people would locate this junk (with muscle testing) and remove it before doing the frequency change.

This worked for a few people. However, they STILL found that some people got sick. They then got the realization that the body did not label reptilians as aliens, because they have been here as long as we have. After that, they would muscle test first for alien OR reptilian circuitry.

Sometimes they would get that one of these was present, some times the other, some times both, sometimes none. After that, no one got sick.

Interestingly enough, one evening I was there I learned one way to discover the presence of a reptilian. Three women were in a corner together when one said "What is that awful smell?" The other two could smell it as well. The man in charge of the sessions came quickly over, realizing that it was a reptilian (invisible, or in spirit), and commanded it to leave. The smell then went away. Since that time, I have noticed an awful 'rotten' smell a couple of times when there were negative emotions going on, and I have commanded it to leave (in Jesus' name if necessary), and things have improved.

An interesting find was after I told this story to Michael. He asked that I muscle test to find out what universe he was in. He was in the Love Universe. When I tested to find out when this happened, it happened when he accepted Jesus as his Lord and savior.

SURFING: You know that most people view your story as "unbelievable," I have seen comments on the internet stating it is everything from scientology to disinformation to something that should be seriously considered, what do you have to say, if anything, regarding this?

MICHAEL: "Black" projects of any type are not in most people's reality. It is much easier to believe that those in power do not have this technology than vice versa. The ramifications of The Mars Records are startling. I possess metaphysical abilities of sufficient "horsepower" that "they" find it necessary to "shut me off" as well as abduct me for medical procedures, all without my knowledge. They have the technology to easily accomplish this. If they can do this to me, they can do the same to you, your family, your government leaders, etc. No one is safe. Trust No One but God Almighty and The Lord Jesus Christ. Everyone else, get deliverance.

As for the Kinesiology, separate the superstition from the technology. Energy medicine is real and it works. The enemy knows about it and will use it against you. Learn to use it to nullify the attacks of the enemy and heal yourself.

As for Clearing, separate the superstition from the technology. Clearing technology is real and it works. It works outside of the influence of any organization. There exists a large group of individuals in all parts of the world using Clearing to help others. Many of these people have never been exposed to the teachings of any organization. The enemy will use mind control to enslave others. Clearing can be used to nullify the effects of these mind control programs.

As for the reality of The Mars Records, I can only say that this book was

written for a very small percentage of the population. It's for those people who are following God's plan for their life, to free themselves from bondage and to join the fight to free others as well. If you want to actively fight the enemy, learn deliverance, kinesiology or clearing (or all 3) and dedicate yourself to the fight. God will send people for you to help immediately thereafter.

At the end of the day, I have to look at the scars on my groin and wonder what they took out of me or put into me as well as wait for the next time. It's not "disinformation". It's my life.

STEPHANIE: I can't blame anyone that finds this unbelievable. Despite having read a lot of unusual stuff it has always happened to someone else, and so there have been times when I find it hard to believe too. But then all I have to do is add up in my mind the dozens of pieces of evidence that show that it is true. And they keep on coming!

Most people are too much involved in day-to-day material living to worry too much about all this. I hope though that there are some people out there who have been affected as we have who can use this information to begin to uncover answers as to why they are having troubles in their life, such as in their relationship, as we did initially.

SURFING: How does one live a "normal" life after experiences like this?

MICHAEL: There is no "normal" life. I live in a world where 98% of the population are "children" living in an artificially created state of consciousness resembling sleep. Daily they give away their health, their freedom and their souls to the god of this world, Lucifer. There is no "normal" life. There is the love of God, the love of my family and the love of doing Gods will for my life. That is enough.

STEPHANIE: I guess in some ways we don't. Everything looks completely different. One finds that one's old friends drop off, as one goes from new reality to new reality. Although this had already been happening to me before The Mars Records. Thanks to the net we are finding new friends such as yourself with whom we can relate about the important things. And luckily, we have God and each other for company.

SURFING: What advice can you offer to others who may have also been victims of mind control manipulation?

MICHAEL: A personal relationship with God almighty and The Lord Jesus Christ is the first step. Without His help, there is no freedom. As a result of that new relationship, you are now entitled to the free gift of deliverance, that is having the demons removed from you. Next, use Kinesiology and good food, clean water and supplements to get your health back. Then use

clearing technology and the wernicke's correction to remove the mind control commands from you. Then start helping others. That becomes YOUR ministry.

STEPHANIE: The first thing is to get a personal relationship with God. Listen to your heart and intuition - as that is where he will speak to you. Then ask God for guidance and take action when you get guided by your intuition. You will find out sooner or later if it was your intuition that spoke to you - or something else! In this way, you get to know better and better when it is truly your intuition speaking to you.

Appendix II: Interview by Eve Lorgen www.alienlovebite.com

The Mars Records: Interview with Michael and Stephanie Relfe

By Eve Lorgen ©2000

The Mars Records, authored by Stephanie Relfe, is a 300-plus page document (See <http://www.TheMarsRecords.com>) chronicling the biofeedback sessions of her husband Michael who discovered he had been involved in a secret black project while in the Navy. Michael was astonished to find that he had been living a double life as a covert operative for The Mars Defense Force. Some of his assignments were covert ops, piloting spacecraft, remote viewing, psychic defense and even psychic assassinations.

Michael's recruitment, training and service for Mars Defense Force was carried out via sophisticated alien and military mind control technology. This included implants, hypno-programming, dissociation of specifically trained alter personalities, advanced psi training, speed learning, psi enhancing drugs and time travel. Michael's case is unique and very important because he is one of a very handful of persons who have been able to clear, recall and deprogram the sophisticated alien and military mind programming. His success in memory retrieval and deprogramming is due to deliverance prayer and the excellent therapeutic skills of his wife, Stephanie Relfe. She uses a combination of biofeedback clearing sessions and kinesiology.

Michael still experiences abductions by an alien and human military element working conjointly. But because of his level of therapeutic success with deliverance, clearing and kinesiology, Michael has a greater sense of personal control, awareness and is not as susceptible to the mind control that the abductors continue to try to use on him.

Many researchers in the field of Ufology, Paranormal and Mind Control have a tendency to view things as a black and white picture. Either all abductions are some military black project using aliens as a cover story, or it's all aliens, because we don't have such a high level of technology. Such is not the case in Michael's experience, or in many other MILAB abductees that I have interviewed.

I strongly encourage the reader to read the full Mars Records document. If this is true-- and I think it is--we are dealing with such a high level of "alien" technology, that to gain control back into our lives, we need to do a lot of soul searching work.

MR: - Michael R.

SR: Stephanie Relfe

EL: Eve Lorgen

EL: Michael, as a child did you experience any UFO sightings or signs of alien abduction?

MR: With the exception of the incident described in The Mars Records, I have no memories of any UFO sightings, alien abductions or missing time. That one incident (childhood UFO dream) has always "stuck" in my mind because it was so real. While growing up I asked my parents about it several times and they just said I must have been dreaming.

EL: Do you think that the surfacing of your Mars Defense Ops is somehow related to this earlier UFO "dream"?

MR: Yes, I feel that the emotional "charge" or energy associated with that incident eventually led me to accept a clearing session offered by Stephanie to see if anything could be discovered. Little did we know what we would find.

EL: Stephanie, can you tell us briefly how Clearing sessions work?

SR: Clearing uses (1) a biofeedback meter which measures one level below consciousness and (2) specific rules and techniques for communicating which enable a person's mind to uncover the TRUTH of what is the cause of their upsets and problems.

The meter puts a small, harmless electrical current through the person's body. The mind and body interact. By measuring changes in the body's resistance, the meter measures changes in the person's mind.

Emotional upset comes from things that happened to us in the past. The upset is stored as energy, "charge", in the mind. It is stored in a mind called the "unconscious mind" which is why we can't access these memories normally. With the help of the clearing practitioner and the meter, a person can consciously get to find out what is in his unconscious mind.

We get rid of this charge in clearing by creating a PERFECT COPY of it. Two things cannot exist in the same place at the same time. With the help of the bio meter and the clearing practitioner, the hidden memories come into view. Once the person creates a perfect copy, the original charge vanishes. This causes their mind to be "lighter". This reads on the meter as an instantaneous change in their body. And the person realizes finally what has been going on.

The Mars Records is very different from any other book previously published in that it includes all the readings from the meter as well as an explanation as to what they mean. The readings back up the truth of this incredible story.

Also, the application of kinesiology muscle testing. The basis of kinesiology is that the body is an electrical instrument and the brain is a very powerful computer. The computer is sending signals to all the muscles and back again. Muscle testing isolates a particular muscle by putting an arm in a particular position. The kinesiologist can then "talk" directly to the brain and ask it different questions. Depending on the answer, the person being tested either will or won't be able to hold their arm up, which is how the brain communicates to us.

EL: Stephanie, why do you think this particular combination is better than hypnosis in recovering repressed memories?

SR: The problem with hypnosis is that it works by shutting the conscious mind down. This does not help the person to grow in spiritual strength and understanding. Rather, the opposite. Once the person is hypnotized, more "stuff" is put into the unconscious mind.

We want ALL the memories to become conscious, and to clear the charge from them. This causes an increase in the person's spiritual strength.

EL: Have you ever worked with other abductees or mind control victims with repressed memories?

SR: Not with clearing. With kinesiology I have had about 10 people out of several hundred that had had experiences. Some of these people knew about it, others didn't. Some could handle what I told them, others couldn't. It is amazing what one discovers about someone with kinesiology. For example, I was working on one woman who had incredible sleeping problems. She was very "blocked" and almost impossible to test, which is most unusual. I began to suspect abduction. It turned out her problems started the day she woke up at 2 am, and found her little girl outside on the doorstep (freezing cold), which was "impossible" because the little girl was too small to reach the door handle.

Another woman I worked on had no problem accepting that she had been abducted. She was quite psychic. While working on a problem to do with a pain in her leg, an incident surfaced. She told me that she had 24 hours of missing time, when she and her boyfriend rode on a bike up north along 300 miles of deserted road in Queensland, Australia. They felt like lying down beside the road. When they go to the New Year's party they were going to, it was all over. They were a day later! Her boyfriend was in a huge rage, and left her then and there. Using the communication techniques from clearing (but without the meter) she relived an incident where men in black clothes came for them both and took them onto a spaceship. Insectoids that looked like human sized praying mantises worked on them before returning them to the original spot.

EL: Michael, you mentioned in the Mars Records that you used deliverance prayer sessions even before you met Stephanie. What made you decide to try this method?

MR: Deliverance is the "casting out" or removing of evil spirits from a person who does NOT want them there. Witches and magicians WANT to have evil spirits inside them, which is how they obtain their "power". Christians do NOT want evil spirits as they hinder and stop spiritual growth and progress.

Deliverance is a gift from the Lord Jesus Christ for HIS people. It is NOT for the unbelieving public at large. The Bible refers to deliverance as the "Children's Bread". In 1983 when I was living in Tulsa, Oklahoma, I believed in God but was not living a Christian life and did not have a close walk with the Lord Jesus Christ. In one of my newsletters that exposed the Illuminati, the author had a couple of tapes on offer by a preacher named Win Worley. One was titled, "Mass Deliverance". This tape was a recording of a group deliverance service at a small Baptist church near Chicago. When listening to this tape, I was unprepared for what happened. I listened to the sermon and explanation of terms. I participated in the prayers that the preacher led the group through. I felt that "something" happened but I did not know what. Then the preacher started calling a list of names of demons (lust, jealousy, hatred, etc. there were many of them) and ordered them to leave the people. Immediately I felt VERY strange and "things" started leaving me. Burping, belching, tears, coughing, dry heaves, etc. I just kept participating and praying in my head for anything "bad" to leave me. This went on for about an hour. By the time the tape was over I felt VERY different. The initial session (and many more after) enabled me to get free enough from the holds of the enemy to start walking a Christian life.

EL: Do you think that your Mars--mind control and abductions memories would have surfaced in the Clearing sessions if you had NOT done deliverance first?

MR: No. At the time of starting deliverance in 1983, I was too bound up and enslaved to whatever programming I was given in the Navy to ever consider that I actually needed help. It took 13 years of God working on me for me to be ready for clearing. You must remember that not everyone involved in TRV (Tactical Remote Viewing) is chosen for target termination. It takes a certain personality to be effective as an assassin. I was cold, hard and arrogant.

EL: Why do you think you were recruited for the Mars Defense Force while in the Navy in 1976?

MR: It appears that I have been a "lab rat" all my life. Modifications were made to my father, which resulted in me. Modifications (genetic) were made to me at a young age and while growing up. Somewhere along the

way I was encouraged (programmed) to join the Navy. The government knew my psychological profile. My father was physically abusive and a problem drinker (probably because of what they did to him). When I joined the Navy, I was very dedicated and "gung-ho". I substituted the government and the discipline and order for the lack of father figure in my life.

I was selected for the Nuclear Power Program after missing one question on the entrance test. I attended basic electronics school at Great Lakes, IL. During the waiting time for Nuclear Power School, I was assigned as an "instructor assistant". It was during this time I was awakened one night, led to another room and asked if I wanted to VOLUNTEER for a top-secret project. I accepted (they knew I would because of my "special patriotism"). The Mars Records details what happened next.

To answer your question, I was recruited because I have a genetically based talent for Remote Viewing that the government wanted to exploit for its own purposes.

EL: Michael, can you describe some of the training you went through to enhance your psychic abilities? In the Mars Records you describe a type of speed learning used on other Mars Base recruits too. What was this like?

MR: From what I have been able to recall, it was a structured program broken down into different phases. Even after being moved to active duty, training was still a constant requirement. It started very slow and easy in the beginning. There were a lot of different medical tests and collecting of data to get an idea of my health, strength, etc. The preliminary tests were done and I was subject to certain drugs to enhance my talent. These drugs can kill and cause permanent damage so they are done slowly over a period of weeks. I believe these drugs made permanent changes in the brain and "opened up" certain energy channels, circuits, etc. After surviving the drugs, more tests are given to see the results of the drugs. Then different speed learning techniques are used to program a lot of information in a short period of time. Then training moves on to "the machines". These machines are amplifiers of Psi abilities. There was some type of surgically inserted "interface" device implanted in my "third eye" area to allow connection to these machines. There is constant training with the machines as well as calibrations, exercises and tests.

EL: Are you aware of any alter personalities?

MR: Clearing and Kinesiology procedures have uncovered 4 "compartments" each sealed off from the others that have various trainings and duties. We refer to the "real" me as Michael # 1. The others are Michael # 2, Michael # 3, and Michael #4. These compartments are sealed with various codes and passwords that we do not have.

EL: Do you think these alter personalities were created through trauma, as is described by other MC victims such as Andy Pero (of Project Superman-Montauk boy) and Bryce Taylor (Thanks for the Memories-- Monarch Program)?

MR: No. I believe that Psi abilities for these programs are rare and that any trauma could damage the ability. Trauma is old technology. The machines and techniques these people have are hundreds of years beyond that. Remember that I volunteered for this program. I was a willing candidate, serving my country as best as I could.

EL: Michael, your case is interesting in that there are characteristics of both alien abduction related symptomology and signs of MK ultra mind control. I think it's important for others to know that these "experiences" are not an either/or situation, but rather a combination of alien, military and human involvement. Can you describe some of the "booby traps" you encountered before recovering memories? And importantly, who installed these booby traps?

MR: The outer layers of the "booby traps" were commands to forget, not remember, etc. Next were commands that were distractions that would try to lead us off on a tangent. The next layers were the traps that would hurt me, i.e., heart attack, stroke, organ failures, etc. These traps were installed by whomever did the initial mind programming many years ago.

EL: Stephanie, how did you help Michael get through these "booby traps"?

SR: We found them first by knowing that they would be there. (It only makes sense) Then I muscle tested to see if there were any "booby traps". The body told me that there were at least ten. We then used the "Wernicke's correction" to remove them. It is generally known that research has shown that words are stored in a specific area 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.

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. The "authorities" who might have put commands into this mind are anyone that we might have looked up to at sometimes. These can include parents, teachers, peers, politicians, and doctors-and aliens. Have you ever been told to "grow-up", "shut-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 or important said "you're too fat", "you'll never change", "you'll forget", "don't trust anyone", "you're not good enough", "you'll go to hell" 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!

In the case of people who have suffered an abduction experience, the commands have often been implanted INTENTIONALLY with force or drugs to lock them in more securely. Commands such as "you will forget", and "this never happened" and "you dreamed all this" are reasons why the victims have no conscious memory of the event. Booby traps are commands such as "you will have a heart attack if you remember."

In 1996 an Australian kinesiologist David Bridgeman made an astounding discovery. He realized how to remove negative beliefs and commands from the brain! The key to removing these beliefs is that they are stored in the brain as through 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". The specific procedure developed by David Bridgeman enables a person to REMOVE the sabotaging commands from the brain. Instant improvement is generally noted in the person who has done this.

This is a simple, revolutionary, and very powerful procedure. If you are interested, send e-mail to me at info@metatech.org mentioning the Wernicke's video and I'll put you on a list to be notified when we have produced a video teaching this technique. In the meantime, the technique is described in the Mars Records.

EL: I know from my own experiences working with abductees, that many distractions and even reprisals occur when they try to access their alien "programming" and abduction memories. How did both of you get around these roadblocks, and did you experience any major reprisals?

MR: We have received psychic attacks fairly often since The Mars Records were released. These attacks take the form of surveillance, monitoring and blocking of clearing sessions, energy "drains" being hooked into each of us, offensive attacks meant to hurt us using radionics, psychotronics and various "death signal" devices as well as RV and psychic attacks while sleeping.

In addition, during the monthly "medical check-up" abductions different techniques are tried to discourage us. Such as multiple layers to mind control commands, multiple layers of drugs as well as a new thing, putting the equivalent drug directly into the "etheric" body. This is especially bad, as most people don't even know they have energy bodies!

EL: One of the most unbelievable aspects of your story is the age regression and time travel you experienced. What was this like?

MR: The age regression was pure boredom. Being kept in a dreamlike, semi-conscious state for weeks was very boring. That's the only memory I have been able to recall. The 20-year time jump back to 1976 was over before it began. Walking through the tunnel was uneventful.

EL: Tell me about the time travel jumpgates.

MR: I was not a jumpgate technician so I only remember things from a layman's point of view. This technology was a result of the Philadelphia Experiment projects as described by Dr. Al Bielek. It's one of those things that are "Ohh, Wow, Fantastic" the first time you see them, and then they become taken for granted. I also remember that they were guarded REALLY tight and that every moment of use was accounted for and logged.

I remember that there were several jumpgate stations on Mars Base. These stations were "hooked to" other places and they were defended against someone or something. I remember that RV technicians hooked to the machines assisted in that defense. Remember that Tactical Remote Viewing is not only used to terminate targets. Termination is a tiny percentage of all operations. It is used mostly to defend against the enemy. It is used to defend Very Important People (VIP's), Very Important Equipment (VIE's), areas and regions of the planet. In addition, some weapons systems require an RV operator to monitor and direct them. There are physical weapons systems (example like a particle beam projector) and there are other types of weapons that are energetic (Psi) types of systems. Also RV operators are commonly assigned to monitor attack craft on patrol.

The enemy also has Psi types of weapons systems that they direct against our physical type static shielding. Static shielding doesn't change. It stays the same no matter what you throw at it. To augment the static shielding, you have RV operators that monitor and probe the shields looking for penetration. If penetration is discovered, an RV operator can trace the source through space-time and deal with the intruder. RV operators on duty are not alone. They have backup operators in addition to supervisor operators, They can instantaneously get backup if the need arises. I have seen many ads for books and courses for remote viewing. Most of what passes for RV at this time is about the first 3 or 4 days of training at Mars Base. And most people involved in this sort of thing would, unfortunately never survive the training. The drugs would kill them quick.

EL: One has to wonder then, what could or would have happened if your future Michael, who was working on Mars, somehow came into contact with the present day Michael (on earth) before 1996?

MR: This would NEVER be allowed to happen. The program works the way it does because NO ONE on duty (who will eventually be times hot back to their origin) is permitted to interact with any time event (or person) of earth while stationed on Mars Base. That means that visitors and VIP's are OFF limits. Anyone visiting for a short period is "spending time" on Mars and will NOT be time shot back to their origin. They will just be moved by jumpgate to and from Mars.

To clarify: Remember there are 2 kinds of people that I remember.

1. People visiting Mars temporarily (Politicians, etc.) They travel to and from Mars by jumpgate. They visit for a few weeks and return. They are not time traveled back. They are VIP's. They are OFF LIMITS!!

2. Permanent staff, They spend 20 years duty cycle. At the end of their duty cycle they are age reversed and time shot back to their space-time origin point. They are sent back with memories blocked. They are sent back to complete their destiny on earth.

EL: Did you recall any "future memories" or strange dreams (before your clearing sessions) of your Mars Defense Base deployment? (In other words, any signs of you being an operative via dreams, hunches, de ja vu's etc.

MR: Only one. Before ever meeting Stephanie, I had an ongoing "joke" that when someone asked about my military experience, I would say "... and I deny working on the Mars Colony". It would always get a laugh. I believe that this was one of the first and strongest mind control commands "leaking through".

EL: What could one look for if they suspect they are in such a position like you were. I mean there must be others involved who have had similar experiences?

MR:

1. Memories that don't seem quite "right". Memories that have a 2 dimensional "cartoon like" feel to them.

2. Interest in or understanding of technical things that you can't remember going to school for.

3. Military records showing duty at places that you can't remember.

4. Unusual rage as a result of abductions.

5. Abduction or missing time. Waking up extremely exhausted with marks or bruises on any part of your body.

6. Muscle testing showing that the body has been "taken".

7. Muscle testing showing emotions of "no choice".

EL: Do you think the Greys are working in conjunction with our own human military in the abduction scenario?

MR: Yes

EL: What about the Reptilians?

MR: Yes. They are racially related (Draconians, Reptilians, Greys,)

EL: Do any Greys and Reptilians live on the Mars Base?

MR: Yes, some are stationed there. I remember the Greys as doctors or technicians. I believe the Reptilians stay camouflaged (cloaked) most of the time. They prefer to appear human because they are naturally fierce looking.

EL: One of the more fascinating and disturbing aspects of your experience is the mention of aliens or "bad guy mind controllers" fragmenting the soul and personality of the abductee. How do you think this is done, and what purpose do you think the aliens have for us?

MR: Soul fragmentation is mentioned in the Bible. Several times people are praying and thanking God for restoring their soul. I know that shock and trauma can cause soul fragmentation. Those involved in the occult have their own souls fragmented by their rituals and other involvements. Any severe act of sin, (witchcraft, Satan worship, Masonic ritual, homosexuality, violence against other people, etc) can fragment the sinner's soul as well as the victim. I do not know the mechanisms for how this is accomplished. The reason for their programs is clearly explained in the Bible. The ultimate goal of all programs of mind control and enslavement is WORSHIP. Lucifer wants to be God and will do anything to trick, convince or control others to worship him. Everything else is detail.

EL: Do they have a method for draining our energy?

MR: Yes. They place a psychic "hook" into the person and drain their energy. They do it slowly so as not to arouse suspicion.

(EL-Maybe this is one of the reasons for chronic fatigue amongst so many abductees!)

EL: Most importantly, how can other abductees and mind control victims protect themselves from this kind of thing?

MR:

1. Step one is to establish a personal relationship with the Lord Jesus Christ. Without His help, there will be no lasting freedom from the demonic armies of the enemy.

2. Repair your body of the damage that has been done to it. Drink pure water only. No fluoride toothpaste. No MSG. Eat nothing containing aspartame. No candy, no liquid candy (soft drinks). No alcohol. Eat only good fats and oils (olive oil and butter). No microwaved food. Remove mercury fillings from your teeth.
3. Use kinesiography to put your body back in balance.
4. Use a colon cleanse to clean out the accumulated garbage in your system.
5. Do a parasite cleanse to kill the parasites in your colon.
6. Use the clearing biofeedback meter to uncover and eliminate the results of any abduction or involvement in mind control programs.

EL: Michael, in retrospect, do you think you ever would have recalled your memories had you not done deliverance and clearing sessions?

MR: No. Without the power of the Lord Jesus Christ, there is no deliverance. These people have technology THOUSANDS of years ahead of anything you can think of in your wildest nightmare. They think they are invincible and in total control. You will not fight these people with technology or your own "psychic" abilities.

Here I am, an ex-operative for these people, with in the field combat experience utilizing Remote Viewing for tactical operations. I have a high Psi efficiency, "raw horsepower" if you will, so much so that my final target termination count was 70 terminations. Some of these were reptilians. And I survived those operations. When operational, I was VERY good at my job. NONE of the so-called "big name" remote viewers would last a microsecond against me. And that's a fact.

And all this "accomplishment" means NOTHING. They are in control of my physical body and they "shut me down" like an old television. They aren't worried by "powers" and abilities". If they aren't worried about me they probably aren't worried about you. It's ONLY the power of God that can free a person from this kind of control. And that deliverance is given in God's timeframe as fast as he permits. It was my mistake that I volunteered for this program. I actually don't deserve to ever get out. It's only by the mercy of Jesus Christ that I have come this far and will continue on this path.

EL: Do you think you are still being abducted? How does this happen?

MR: Yes. The monthly "medical check-ups" continue. We will be sleeping when a jumpgate (portal) opens in our bedroom. They awaken me and trigger my programming. They say, "Come along Mr. Relfe" or something similar and I follow them through the portal. Most of the time it is a woman with short dark hair (like a pageboy cut). Once it was a soldier in the black

battle dress utilities. During the clearing session I remember asking them questions and I threw them a kick at the soldier. I missed and hit the metal table and woke up the following morning with a large chunk taken out of my toenail.

It opens into some type of hospital like waiting area, where a nurse greets me, makes small talk and does a preliminary exam (blood pressure, etc.). I am then given a drug and led to a table on wheels. I am taken to the operating room where they give me more drugs and 1) take samples from my testicles, 2) they cut between my eyes and extract something from the organ that is there. I am then sent to the recovery area for a couple of hours. They then put these goggles or headgear over my eyes to insert the mind control commands. Then they leave me to recover from that procedure. Then they lead me back to the portal where I return to bed and continue sleeping. This last time (9/16/00) I awoke with a raging fever of 103 degrees. I had this for 5 days before starting to feel better. It's been 10 days and I am still not 100% better. Kinesiology showed that I had been "vaccinated" with something. I believe I was given a strong dose to make sure that I was immunized against whatever is coming. The effects were very painful.

EL; What do you think the UFO research and Mind Control community need to do to assist those who are going through MILAB experiences?

MR: These are 2 different communities. Remember that with almost 10,000 hits on our www.TheMarsRecords.com and with over 6000 downloads of the book, ONLY 5 PEOPLE have requested more information. For most people this is just entertainment and they aren't interested in helping anyone.

The Mind Control "community" is filled with "victims" who are so afraid of reading something that will be "triggering" that they isolate themselves from possible sources of help. They think that by talking amongst themselves that somehow their problems will vanish. I am here to tell you that it just won't happen. These people need deliverance and they need it now.

IF YOU AREN'T FIGHTING DEMONS, YOU AREN'T FIGHTING MIND CONTROL.

And as for the "UFO RESEARCH" community, they sell T-shirts and chase lights in the sky. UFO research is now a business and it is controlled and compartmentalized by the intelligence agencies. (EL-- I have to second you on that opinion!)

Inside the community is a small group of people that God has raised up to try to help abductees by giving them somewhere to turn. The problem is that when you are dealing with the demonic world and trying to do it without Jesus Christ, you are doomed to failure. Even though these people

are trying to help as best they can, remember that HYPNOSIS CANNOT FIGHT HYPNOSIS. And if you do uncover memories, the damage done by the experience is NOT being removed. So the people are sometimes worse off than before.

EL: What do you see as lacking in today's researchers?

MR: I cannot judge any individual person, as I have not walked in their shoes. I can only say that the pro New Age/anti-Christian bias displayed by most UFO researchers is in fact their weakness. Until these researchers accept Jesus Christ as their boss and work to accomplish what He would have them do, they will continue to wander in the devils playground, never finding answers to their questions.

Appendix III: YOU can Stop Alien & Military Abduction!

Note: An updated version of this article can be found at www.MetaTech.org

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This document contains a complete description of the procedure that God gave to me to stop the enemy's abduction process. The initial understanding of these prayers came as a result of my praying for guidance on how to defeat the periodic abductions I was being exposed to (Session 100 – 15 Oct 2000). Here are some of the things we have learned since Oct 2000 (these apply only to my situation as described in The Mars Records – Volume 1 and 2 – Your situation may be different).

- Although the abductions usually involved U.S. military personnel, a non-human being (Grey Alien and/or Reptilian) might be briefly observed working with them. On several occasions only Grey Aliens or only Reptilians would perform the abduction.
- If the target is located near a base or installation, they may attempt to acquire the target by visiting their home/apartment/hotel and taking them in person. This can be defeated by using a **portable door lock** (the kind used by travellers in hotels) on **EVERY** door in their home. These agencies have tools to defeat every type of commercially available lock as well as the various chains and swing latches that allow the door to be “cracked” open. Only the portable door locks are secure.

- The enemy has at their disposal multiple technologies that will allow them to abduct an individual from their bedroom, examine/operate/indoctrinate them and return them to their bedroom without being detected. They can “keep” an individual for weeks and return them to a time a few minutes after they were taken. The names of those technologies that I am aware of are :

Jumpgate technology
 Fractal Jumpgate technology
 Transporter technology
 Fractal Transporter technology
 Teleportation technology
 Fractal Teleportation technology
 Time Travel technology
 Fractal Time Travel technology
 Dimensional Travel technology
 Fractal Dimensional Travel technology
 Wormhole Travel technology
 Fractal Wormhole Travel technology
 Resonance technology
 Fractal Resonance technology
 Magical technology
 Fractal magical technology
 Walk-through-the-walls technology
 Fractal walk-through-the-walls technology
 A ‘sender’¹³ sending something into your room
 A ‘sender’ pulling you out of your room

Other technologies will be developed. They must be added to the list. God will help you to “know” what they are while praying. Change your attack strategy accordingly.

- As described in Session 100, God will answer your prayers to prevent the above listed technologies from functioning in your home, apartment or hotel.
- When you begin to engage in spiritual warfare against the enemy, they will pull out all the stops in attacking you. They may use witchcraft, black magic, different types of psychic and remote viewing attack and radionics, psychotronics and psionics attacks against you. Sometimes you won’t even know the name of what they are doing.
- Spiritual warfare is the act of engaging in battle against the enemy: breaking curses, spells and psychic prayers, binding the demons and

¹³ Sender: A person who can teleport other people and things, often with the help of technology. They are quite rare.

entities that are attacking, loosing the angels of God into battle, praying for angelic protection, among others. Deliverance is the casting out of demons from a person or object. **ALL** of these ways of warfare require power and authority from God Himself.

- The **ONLY** known way to obtain the required power and authority to defeat the enemy and to stop the abductions of you and your family is to accept The Lord Jesus Christ as your Lord and saviour. When you take that first step of faith, you immediately leave the jurisdiction of “Satan, the god of this world” and enter into the kingdom of God Almighty. You are drafted into the army of God and are given power and authority over the enemy. From that moment forward you are expected to fight the enemy and to fulfil God’s plan in your life while on earth. You are assured of **eternal life** when your days are done.
- You absolutely **will not** defeat this enemy by using your own metaphysical abilities, prayer to anything outside of God Almighty and His son Jesus Christ, machines or devices you make or by any help from any ET, “Spacebrother”, Alien, Witch, Psychic, Occultist or anyone or anything else. I know from personal experience. I was not abducted into their “service”. I volunteered. I was a highly efficient killing machine for these beings. I have a high “horsepower” rating as well as several rare skill sets. My mission profiles were extensive and successful and beyond anything described by the so called remote viewers on the best seller list. And while reading **The Mars Records** you will see how easily these beings controlled me. They turned me on and off as easily as you would a toaster. I had absolutely **ZERO chance** of escape. **ONLY** by the grace of God Himself and the power of The Lord Jesus Christ did I escape to the degree I presently have.

- **YOU can do the exact same things as I have if you have a personal relationship with The Lord Jesus Christ and if you have faith and follow the warfare prayers in this document. Prayer does NOT rely on metaphysical abilities or training. I myself do NOTHING. God performs the miracles.**
- The following warfare prayers work. Regardless of what your church corporation or untrained pastor may think, spiritual warfare works, is infinitely powerful and the only thing known that will defeat the enemy. While pastors argue over whether a Christian can have a demon or whether or not to lay hands on a member while they are dying, the military alien complex continues to abduct, operate on and indoctrinate many thousands of people worldwide, while the churches stay silent.
- Spiritual Warfare is a daily endeavour. God will show you what to pray for during prayer, while reading what has happened to others or while being told things about other people's experiences. If you pray against something that is not there or that doesn't apply to you, nothing happens. It is better to pray than not to pray.
- If you are serious about spiritual warfare and fighting the enemy and are willing to put yourself on the line for others, I would suggest you contact Hegewisch Baptist Church in Highland, IN (www.hbcdelivers.com) for their book and tape catalog. The book series "Battling The Host Of Hell" is an 8 volume set of intensive training in spiritual warfare. In addition you will require many of the taped sermons by Win Worley. The first tape should be "**Group Deliverance**". Other valuable subjects are **Soul Fragmentation, Breaking Curses, Binding and Loosing, Soul Ties**, among others. The videos will convince even the most unbelieving person concerning the reality of the demonic world. Hegewisch Baptist Church is a small, independent church not affiliated with any organization of any kind. You can visit Hegewisch for to receive help at any time.

Warfare Prayers

Protect yourself

Heavenly Father, in the name of the Lord Jesus Christ, I ask you in Jesus' name to please send hundreds, hundreds, hundreds and hundreds of millions of legions of angels to surround me and encamp around me and setup angelic shields, protective devices, impenetrable force fields and angels to protect me against every attack of the enemy, in Jesus name I pray, amen. Please put upon me the full armour of God. Please put upon me spiritual camouflage to make me invisible to the enemy. Please put upon me the armour 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.

Protect your spouse

Repeat above for your spouse.

Protect your children

Repeat above for each of your children

Break curses on yourself

In the name of the Lord Jesus Christ, I break, crush, sever, smash, dissolve and destroy every curse, spell, psychic prayer and attack put upon me by any person, place, thing, witch, occult source, psychic source, machine, reptilian, draconian, grey, insect or any other entity, in Jesus' name I pray, amen.

(do this 3 or more times)

Break curses on your spouse.

Repeat above for your spouse.

Break curses on your children.

Repeat above for each of your children

Break energy drains on yourself

Heavenly Father, in the name of the Lord Jesus Christ, I break, crush, dissolve, destroy and smash every energy drain attached to me by any source, in Jesus' name I pray, amen. In Jesus' name I command everything that came into me from the energy drain to leave now, in Jesus' name. In Jesus' name I break and destroy every soul tie, hook, link, connection and attachment between myself and whatever or whoever put the energy drain into me, in both directions. In Jesus' name I command everything that came into me from those soul ties, hooks, links, connections and attachments to leave now, in Jesus' name. Thank You Lord for setting me free.

Break energy drains on your spouse.

Repeat above for your spouse

Break energy drains on your children.

Repeat above for each of your children

Break attacks on yourself

Heavenly Father, in the name of the Lord Jesus Christ, I break, crush, dissolve and destroy every satanic attack, druid witch attack, wicca witch attack, kabbalah witch attack, wizard attack, shaman attack, witchdoctor attack, witchcraft attack, vampire attack, werewolf attack, santaria attack, voodoo attack, magical attack, sorcery attack, luciferian attack, demonic attack, satanic attack, psychic attack, telepathic attack, mental attack, remote viewing attack, mind control attack, radionics attack, psychotronic attack, psionic attack, death signal attack, disease signal attack, scalar wave attack, tesla wave attack, laser wave attack, ELF attack, RF attack, microwave attack, magnetic attack, acoustic attack, infrared attack and every kind of attack that I don't know the name of **from** :

Every person, place, thing, witch, occult source, psychic source, machine, satanist, druid witch, wicca witch, kabbalah witch, wizard, shaman, witchdoctor, vampire, werewolf, santaria practitioner, voodoo practitioner, remote viewing operator, radionics operator, psychotronics operator, psionic operator, pine gap group, MIB group, government group, witches, satanist or masonic group, new world order group, shadow government group, illuminati group, MJ12 group, faction 1 group, faction 2 group, faction 3 group, faction 4 group, NSA group, NRO group, CIA group, FBI group, NIMA Group, DOJ Group, DON group, ACIO group, ASIO group, PSICORPS Group, MJTF Group, military group, intelligence group, Army group, Navy group, Air Force group, Marine Corps group, NIS group, DIA group, OSI group, ONI group, OSS Group, UFOS group, MI5 group, MI6 group, Mars Defence Force group, Mars Intelligence Force group, Mars

Project group, reptilian group, draconian group, grey group, insect group and every group I don't know the name of, in Jesus' name I pray, amen. In the name of The Lord Jesus Christ, I bind everything that came into me from those attacks. In Jesus' name I close every door that was opened to you, I take away every legal hold and legal ground that you have on me and I cut you loose from all your assignments, in Jesus' name I pray, amen. In Jesus' name I command everything that came into me from those attacks to leave me now, in Jesus' name. Father, I ask you to send these things back to whoever sent them to me, to bring them to repentance. In Jesus' name I pray, amen.

Break attacks on your spouse.

Repeat above for your spouse

Break attacks on your children.

Repeat above for each of your children

Thank the LORD for miracles and what HE is doing

Father, In Jesus' name I praise you and Thank You for these blessings and for setting me free from these attacks, In Jesus' name I pray, amen.

Changing The Quantum Matrix

Pray for angelic shields around your house or apartment.

Father, In the name of The Lord Jesus Christ I ask you to please send hundreds, hundreds, hundreds and hundreds of millions of legions of angels to surround and encamp around this house and to set up angelic shields, protective devices, impenetrable force fields and angels and to **seal off this house from the world**, in Jesus' name I pray, amen.

Remove any trapped demons

Father, In the name of The Lord Jesus Christ I ask you to please send angels to bind up and remove all demons that were trapped when the shield was closed, in Jesus' name I pray, amen.

Break any remaining hooks into you

In the name of The Lord Jesus Christ I break, crush, dissolve, smash and destroy every line of remote viewing, energy drain, energy supply, remote influence, surveillance and command & control attached to me in Jesus' name. In Jesus' name I bind everything that came into me with these lines and Father, I ask you to send all these things back to whoever send them, to bring them to repentance, in Jesus' name I pray, amen.

Remove all interference.

Father, In the name of The Lord Jesus Christ I ask you to please remove every thing inside me that would hinder, jam, interfere or prevent me from praying and changing the quantum matrix, in Jesus name I pray, amen.

Note: If you start doing this on a regular basis, the enemy will pour a lot of interference in your direction, trying to discourage you. God will sometimes allow this to make you a better soldier. The following are some of the things that have been sent to interfere with me. This list is **not** complete.

Shadows	Dampening Field
Spiders	Force Field
Worm Holes	Blackness
Black Holes	Darkness
Alien Circuitry	Blocks

In the name of The Lord Jesus Christ, I break the power of the **Shadows** over me. In Jesus' name I bind the strongman over the **Shadows** and I toss him off his throne in Jesus' name. Father I ask you to send angels to bind the strongman inside of boxes, inside of more boxes to 1,000,000 levels deep, with angels singing scripture to him night and day, in Jesus' name. Father I ask you to send angels to guard that box so the demons cannot free him, in Jesus' name. In Jesus' name I bind all demons

subordinate to the strongman over the **Shadows**. In Jesus' name I cut you loose from all your assignments, I close every door that was opened to you and I cancel every legal hold and every legal ground that you have on me, in Jesus' name. I command all demons subordinate to the strongman over the **Shadows** to leave now, in Jesus' name. In Jesus' name I bind all other spirits and entities under the command of the strongman over the **Shadows**. In Jesus' name I cut you loose from all your assignments, I close every door that was opened to you and I cancel every legal hold and every legal ground that you have on me, in Jesus' name. In Jesus' name I loose you from all commands, controls, attachments, mind control, programming, agreements, oaths and bonds to the strongman over the **Shadows** or the **Shadows** themselves. I command all demons to go where Jesus' wants you to go and I command all other entities to go home and never return, in Jesus' name I pray, amen. (Do this for each thing interfering)

Change The Quantum Matrix in your home

Father in heaven, In the name of The Lord Jesus Christ I ask you to change the quantum matrix in this sealed off house, across all space time continuums, all dimensions, all time lines and all frequency domains in this universe, across all bubbles in the omniverse and across all planes of existence so that:

The enemy's jump gate technology will not function in this sealed off house.
The enemy's fractal jump gate technology will not function in this sealed off house.
The enemy's transporter technology will not function in this sealed off house.
The enemy's fractal transporter technology will not function in this sealed off house.
The enemy's time travel technology will not function in this sealed off house.
The enemy's fractal time travel technology will not function in this sealed off house.
The enemy's dimensional travel technology will not function in this sealed off house.
The enemy's fractal dimensional travel technology will not function in this sealed off house.
The enemy's wormhole travel technology will not function in this sealed off house.
The enemy's fractal wormhole travel technology will not function in this sealed off house.
The enemy's implant technology will not function in this sealed off house.
The enemy's walk-thru-walls technology will not function in this sealed off house.
The enemy's sleep ray technology will not function in this sealed off house.
The enemy's remote viewing capability will not function in this sealed off house.
The enemy's radionics technology will not function in this sealed off house.
The enemy's psychotronics technology will not function in this sealed off house.
The enemy's psionic technology will not function in this sealed off house.
The enemy's death signal technology will not function in this sealed off house.
The enemy's disease signal technology will not function in this sealed off house.

Important note: When praying to change the quantum matrix, all members of a family should be holding hands or be in physical contact with one another. The head of the household prays and the other members should pray in agreement.

Change The Quantum Matrix inside yourself

Father in heaven, In the name of The Lord Jesus Christ I ask you to change the quantum matrix inside me, across all space time continuums, all dimensions, all time lines and all frequency domains in this universe, across all bubbles in the omniverse and across all planes of existence so that:

The enemy's jump gate technology will not function on me.
The enemy's fractal jump gate technology will not function on me.
The enemy's transporter technology will not function on me.
The enemy's fractal transporter technology will not function on me.
The enemy's time travel technology will not function on me.
The enemy's fractal time travel technology will not function on me.
The enemy's dimensional travel technology will not function on me.
The enemy's fractal dimensional travel technology will not function on me.
The enemy's wormhole travel technology will not function on me.
The enemy's fractal wormhole travel technology will not function on me.
The enemy's implant technology will not function on me.
The enemy's walk-thru-walls technology will not function on me.
The enemy's sleep ray technology will not function on me.
The enemy's remote viewing capability will not function on me.
The enemy's radionics technology will not function on me.
The enemy's psychotronics technology will not function on me.
The enemy's psionic technology will not function on me.
The enemy's death signal technology will not function on me.
The enemy's disease signal technology will not function on me.

Ask God for an energy shield against the enemy.

Father in heaven, in the name of The Lord Jesus Christ, I ask you to put around me an impenetrable, impregnable multi-layer, multi-phase, multi-spectral, multi-frequency domain, multi-dimensional, multi-continuum, multi-timeline shield around my physical body, etheric body, astral body and all my other energy bodies and all components that I consist of, across all space time continuums, time lines and dimensions in this universe, across all "bubbles" in the omniverse and across all planes of existence, in Jesus' name I pray, amen.

SOUL TIES To CHAKRAS

***Note:** The following refers to the body's energy centers known as chakras. It doesn't matter if you believe they exist or not. God created them just like he created your arm or leg. The enemy attacks them and since most don't believe they exist, the attack goes unchallenged and the damage will accumulate. Always divide the technology from the superstition. And never go looking for things or exploring outside of God's protection. Just understand they exist and protect them from the enemy. And learn the difference between physical, metaphysical and spiritual.*

In the name of the Lord Jesus Christ I break, dissolve, sever, crush & destroy every ungodly soul tie, hook, link and connection attached to my **BASE** chakra in Jesus' name. In Jesus' name I bind every thing that came into me from those connections. In Jesus' name I close every door that was open to those things, I take away every legal bond and every legal hold they have on me and I cut them loose from all their assignments, in Jesus' name. In the name of the Lord Jesus Christ I order every thing that came into me to leave now. Father, In Jesus' name I ask you to send angels to bind up these things and return them to whoever sent them, to bring them to repentance, in Jesus' name I pray, amen.

In the name of the Lord Jesus Christ I break, dissolve, sever, crush & destroy every ungodly soul tie, hook, link and connection attached to my **SEX** chakra in Jesus' name. In Jesus' name I bind every thing that came into me from those connections. In Jesus' name I close every door that was open to those things, I take away every legal bond and every legal hold they have on me and I cut them loose from all their assignments, in Jesus' name. In the name of the Lord Jesus Christ I order every thing that came into me to leave now. Father, In Jesus' name I ask you to send angels to bind up these things and return them to whoever sent them, to bring them to repentance, in Jesus' name I pray, amen.

In the name of the Lord Jesus Christ I break, dissolve, sever, crush & destroy every ungodly soul tie, hook, link and connection attached to my **SPLEEN** chakra in Jesus' name. In Jesus' name I bind every thing that came into me from those connections. In Jesus' name I close every door that was open to those things, I take away every legal bond and every legal hold they have on me and I cut them loose from all their assignments, in Jesus' name. In the name of the Lord Jesus Christ I order every thing that came into me to leave now. Father, In Jesus' name I ask you to send angels to bind up these things and return them to whoever sent them, to bring them to repentance, in Jesus' name I pray, amen.

In the name of the Lord Jesus Christ I break, dissolve, sever, crush & destroy every ungodly soul tie, hook, link and connection attached to my **HEART** chakra in Jesus' name. In Jesus' name I bind every thing that came into me from those connections. In Jesus' name I close every door that was open to those things, I take away every legal bond and every legal hold they have on me and I cut them loose from all their assignments, in Jesus' name. In the name of the Lord Jesus Christ I order every thing that came into me to leave now. Father, In Jesus' name I ask you to send angels to bind up these things and return them to whoever sent them, to bring them to repentance, in Jesus' name I pray, amen.

In the name of the Lord Jesus Christ I break, dissolve, sever, crush & destroy every ungodly soul tie, hook, link and connection attached to my **THROAT** chakra in Jesus' name. In Jesus' name I bind every thing that came into me from those connections. In Jesus' name I close every door that was open to those things, I take away every legal bond and every legal hold they have on me and I cut them loose from all their assignments, in Jesus' name. In the name of the Lord Jesus Christ I order every thing that came into me to leave now. Father, In Jesus' name I ask you to send angels to bind up these things and return them to whoever sent them, to bring them to repentance, in Jesus' name I pray, amen.

In the name of the Lord Jesus Christ I break, dissolve, sever, crush & destroy every ungodly soul tie, hook, link and connection attached to my **THIRD EYE** chakra in Jesus' name. In Jesus' name I bind every thing that came into me from those connections. In Jesus' name I close every door that was open to those things, I take away every legal bond and every legal hold they have on me and I cut them loose from all their assignments, in Jesus' name. In the name of the Lord Jesus Christ I order every thing that came into me to leave now. Father, In Jesus' name I ask you to send angels to bind up these things and return them to whoever sent them, to bring them to repentance, in Jesus' name I pray, amen.

In the name of the Lord Jesus Christ I break, dissolve, sever, crush & destroy every ungodly soul tie, hook, link and connection attached to my **CROWN** chakra in Jesus' name. In Jesus' name I bind every thing that came into me from those connections. In Jesus' name I close every door that was open to those things, I take away every legal bond and every legal hold they have on me and I cut them loose from all their assignments, in Jesus' name. In the name of the Lord Jesus Christ I order every thing that came into me to leave now. Father, In Jesus' name I ask you to send angels to bind up these things and return them to whoever sent them, to bring them to repentance, in Jesus' name I pray, amen.

BLOCKED CHAKRAS

In the name of the Lord Jesus Christ I bind all Blocks attached to my **BASE** chakra. In Jesus' name I bind the strongman over the Blocks attached to my base chakra and I toss him off his throne in Jesus' name. In Jesus' name, Father I ask you to send angels to bind the strong man inside of boxes, inside of boxes, to 1,000,000 levels deep, with angels reading scripture to him night and day, in Jesus' name. In Jesus' name, I bind all demons controlling these Blocks and I command you to leave now, in Jesus' name. Father, please send angels to bind these demons and send them where you want them to go, in Jesus' name. In Jesus' name I break, deactivate, cut, sever and destroy every interconnect support device between these Blocks. In Jesus' name I break, deactivate, cut, sever and destroy every hook device that allows attachment to my chakra, in Jesus' name. In Jesus' name I bind all Blocks to my authority in the third heaven and I command you to leave me now, in Jesus' name. Father, please send angels to bind these Blocks and send them to where you want them to go, in Jesus' name. Father in heaven, please send angels to repair all the damage done to me by these blocks and to change me so that they won't be able to hook into me again, in Jesus' name I pray, amen.

In the name of the Lord Jesus Christ I bind all Blocks attached to my **SEX** chakra. In Jesus' name I bind the strongman over the Blocks attached to my base chakra and I toss him off his throne in Jesus' name. In Jesus' name, Father I ask you to send angels to bind the strong man inside of boxes, inside of boxes, to 1,000,000 levels deep, with angels reading scripture to him night and day, in Jesus' name. In Jesus' name, I bind all demons controlling these Blocks and I command you to leave now, in Jesus' name. Father, please send angels to bind these demons and send them where you want them to go, in Jesus' name. In Jesus' name I break, deactivate, cut, sever and destroy every interconnect support device between these Blocks. In Jesus' name I break, deactivate, cut, sever and destroy every hook device that allows attachment to my chakra, in Jesus' name. In Jesus' name I bind all Blocks to my authority in the third heaven and I command you to leave me now, in Jesus' name. Father, please send angels to bind these Blocks and send them to where you want them to go, in Jesus' name. Father in heaven, please send angels to repair all the damage done to me by these blocks and to change me so that they won't be able to hook into me again, in Jesus' name I pray, amen.

In the name of the Lord Jesus Christ I bind all Blocks attached to my **SPLEEN** chakra. In Jesus' name I bind the strongman over the Blocks attached to my base chakra and I toss him off his throne in Jesus' name. In Jesus' name, Father I ask you to send angels to bind the strong man inside of boxes, inside of boxes, to 1,000,000 levels deep, with angels reading scripture to him night and day, in Jesus' name. In Jesus' name, I bind all demons controlling these Blocks and I command you to leave now,

in Jesus' name. Father, please send angels to bind these demons and send them where you want them to go, in Jesus' name. In Jesus' name I break, deactivate, cut, sever and destroy every interconnect support device between these Blocks. In Jesus' name I break, deactivate, cut, sever and destroy every hook device that allows attachment to my chakra, in Jesus name. In Jesus' name I bind all Blocks to my authority in the third heaven and I command you to leave me now, in Jesus' name. Father, please send angels to bind these Blocks and send them to where you want them to go, in Jesus' name. Father in heaven, please send angels to repair all the damage done to me by these blocks and to change me so that they won't be able to hook into me again, in Jesus' name I pray, amen.

In the name of the Lord Jesus Christ I bind all Blocks attached to my **HEART** chakra. In Jesus' name I bind the strongman over the Blocks attached to my base chakra and I toss him off his throne in Jesus' name. In Jesus' name, Father I ask you to send angels to bind the strong man inside of boxes, inside of boxes, to 1,000,000 levels deep, with angels reading scripture to him night and day, in Jesus' name. In Jesus' name, I bind all demons controlling these Blocks and I command you to leave now, in Jesus' name. Father, please send angels to bind these demons and send them where you want them to go, in Jesus' name. In Jesus' name I break, deactivate, cut, sever and destroy every interconnect support device between these Blocks. In Jesus' name I break, deactivate, cut, sever and destroy every hook device that allows attachment to my chakra, in Jesus' name. In Jesus' name I bind all Blocks to my authority in the third heaven and I command you to leave me now, in Jesus' name. Father, please send angels to bind these Blocks and send them to where you want them to go, in Jesus' name. Father in heaven, please send angels to repair all the damage done to me by these blocks and to change me so that they won't be able to hook into me again, in Jesus' name I pray, amen.

In the name of the Lord Jesus Christ I bind all Blocks attached to my **THROAT** chakra. In Jesus' name I bind the strongman over the Blocks attached to my base chakra and I toss him off his throne in Jesus' name. In Jesus' name, Father I ask you to send angels to bind the strong man inside of boxes, inside of boxes, to 1,000,000 levels deep, with angels reading scripture to him night and day, in Jesus' name. In Jesus' name, I bind all demons controlling these Blocks and I command you to leave now, in Jesus' name. Father, please send angels to bind these demons and send them where you want them to go, in Jesus' name. In Jesus' name I break, deactivate, cut, sever and destroy every interconnect support device between these Blocks. In Jesus' name I break, deactivate, cut, sever and destroy every hook device that allows attachment to my chakra, in Jesus' name. In Jesus' name I bind all Blocks to my authority in the third heaven and I command you to leave me now, in Jesus' name. Father, please send angels to bind these Blocks and send them to where you want them to go, in Jesus' name. Father in heaven, please send angels to repair

all the damage done to me by these blocks and to change me so that they won't be able to hook into me again, in Jesus' name I pray, amen.

In the name of the Lord Jesus Christ I bind all Blocks attached to my **THIRD EYE** chakra. In Jesus' name I bind the strongman over the Blocks attached to my base chakra and I toss him off his throne in Jesus' name. In Jesus' name, Father I ask you to send angels to bind the strong man inside of boxes, inside of boxes, to 1,000,000 levels deep, with angels reading scripture to him night and day, in Jesus' name. In Jesus' name, I bind all demons controlling these Blocks and I command you to leave now, in Jesus' name. Father, please send angels to bind these demons and send them where you want them to go, in Jesus' name. In Jesus' name I break, deactivate, cut, sever and destroy every interconnect support device between these Blocks. In Jesus' name I break, deactivate, cut, sever and destroy every hook device that allows attachment to my chakra, in Jesus' name. In Jesus' name I bind all Blocks to my authority in the third heaven and I command you to leave me now, in Jesus' name. Father, please send angels to bind these Blocks and send them to where you want them to go, in Jesus' name. Father in heaven, please send angels to repair all the damage done to me by these blocks and to change me so that they won't be able to hook into me again, in Jesus' name I pray, amen.

In the name of the Lord Jesus Christ I bind all Blocks attached to my **CROWN** chakra. In Jesus' name I bind the strongman over the Blocks attached to my base chakra and I toss him off his throne in Jesus' name. In Jesus' name, Father I ask you to send angels to bind the strong man inside of boxes, inside of boxes, to 1,000,000 levels deep, with angels reading scripture to him night and day, in Jesus' name. In Jesus' name, I bind all demons controlling these Blocks and I command you to leave now, in Jesus' name. Father, please send angels to bind these demons and send them where you want them to go, in Jesus' name. In Jesus name I break, deactivate, cut, sever and destroy every interconnect support device between these Blocks. In Jesus' name I break, deactivate, cut, sever and destroy every hook device that allows attachment to my chakra, in Jesus' name. In Jesus' name I bind all Blocks to my authority in the third heaven and I command you to leave me now, in Jesus' name. Father, please send angels to bind these Blocks and send them to where you want them to go, in Jesus' name. Father in heaven, please send angels to repair all the damage done to me by these blocks and to change me so that they won't be able to hook into me again, in Jesus' name I pray, amen.

Cancel Satan's plan in your life

Satan has a plan for everyone's life, just as GOD has a plan for everyone's life. That plan has someone in charge of it and a lot of subordinate spirits directing it. It is a very good idea to get rid of Satan's plan and substitute GOD's plan.

In the name of The Lord Jesus Christ, I bind the strongman over Satan's plan for my life and I toss him off his throne in Jesus name. Father I ask you to send angels to bind this strongman inside of boxes, inside of more boxes to 1,000,000 levels deep, with angels singing scripture to him night and day, in Jesus name. Father I ask you to send angels to guard that box so the demons cannot free him, in Jesus name. In Jesus name I bind all demons subordinate to the strongman over Satan's plan for my life. In Jesus name I cut you loose from all your assignments, I close every door that was opened to you and I cancel every legal hold and every legal ground that you have on me, in Jesus name. I command all demons subordinate to the strongman over Satan's plan for my life to leave now, in Jesus name. In Jesus name I bind all other spirits and entities under the command of the strongman over Satan's plan for my life. In Jesus name I cut you loose from all your assignments, I close every door that was opened to you and I cancel every legal hold and every legal ground that you have on me, in Jesus name. In Jesus name I loose you from all commands, controls, attachments, mind control, programming, agreements, oaths and bonds to the strongman over Satan's plan for my life or any of his subordinates. I command all demons to go where Jesus wants you to go and I command all other entities to go home and never return, in Jesus name I pray, amen.

Akashic Records

While praying one night I was led to believe that the forces of darkness use the Akashic records ¹⁴database against people and that it would in fact be a good idea to remove oneself from it. It is quite possible that Lucifer himself is the owner of such a database. I believe the following prayer accomplished that objective.

Father, in the name of The Lord Jesus Christ I break, crush, destroy and sever every soul tie, hook, link, connection, attachment and device from myself to the Akashic records and from the Akashic records back to myself, in Jesus' name. Father, I ask you to remove, delete, purge and destroy all my records, images, thoughts, words and actions stored in this system as well as all duplicate copies, backup copies, emergency copies and extra copies stored anywhere in creation, in Jesus' name. Father, I ask you to totally remove me from every system, database, storage device, archive and library owned or operated by the forces of darkness and to prevent my information from being put back into those systems, in Jesus' name I pray, amen.

¹⁴ Akashic Records: A theosophical term referring to an universal filing system which records every occurring thought, word, and action. The records are impressed on a subtle substance called akasha (or Soniferous Ether). In Hindu mysticism this akasha is thought to be the primary principle of nature from which the other four natural principles, fire, air, earth, and water, are created. These five principles also represent the five senses of the human being.

Some indicate the akashic records are similar to a Cosmic or collective consciousness. The records have been referred to by different names including the Cosmic Mind, the Universal Mind, the collective unconscious, or the collective subconscious. Others think the akashic records make clairvoyance and psychic perception possible. From an metaphysical database website www.themystica.com

Appendix IV: Defeating Electronic Witchcraft

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Stephanie and I came under harsh attack on 11/24/2001. I prayed and broke curses, etc. The Lord let me understand that this was something new so I asked for millions and millions of legions of angels to directly attack the place from which the attack was originating. I asked God to have the angels destroy the hardware, software, systems, networks and energy supplies of the attacking installation. This seemed to help and so we went to sleep.

We awoke the morning of the 24th and Stephanie was feeling unwell. I gave her a balance. She was “switched” and her valves were out. Kinesiology indicated that she was under attack from something other than Reptilians, Greys, Draconians or Insects. Kinesiology indicated that I did not know about this and had never dealt with it before. It came up as a combination of witchcraft and radionics. Stephanie got a realization that it was a spell that was being transmitted by radionics. Note that Stephanie knows nothing about how radionics works, only that “it” can transmit something.

Here is how we dealt with it.

I knew that I was in over my head on this one and that I needed a lot of help. God always comes through when the enemy attacks, no matter what kind of attack.

Ask for help

Heavenly Father, In the name of The Lord Jesus Christ I come to you and I praise you and Thank You for the blessings you have given to Stephanie and I. Thank You for keeping us safe and sound against the attacks of the enemy. In Jesus’ name I ask you to please free Stephanie from these attacks and keep her safe from the enemy. In Jesus’ name, please remove all these things attacking Stephanie and send them back to whoever sent them, in Jesus’ name I Pray, Amen.

Ask for tactical information

Father, In The name Of The Lord Jesus Christ, I ask you to please give me discernment to discover where these attacks are coming from and to give me wisdom, knowledge, understanding and determination to defeat the enemy making these attacks, in Jesus name I pray, amen.

Break curses

In the name of The Lord Jesus Christ I break every curse, every spell, every psychic prayer and attack put upon Stephanie by any person, place, thing, witch, occult source, psychic source, Reptilian, Draconian, Grey, Insect or any other entity, in Jesus' name. In Jesus' name I bind every thing that came into Stephanie from those curses, spells, psychic prayers and attacks. In Jesus' name I cut you spirits loose from all your assignments, I take away every legal ground and legal hold you have on Stephanie and I close every door that was opened to you, in Jesus' name. In Jesus' name, I order every thing that came into Stephanie to leave her now. Father, please send these things back to who or whatever sent them, to bring them to repentance, in Jesus' name I pray, Amen.

Change your frequencies

In the name of The Lord Jesus Christ, Father I ask you to change all of Stephanie's frequencies so that the radionics machines won't be able to lock on to her and so that the enemy won't be able to find her, in Jesus' name I pray, Amen.

Remove energy drains

In the name of The Lord Jesus Christ, I break every energy drain put upon Stephanie and I command everything that came into Stephanie from that energy drain to leave her now, in Jesus' name, amen.

Deactivate the radionics machine

In the name of the Lord Jesus Christ, I bind the strongman over the radionics machine attacking Stephanie and I throw him off his throne, in Jesus' name. In Jesus' name Father I ask you to send angels to bind the strongman over the radionics machine attacking Stephanie. I ask you to bind him inside of boxes, inside of boxes, 1,000,000 levels deep, with angels singing scripture to him night and day, in Jesus' name. In Jesus' name, I bind all subordinate demons that are directing and controlling the radionics machine attacking Stephanie. I cut you loose from all your assignments, I remove every legal hold and legal ground you have on Stephanie and I close every door that was opened to you, in Jesus' name. I command you to leave the machine now, in Jesus' name. In Jesus' name I command the radionics machine to be dead, deactivated and destroyed permanently, in Jesus' name.

Deactivate the spell

In the name of the Lord Jesus Christ, I bind the strongman over the spell put upon the object inside the witness well of the radionics machine attacking Stephanie and I throw him off his throne, in Jesus' name. In Jesus' name Father I ask you to send angels to bind the strongman over the spell put upon the object inside the witness well of the radionics machine attacking Stephanie. I ask you to bind him inside of boxes, inside of boxes, 1,000,000 levels deep, with angels singing scripture to him night and day, in Jesus' name. In Jesus' name, I bind all subordinate demons that are directing and controlling the spell put upon the object inside the witness well of the radionics machine attacking Stephanie. I cut you loose from all you assignments, I remove every legal hold and legal ground you have on Stephanie and I close every door that was opened to you, in Jesus' name. I command you to leave the object now, in Jesus' name. In Jesus' name I command the witness well object to be dead, deactivated and destroyed permanently, in Jesus' name I pray, amen.

Sever all soul ties

In the name of The Lord Jesus Christ I break, cut, sever, dissolve and destroy every soul tie, hook, link and connection attached to Stephanie from any external source, in Jesus' name. I command everything that came into Stephanie from those soul ties, hooks, links and connections to leave her NOW in Jesus' name. Father, I ask you to send all these things back to whoever sent them, to bring them to repentance. in Jesus' name I pray, Amen.

Appendix V: Defeating Holographic Attack

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Stephanie and I awoke on 3/27/2002 feeling very tired and drained. Kinesiology indicated that I had not been abducted. The change to the quantum matrix was still holding. It appears that “they” are very mad about it and that they will settle for psychic attack when they don’t get their wishes.

However this was a very different kind of psychic attack. Stephanie’s intuitive flash and Kinesiology indicated that it was an attack on my crown chakra energy center (at the top of the head) and that it was being accomplished by putting an “energy drain” on the crown chakra area on an old photograph of me taken in the military. Kinesiology indicated that this was supposed to stop me from changing the quantum matrix. It is very interesting that when using Kinesiology to test the type of attack, it did NOT come up as radionics, psychotronics, psionics or voodoo. It came up as “metaphysical science”.

Praise God for His help

Heavenly Father, In the Name of The Lord Jesus Christ I come to you and I praise you and Thank You for the blessings you have given to Stephanie and I. Thank You for keeping us safe and sound against the attacks of the enemy. In Jesus’ name I ask you to please free me from these attacks and keep me safe from the enemy. In Jesus’ name, please remove all these things attacking me and send them back to whoever sent them, In Jesus’ Name I Pray, Amen.

Ask God for tactical information

Father, In The Name Of The Lord Jesus Christ, I ask you to please give me discernment to discover where these attacks are coming from and to give me wisdom, knowledge, understanding and determination to defeat the enemy making these attacks, in Jesus’ name I pray, amen.

Break general or ordinary attacks on your self (do this a few times)

In the name of The Lord Jesus Christ I break every curse, every spell, every psychic prayer and attack put upon me by any person, place, thing, witch, occult source, psychic source, Reptilian, Draconian, Grey, Insect or any other entity, In Jesus’ name. In Jesus’ name I bind every thing that came into me from those curses, spells, psychic prayers and attacks. In Jesus name I cut all such spirits loose from all your assignments, I take away every legal ground and legal hold you have on me and I close every door that was opened to you, In Jesus’ name. In Jesus’ name, I order

every thing that came into me to leave me now. Father, please send these things back to who or whatever sent them, to bring them to repentance, In Jesus' name, Amen.

Remove any extra soul ties or enemy surprises

In the name of The Lord Jesus Christ I break, cut, sever, dissolve and destroy every soul tie, hook, link, connection, attachment and device of an ungodly type attached to me from any external source, in Jesus' name. I command everything that came into me from those soul ties, hooks, links, connections, attachments and devices to leave me NOW in Jesus' name. Father, I ask you to send all these things back to whoever sent them, to bring them to repentance, in Jesus' name I pray, Amen

Break and remove the energy drain

In the name of The Lord Jesus Christ, I break, crush, dissolve, sever, smash and destroy every energy drain of every type put upon me and I command everything that came into me from those energy drains to leave me now, in Jesus' name.

Remove all attachments to the energy drain

In the name of The Lord Jesus Christ, I break, crush, dissolve, sever, smash and destroy every soul tie, hook, link, connection and attachment between myself and whoever or whatever put the energy drain in me and I command everything that came into me from those soul ties, hooks, links, connections or attachments to leave now, in Jesus' name.

Repair the damage

Father, In the name of The Lord Jesus Christ, I ask you to repair all the damage done to me by this attack. I ask you to reverse all the injury done to my physical body, etheric body, astral body and all my energy bodies, in Jesus' name I pray, amen.

Remove all relationships to photographs (VERY IMPORTANT **)**

Father, In the name of The Lord Jesus Christ, I ask you break every soul tie, hook, link, connection, attachment and relationship between myself and every photograph or image that has ever been created of me, in Jesus' name I pray, amen.

Change your bio frequencies

In the name of The Lord Jesus Christ, Father I ask you to change **all** of my frequencies so that the metaphysical science technology won't be able to lock on to me, in Jesus' name, Amen.

Attack and destroy the source of the problem

In the name of The Lord Jesus Christ, Father I ask you to send millions and millions of legions of angels to directly attack the place from which this attack originated. Father, please direct the angels to destroy the hardware, software, systems, files, backup files, networks, routers and energy supplies of the attacking installation, in Jesus' name I pray, amen.

Use Kinesiology to “reset” the chakras

Either see a kinesiologist, or email us to be informed when the video teaching this procedure is finished

Appendix VI: Destroying a Coven

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*Disclaimer: The following information is made available to assist believers to resist the attacks of those individuals that have chosen the "left hand" path of the occult (black magic). You know who you are. **This article is not an attack upon any group or individual that does not harm others.** The response to this article by those that serve the dark side is predictable. I am not responsible for any consequences to anyone as the result of any attack directed against my family or myself. (The real book of shadows declares that you shall not cast upon a child of the living God. You should obey your own religion)*

The following procedure has proven useful when being attacked by witchcraft from multiple targets (a coven, triad or other group). When dealing with occultists I have found two main ways to counter their attacks.

- **Hard way:** Whatever was sent to me would be returned to them multiplied by a factor of 1000, 100,000 or a million. After much experience I would now only do this in an emergency if the attacks were very damaging. The problem with this type of countermeasure is that the resources of the enemy are large and that they can attack you in a "swarm" and escalate the battle beyond what you may be able to take. Another problem is that the enemy still exists and the attacks just get bigger. It would be better if the enemy was eliminated and so the source of the attack would vanish.
- **Soft Way:** I believe that this is the more effective type of countermeasure. In this procedure we use spiritual warfare techniques to "disassemble" the attacking group and eliminate each component individually. This takes more prayer, discernment and time, however the end result is more effective and longer lasting. There are five main targets in this counter attack:
 1. The strongman over the attack
 2. Whoever ordered the attack
 3. Whoever executed the attack
 4. Any machines or devices involved in the attack
 5. The curse, spell or psychic attack itself

When you are being attacked by those trapped in the occult, remember that they are **not** your enemy. These are human beings, with families, that also have wants and needs and that love, just like you do. They are trapped and ensnared in things that they never knew existed and by the

time they learned, it was too late. Many of these people were born into families where they have been abused and/or subjected to mind control since early childhood. **All** practitioners of the occult suffer from **soul fragmentation**. After participation in their first initiation, their soul is fragmented and they aren't quite the same person as they were before that procedure. After each ritual less and less of the original soul remains and more and more of the enemy takes hold upon them.

God wants these people to be freed, just like He is freeing you. **Your enemies are the entities that influence and control these occultists, whether grey alien, reptilian, draconian, demon, power, principality, world ruler or any other demon or life form.** Occultists are a dime a dozen. Satanist, Wicca witch, Druid witch, Freemason or any member of **any** secret society or secret church, it doesn't matter. The demonic hierarchy is constantly recruiting new members and burning out and sacrificing old ones. Do not worry about their numbers. Just pray for whomever God puts in your path.

Occultists never win

You should be encouraged to remember that those who practice the occult arts to kill, hurt, influence or control others can never be victorious. Occult power comes from the demonic world and is limited in strength. An individual practitioner derives power and influence from the number and rank of demonic spirits that have come into them by way of casting spells, performing rituals and direct conjuring of demons. During this learning period soul fragmentation gets worse and as time goes on very little of the original human being remains. This is true whether a person is born into an occult surrounding or whether they are trained by occult books and the demons contained within them.

An individual human body can only be subject to a certain amount of this abuse before it begins to break down and various diseases appear. By the time the practitioner realizes what is happening, it is too late. As time goes on they require more and more life force energy to keep the demons at bay. They are forced to steal this energy from other beings (animal and human) by the use of ritual and sacrifice. High-level initiates frequently utilize the techniques related to tantra yoga to steal energy from children during ritual. Eventually the practitioner is unable to obtain enough energy and they are taken over completely or destroyed.

The occultist has only two choices. They can attack you and they will be defeated and probably damaged in the fight. Or they can ignore you and search for easier prey. Also remember that you are soldier and it is your job to do whatever God tells you, **nothing else**. It is not your job to save the world by yourself or to compare yourself with any other person. Learn and study and God will put you to work.

In contrast to this, the life of the believer in The Lord Jesus Christ has no such limitations or problems. Because of the shed blood of Jesus, the believer is spiritually at the same level as the creator of the universe Himself! No enemy of any kind can ever defeat the believer. Every enemy of Jesus Christ was defeated when Jesus was resurrected over 2000 years ago. These enemies of Jesus Christ are just living on borrowed time. It is clear to me that God gives his children complete victory over the enemy's attacks even so far as changing the very structure of space-time itself so that the enemy's devices will be brought to nothing. All we have to do is put the world behind us, stand forward, have faith in our Lord and determination in ourselves. Always remember that by praying for the enemy and helping turn them away from the dark side, you do massive damage to the kingdom of Satan. The results echo throughout the kingdom of darkness and do much to undermine Satan's authority and power.

Soft Way

Eliminate the strong man¹⁵ over the attack

In the name of The Lord Jesus Christ, I break the power of this attack over me. In Jesus' name I bind the strong man over this attack and I toss him off his throne in Jesus' name. Father I ask you to send angels to bind this strong man inside of boxes, inside of more boxes to 1,000,000 levels deep, with angels singing scripture to him night and day, in Jesus' name. Father I ask you to send angels to guard that box so the demons cannot free him, in Jesus' name.

Eliminate subordinates of the strong man over the attack

In Jesus' name I bind all demons subordinate to the strong man over this attack upon me. In Jesus' name I cut you loose from all your assignments, I close every door that was opened to you and I cancel every legal hold and every legal ground that you have on me, in Jesus' name. I command all demons subordinate to the strong man over this attack upon me to leave now, in Jesus' name.

¹⁵ The "strong man" is a demon that has delegated authority over a certain thing. No **man** can enter into a **strong man's** house, and spoil his goods, except he will first bind the **strong man**; and then he will spoil his house. Mark 3:27 KJV

Eliminate slaves of the strong man over the attack

In Jesus' name I bind all other spirits and entities under the command of the strong man over this attack upon me and in Jesus' name I cut you loose from all your assignments, I close every door that was opened to you and I cancel every legal hold and every legal bond that you have on me, in Jesus' name. In Jesus' name I loose you from all commands, controls, attachments, mind control, programming, agreements, oaths and bonds to the strongman over this attack upon me or the subordinates of the strong man and I command all demons to go where Jesus' wants you to go and I command all other entities to go home and never return, in Jesus' name I pray, amen.

Eliminate demonic infrastructure of the strong man over the attack

In Jesus' name I break, crush, sever, dissolve, smash and destroy all the demonic infrastructure of this strong man. Father, I ask you to please send hundreds, hundreds, hundreds and hundreds of millions of legions of angels to attack and destroy this strong man's computers, networks, programs, storage devices, data files, backup data files, communication lines and power sources and every other component of his infrastructure that I do not know about, in Jesus' name I pray, amen.

Break ties with originator of the attack

In the name of the Lord Jesus Christ I break, dissolve, sever, crush & destroy every ungodly soul tie, hook, link, attachment and connection between myself and the originator of this attack and between the originator of this attack and myself in Jesus' name. In Jesus' name I bind every thing that came into me from those connections. In Jesus' name I close every door that was open to those things, I take away every legal bond and every legal hold they have on me and I cut them loose from all their assignments, in Jesus' name. In the name of the Lord Jesus Christ I order every thing that came into me to leave now. Father, In Jesus' name I ask you to send angels to bind up these things and return them to whoever sent them, to bring them to repentance, in Jesus' name I pray, amen.

Eliminate the strong man over the originator of the attack

In Jesus' name I bind the strong man over the originator of this attack and I toss him off his throne in Jesus' name. Father I ask you to send angels to bind this strong man inside of boxes, inside of more boxes to 1,000,000 levels deep, with angels singing scripture to him night and day, in Jesus' name. Father I ask you to send angels to guard that box so the demons cannot free him, in Jesus' name.

Eliminate subordinates of the strong man over the originator of the attack

In Jesus' name I bind all demons subordinate to the strong man over the originator of this attack upon me. In Jesus' name I cut you loose from all your assignments, I close every door that was opened to you and I cancel every legal hold and every legal ground that you have on me, in Jesus' name. I command all demons subordinate to the strong man over the originator of this attack upon me to leave now, in Jesus' name.

Eliminate slaves of the strong man over the originator of the attack

In Jesus' name I bind all spirits, entities, slaves and prisoners under the command of the strong man over the originator of this attack upon me and in Jesus' name I cut you loose from all your assignments, I close every door that was opened to you and I cancel every legal hold and every legal ground that you have on me, in Jesus' name. In Jesus' name I loose you from all commands, controls, attachments, mind control, programming, agreements, oaths and bonds to the strong man over the originator of this attack upon me or the subordinates of the strong man and I command all demons to go where Jesus' wants you to go and I command all other entities to go home and never return, in Jesus' name I pray, amen.

Eliminate demonic infrastructure of the strong man over the originator of the attack

In Jesus' name I break, crush, sever, dissolve, smash and destroy all the demonic infrastructure of this strong man. Father, I ask you to please send hundreds, hundreds, hundreds and hundreds of millions of legions of angels to attack and destroy this strong man's computers, networks, programs, storage devices, data files, backup data files, communication lines and power sources and every other component of his infrastructure that I do not know about, in Jesus' name I pray, amen.

Eliminate originator of the attack

Heavenly Father, in the name of the Lord Jesus Christ, I break, crush, sever, smash, dissolve and destroy every curse, spell, psychic prayer and attack put upon me by the originator of this attack in Jesus' name I pray, amen. In Jesus' name I break every soul tie, hook, link, attachment, connection and device between myself and the originator of this attack and between the originator of this attack and myself, in Jesus' name. In Jesus' name I bind everything that came into me from these soul ties, hooks, links and connections and I cut you loose from all your assignments, I close all doors open to you and I take away every legal hold and legal ground you have to attack me, in Jesus' name. In the name of The Lord Jesus Christ, I break every curse, spell and psychic prayer that made the originator of this

attack the way they are. In Jesus' name, Father I ask you to send as many legions of angels as necessary to bind all demons in the originator of this attack, that give them their power, rank, prestige, wealth, metaphysical abilities and position and I ask you to remove those demons and send them far away, in Jesus' name. In Jesus' name I break, crush and destroy all bonds of mind control and coercion this entity is under and I cancel and void all oaths, contracts and agreements this entity is under, in Jesus' name. Father, I ask you to free the mind of originator of this attack and allow them choose their destiny without influence of any kind, in Jesus' name I pray, amen.

Eliminate subordinates of the originator of the attack

In Jesus' name I bind all demons and entities subordinate to the originator of this attack upon me. In Jesus' name I cut you loose from all your assignments, I close every door that was opened to you and I cancel every legal hold and every legal ground that you have on me, in Jesus' name. I command all subordinates to the originator of this attack upon me to leave now, in Jesus' name. In Jesus' name I break, crush and destroy all bonds of mind control and coercion these subordinates are under and I cancel and void all oaths, contracts and agreements that control them, in Jesus' name. Father, I ask you to free the mind of these subordinates and allow them choose their destiny without influence of any kind, in Jesus' name I pray, amen.

Eliminate slaves of the originator of the attack

In Jesus' name I bind all slaves, prisoners and remaining entities of the originator of this attack upon me. In Jesus' name I cut you loose from all your assignments, I close every door that was opened to you and I cancel every legal hold and every legal ground that you have on me, in Jesus' name. I command all slaves and prisoners of the originator of this attack upon me to leave now, in Jesus' name. In Jesus' name I break, crush and destroy all bonds of mind control and coercion these slaves and prisoners are under and I cancel and void all oaths, contracts and agreements that control them, in Jesus' name. Father, I ask you to free the mind of these slaves and prisoners and allow them choose their destiny without influence of any kind, in Jesus' name I pray, amen

Eliminate infrastructure of the originator of the attack

Father, I ask you to please send hundreds, hundreds, hundreds and hundreds of millions of legions of angels to attack and destroy the computers, networks, programs, storage devices, data files, backup data files, communication lines and power sources and every other component of the infrastructure of the originator of this attack, in Jesus' name I pray, amen.

Eliminate the strong man over the attacker(s)

In Jesus' name I bind the strong man over the attacker executing this attack and I toss him off his throne in Jesus' name. Father I ask you to send angels to bind this strongman inside of boxes, inside of more boxes to 1,000,000 levels deep, with angels singing scripture to him night and day, in Jesus' name. Father I ask you to send angels to guard that box so the demons cannot free him, in Jesus' name.

Eliminate subordinates of the strong man over the attacker(s)

In Jesus' name I bind all demons subordinate to the strong man over the attacker executing this attack upon me. In Jesus' name I cut you loose from all your assignments, I close every door that was opened to you and I cancel every legal hold and every legal ground that you have on me, in Jesus' name. I command all demons subordinate to the strong man over the attacker to leave now, in Jesus' name. In Jesus' name I loose you from all commands, controls, attachments, mind control, programming, agreements, oaths and bonds to the strong man over the attacker and I command all demons to go where Jesus' wants you to go and I command all other entities to go home and never return, in Jesus' name I pray, amen.

Eliminate slaves of the strong man over the attacker(s)

In Jesus' name I bind all other spirits, entities, slaves and prisoners under the command of the strong man over the attacker executing this attack upon me and in Jesus' name I cut you loose from all your assignments, I close every door that was opened to you and I cancel every legal hold and every legal ground that you have on me, in Jesus' name. In Jesus' name I loose you from all commands, controls, attachments, mind control, programming, agreements, oaths and bonds to the strong man over the attacker executing this attack upon me or the subordinates of the strong man and I command all demons to go where Jesus' wants you to go and I command all other entities to go home and never return, in Jesus' name I pray, amen.

Eliminate demonic infrastructure of the strong man over the attacker(s)

In Jesus' name I break, crush, sever, dissolve, smash and destroy all the demonic infrastructure of this strong man. Father, I ask you to please send hundreds, hundreds, hundreds and hundreds of millions of legions of angels to attack and destroy this strongman's computers, networks, programs, storage devices, data files, backup data files, communication lines and power sources and every other component of his infrastructure that I do not know about, in Jesus' name I pray, amen.

Eliminate the attacker (each member of the attacking group)

Heavenly Father, in the name of the Lord Jesus Christ, I break, crush, sever, smash, dissolve and destroy every curse, spell, psychic prayer and attack put upon me by these attacking forces in Jesus' name I pray, amen. In Jesus' name I break every soul tie, hook, link, attachment, connection and device between myself and the attacker and between the attacker and myself, in Jesus' name. In Jesus' name I bind everything that came into me from these soul ties, hooks, links and connections and I cut you loose from all your assignments, I close all doors open to you and I take away every legal hold and legal ground you have to attack me, in Jesus' name. In the name of The Lord Jesus Christ, I break every curse, spell and psychic prayer that made the attacker the way they are. In Jesus' name, Father I ask you to send as many legions of angels as necessary to bind all demons in the this attacker, that give them their power, rank, prestige, wealth, metaphysical abilities and position and I ask you to remove those demons and send them far away, in Jesus' name. In Jesus' name I break, crush and destroy all bonds of mind control and coercion this entity is under and I cancel and void all oaths, contracts and agreements this entity is under, in Jesus' name. Father, I ask you to free the mind of this attacker and allow them choose their destiny without influence of any kind, in Jesus' name I pray, amen.

Eliminate subordinates of the attacker(s)

In Jesus' name I bind all demons subordinate to the attacker executing this attack upon me. In Jesus' name I cut you loose from all your assignments, I close every door that was opened to you and I cancel every legal hold and every legal ground that you have on me, in Jesus' name. I command all demons subordinate to this attacker to leave now, in Jesus' name.

Eliminate slaves of the attacker(s)

In Jesus' name I bind all slaves, prisoners and remaining entities of the attacker executing this attack upon me. In Jesus' name I cut you loose from all your assignments, I close every door that was opened to you and I cancel every legal hold and every legal ground that you have on me, in Jesus' name. I command all slaves and prisoners of the attacker executing this attack upon me to leave now, in Jesus' name. In Jesus' name I break, crush and destroy all bonds of mind control and coercion these slaves and prisoners are under and I cancel and void all oaths, contracts and agreements that control them, in Jesus' name. Father, I ask you to free the mind of these slaves and prisoners and allow them choose their destiny without influence of any kind, in Jesus' name I pray, amen

Eliminate infrastructure of the attacker(s)

Father, I ask you to please send hundreds, hundreds, hundreds and hundreds of millions of legions of angels to attack and destroy the computers, networks, programs, storage devices, data files, backup data files, communication lines and power sources and every other component of the infrastructure of the attackers executing this attack upon me, in Jesus' name I pray, amen.

Eliminate the curse, spell or psychic attack itself

Heavenly Father, in the name of the Lord Jesus Christ, I break, crush, sever, smash, dissolve and destroy every curse, spell, psychic prayer and attack put upon me by any person, place, thing, witch, occult source, psychic source, machine, reptilian, draconian, grey, insect or any other entity, in Jesus' name I pray, amen.

In the name of the Lord Jesus Christ, I break, crush, sever, smash, dissolve and destroy every satanic attack, druid witch attack, wicca witch attack, kabbalah witch attack, wizard attack, shaman attack, witchdoctor attack, witchcraft attack, vampire attack, werewolf attack, santaria attack, voodoo attack, magical attack, sorcery attack, luciferian attack, demonic attack, satanic attack, psychic attack, telepathic attack, mental attack, remote viewing attack, mind control attack, radionics attack, psychotronic attack, psionic attack, death signal attack, disease signal attack, scalar wave attack, tesla wave attack, laser wave attack, ELF attack, RF attack, microwave attack, magnetic attack, acoustic attack, infrared attack and every kind of attack that I don't know the name of **from** :

Every person, place, thing, witch, occult source, psychic source, machine, satanist, druid witch, wicca witch, kabbalah witch, wizard, shaman, witchdoctor, vampire, werewolf, santaria practitioner, voodoo practitioner, remote viewing operator, radionics operator, psychotronics operator, psionic operator, pine gap group, MIB group, government group, witches, satanist or masonic group, new world order group, shadow government group, illuminati group, MJ12 group, faction 1 group, faction 2 group, faction 3 group, faction 4 group, NSA group, NRO group, CIA group, FBI group, NIMA Group, DOJ Group, DON group, ACIO group, ASIO group, PSICORPS Group, MJTF Group, military group, intelligence group, Army group, Navy group, Air Force group, Marine Corps group, NIS group, DIA group, OSI group, ONI group, OSS Group, UFOS group, MI5 group, MI6 group, Mars Defence Force group, Mars Intelligence Force group, Mars Project group, reptilian group, draconian group, grey group, insect group and every group I don't know the name of, in Jesus' name I pray, amen. In the name of The Lord Jesus Christ, I bind everything that came into me from those attacks. In Jesus' name I close every door that was opened to you, I take away every legal hold and legal ground that you have on me

and I cut you loose from all your assignments, in Jesus' name I pray, amen. In Jesus' name I command everything that came into me from those attacks to leave me now, in Jesus' name. Father, I ask you to send these things back to whoever sent them to me, to bring them to repentance. In Jesus' name I pray, amen.

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These pages are regularly updated.

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