

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 more 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.

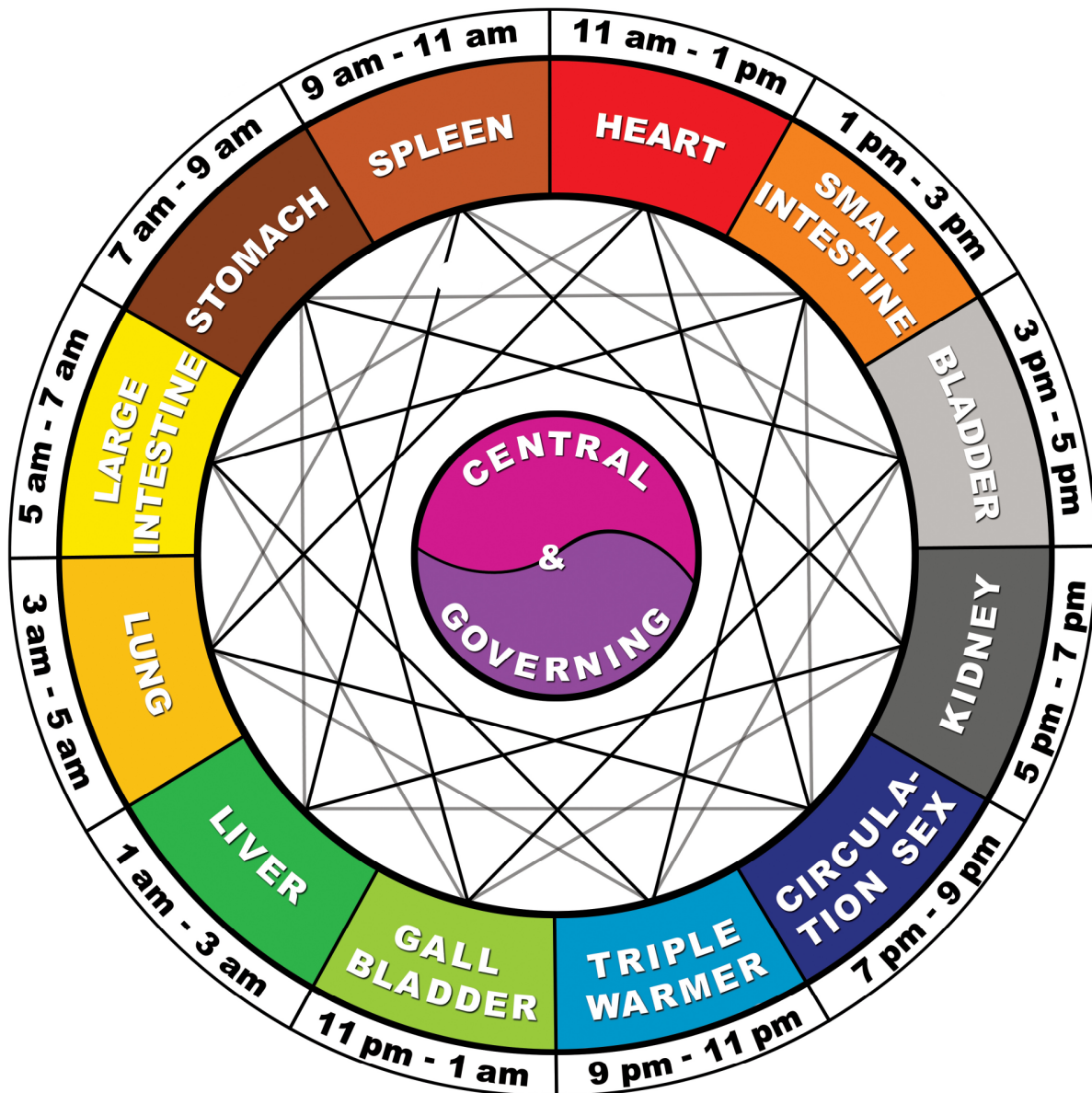
FOURTEEN MUSCLE BALANCE

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

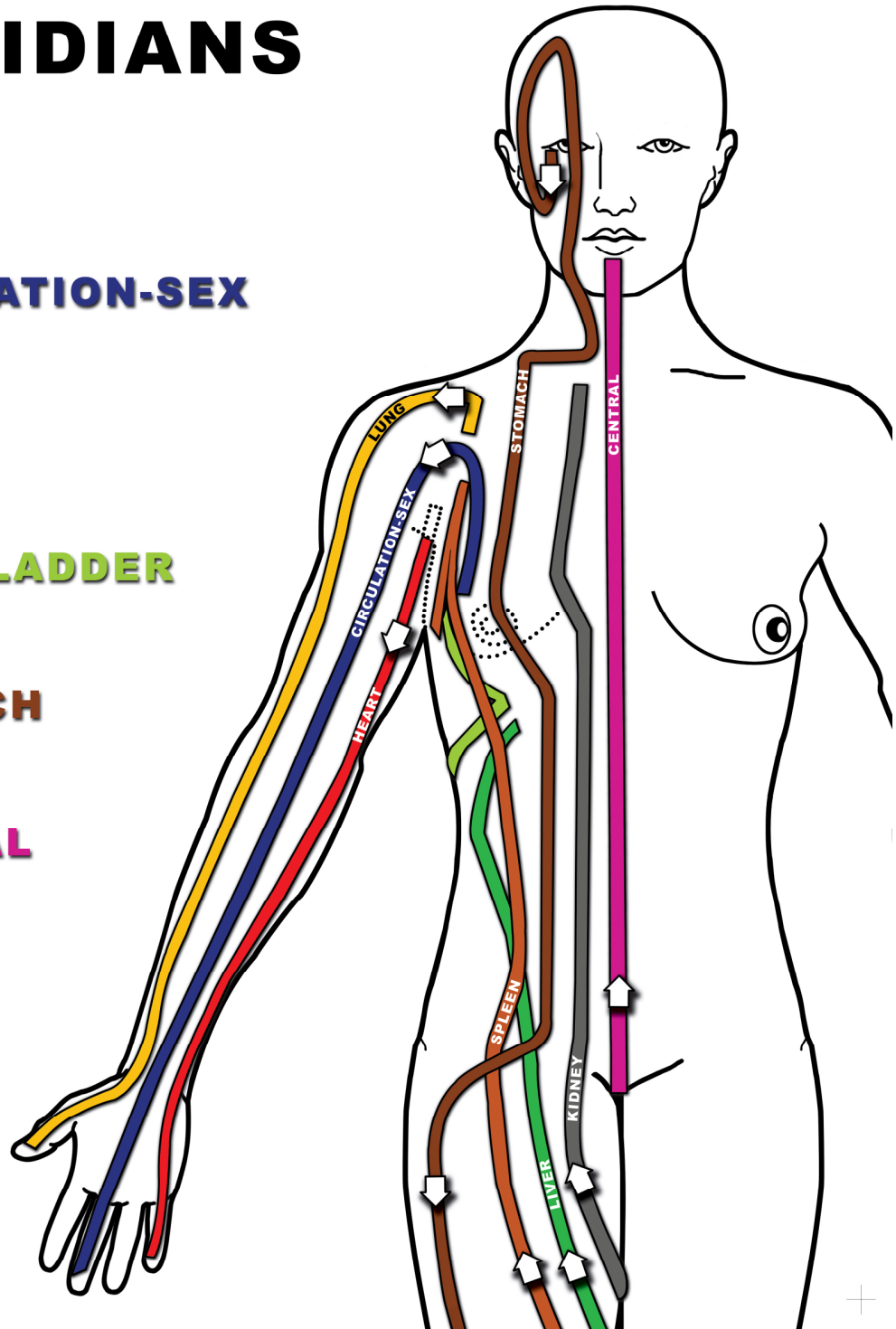
STOMACH

CENTRAL

SPLEEN

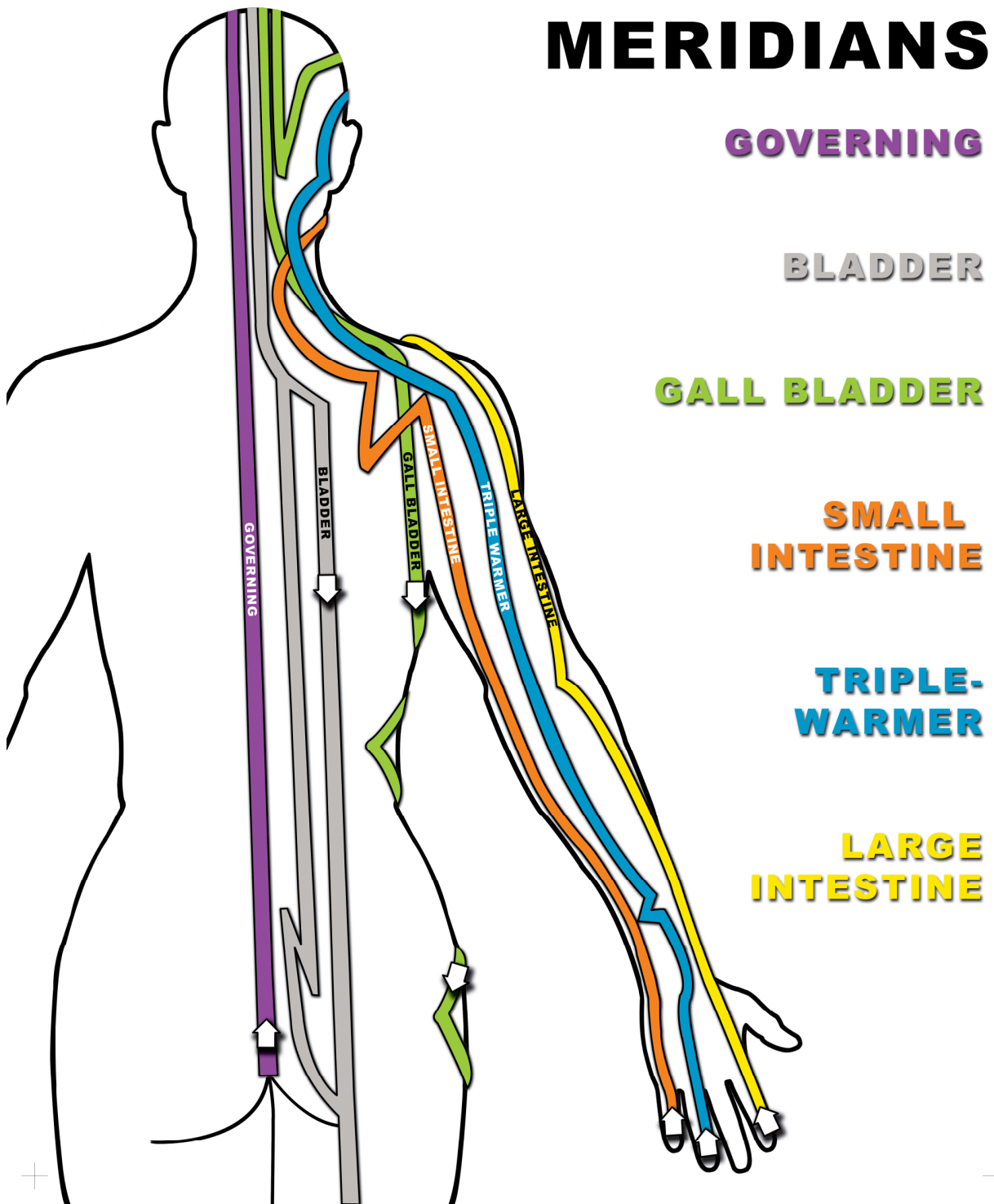
KIDNEY

LIVER



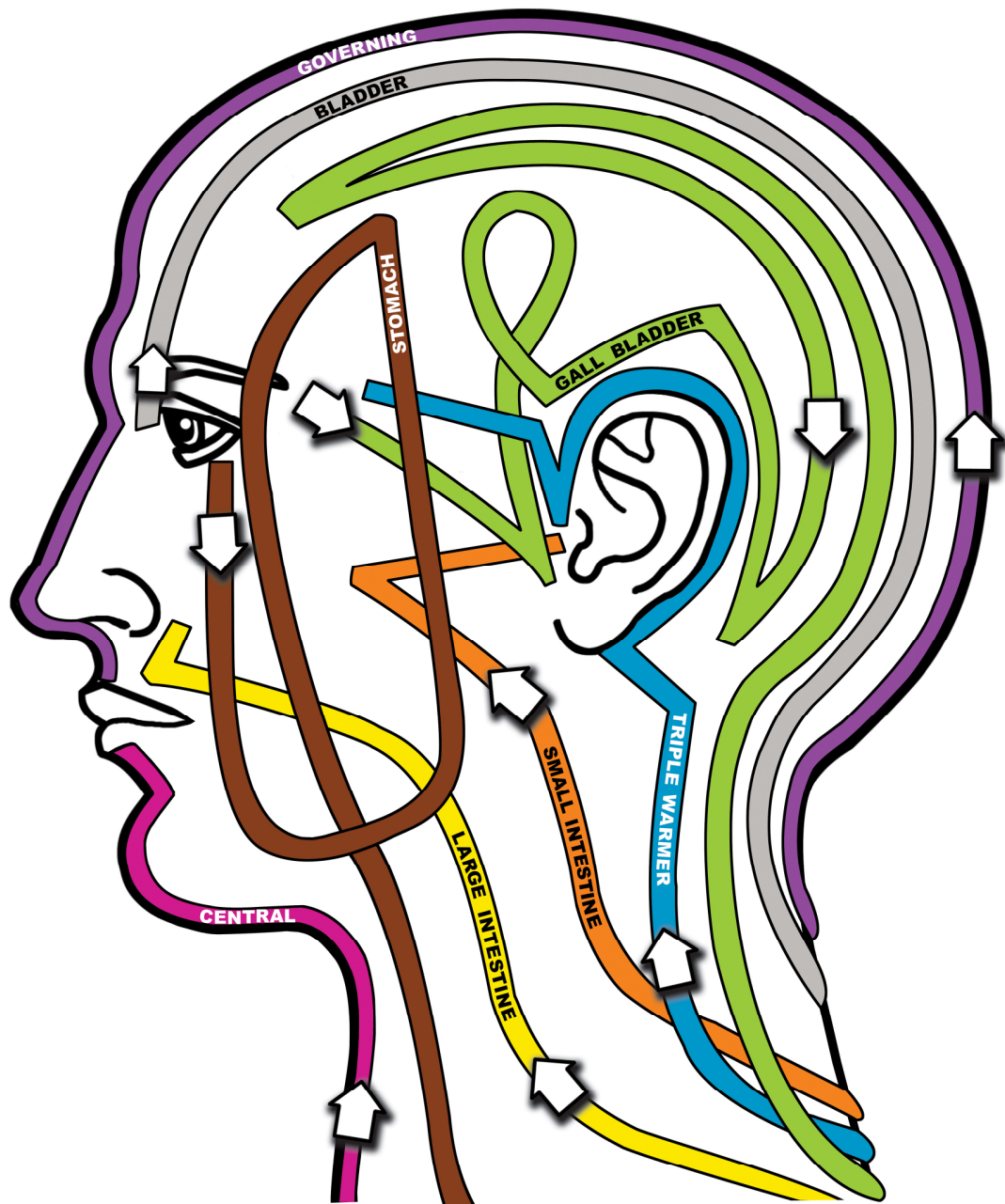
*The Anterior Torso Meridians, from
"Perfect Health with Kinesiology and Muscle Testing"*

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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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>

Anger	The reptilians in particular will focus on increasing your rage and anger, because your metaphysical abilities definitely go down with rage and anger.	Would you rather be right or would you rather have peace? Focus on forgiveness. Focus on feeling love radiate in your heart.
Toxins Deliberately Added to the Food Supply	Many toxins include GMOs which contain bacterial DNA which produces poison, wheat that has been altered from the original einkorn by the Rockefellers and excitoxins such as MSG & Aspartame have been deliberately added to the food supply to destroy our bodies, our brains and our metaphysical abilities.	This is a very big subject which cannot be handled in one article. I spent 2 years writing " 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.

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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 Force: Pat's Story

**How Pat's membership in a Military Cadet
Program led to Military Abductions and the
Suppressing of Psychic Abilities**

Version 3

With Biofeedback Meter Readings

Sessions Notes from Thirty Hours of Sessions

by Stephanie Relfe B.Sc. (Sydney)

First Published June 13 2002
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Feel free to distribute this document to every abductee, contactee, researcher, therapist, mind control victim, ritual abuse survivor and member of the military so that they too can begin the road to recovery from the effects of traumatic incidences.

**Other copies of this book are available for free by downloading at
www.themarsrecords.com**

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(If you don't have an internet connection or friend to email for you, please visit an internet café, library or kinko's copy shop).

Changes

Version 2 (July 18 2002)

“A Personal Letter from Pat” was added to the end of the book (P. 68)

Version 3 (October 19 2003)

Session notes were added for a total of 20 more hours of sessions. Ten hours were done in 2002. Ten hours were done in 2003. These start with Session 8.

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Preface by Stephanie Relfe

In 2001 a woman in her early 50s named Pat contacted me after she read “The Mars Records” (www.themarsrecords.com) and decided to have clearing and kinesiology sessions. She lived quite a distance from where I was, but eventually she was able to make the journey and spent a week undergoing sessions with me.

Pat had been involved in the research and investigation of UFOs from 1978 to 1987, but she was not consciously involved with that activity at the time she saw me. She came to me mainly because she had experienced a great deal of trouble completing projects: sometimes she would just lie on her bed and **stare at the ceiling**, unable to do anything, for hours at a time!

When she read the Mars Records, she suspected that mental blocks and “Wernicke’s commands”¹ were at the core of her problem and felt that I could help her remove them. She also had frequent flashback memories of violent incidents where she was struggling against restraints and vague scenes of fighting people that were trying to harm her. Pat also had missing time episodes during the years she was a UFO investigator. She also wanted to improve her memory.

When she came on the first night I found that she also wanted to end what are termed “negative hallucinations”. These are NOT hallucinations. This term means that she sometimes could not see things that were present – for example, a person sitting opposite her. She was not sure how often they happened, but thought that it could be every couple of months.

During the sessions, I also discovered that she periodically went into a trance for several minutes, where she could hear and see everything but could not move a muscle or speak. She did this three times in my presence, the first when I was driving her back to her hotel. It was quite an eerie feeling to be with someone who had to all appearances turned into a living statue. Several months after the sessions, **Pat reported that these trance states had decreased in frequency so much that she rarely experienced them anymore. She also reported that she was more motivated and able to get projects completed. In fact, her physical energy and mental focus had significantly improved.**

¹ Wernicke’s Commands. The right wernicke’s area of our brain stores negative commands that are said to us by people that we consciously or unconsciously look up to as people in authority. It has also been found that these commands are sometimes put in forcefully by member of the secret government, aliens etc. especially when people are abducted. For more information, refer to the Mars Records Book one.

In addition, Pat said that there were times when she “could swear she was dying or having a heart attack”. Later in the sessions I also found that she had had strong mental impressions that she had killed people. This was surprising as Pat is a happy, kind, intelligent, ladylike woman. Since that memory did not fit into her present life, she had wondered if she had lived another time line.

When Pat came to see me she stayed in a motel a few miles from our home. I felt very strongly that she was going to need a portable door lock when she got here, so we gave her one when she arrived. (It is highly recommended that anyone who suspects that they are being interfered with by the secret government use one of these every night, especially when traveling. We have found that their agents are able to open all the locks and chains that are on doors, but the portable door lock keeps them from physically walking in the door).

“The Mars Force” refers to others besides Michael Relfe (the man described in “The Mars Records”) who discover, through undergoing clearing sessions, that they have been transported to Mars and used as psychic soldiers.

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 truthⁱ 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.

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.

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

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.

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 ‘picture’⁵. 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".^y

'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.ⁱ 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, Pat.

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-ised 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 client.
11. I agree to maintain ABSOLUTE CONFIDENTIALITY of the data revealed in the session.⁷

⁷ This agreement was not broken in these sessions. It was **the client herself** 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.

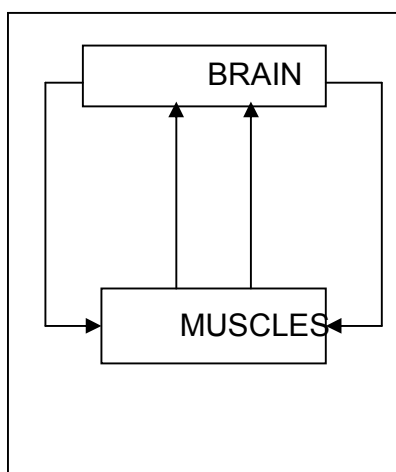
Kinesiology is a new technology which works directly on the body. It was developed by doctors, chiropractors and acupuncturists in the U.S.A. One of the most important people in this development was George Goodheart. They pooled their knowledge and added it to Chinese medicine to develop a technology 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 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.

If you know how to muscle test and would like to know how to do the correction, please see http://www.relfe.com/wernickes_self_sabotage.html or the appendices in 'The Mars Records' www.themarsrecords.com or email stephanie@relfe.com for information on a video teaching this technique.

Session 1: Violent Reaction

Sunday September 23 2001

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 “alters⁸” 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.

Her central nervous system, small intestine, and spleen were out of balance (as they are in many people). Her Psoas muscle, which relates to the kidney, was also out of balance, but I was not able to rebalance it until I removed a wernicke’s command which was:

- “Don’t remember this”

As soon as we got this wernicke’s command, we again got a very big reaction from Pat. More gasps, body jerks etc. Michael had to do tons of deliverance. As he did this, pains began to manifest and disappear in different parts of Pat’s body. At one time she even started gagging and threw up a small amount.

⁸ Alter: A split personality, generally one that has been created artificially by mind control.

I was not able to complete a full 14 muscle balance on her, even after one hour. Normally this would take me only about ten minutes. Pat needed sleep and we decided that enough had been done so I drove her back to her motel.

On the way back in the car something very odd happened. While stopped at a light I remembered that I hadn't asked her to do something that I normally do at the end of a session. In order to help people to get present after a session, and to fill in any 'holes' in their space that may have been created by clearing stuff away, I get the person to name things that they can see around them out loud.

I asked Pat to do this. She was doing it quite slowly, when suddenly she went into a trance. It was very eerie. She sat as stiff as a statue beside me in the car. She didn't answer anything I said. Her eyes were open. I didn't know what to do, and said I was taking her back to Michael, when suddenly she snapped out of it. She said that this had happened to her before. She was able to hear everything I said, but wasn't able to move or speak.

Session 2: A Reptilian Attacks Pat's Heart

Monday September 24 2001

Because of what happened yesterday, we didn't do a session until the evening when Michael was able to be in the house in case he was needed again. He was for part of the session, although it was not anywhere near as bad as yesterday.

Pat was in balance, so yesterday's work had done something. With her eyes open, her gaits and cloacals were out of balance.

I then tested her with eyes shut. Her hyoid and cloacals were out of balance with her eyes shut. Muscle testing indicated the cause of this was an emotion "withholding at 34 years old, related to a grey alien abduction). When we got to this part in the session, her left arm started to move again in the same weird way. Pat began to get pictures of restraints, as though her arm was trying to pull away from something. I was getting the same pictures/idea as Pat, although I didn't tell her this. I had to remove some wernicke's commands. These were:

1. "It's useless to try" (from a reptilian scientist)
2. "Don't even think about it" (from a grey)
3. "You'll die if you remember this" (reptilian)
4. "Have a heart attack if you remember this" (grey) – note that she had previously had many fears of having a heart attack
5. "Have a stroke if you remember this" (reptilian)
6. "Kill yourself if you remember" (government – MK Ultra)
7. "Kill whoever helps you remember"
8. "Kill whoever helps you to remember" (Since commands No. 7 and No. 8 were basically the same, it was interesting that they put basically the same command in twice. To find a wernicke's command, every single word must be found EXACTLY. Presumably this was to make extra sure that the command sunk in).

At this stage, we both got that a remote viewer appeared and was putting hooks into Pat. They started attacking her heart. We prayed it off. Then a reptilian appeared in spirit. He wouldn't go no matter what any of the three of us did. I tried to command him to leave. I got angry. No response. Then I had a brilliant idea. I gave him a great, big, very loving hug. He took off on the instant. As soon as this happened, the pain that had appeared in Pat's heart stopped. I continued removing wernicke's commands.

9. "Don't tell anyone about this"

10. "You will die if you remember this"

11. "Stab to death the person who helps you remember this"

When I was driving Pat home I asked her to name things again in the car. The same thing happened as last time – she went into what looked like a trance. This time I just kept driving. She snapped out of it by the time we got to her motel.

Session 3: Interview

25th September 2001

Summary: I first gave her a kinesiology balance. She was mostly in balance. Her spleen was out of balance. Muscle testing indicated the cause was “hostility” at 18 years old. When we did this she had images of seeing a meteorite.

As is done with all new clients, an interview was done to find out which areas were the ‘hot items’ to be looked at first, and to see if there were any areas that could cause a problem with the sessions.

Metabolism .8” <u>(Questions to check Pat has had enough food, sleep etc.)</u> <u>Start of Session</u>	5.4 4.9	Note high TA. The weird thing in all of Pat’s sessions was that the meter never showed that she had enough metabolism to run a session. I don’t think she ever gave me a full 1” movement of the needle after taking a breath, which is what I was taught is required. But since she had come such a long way, and looked in good shape, we pushed on. The sessions always worked out fine.
<u>Is someone interfering with this session?</u>		This is not a standard question to ask someone at the start of a session! But I felt that we DID have someone interfering, and felt that I needed to ask this question.
Yes		
<u>Say ‘hello’ to it till it answers (She does so)</u>		
<u>What species is it?</u>		
Reptilian		Note that we don’t get a read on this. It can be quite hard with a new client to work out what’s going on, since they are not yet used to how this works.
<u>Ask it what is it’s purpose?</u> <u>(Notes unclear here. I read him his rights. He has the right of every spirit to his own self determinism, to his own sanity, to play any game and to leave any game.</u>	SF 4.8	
<u>He decides to leave the game</u> <u>From 0-10, overall, how are you doing in life?</u>	F 4.7	
Five <u>(We start to run through questions about family. I get no reads so I ask again)</u>	4.2	
<u>Is anyone interfering with this session?</u>	SF	Note the read

Yes	SF	Note the read
<u>Locate where they are</u>		
Not here.		
In a control room	SF 4.0	Note the read and drop in TA
In a building	SF	
<u>What planet?</u>		
Earth		
<u>Country?</u>		
USA		
<u>State?</u>		
Washington	SF 3.9	Note the read
<u>Pray to break off the control line</u>	SF	
(Sensitivity of meter increased from 8 to 10)		
I still feel a connection		
<u>Is it the same one?</u>		
No. It's nearby. Implant (metaphysical implant)		
<u>Say 'hello' to the implant.</u>		
<u>(We read the implant it's rights. Then ask it what it now wants to do)</u>		
Fly.		
<u>Tell it it's free to go.</u>	4.0	
<u>(We do the same for another implant in the heart)</u>	4.1	
<u>Is there anything else interfering?</u>		
No	SF	
(We then looked at her past, her family, relationships etc. Then I asked her the following questions which are standard questions in the initial interview:)		
<u>What spiritual, mental or growth work have you done?</u>		
Polarity therapy		
<u>What else?</u>		
Things I've started and not finished.	4.3	
I feel uncomfortable with that question	LF 4.1	Note the big read – the biggest so far, and the sudden drop in TA
I get one word – training	F	Note the read
<u>Have you ever had an out of body experience?</u>		
Yes	F	
<u>Do you ever feel like you are somebody else?</u>		
There's another 'me'.		
<u>How many of you are there?</u>		
Three	F	Note the read
I feel compartmentalized	F	Note the read
<u>Tell me about that</u>		
It has something to do with (a Military Cadet Program) when I		

was in Junior High School. I'm attracted to uniforms.		
(Because we had already had a chance to talk with Pat earlier, I had made a few notes of some areas that I felt might be worth looking at. I asked her about these):		
<u>Tell me about the battleship</u>		
I don't remember		
<u>Tell me about visiting the house of the CEO</u>		
It was an open house. I was by the staircase	SF	Note the read – interesting – why should standing by a staircase have charge on it?
<u>Tell me about the rectangles that appeared on your arm</u>		
I noticed them one day. One was perfectly shaped	F	Pat said more about this after the session: "They appeared two separate times, on different days, both on my left arm. Just the top layer of skin was gone and they were a perfect rectangle 1/4" x 1/8". They appeared during the time I was actively investigating UFOs. I don't recall which years".
(We ran through a few more questions, then:)		
<u>Are you running your own life?</u>		
No	SF	Note the read, and the answer to this question
<u>Who is?</u>		
Them.	SF	
The government	3.6	
The first thing that came into my mind when you said that was MK Ultra	F SF	Note the reads
Another one I've not heard of before – "Cover memories"	F	Note the read
(After a few more questions:)		
<u>Do you have any losses not mentioned?</u>		
Freedom	F	
My mind	F	Note the reads
(We then ran through a few more questions and finished the interview)	3.6	

Session 4: Remote Viewers Interfere

26th September 2001

Summary: We start to look at an incident related to a certain Military Cadet Program and visiting a famous CEO's house. We are continually interrupted by a remote viewer who wants to stop Pat from remembering.

<u>(We run through the preliminary questions about food and sleep etc.)</u>	5.4 5.1 5.9	
I feel a presence around me	R/S 5.6	Note the rock slam
<u>Contact it.</u>		
I get "no contact"		
<u>Well, when they communicated that to you, that was a contact.</u>	F	Note the read
I get it's a remote viewer and his boss		
(We try a few things which don't work. Eventually):		
<u>Pray for the remote viewer</u>	F 5.2	
<u>Put up a blue bubble around you. It is flexible and everything sent to it bounces off</u>	5.1	
<u>Start of Session</u>		
<u>What's happening?</u>		
Someone is whispering in my ear "come"		Now what is happening is that someone, in present time, is interfering with the session. She is referring to something happening right now, not in the incident.
I ask "come where?"		
They say "with us"		
I ask "where?"		
They say "You don't need to know"		This refers to what the Remote Viewer and his boss were saying to her
<u>Who is it?</u>		
A man in a suit		
<u>Where is he?</u>		
Here in Norfolk. He's in the same building as the remote viewer.	F	Note the read
It's the same room.		
Someone's saying "it's not working"	Body jerks	Now she is reporting on what is happening as we speak.
<u>Pray for the boss</u>		
They're mad	4.5	"Mad" in this case means "angry"
<u>Put the blue bubble back to protect us (Pat had forgotten about this, which allowed the attack to come through and cause the jerking).</u>		
The remote viewer went out of the		

room		
They said "This is not supposed to be two-way"	4.9	
<u>Is this an incident in restimulation?</u>	SF	
No		It's happening as we speak
I see myself walking between two men.		Now I believe we're in an incident from some time in the past.
<u>Move through the incident telling me about it as you go.</u>		
I'm walking between two men. It's night. The sky is moving like it's fluid.	SF	
The sky is moving to the right in a circle.	SF	
There's something inside – it's light.		
We step through.	SF	
We're someplace else	4.2	
It's a building complex		
We're outside		
The remote viewer says "It's just your imagination"	Body jerks	The remote viewer who is listening to us tries to interrupt the session again
<u>Say "thank you" to him</u>		
One of them says "it's breaking down"	Body jerks ↓3.9	Note her body reaction and drop in TA
<u>What happens next?</u>		I try to get Pat's attention away from the remote viewers and back to the incident we were looking at.
It's stuck	SF	
<u>Repeat "it's stuck"</u>		
It's stuck, It's stuck etc.	4.0	
I'm walking toward a building. It looks white or adobe brick. It looks southern. This is the same stuff that came up with the psychiatrist.	SF 3.8	Before Pat came to see me she had gone to a psychiatrist and asked him to acknowledge whatever she said, while she tried to do a clearing session on her self, by repeating things like "I can't remember" and seeing what came up. Note: This is NOT be recommended! One cannot do clearing on oneself, until one has done many hours with another, and been trained.
We're inside. I pass through a room.		
<u>I'm blocked from seeing.</u>		
Repeat "I'm blocked from seeing"	SF	
I'm blocked from seeing, I'm blocked from seeing		
I don't know why. It's not that unusual. It's a lobby to a building. We go into the elevators. We don't go up. We go down.		
They're interfering again – saying it's your imagination	SF	Note the read. This is from the remote viewers who want to stop this

<u>Say "thank you"</u>		session A good acknowledgement has a lot of power in it to stop unwanted attention
Thank you		
We're still going down		We are back in the incident
<u>How far do you go?</u>		
Twenty four floors	F	Note the read
I begin to feel scared. One says to the other to do something to put me back into the state where I wasn't feeling or reacting. Something is pressed against my arm. I feel spaced. They move me forward out the door.	F	
I feel really as if I'm asleep.	3.6 3.7 3.8 body jerks	Note body reaction
I feel sick	F	
I may have gagged. It's in my throat or stomach. I feel cold, like it's air conditioned. I'm laid down.		
They want to wait till the drug wears off	SF	
<u>Make this room sound proof and thought proof</u>	3.5	I get this idea to tell Pat, to stop the remote viewer eavesdroppers
	LF laughs	Note the read & Pat's laugh. She is reacting to what she is 'seeing' the remote viewers do
They called you names		She is referring to the remote viewers
	Gasp!	
That makes so much sense! I've woven an energetic cocoon around us. It's thought proof and sound proof.		
When I was younger I watched "Bewitched" and "I Dream of Jeannie". I always felt inside that I could do that.	3.6	
When I was doing Polarity Therapy I felt I was destined to manipulate energy.		
I just wove that cocoon. I couldn't do that before. I didn't even think it.		
The remote viewers are very upset.		Pat is back to looking into what is going on right now with the remote viewers
They're planning what they'll do. "Will take other measures" "We can't let this happen" "I told you this would happen" "We can't let her develop" "Then think of something"		
(stop for ten minute break)		

(When we come back from the break, I have started to get a headache)	5.2	TA has suddenly gone up, since we took the break
<u>Move to the incident, to the part you were up to</u>		
I'm getting interference from the remote viewer.		
<u>You have your abilities back – stop him.</u>	F	
(she does so)		
I put him to sleep	↓4.8 4.7	Note sudden drop in TA
(My headache has now gone)		Note the disappearance of my headache as soon as Pat put the remote viewer to sleep
Two guys are wondering what happened to the remote viewer. They're trying to wake him but can't.		
(Back to the incident): I'm sitting on the table, looking around		
(Back to the remote viewers): I still feel under attack from the two men.		
<u>Acknowledge that, block it and continue</u>		
	F	
<u>What's that?</u> (referring to the read)		
I'm weaving the cocoon, making it stronger		
(Back to the incident): I see an instrument. It looks long and cylindrical. A woman has it.	4.6	
She presses it against my arm. I feel floating. My head feels really light. They're talking to me.	SF	
They ask, "When did it start?"	SF 4.5	
"What do you feel?"	SF	
I told them I felt connected as if stepping into a stream or linking to a link.		
They don't leave me alone.	3.8	
I'm getting a headache (in the incident). The drug gave me a headache.		
(Back to the remote viewers): I can still see the remote viewers. They're listening. They look as though they're losing something. They're shaking their heads, as though there's nothing they can do.		
(Back to the incident): I'm sitting on		

the table now. I can't quite get this.		
<u>Repeat "I can't quite get this"</u>		
I can't quite get this, I can't quite get this		
There's more than one man and a woman. They're all human.		
The woman is holding a clipboard	SF	
The men are talking to me, and to each other and to her.		
They're putting stuff into action	SF	
They're questioning me about my childhood.		
About when I first do something	SF	Note the read
Something I did that was psychic	3.7	
<u>What did you do?</u>		
(Back to the remote viewers): The remote viewers are upset that I've connected with this		
I can't remember		
<u>Repeat "I can't remember"</u>		
I can't remember, I can't remember	SF	
What comes through is something to do with the space-time continuum. I can influence it.		
<u>When is this incident?</u>		
1984		
It might be something else	F	Note the read
<u>What year?</u>		
1963	F	Note the read
It was when I was 14 years old, when I was in (a Military Cadet Program)		
<u>How old were you when you did the psychic thing?</u>		
1963	SF,F	
I was wondering, how many times have they taken me?		
<u>How many times have they taken you?</u>		
Ten	F	Note the read
I keep thinking this is my imagination		
<u>Is this your imagination?</u>		
No	F,F	
(Back to the remote viewers): They're talking with each other, asking how they can handle this	3.5	
	SF	
(Back to the incident): I'm looking around the room, but I don't feel scared		
They ask, how do I do it?		
I say, I don't know		

<u>What happened so they noticed you?</u>	SF	
I don't know how to explain		
There are two images. One is of a battleship. The other is being at an important CEO's house.		
(I ask her about this)		
I don't know		
<u>Repeat "I don't know"</u>		
I don't know, I don't know		
It's to do with time		
<u>Move to the incident where they first noticed you and tell me when you are there</u>		
(she does so)		
<u>Move through the incident telling me about it as you go</u>		
<u>Where are you?</u>		
In a house		Note: The 'house' is a mansion
It's the CEO's house	SF,F	Note the reads
<u>What happens?</u>		
This is kind of wild	F	
I'm standing in my guard area. I'm bored.	4.3	
Next, a man walks up to me, asks me to go with him.		
He takes me to another area of the house	F	Note the read
I have no idea why he's taking me there	F	
They're testing me. It's like a random test.		
It's something they do all the time	F	Note the read
We go down a ramp, away from everyone else.		
There are other young people there.	SF	
Some adults are there	4.2	
There are some children not in cadet uniform. I sit down.		
A whole busload of us went to the house. We were stationed alone, not in pairs (of young people)		
I see a couple walk out, with adults	SF	
<u>Is something blocking this session?</u>		
Yes		
<u>Is it wernicke's commands?</u>		Remember that these things are like layers of an onion. Each layer shows up only when the previous layer has been peeled away.
Yes		

We stopped and did kinesiology. I looked for wernicke's commands that were blocking the session. As so often happened when I worked on Michael, there were ten commands. Some of these were the same that Michael has had. I guess there are only so many ways you can say "you won't remember this".

1. "You won't remember this"
2. "If you remember you will feel pain"
3. "Forget everything that you have seen"
4. "This didn't happen"
5. "You can't remember this"
6. "This is just your imagination"
7. "You remember nothing about this"
8. "This is all a dream"
9. "Forget all about this"
10. "You weren't here"

Session 5: Testing members at a famous CEO's House

27th September 2001

Testing Pat with kinesiology, she was in balance today.

Pat's Military Cadet Unit is used to guard different areas of an important CEO's very large house during an 'Open House' when she is 14 years old. Pat is stationed on her own in an area where there are no people. Because she is a new cadet she is taken for testing. They give her a stimulant to activate parts of her brain to test for psychic abilities. Pat's test takes so well that a wall of glass that is part of the testing equipment is broken. She is then given a drug and hypnosis to forget that the incident happened.

<u>(Questions to check Pat has had enough food, sleep etc.)</u>	5.5	
	5.2	
<u>Start of Session</u>		
<u>Move to the CEO's House incident</u>	SF	
I'm standing guard.	SF	
I'm bored	4.5	
I'm proud I'm doing this	SF	
A man asks me to go with him.		
I'm told to follow orders (referring to why she goes with him)	SF	
He's talking to me. We're going downward, down a ramp.		
<u>Are there any drugs blocking this?</u>		
Yes		
We do kinesiology. There is one drug to balance out. Then we return to the meter.		
	5.4	
Thinking of blockages	F	
<u>Are there blockages?</u>		
Yes		I'm not quite sure what went on here, since we continue anyway.
Hand signals.	4.8	
I'm in the incident. I'm getting a feeling of panic, as though I'm startled.	4.7	
We go through a door	SF	
I'm sitting down.		
I'm feeling more emotional this time (meaning, this session, as opposed to yesterday's session). I'm questioning	4.6	
The man who walked me there smiles at me and walks away. Two young people walk out. Two		

walk in.		
I'm a bit confused	SF	
They go in different directions.		
I feel a tightness in my stomach	SF	Note the read
Like I'm on the wrong train or bus	4.5	
But I'm trained to take orders.		
They come out. I go in behind a woman. She tells me to sit on a table. I do.		
I'm really getting scared.	SF	
I'm close to crying	F 4.3	
I feel like they know what they're doing, but I don't understand	Grief Tears	Note the tears
But I'm scared	4.1	
I'm so scared. They leave me there. I'm looking for a way to get out, but I don't see a door knob on the inside of the door. I'm really scared. I feel sick. My stomach is turning over and over.		
I become calm, but still kind of sick. I'm not panicked any more.	SF	
I'm waiting.		
<u>How long do you wait?</u>		
Ten minutes		
Two men and a woman walk in	4.1	
I don't know the men.		
I feel stuck		
<u>Repeat "I feel stuck"</u>		
I feel stuck, I feel stuck	SF 4.0	
<u>Is someone stopping this session?</u>		
There's an interference		
<u>Locate the source of the interference</u>		
	SF	
It's like somebody said I wouldn't remember before they even did anything. They used hypnosis, something mental.		
(communication lag)		
I'm seeing the man and the woman, as if they're in slow motion		
(communication lag)		
I'm lying down. One swings my legs onto the table. I'm lying down. Something is being given to me.	SF,SF	Note the reads
It seems so hard to think		
<u>Repeat "It seems so hard to think"</u>		
It seems so hard to think, It seems so hard to think	F	
I can't get everything.		
That's okay, just give me what you get.	4.1	Repetition leads to discovery. What we don't get one time through will be

(I explain that it's okay that she doesn't get everything when ever we go through an incident).		seen another time through. This is because the charge is like layers of an onion, that we have to peel away one at a time
I feel jumpy and nervous, like it was a stimulant, not a relaxant. I'm getting real worked up and tight	LF LF Shudders Gasp Gasp↓3.4	Note the big reads, body reaction and large drop in tone arm.
It's a strange feeling. I feel very tense physically but relaxed mentally.	3.5	
	Gasp	
Pain in my shoulders and back and neck and arms and stomach is coursing through		Note pain appearing
	F	
I can hear one of them saying "she'll make it" They were just standing watching. A warm feeling like blood coursing through. Such tension in my chest and body! I just want them to stop. The woman says "It's okay. It won't be long. We just have to know something."		
It hurts right in my solar plexus.	Gasp 3.4	
She says "Look over there". I do. This is fragmented – I see a glass behind the glass. I feel a current not through me but through the wall.		
"It's just a test. It's nothing to worry about."	3.6	
"It won't be long" from the man. One is talking about something being scaled down in miniature. It's way beyond me.	3.7	
I feel something in my head now. It's coming up my spine, up to the top, behind my ears, it's spreading. It's like an energy build up. I'm sweating, from whatever they gave me.		
(See notes on right)	F	I failed to write down what happened at this point. Pat later reminded me of what happened here; "There was a physical effect. I remember gasping and jerking back as if startled, from 'seeing' (sensing) a sudden, brilliant flash of white light. I saw it two or three times before the damage was

		noticed”.
There’s some damage to the glass in one corner from these bursts – they don’t look too happy about that – they’re wondering if they’re safe.		
More bursts		
“It’s taking too well”	F	
The woman is talking about the drug		
The man says “shut it down”.		
Now I’m sitting and talking to a man. He leans into me and he’s talking very intensely. I hear from the side “hurry up, there’s not much time”.		
He says “If I’m to do it right, I need time”.		
“Give her something, just make it quick”		
He waves someone into the room	F	Note the read. Presumably this is the needle that Pat next refers to.
That hurt. It hurt like a needle.		
“Look at me”. I seem to hang on every word (of this man)		
He’s saying “You won’t remember this”.		
What she gave me was to make me more susceptible. I’m being taken out with two this time.		
One is my commander	SF,F	Note the reads
My God! How can he be here?	Grief, tears	Note the tears
I feel betrayed and upset.		Betrayal after trust can be one of the most hurtful of all incidents
He is waved away. They say “It won’t hold if you’re here”.	3.6	
He (the other man, not the Commander) keeps holding and holding me by the arms, like you would with a person’s who’s hysterical.		
I go calm.		
He walks me back and thanks me	F	
I have a memory that I went to another location in the house.		
My commander came because it was taking longer than it should have	F	
<u>What is the next view point to be run?</u>		Since we are Beings, not bodies, we can take any viewpoint and position at any time. Getting someone to look at an incident from the point of view of anyone in the incident who also had a lot of charge on the incident

		can clear things up quickly, as well as give new information. I explain this to Pat.
The Commander	F	Note the read
<u>Be the Commander.</u>		
(she does so)		
<u>When did this incident start for the commander?</u>		
When he sends someone		
<u>Move to the beginning of the incident. Move through the incident from the Commander's point of view, telling me about it as you go.</u>		
It's systematic. Pat was new.	SF	
New cadets are in out of the way places, where people won't notice they're gone.		
I'm being asked "who's going next?"	SF	
I say "Take Pat", and say where she's stationed.	3.8	
I turn back to activities. It's an open house, inviting public, but also key people who are supposed to be here. These are important people.		
I check when they're back. Pat's not back yet – what's holding it up?		
I feel uncomfortable that I have to slip out	F	
I go look for her. I know where it is, and they don't like me going down there, but it can't take too long.		
I see them still processing her, or testing her.	F F	Note the reads
Why are they still sitting?	3.7	
I ask, "what is the delay?"		
"She exhibited more than we had planned for".	F	
They're looking for a receptive area in the brain.		
"It's not hard science. Things can happen that we don't know about."		
"She's got to go back" (from the commander)	F	
I can feel nervousness and almost impatience, warmth, sweating – we must get her back, we have to go.	3.5	
"Wait here"		
<u>What are they testing for?</u>	F	Note the reads
Psychic abilities	F	
<u>Which psychic abilities – what could a person do with them?</u>		
Anything		
<u>Examples?</u>		

I'm not privy to everything I'm getting a headache (that is, the commander is getting a headache). God-damned people, what are they doing to me? I feel it's coming from the people or the place.		
	F	
It's about time. Whoa! You said she was under – get her under – she looked at me, she recognized me. She's upset. She's fighting.	3.4	
<u>Be Pat</u> That was weird. I could feel his emotions. It must have been near the end of the day.		
I don't have the memory of the other place they thanked me in.	F	Note the read on "other place"
<u>Was that a false memory?</u> Yes	F	Note the read
What were they doing? (she answers herself) – seeking potential. To see what happens if that part of the brain is activated. For a lot of people, nothing would happen.		
They realized there is a danger so they suppressed that part of me.	Very good indicators	
Maybe future ones (incidents) were to see if it's still holding	3.6	
Why would they give me a "You're not psychic" if they wanted to use it?	Laughs	
I feel really good	F/N	
I feel fantastic!		

This session went very well. I decided that we had completed this incident, since we ended with the three things you need to end an incident:

1. Very good indicators (client looking bright and happy)
2. Floating Needle
3. Realisations

We looked and found three wernicke's commands that needed removing. Two were normal ones. One seemed related to the session:

- "You are not psychic" (not recorded who this was from)

Session 6: Mind Control on a Decommissioned Naval Ship

28th September 2001

Pat woke up feeling terrible, exhausted and sore all over. Each night when I had dropped her off I had reminded her to lock herself in with the portable door lock. For some reason I did not do so last night. (Was my mind blocked? I think so.). There was another motel with rooms facing the same wall of motel rooms that Pat was staying in. Her door faced a verandah on the outside of the building). Last night Pat did not lock herself in. She remembered that she was about to do so when she was given a thought-command "Don't do it", and she followed this order.

I gave her a balance. Sure enough, she was way out of balance again. Her central nervous system was out of balance. Muscle testing indicated the cause was hypnotism. Her cloacals were out of balance. Muscle testing indicated this was because she was interfered with last night. In addition her spleen was out of balance.

Summary of session:

First we look at Pat being abducted last night after she was mentally coerced into leaving the portable door lock off the door.

Then we move onto another incident. Pat goes with ten young people on a Military Cadet outing to stay a couple of days and nights on a decommissioned ship – a battleship, or destroyer or frigate. During the session Pat called it a battleship but later she said it might have been another any kind of naval ship. She is put in a berth with a girl she doesn't know. At midnight Pat is taken in her pyjamas to a room where she is restrained in a chair, and told to look at lights which program three compartmentalized personalities in her.

We also remove wernicke's commands designed to have Pat kill herself and others should these memories surface.

(Questions to check Pat has had enough food, sleep etc)	5.4 4.8	
<u>Start of Session</u>		
<u>What's been happening?</u>	SF	
I woke up feeling terrible	SF	
Every muscle hurts. I could hardly get out of bed. Last night I was watching Crocodile Dundee on TV when a thought came in "Don't lock the door". So I didn't.		
I see myself getting up around 4 am.	SF 4.7	Note the read
There was a person in the room		

with me	SF	Note the read
<p>I stopped and did kinesiology to find wernicke's commands. I muscle tested and thought there was only five, but once again, ten showed up:</p> <ol style="list-style-type: none"> 1. "You won't remember this 2. "This is your imagination" 3. "Don't talk to Stephanie" 4. "Kill Stephanie" (Pat had some reluctance to tell me this one. After we got rid of this one she reported that she had noticed a fascination for a carving knife when she was in her motel room) 5. "Kill Michael" (She had even more reluctance to tell me this one) 6. "Kill yourself" 7. "You're not psychic" 8. "You remember nothing" 9. "Your programming holds firm" 10. "Don't do clearing" <p>Then we returned to the meter.</p>		
<u>Move to the incident from last night and tell me when you are there.</u>	5.6 SF	
I'm there	SF	
<u>Move through the incident telling me about it as you go</u>	5.5	
A man comes into my room. He's in a suit. Another comes in, also in a suit.		
	Shudder ↓5.2	Note body reaction and sudden drop in TA
They took me.		
I'm going out the door. Down the steps.		
Into a car	SF 5.1	Note the read
<u>Weave a cocoon to protect you from remote viewers</u>	5.0	
I've done it	SF	Note the read
(Back to the incident): I feel movement		
<u>How long do they drive for?</u>		
Half an hour		No read. I don't pursue this. Pat

		said later that it felt like ten minutes.
We're in an area that looks like a base, or a building.	4.9	
I'm inside. I'm in a room.		
They gave me something	SF	Note the read
We stop and do kinesiology. I balance out one drug. After I did that, Pat felt a headache and really dizzy.		
Then we returned to the meter.		
A part of me is tight.	5.5	
I'm aware on a level	5.3	
They leave me for a while for the drug to kick in	5.2	
They're coming in. Two men come in. They are the bosses of the remote viewer from the other day.	5.0	
Another guy is with them, a doctor.		
One monitor says, "Get to it"		
He says, "It will take some time. I have to check her out, see why it went"		
They are aware (of our sessions), but they said it shouldn't have gone so easily	4.6 belly laugh	Note her laughter *She meant in this case a "drugged stupor"
I'm in a drunken* stupor. I lean over and say "I know you" to one of the guys.		
He doesn't like it.	4.5	
He's putting it back in.		
"You're not psychic"		
"Pay attention"		
I'm not really paying attention.		
I said to them, "I'll remember this".		
They said, "No you won't".		
Now they're upset with the doctor. They ask, "why is she saying and doing this?"		
They say "Put in the lethal commands".		
I'm not very happy now	SF	
I feel it's becoming dangerous.		
I'm getting blanker	SF	
Each time he talks he touches me, on the head, on the top of the forehead. Sometimes it hurts. I feel too strange to do anything about it now.	4.4	
I say "I want to go back"		
They say, "Not yet".		
I'm seeing, they put something on my head	SF	
There's a current	SF	

Not a huge amount of current "That does it". "You'd better be sure of it". I feel ghastly	SF 4.1 4.0	
The phone rings. I answer it. It's Michael at work. He wants to know what we are doing, as he is under a lot of psychic attack. Then I return to the session.		
I rally, get angry.	3.8	
I'm getting upset with them.	Gasp	
They're grabbing me. Then I relax	4.2	
I'm very drowsy. I'm back in bed. I sit up – it's 4.18 am.	SF	
<u>What time did they take you?</u>		
3am	F	
I've got my headache again.		
A word comes to me – "Washington (D.C.)"	F 4.2	
They didn't complete what they started, because I got upset.	4.1	Pat said later about this comment that she thinks they were trying to program something into her, but she resisted and they couldn't do as much as they had intended to do. (See "The Bus Trip Home" page 67)
(Now I move onto another topic): <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> (She does so). <u>Move through the incident telling me about it as you go.</u>		
It's the decommissioned battleship we went on as part of (the Military Cadet Program)		
I come in with bags and clothes, cause we're going to stay there a couple of days.	4.1	
We're in a room with beds, talking and laughing. I normally have no memory of this.	4.2	Pat had already mentioned that her memory was not as it should be. She had a memory of being on a battleship as part of an outing, but was not sure how long the outing lasted.
Normally I have a slight feeling that I stayed over-night. The girl there is not my friend. She's with them. There's one of them assigned to each of us. They're passed off as one of us.		
<u>How old are you?</u>		
Fifteen	SF	
It's exciting.		
I've never been on a battleship		

before	SF Head jerks F	She means, before being on this ship Note reads and body reaction
Something is in my head <u>Implant?</u>		
Yes	SF	
There's another one on the other side	4.1	
(For the third time since I have seen Pat, she goes into a trance, where she can't speak or move, but can hear what's going on. Her eyes are shut. I continue to talk to her): <u>Send light to all those implants.</u> <u>Use your psychic abilities to break up the implants, and put the pieces into your blood stream, to carry them away.</u> (She then starts to speak again): That did it.		Several months after the sessions Pat reported that after the sessions there was a definite reduction in the number of times that this happened.
I have a feeling being on the battleship was to do with mind control.		
I'm getting the girl I was talking to being abusive. She counters whatever I say. She's trying to scramble me as far as making sense of things.	F F 4.0 SF	Note the read
One moment friendly, the next abusive. Now there's hardly any getting together with the group, just the people in the room.	SF 3.9	
I think "it's me – I'm being bad".		
I don't feel in any danger, I think this is just training.	3.8	
I'm being taken somewhere one night.		
There's people	SF	
Some are in uniform, some aren't. There's a chair.	F,F	
The chair is different – has electronics attached.	SF	Note the read
They put me in and they're not too gentle about it.		
Strap my wrists down	Shudder Gasp F	Note her reaction
I feel what I felt. That really scares me, cause I don't understand.		
	LF ↓3.3	Note the big read and blowdown in TA

One says, "Don't be silly, it won't hurt". They're having me look at something again in some lights. They say, "keep looking"	Gasp F	
There's a current going through me. I pull against my wrists. It hurts my head. I close my eyes – they say "Don't close your eyes". What's this about? Someone says "This is a dream"	3.5	
Every time I turn away, they turn me back, and open my eyes. Sometimes the lights flash. I feel very calm. If this is all that's to this, I can do it. Tired. Headache, hurts a lot.	3.6	
I feel my ears are working, but I don't hear anything. A vibration in my ears. They turn the lights off	3.7	
My body relaxes. I didn't realize I was so tense.		
"That's enough – take her back". They half carry me back. I go to bed. The girl is in my bedroom.		
"Don't worry, she won't remember"		
I wake up next morning, but I don't remember.	SF	
We were there for a weekend, this is the day I'm going on.	F 3.6	Later on I asked Pat to clarify this. She said, "I felt that I was there for a couple of days, and when this incident occurred it was the night before the day I was to go home."
<u>Move to the beginning of the incident and tell me when you are there.</u> (She does so). <u>Move through the incident telling me about it as you go.</u>		
I see myself getting off the bus. There's ten of us. Right now I've got a headache.		
<u>Use your psychic abilities to send the headache into the ground.</u>		
(she does so)		
<u>How's the headache?</u>		
Improved.		
This is north of the city. It's a huge battleship.		
I'm going up the gang plank. Men watch us come on. I'm in the berth.		The men she refers to are maintenance crew, lower officers etc.
The girl who was with me -	F	

She's the same age, kind of pretty.		
She's asking me a lot of questions.	SF	
I feel she's keen to know me, but part of me is put off – They're prying questions.	F	
She's awake when they come in. I look to her to explain why these guys are here.		
<u>Her name?</u>	F	Note the read.
Susan		Remember this name for what happens later on
She doesn't answer, just watches them take me. One of the men are talking about duty.		
<u>What time is it?</u>	F	Note the read
Midnight	F 3.4	
I don't understand – why would I go on guard duty in my pyjamas?		Note: I am Australian born and I spell with English not US spelling (not "pajamas")
My head hurts	F	
They've given me something. I see them pull me along. We're back in the room again.	3.6	
They plonk me in the chair	SF	
I'm small	SF	
They put metal things over my wrists, not straps	SF	
	LF Gaps Jump 3.5	Note reads and her reaction
I'm getting upset. My hands hurt. They say "It's not going to hurt".		
My biggest emotion is confusion – I'm not sure what's going on.		
I'm watching the lights		
<u>Tell me about them</u>		
They're like a kaleidoscope, but not as detailed. There are flashes here and there. They're very insistent I look at the lights.		
<u>What are they testing for?</u>		I should have asked "What is the purpose of the lights?"
They're not testing		
Something is being put in	F	Note the read
I get the sense of a picture in the lights.		
It's mind control		
<u>What are they programming you for?</u>		
So they can use me		
<u>How?</u>		
Psychically		

This is after the incident at the CEO's house. The woman keeps checking parameters. "Look at the lights"		
<u>What's there?</u>		
Killing.		
<u>Have you ever killed anyone psychically?</u>		
Yes, but I don't remember	SF	Note the read
<u>What else?</u>		
Obey, Control		
<u>Tell me what is in the lights</u>		
I must be on another level	SF	
<u>What else?</u>		
Being robotic, programmed.		
Oh! Oh my gosh!!! There's something there about alters		"Alter" is a word for a compartmentalized personality
I see two, then I see it divide again.		
<u>How many are there?</u>	F	Note the read
(answer not recorded- she may not have answered)		
<u>Do both split again?</u>		
No		
<u>I repeat the question, how many are there?</u>		
Three. Myself and three alters.		
The commands are given to them.		
There's me.		
One alter is 'kill'		
<u>What is the name of that alter?</u>	SF	
Ann. That used to be my middle name (of my own choice)		Pat's mother told her she could pick any middle name she wanted, and she went through a few. This happened during her "Ann" period.
<u>The second alter, what is its job?</u>		
Sexual? (she says this with a questioning voice)		
<u>What is its name?</u>	F	
Laurie		Pat said later that she has always associated beauty and sexuality with this name.
The third alter is psychic		
<u>What is its name?</u>		
It's nameless.		
<u>How do they identify it?</u>		
With a number		
It's Pat No. 3	3.4	
<u>Is there anything else important about the lights?</u>		
They're mainly purple. That's my favourite colour.		
This fits. I've often asked – I'm a good person – So why do I get images of killing people?		Note: Pat was so concerned about these images she got that she had even gone to a psychiatrist at one time.

Session 7: Transported to Mars

29th September 2001

Summary: We look further at the incident on the battleship. Pat is moved to another area which she feels is Mars, although all she can see is a tunnel. A woman in uniform decided to “keep her”.

We also remove many booby traps which were designed to kill her and others should memories of Mars surface.

<u>Questions about food sleep etc.</u>	5.1	
<u>Start of session</u>	4.8	
<u>What's been happening?</u>		
I woke up this morning. Felt good. Still believed I was psychic.	4.7	
Feel more connected to the other “me-s”.		
<u>Move to the beginning of the incident and tell me when you are there.</u>		
I'm not at the start.	SF	
I'm in the chair.		
<u>Move from there, telling me about it as you go.</u>		
	SF	
Sometimes I see as an observer, and sometimes I'm in it.		
<u>Is that because sometimes you are out of body?</u>		
Yes	F	
This is the actual programming. The lights were just to compartmentalize.		
This could have gone on for hours	F	Note the read
<u>How many hours?</u>		
6 ½ hours	SF	
They keep giving me stimulants to keep me going. The lights make the division. Now they're interested in each of them.		
They didn't start with the killer.		
They started with the psychic, the one with least resistance. It took very well.		
<u>Are they making you more or less psychic?</u>		
They're directing it. They're testing.		
I'm getting interference	Gasp	
<u>Weave the cocoon</u>		
<u>Make us invisible to thought and sound</u>	Jerks head Jerks head	
(she does this silently)	LF 4.3	Note the reads

	LF 4.1 4.0 LF 3.8	
It's a full blown attack. <u>Use tai-chi – step aside. Don't try to stand up to him.</u>		Some day after the day when Pat put the remote viewer to sleep she tried it again. I think it was here she tried it. It didn't work this time – they were expecting it and looking out for it. Also, this remote viewer had more ability than the other one.
	Laughs	
I put up the 'rubber ball'. Then I moved in close and kissed and hugged him, and washed his face. I used lots of light.		The "rubber ball" is an energy creation that I had told her earlier to make and place around us to prevent interference from getting to us. Because it's rubber, energies bounce off it.
There's something else – a hook	3.7	
They have a back up (she fixes it)	4.0	
When they hit me, they seized up the thought. <u>Move to the incident and tell me when you are there (she does so). Move through the incident telling me about it as you go.</u>		
I feel tenseness (I presume that here I asked her to locate the tense feeling) <u>Say "hello" to the tenseness till it answers.</u> <u>Command it "Run out the incident that made you the way you are".</u> (she does so). <u>Acknowledge it.</u> (she does so). <u>Command it "Run out the incident that made you stick to my body".</u> (she does so). <u>I then read the entity it's rights "You have the right of all spirits to your own sanity, your own self-determinism, the right to play any game you want and the right to leave any game you want". Now it's free to leave, what does it want to do?</u>		
Go away	4.3	
I'm in the chair, scared.		
I get visions	F	
I'm going through harmonics.		
It's an evaluation of what can be done with this alter.	F 4.2	
The lights are still there, but they're not so concerned about them now.		
They're holding things up to my head. One thing looks like a		

flashlight, without the light.	F 4.0	
I remembered that they gave her a stimulant during this time, and I hadn't balanced it out. We stopped and using kinesiology balanced the stimulant out of her body. Then returned to the session.		
<u>Did you have any thoughts while you were on the massage table?</u>		
I was listening to you	F	
I was wondering if it was a good idea to get out the drug – the drug would make me more alert.		
<u>All drugs interfere with the brain.</u>		
<u>Would giving you cocaine make the session go better?</u>		
No	4.5	
<u>Move to the beginning of the incident (she does so). Move through the incident telling me about it as you go.</u>		
	F	Note the read
<u>What's that?</u> (I am referring to the thought behind the read)	4.3	
	F	
I'm in another incident		
<u>Where?</u>		
There's a lot of Mars in it		
<u>When?</u>		
I seem to have gone off from the battleship		
<u>What year is it?</u>		
1964, same year as when I was 15.		
<u>Move through where you're at</u>	F	
I'm being used psychically on Mars	F	
I'm with a group	SF	Note the read
Unit	Gasp	

This 'gasp' was because Pat felt something was going wrong with her heart. She felt that she had 'booby traps' to stop her remembering Mars. We stopped and used kinesiology to find wernicke's commands. Sure enough, there were ten. It took one to five attempts to get the correct wording for each command.

1. "You die if you remember this"
2. "You go insane if you remember this"
3. "Kill yourself if you remember this"

At this point we got interference. I got Pat to make 'spongy stuff' to absorb the attack, and then to make it so that the attack got directed to the earth. This seemed to work.

4. "Remembering Mars terminates you"
5. "You have a stroke if you remember the program"
6. "Your kidneys fail if you remember the program"
7. "Die now if you remember the program"

Pat mentioned that these felt much worse coming out of her head than the others had done.

8. "Terminate yourself if you remember going to Mars"
9. "You have a fatal asthma attack if you remember Mars" (Pat had a history of asthma)
10. "You have a fatal heart attack if you remember Mars"

Because this was Pat's last day with me, we then continued with the session with the meter.

<u>Which group did the work on you on the ship?</u>		
Intelligence	F	Note the read
<u>Which group of intelligence?</u>		
Naval Intelligence	F	Note: Pat said that before this she had forgotten that the group that took Michael was Naval Intelligence
<u>Did you know this was the same group who took Michael to Mars?</u>		
When I read the Mars Records I read every word. But I was still		Even if Pat HAD been influenced by what she read, there is no way that

trying to not be influenced by it.	F	that would have created all these reads, changes in TA and body reactions.
I'm back in the chair, past the part with the 'flashlight'.	F	
They're discussing whether they want to send me or to develop the other alters.	SF	
"Ship her up for a short orientation and we'll deal with the other alters at another time"	SF	Note the read
This is amazing!	4.3	
I'm still in the chair (communication lag)		
<u>Have they put you into one of your alters?</u>		I ask this because Pat had stopped talking, and I was getting no reads
Yes	SF	Note the read
<u>Which one?</u>		
Pat No. 3		
<u>Be Pat No. 3</u>		
<u>Move through the incident from the point of view of Pat No. 3</u>		
I'm experiencing the body energy I feel really stimulated	SF	
	Head jerks	Note body reaction. The energy was <i>intense</i> .
There are bursts of energy inside me.		
There's a pain in my third eye area.	SF Gasp	Note read and body reaction
I feel asleep, in the incident. I'm being moved. They're carrying me some place. They're talking about "just in time". There's a boring pain in the top of my head.		
Like a surge	F	
It goes right through. I'm still asleep, but it's a different feeling.		
There's activity in my third eye	F	
Someone's moving me along. Whatever was on my head is taken off.	4.9	
I feel almost numb.		
<u>Have they given you a drug?</u>		
No		
I think it's the thing on my head.		
It strengthens you. My heart is beating quite hard. They're waiting for me to stabilize. There's a doctor. He says "She's okay".		
There's a very beautiful woman behind him. She looks very military-like. She's wearing a uniform. It's not the same (as the		

others). It looks different. The top comes to the waist, it's more tight fitting, very sharp, greyish or grey-bluish. A hat cocked to one side, like a beret. Nice body, dark hair. She tells me to go with her.		
I do	SF	Note the read
I'm beginning to collect my thoughts – there's something way strange going on.	SF	
<u>Are you still in your pyjamas?</u>		
No		
<u>What are you wearing?</u>		
A jumpsuit of some kind		
Where am I?	F	
In (the Military Cadet Program) we're taught to obey and she's in uniform. But this doesn't look like the ship anymore. It looks like a tunnel, with roundish walls.		
We're moving through a tunnel	F	Note the read
Ow!	F	Note the read
I walk into an area – something is injected into the side of my neck. I feel a little weird.		
<u>What did they give you?</u>		
Something to slow me down		
We stop and use kinesiology to balance out the drug put in the side of her neck.		
I've collapsed forward. They've put me out.	5.0	
This was planned. They don't explain much.	F	
They need you to go out and rest a while.	4.8	By 'you' she means 'whoever they've been working on'
I'm moved into a room. They test while I'm unconscious. All kinds of biological tests.	F 4.6	
I feel they were contacted by earth about me, but they weren't given much info about me. After that I'm put in a recovery room. When I open my eyes there's someone else. This one doesn't look like a commander. She looks like my age. She's really nice. Seems happy. Says "You'll find out soon".		
I have a headache from the drug. I'm not enjoying the situation. There's too much pain and wondering what's going on.		
Oh! They didn't program me psychically on earth, they just		

evaluated me. Now I'm being programmed for specifics here. My third eye is hurting a lot. There's a boring feeling into my third eye.		
<u>What colour is it?</u>		
Rose or red		Note: Michael had a number of sessions where he saw a red light in his third eye. We still haven't found out what that was. Pat later commented that she definitely did NOT remember this from The Mars Records
They make me hold my head very still.	F 4.5	
I'm not afraid – maybe on earth they gave me enough programming to not be afraid.		
The girl is gone. The commander is back. There's a technician as well. I'm sitting, with braces on either side of my head. They are watching a screen, but I can't see it.		
<u>For a second, hop out of your body, and look at the screen. What's on it?</u>		
Pictures	SF	
Earth type pictures of my life.		
The commander comes back because this needs her decision. She's sizing me up.		
<u>What is she looking at?</u>		
A picture of my brain		
This is taking a while		
<u>How long?</u>		
Twenty minutes	SF	
It's hard to hold still for twenty minutes. I'm very tired.		
<u>Do you feel this is a good spot to end the session?</u>		It doesn't look as though we are going to be able to end this session with a floating needle – we may have a very long way to get to that
No		
<u>Keep going till you find a good spot to end</u>	F,F 4.0	
I'm sitting there.		
This is going to go on a long time.		
She says "Keep her".	F 3.9	Note the read. Pat later reported that she felt an intense emotional reaction at this realization.
I feel closure with that.		
I feel kind of good now.	F	

We had one last look for any more wernicke's commands, especially booby traps. There were more, eight this time:

1. "Your heart will stop if you remember this"
2. "Your organs will shut down if you remember this"
3. "All your systems will fail if you remember this"
4. "Your heart stops beating if you remember Mars"
5. "Do not look at these commands"
6. "There is nothing to remember"
7. "You have respiratory failure if you remember"
8. "You are ours" (this was from a reptilian doctor)

LATER THAT NIGHT

Pat phoned me soon after I dropped her off at her motel. This time I followed her up to her room, and didn't leave her room until she had locked herself in with the portable door lock. Walking back down the stairs I felt (imagined?) people watching me from the opposite motel.

When Pat got to her room, there was a message waiting for her on the phone. The message said:

"Hello Patti! This is Susan from Home Realty, calling because you called and made an appointment to look at some rental property". She left a phone number but Pat didn't write it down.

This was about as weird as it gets. Note:

- Pat was many hundreds of miles from home, and was certainly not looking for any property anywhere
- Only her family had the phone number of the motel
- Patti was the name that Pat had when she was a young girl.
- Susan was the name of the girl on the battleship

Pat left the next day. We gave her a lift to the bus station. She told us that later that night she tried to phone us, but was told that our phone was out of order. In fact, it wasn't. We got other calls that night. And that night Pat received a call from home in her motel room.

THE BUS TRIP HOME

We were a bit concerned about Pat getting home, but we asked God to look after her and reminded her to be on the look-out. She promised that she would stay alert to any possible trouble as she boarded the bus in Norfolk.

Pat called us soon after arriving home to relate what had occurred during the trip. She told us that she picked up intense psychic vibes on the way to the Washington D.C. bus terminal, which made her feel extremely uncomfortable, since she had to change buses there. The terminal was so packed with people that she had to shove her way through just to find the waiting line for the next New York City bus. When she got in line, two men in front of her immediately turned and started talking to her. Even though they were very friendly, her inner alarm went off, and she became suspicious of their intentions. They were being *too friendly, too quickly*. It seemed like they were trying to make her relax and let her guard down. Pat tensed instead, remembering the words of a co-UFO investigator: "Don't seek safety in a crowd. They can take you very easily in that situation. They'll surround you with their agents, move in, sedate you, and whisk you out of the area without anyone else noticing because there's just too many people around to actually see what's happening".

Although Pat wasn't absolutely sure this was such an attempt, she listened to her intuition and knew she needed to get out of the situation. At that moment, another bus, traveling an alternative route to her home was announced over the loudspeaker, and she heard "Go that way" in her mind. Pat didn't question whether the thought was her own decision or inner guidance, she just acted on the advice without any hesitation.

She hurried over to the departure door and gave her ticket to the driver. He looked at it and said, "You're supposed to be on the New York bus." Pat nodded but made no attempt to leave, waiting instead with a silent prayer on her lips. The driver stared at the ticket as if considering something – or was he listening to inner or divine guidance? – then he tore the New York and Scranton tickets off and told her to get on the bus. With a sigh of relief, Pat boarded the bus, and thanked God for getting her safely away from the terminal. She felt that she had definitely escaped something.

The driver turned out to be "God-lovin', America-lovin' " man. Everything went fine until a replacement driver took over later on and did a head count. He was supposed to have twenty people, but he counted twenty-one!

Pat kept quiet. She had made it this far, and she trusted God to get her the rest of the way. The original driver suddenly announced that he would recheck the tickets for the new driver. "I'll start at the back," he stated, knowing that Pat was sitting at the front. Halfway through the recheck, he quit and said, "You're behind schedule. Check them at your next stop." Then he gathered his belongings and left the bus. Pat watched him disappear into the terminal and sent him a heartfelt, whispered, "Thank you!"

Between that stop and the next, Pat kept working out what she would say to the new driver when he found out that she was #21. She wasn't nervous, though. It was as if someone were sitting next to her in the empty seat and constantly assuring her that "It will be all right." When her ticket was finally checked, the bus driver returned it to her without a word! Pat said another "Thank you" to her heavenly protector. There wasn't anymore said about the mysterious extra passenger, and Pat made it home.

LATER ON

After Pat returned home she phoned us, and said she could hear clicking on our phone. A few days both Pat and we had a LOT of static on our phones. This continued to us the whole time we were in Norfolk. The static stopped immediately we moved to another state.

A Personal Letter from Pat

Dear Reader:

Thank you for downloading and reading, "The Mars Force: Pat's Story."

When I first went to see Michael and Stephanie, I had no idea that I had been on Mars. In fact, it was when she requested that I say something that couldn't possibly be true that I blurted out, "I am on Mars and fighting the aliens in the ships," thinking that it would demonstrate the needle motion that indicated a false read. (She was attempting to show me the difference between a true and false statement in answer to a question I had asked.) Stephanie stared at the biofeedback meter and said, "Say something that *couldn't* possibly be true." My eyes widened and my mouth fell open when I realized that she was implying that the statement I had just made had read true on the meter. I suspected that I had been abducted and programmed, but I never fathomed the depth of involvement that I had with the shadow government's covert, off-world operations.

What I learned during the sessions amazed me, but I also found it hard to believe. What made it difficult to dismiss, however, was the fact that it explained the inner me so well. For example:

I feel safe wearing sunglasses. During the years I saw a psychotherapist because of problems with altered states, I would wear sunglasses in the sessions. It was considered a major breakthrough the day the doctor got me to take off my glasses; but, even though I removed them, I felt totally vulnerable and open to attack without them. In the sessions with Stephanie, I found out that I had been forced to look at lights (sunglasses?), and when I tried to avert my gaze or turn away, my head was yanked back and restrained. My eyes were forced open if I tried to close them, and I was unable to prevent this because my wrists were strapped down. *I felt totally vulnerable and open to attack.* This also explains my aversion to anyone touching my face, eyes, or near my eyes. When Stephanie was removing Wernicke commands, she had to touch all around my eyes. I allowed it, but tensed inside each time she did it. As the sessions progressed, it became less traumatic when she touched that area. Of course, I completely trusted her and that helped.

I am *terrified* of being restrained. If someone grabbed my wrists and refused to let go, I would do to get free, including begging, cursing, threatening, screaming, and hurting the person who is doing the holding. The longer my wrists are held, the more my rational thought vanishes, and I begin to function on a primal level. In the sessions with Stephanie, I discovered that I had been restrained by military doctors many times while I was given drugs, tested, and programmed. Since I didn't come from a family who habitually tied me to a chair

when I misbehaved as a child, there is no other explanation, in my mind, for my intense fear of restraint, except what surfaced in the sessions.

I have constant mental impressions of being a psychic soldier. I always thought it was just my imagination, but now I'm not so quick to explain it in those terms. Why are the images so frequent, and why is the conviction so strong? I remember the night I watched the movie, "Conspiracy Theory." When Jerry (played by Mel Gibson) was abducted, restrained in the chair, drugged, and questioned, I suddenly started hyper-ventilating and shivering. Why did that scene cause such a severe reaction in me? Having an imagination isn't traumatic, but having actually experienced what he was portraying is! I also have impressions of having killed people. It confused me because I'm a gentle person, who highly respects another's right to life, or so I thought. I realize that none of this is part of the 'here and now' me, but stems from my alters which were created by the shadow government. My psychic alter is very powerful and deadly. I found that out, quite by chance, in February, 2002.

I decided to try a mental exercise from the book, "The Silva Mind Control Method." It consisted of counting backwards while looking upward behind my closed eyelids at a 20-degree angle. For some reason, this position of the eyes automatically produces an Alpha state in the brain. (I find it interesting that the posters and pictures of Harry Potter depict him with this eye position. Does the shadow government want today's children to be in Alpha most of the time? **Parents, please take note and take action.*) The natural Alpha state produced by this eye position can be deepened to reach Lower Level Alpha by counting backwards from 100 to 1. I already knew how easily I slipped into an altered state, so I shortened the exercise by 75 and counted backwards from 25 to 1. I did this once a day for three days, and each time, I felt myself go deeper. On the fourth day, something happened. I started my mental count as usual, but I only reached 12 when a massive surge of energy swept through my body. I had never felt such a powerful current of energy before. At the same instant, my mind opened to me like the pages of a book. I connected to my psychic alter and my killer alter. I 'saw' some of the psychic terminations that I had done, and I experienced the unemotional ruthlessness that was my 'mind set' when I completed them. This connection lasted only about 20 seconds, but it left me gasping afterwards. I remembered everything because it had been triggered by the exercise, not by the shadow government. This incident has totally convinced me that my psychic alter and killer alter *do* exist; logically, if *these* parts of me exist, then the other parts must exist as well. If the other parts exist, then, logically, something had to have happened to me to create them.

I was only 14 when I joined the military cadet program and all of this started. I'm not saying that *every* cadet program is involved (although it is possible the cadet program concept was the creation of the shadow government to begin with - a good way to get to our nation's youth for military mind control and programming.) The reason that I wrote this letter to you was to outline some of the signs and symptoms that these experiences left me with, so you will be able to recognize the same ones in your child if your son or daughter is a member of a cadet program. If they demonstrate any of the behavior or mental impressions that I have detailed in this letter, please take them out of the cadet program and get help for them.

I have withheld the name of the famous C.E.O. and the cadet program for my own safety. If anything happens to me, I have instructed Michael and Stephanie to publish the name of the C.E.O. and the cadet program online. I also left the same information and instruction with two friends. I state, here and now, I'm **not** suicidal, and if this should occur, it must be considered murder and the appropriate action taken.

If you suspect mind-controlled involvement in the 'Mars Project' or any military black op, please contact the nearest clearing therapist to have biofeedback meter sessions. If you are lucky enough to live in Michael's and Stephanie's current location or near enough to make the journey, seek them out. I *highly* recommend them.

God bless and protect you,

Pat

Session 8: Wernicke's to Kill Us

3rd September 2002 am

Pat came back for a second series of approximately ten hours of kinesiology and clearing sessions.

In this, the first session:

I did a kinesiology balance on Pat. As I hadn't seen her for a year, it was not surprising that she was quite out of balance.

Her gaits and cloacals were out of balance.

Then I was unable to muscle test accurately. The cause appeared to be interference from remote viewers. I tried doing deliverance against them but that didn't work. Then I brought Michael in. He also tried deliverance but that also didn't work until he prayed against principalities. This caused a lot of retching and other reactions in Pat.

With her eyes shut, her cloacals and spleen were out of balance. When I balanced these, her arm started moving by itself. Muscle testing indicated that the cause was three draconians who were interfering.

Muscle testing indicated that she had been abducted at least four times since we had last seen her. I then looked for booby traps. The following wernicke's commands were removed from Pat's alter called Anne.

- "Kill them in their sleep" (this referred to us, Michael and Stephanie Relfe, as Pat was staying with us during this visit and not at a hotel).
- "Give a floating strike to the Relfe's in their sleep" (this is a killing martial art technique, done to the throat).

Pat then went into a trance, and was unable to do the eye movements which are needed to remove wernicke's commands.

"Give a Dim Mak strike to the Relfe's in their sleep" (another killing Martial arts technique)

Session 9: Wernicke's from Reptilians

3rd September 2002 pm

We removed many wernicke's commands from Pat given to her by reptilians:

1. "You remember nothing that we said"
2. "You remain ours" (from reptilians)
3. "Do not resist us"
4. "Do as we say"
5. "Resistance is futile"
6. "Don't think for yourself"
7. "We are your friends"
8. "Don't remember wernicke's"
9. "Stephanie and Michael are your enemy"
10. "Michael and Stephanie are your enemy" (This was tricky of them to use much the same command, only worded slightly differently)
11. "Your mind is a blank"
12. "You remember nothing of this"
13. "Don't pray"
14. "Don't practice psychic stuff"
15. "Put off psychic practice"
16. "Don't believe in yourself"

The following commands were removed from her alter called Laurie:

1. "Remember this"
2. "Never forget your mission"
3. "You have perfect memory"
4. "You have photographic memory"
5. "You have eidic (>>>> ??????????????? PAT – WAS THIS "EIDECTIC MEMORY?)"
6. "Tell only us"
7. "Your debriefing is only to us"
8. "Watch him"
9. "Watch Michael"
10. "Trust no one"
11. "You have no friends but us"
12. "We love you"

Session 10: Etheric Connection to a Machine on Mars

September 4th 2002

Summary: Pat – would you like to make a summary?

Pat – also, I didn't take many notes of how you looked and felt before and after sessions, so if you can add anything along those lines that would be great.

	5.4 5.1	
<u>Start of Session</u>		
<u>Is anything interfering?</u>	F	The read indicates that we do have interference
Yes		
<u>Identify it</u>	F	
Principalities.		
<u>Do deliverance on them</u>	SF 5.0 SF	
Angels helping	F 4.8	
<u>Is it gone?</u>		
Yes		
<u>Is there anything else interfering?</u>		
Remote viewer		
<u>Do deliverance on them</u>	SF	
<u>Do you have an incident in restimulation?</u>		
No		
(We then went through various questions to check that Pat was in present time. I have not included this part here).		
<u>Is anything else happening?</u>		
Ever since the last sessions – I still think there's a part of me that says this is not true.	4.7	
Things come up in between. I have a concern for safety. The killer part bothers me.	5.0	
<u>Is it just my imagination?</u>	SF	
I feel uncomfortable.	F	
Also a little afraid. This takes away some of my security.	F 4.9	
It's like I found out I have another side I didn't know about.	F	
Like when I went to the _____		PAT – PLEASE FILL THIS IN OR

Dept & pick up a baby and hold the baby, it flashes through my mind whether I'll hurt it. With Michael, it bounces off him. I'm more concerned.	4.8 4.7	CHANGE IT
I have a feeling	F, F	Note the reads and the feeling
Something is hooked into my head.		
<u>Say "Hello" to it till it answers</u>	F	
(she does so)	F	
<u>Command it – "Run out the incident that made you the way you are".</u>	F 4.4	
NO	LF, gasp	Note the big read and bodily reaction
Something came in that said "No, shut down".		
<u>Identify the thing that said "no"</u>		
It's a big, very strong, an authority.		
Not human	F	
<u>Say "hello"</u>	SF	
<u>to it till it answers</u>	4.3	
It gives me a pain in the chest		
<u>Keep saying "hello"</u>	F F	
It gave me a look, and turned it's back	F, Body jerks LF	Note the reads and body reaction
<u>Command it "Run out the incident that made you the way you are"</u>		
I get there are drugs involved – someone gave me drugs		
<p>We stopped doing clearing and switched to kinesiology. I balanced out the drugs.</p> <p>Muscle testing indicated there were radionic drugs being projected. We got Michael in to help and prayed them away.</p> <p>We then returned to the meter</p>		
	F	
<u>Is he still around?</u>	F	
<u>Command it "run out the incident that made you associate with me"</u>	SF,SF,F	
I got "Mars, hospital, abductions".		
<u>Command it "Run out the incident that mde you do whatever they tell you to do"</u>		
He's a watch dog		
<u>Let's go back to the thing in your head now. Command it "Run out the incident that made you the way you are"</u>	F,F	
I saw a flash	F	
They've been tortured		(that is, the beings used to control

		Pat have been tortured to ensure they obey their orders)
<u>Acknowledge it</u>		
Command it "Run out the incident that made you stick to my body"		
Read it it's rights "You have the right of all spirits to your own self determinism, to play any game or not and to leave any game or not. Now you are free to leave, what you do you want to do?"		
The little one leaves. The other ones are gone.		
<u>What else is happening?</u>	4.7	
<u>How do you feel?</u>	F/N	
I feel like it's very difficult to do		
<u>Locate that feeling</u>		
It's outside	4.8	
<u>Where? In the world?</u>	LF	
Yes. Not far.		
<u>How far?</u>		
Within 100 miles. Between 60 and 80. Underground.		
<u>What is the source of the feeling?</u>	4.7 F,SF	
I see a remote viewer		
Hi boss. Two people.		
They broke it off		That is, they broke off the connection
<u>Weave a cocoon around us</u>		
It's a bit harder than last time	F,F	
<u>What else is happening?</u>		
<u>Can I just say the images I get?</u>		
Sure. I want you to.		
I see images of Montauk	F	Note the read. For more information, read the HIGHLY recommended book "Montauk" by Peter Moon.
A train	4.8	
A door		
A force field	Gasp F	
A doctor, has instruments. Something's done to my mind that wipes it out.		
<u>Right now, do we have an incident in restimulation?</u>		
I think so	F	
<u>Yes or no?</u>		
Yes	Gasp LF 4.6	Note the big read
<u>Move through the incident telling me about it as you go.</u>		
I'm on a table. It hurts on the top of my head, and the back of my		

head. I'm not conscious. Oh! The pressure – right in my third eye, and either temple. It feels like something clamped.		
Is it clamped?		
Yes, it's wiping something out. I feel blank.		
I can hear their voices	F	Note the read
Two people		
One's saying "This is the third time".	SF	
The other says "I hope this doesn't change her".		
"Well, we wouldn't have to keep putting it in, if she would just stop looking (for answers)".		
How old are you?		
Fifteen	F	Note the read
	F	
Something in my ears, down the throat, up the back	Gasp	Note the body reactions
Like an electrical charge	Gasp Gasp Gasp 4.5 4.6	
"We're ready for the program"		
My ears hurt. I hear sound, but it's really fast	F	
It's too fast to understand.		
What is the purpose of the sound?		
It's an overlay. It's programs put in, that when triggered over-ride the original personality.	F	Note the read
It's ...	F,F	
It feel it's training		
I 'm seeing fighter ships in space. Maybe that's the training	F	
Is it?		
Yes	F	Note the read
I'm being trained for the fighter ships.	4.5	
I'm being moved out of the room.	Gasp	
I feel sick (in the incident)	F	Note the read
It's the effect of the drug		
The woman I talked about, at the end of the last clearing session, just walked by. She nodded and walked on.	4.7	
Little micro flashes of memory.		
It's the end (of the incident)	F,F 4.6	
Move to the beginning of the incident (she does so). Move		

<u>through the incident telling me about it as you go.</u>		(She takes a while to do this)
There's resistance in my chest.		
<u>Is there a thought form there we can talk to?</u>	F	The read indicates that there is a thought form we can talk to
Yes		
<u>Say "hello" to it till it answers.</u>	F 4.7 4.6	
(she does so).		
<u>Command it, "Run out the incident that made you the way you are"</u>		
It said "Do you want to die"?		
<u>Say to it, "I repeat the command: run out the incident that made you the way you are".</u>	LF	Note we get a read this time
I saw a connection from it to me		
<u>Acknowledge it.</u>		
<u>Command it "Run out the incident that made you stick to my body"</u>		
<u>Acknowledge it</u>		
It was connected to the thing connected to my head	5.0	
<u>Acknowledge it</u>		
<u>Read it it's rights "You have the right of all spirits to your own self determinism, to play any game or not and to leave any game or not. Now you are free to leave, what you do you want to do?"</u>		
It has resistance to this		
<u>Command it: "Run out the incident that made you do what others tell you to do".</u>	5.2	
It still has a lot of resistance but it's showing me a force field. It was trapped in the force field. It's connected to a machine.		
<u>Say to it, "I repeat the command, run out the incident that made you do what others tell you to do".</u>		
(We have to do this yet again).	LF	Finally, we get a read
<u>Is there anything you can do to help him disconnect from the machine?</u>		
He says if he disconnects, they'll just put him back	F 5.1 SF	Note the read
<u>(Now I, Stephanie, come in to encourage it to do this. Plus give it love which helps it get strength to do this)</u>	F 4.9	Note the read and drop in TA. It's working
	Gasp	
<u>Read it it's rights "You have the right of all spirits to your own self</u>		

<u>determinism, to play any game or not and to leave any game or not. Now you are free to leave, what you do you want to do?"</u>		
He's leaving.	4.8	
Instead of just being me, it took on this global scenario – all those people are connected etherically. I was on of millions.		
<u>What planet is the machine on?</u>		
Not on earth. On Mars.		
<u>Move to the beginning of the incident</u>	F	
(Pat ignores my command ...)		
There was a big reaction in me to what I just said		Oops! It looks like I went too fast here and missed something
OH!	Tears LF 4.6	Note the tears and big read
I feel a very intense reaction to what I just said	4.8	
A thought came – it's not millions of people as such, it's people they've worked on.		
It could be people on Mars.		
<u>Have any of the people connected been only on earth?</u>		
No		
This is the Mars Force	SF	Note the read
This is the way they control the Mars Force	LF 4.5 Gasp	Note the big read and body reacion
There's a definite charge inside. Because I dissolved that connection.		
The repercussions can be felt all the way back on Mars.	Laugh	Note the body reaction
They know when one gets free	4.6	
I'm feeling as though they are trying to reconnect me. They're trying to fix it.		
<u>Pray to God to send angels to protect it.</u>	SF	
The best thing is just finding it's there – now I can disconnect it.	SF F/N 4.1	
I feel tired.		
I feel good.	4.0	Note that we started with a high TA of 5.1 and it is now down to an acceptable 4.0.

Session 11: Torture to Suppress Psychic Abilities I

September 5th 2002 am

Note from Stephanie Relfe: Some of the following will be very disturbing to many people. Note that it took a lot of bravery for Pat to confront and talk about these awful things. I repeat, Pat is a very gentle, ladylike, kind person and would normally never imagine even half of the horrible things that were done to her and which were removed from her conscious memory.

Summary: Pat – would you like to make a summary?

Start of Session	4.6	
<u>What's been happening?</u>		
I have Montauk on my mind.	F	
<u>Where were you yesterday, with things on your mind?</u>		
Mars	F	
<u>Do you have an incident in restimulation?</u>		
Yes	SF 4.1	
<u>Move through the incident telling me about it as you go.</u>		
It's easier to do this with eyes open	4.0	
Underground.		
I'm going down.		
I'm taken there in an abduction	SF 3.9	
I'm in a hallway	3.8	
	Grief-tears	Note body reactions
There are very few people in this hallway		
	Shudder	Note body reactions
I'm getting emotionally upset	F	
I see someone who made me upset – a doctor	F Tears	Note the read Note the body reaction
There's almost a hate to it	3.7	
It's something he did with his hands	SF	
Some kind of trigger	Body jerks again	Note body reaction
That's not from there (the jerks). We just got hit		(That is, Pat and I right now in the room got a psychic attack)
<u>By a remote viewer?</u>		

Yes		
Put up your shields		
They're saying "no you're not" (Pat puts her shields up while I put up a rainbow coloured shield around the apartment. Then we ask for God to send angels to help out)	Laughs	
<u>Move back to the incident</u>		
I'm on a table	F	Note the read
The doctor I dislike is there I'm angry because he's the one who keeps taking me for programming. This is after Mars. After I've been time shot back	F	Note the read
I get a feeling I've gotten rid of the connection to the machine before		
That is very right	F	
<u>How old are you?</u>		
Thirties		
Thirty-three comes in	F	
<u>Where are you?</u>		
Underground area of Montauk	F	
<u>Exactly Montauk?</u>		I ask this because I got a read on the previous statement, but it wasn't an instant read (as indicated by being on a different line). His indicates the read was on thought she had after she made the statement
Underground. Not right below Camp Hero. It's off a tunnel.		
I get an impression of water. We may be under water.		
<u>What happens next?</u>		
I'm on a table	F	Note the read
They take readings. Psychological profile as well. The doctor has stepped away.		
It's all so routine	F	Note the read
I'm in stasis	F	Note the read
I'm not unconscious. But not talking or moving.	3.5	Note that TA has come down even further, from 4.6 at the beginning of the session to a very good 3.5. If this was a lie, the TA would be going UP, not coming down.
I've been changed into a different state.		
This takes 20 minutes	SF	
Seems like some things are holding but others are not. They make adjustments.		

This is not the first time. <u>How many times before?</u>		
Just a couple of months before	F Body jerks F	Note the reads and body reaction
That might have been an injection Now I feel a change in my head	SF 3.5 SF	
The man with me is taking to the man I hate – into a listening device. Because he is afraid of me. They need heavy suppression because I hate what they did to me.		
I want to take them out.		
This is new.	SF	
They don't want to lose me.	3.4	
On Mars, something happened. I got free of ...	F Shudder Gasp F 3.3	Note the reads and body reactions
I'm total tingles now. I got free of their control. Something triggered me.		
It was a batch of new recruits. I was a trainer – I am a trainer	F	Note the read Pat is meant to speak in present time throughout the session.
I'm on Mars Now. <u>What year?</u>	SF,SF Jerk F	
1977	F	Note the read
I'm one of the psychic trainers.		
On Mars	SF	Note the read
I meet new recruits	3.3	
There's one recruit – he's a man. His name is David.	SF	
I'm very attracted tom him. My job is to orient and train them. I'm one of many trainers. We have them in small groups. David is in my group.		
Something happens. <u>What happens to David?</u>		
He dies	SF	Note the read
<u>How?</u>		
From drugs	Tears	Note the body reaction – Pat is not the type to burst into tears like this! Note also that this did not get a read – remember this when you come to Session 23.
I am so upset. They forced him to take them. That's when I started to		

get ideas of my own. I hated them. I hated the doctor, but I didn't do anything then. I am going to take them down. I have the ability to, because I had all the training myself.		
I'm waiting	F	
until something comes through that I can use.		
Michael does	F,LF	Note the reads. She is referring here to Michael Relfe of "The Mars Records". When they first met it was as if they were old colleagues who had known each other for a time.
I notice his potential and his power. I decide to use him for my plan. I didn't approach him right away. I put him through some training, but not much. I wanted to see his potential.	3.4	
They found out about what I was going to do.		
I am put in stasis. I don't see Michael again. They're trying to decide what to do with me.		
It's a close decision.	F	Note the reads
Some say, just get rid of her.	F	
Others want to send me back, to get used. They just don't want me there.		
<u>Back to where?</u>		
A ship		
<u>Where?</u>		
First a ship.		
Then earth	F,F	
It's almost a relay.		
<u>How do you get back to earth?</u>		
Through a portal	SF 3.2	
It comes through to a hospital.		
<u>Where?</u>		
Outside Detroit	F	Note the read
<u>What area?</u>		
Lincoln Park area	SF	
They did something to me before I come back	SF	
Torture		
Physical and mental torture, hooked to my psychic abilities		
<u>What do they do to you?</u>		
(not sure if I got an answer or not here – my next note is another question):		
<u>Move to the beginning of the torture incident and tell me when</u>		

<u>you are there.</u>		
I'm there	F	
<u>Move through the incident telling me about it as you go.</u>		
It's a debriefing room	SF	
It's done in a very abusive way. A man comes in. I don't look at this for some reason.	SF	
I can hear him screaming.	F 3.1	Note the read
They're trying to make me ...	F	
This is not done in an alter.		
They want me to remember this, and suppress it. One man is sitting there and he is screaming at me to make me forget, to completely intimidate me. It's to do with abilities on Mars. So I associate danger, abuse and torture with psychic abilities.	3.3	
<u>Move to the beginning of the torture incident. (she does so).</u> <u>Move through the incident telling me about it as you go.</u>		
This is on Mars, before they send me back.		
They find out about what I'm planning	SF	
Suddenly I have no access to Michael.	3.25 SF	
They come and ask me to go with them.	F Gasp	Note the reads and body reactions
I sense what it's about. There's resistance. But I'm cornered.		
I'm sitting in a room.	F 3.25	
A man comes in, not an officer	SF	
I get a flash back -	SF	
As the man walks in – how they found out – when he walked in – I could see he was there to do damage. Not interrogate. So they already knew. He was the conditioning agent. He comes in screaming. I'm sitting by myself. I think – that's to make me feel vulnerable.		
He charges at me	SF	
Shouts	F	Note the reads
"So you think you're powerful enough to do this?! You're nothing!" He reiterates how useless and vulnerable I am. How I don't have any ability to do ANYTHING to them. Anytime I try		

to talk, he shuts me up. He wants me to remember this.	Tk	
Not what he's doing, but the feeling I experience as he's screaming at me, threatening me. – the feeling of vulnerability.	F	
There are others coming in.	SF 3.35	
They Start pushing	F 3.3	
A jab here, a hit to the head there. They push my shoulder.		
They say nothing.	F	Note the read
They let me sweat. The (first) man is still shouting in a loud, abusive, demanding voice.		
There are a total of four of them. The three others say nothing.		
I feel a shove.	F	Note the read
A hit to the back of my head – not hard.	3.4 3.5	
The man talking to me tells me he is going to turn me over to hem. I feel a panic in my stomach. He says over and over again "It's too late" – to pull out, to try to get out of it.	SF Tears LF	Note the reads and body reactions
He ... turns me over to them.	Body jerks	
It's physical abuse.		
I am being raped.		The lack of reads could be due to the fact that Pat cannot confront this part at this stage.
<u>Tell me about it</u>		I need Pat to really "as is" the whole thing and in order to do that she needs to confront it all and tell me about it so that I an acknowledge it and get rid of the charge
They are all men. They stand there. They poke me, and touch me, behind him. The man in front of me has a sadistic smile on his face	F	Note the read
He (the man who was yelling at me) enjoys this.		
There is no restraint. I'm just sitting in a chair. I know what the men are going to do.		
I feel "Please don't go any further with this".	F 3.5	Note the read
But he just turns and walks out of		

the room and says "she's yours".	SF Tears	Note the body reaction
They hurt me bad	F	
<u>What happens?</u> They pull me out of the chair.		
The men are not weak.	F	
They keep saying "Stop me from doing this. Use your abilities".		
But I'm not in my psychic aliter.		
They hit me.		
<u>Where?</u>		
They push me first. I go flying.		
They hit me across the face.	SF 3.5 SF	
They don't let me get up	SF	
They rape me. I feel sick to my stomach. I throw up. There's blood. I feel there, broken bones.		
I go mentally away so I don't feel this.	SF	
It's a repeat of that.	F	
Until I'm unconscious.	LF	
They rape me one after another, till I'm bloody there too.		
This is very unpleasant	F,F 3.4	Good! We are getting more reads now.
I don't want to look	F 3.3	
There is an electrical device. They shock me with that. They keep saying that I can't stop them, I can't do a thing with my psychic abilities. I'm crying. I'm throwing up. I'm spitting blood.		
I'm shrieking.	F	
I'm hating them more and more and what they stand for.		
I'm unconscious.	F	Note the read
I'm being moved out of the room. I'm on a table. Doctors step in. They assess me. A drug is given at this out.		
<u>Do we need to do kinesiology to get the drug out?</u>		
Yes	F	Note the read
We balance out the drug with kinesiology. Then return to the meter.		
<u>What happens next?</u>	4.4 SF,SF,F	
The injuries on m are being worked		F

on by devices.		
I'm unconscious.		
I can feel a heat scanning me.	F	
A whirring sound	F 4.0	
I can feel a heat traveling along my body.		
Now I'm sitting	F	
Now I'm in a debriefing room.		
It's small	F 3.9	
There's a man across from me.		
He's talking.	F	
He's placing or inserting all the physical conscious memories of what happened, and of my consciousness. He's using the alters to store them. The memories of pain, terror, hopelessness, he wants them to stay on an unconscious level in my normal personality, So I will react on an unconscious level with an aversion to psychic things.	4.0	
	SF	
He wants me to remember where, and by who	F	
I'm gone. I'm seeing that they ship me out.		
I go to that ship	SF	
More things are done, with lights	F 3.9	
They don't want me to completely lose my abilities.	SF	
The stop at the ship is to make sure that they are still intact.		
I've been moved in a stasis form.	SF	
It's a device put on my head, not a drug. They teleport me down.		
They had to make sure everything was workable, they needed it.	F	
They could have done it on Mars, but they didn't want to chance it.	SF	
I'm in a hospital bed.		
<u>Is that part of your conscious memory?</u>		
Yes	F	Note the read
<u>What where you supposed to be there for?</u>		
Asthma	F	Note the read
I really need a break	F	I am not surprised that she needs a break!!!!

Session 12: Torture to Suppress Psychic Abilities II

September 5th 2002 pm

Summary: Pat – would you like to make a summary?

<u>Start of session</u>	4.8	
<u>Move to the start of the torture incident and tell me when you are there. (she does so).</u>	F	
I'm there	SF,F	
<u>Move through the incident telling me about it as you go.</u>		
It's not my viewpoint.	F 4.3	
I'm seeing him – the man I hate	F	
<u>Are you seeing him or are you in his body?</u>	F	
In his body		This is one reason why so many people believe they were a particular famous person in a past life. For example, Cleopatra. From a certain point of view, it is easier to be the torturer than the person being tortured. So people sometimes take on the memories they prefer to have, rather than their own.
The recruits are brought up	F	
(Communication lag)	F	
I'm having trouble with this	F	
<u>Move to the incident from your point of view. (she does so). Move through the incident telling me about it as you go, from your point of view.</u>		
For a while I've been able to negate their control.	F	
I feel really weird (here, in present time)	F 4.0	
I don't feel good at all	Body jerks Yells 5.4 LF 5.0	Note body reactions Note big reads and drop in TA

	SF,LF	
<u>Is this the incident?</u>		
Yes		
I'm being scanned	4.9	
They're using another psychic to do it, when I'm under suspicion. They find out my plans.		
I'm aware of what they're doing	F	
I can't hide it – It's there in my mind. I can feel – I know that they know now. There's a real sinking feeling inside.	5.0 5.1	
I wonder what they'll do.		
I think of contacting Michael	SF.	
He doesn't know about this. I haven't had a chance to talk to him.	LF 4.8 4.7	
There's no time. They walk in. I'm asked to go with them.		
We're both playing the game.	F 4.6	
They're not giving away that they know. I'm looking for a way to get out. There's a feeling of being trapped.		
I'm in a chair with the man doing the yelling.	F	
<u>Where?</u>		
On Mars	F	Note the read
The doctor I hate ordered this man. The yelling is going by. I'm not feeling very good right now.	4.5 Tk	
I feel nauseated, hot. I'm sweating the situation.	4.4	
I feel really warm.	F	
I think it's emotional reaction.	F	
The three men come in	LF	
I'm wearing a jumpsuit.	LF	Note the big reads
There's something in the sternum area – like a regulator, for temperature.		
I'm trying to adjust it	F	
The men are yelling at me, preventing me.		
I'm really hot	F	Note the read
He's still yelling	4.1	
The others are behind me.		
I'm so hot.	LF	Note the big read
<u>What is the source of the heat?</u>		
Energy		
The suit is a special suit for psychics.	F	Note the read

Normally they (psychics) produce a lot of heat. They're stopping me from regulating it.		
I'm not in my psychic alter though.	F	
It could be possible I'm starting to use it on my own.		
<u>Are you?</u>		
Yes	F	Note the read
That is why I'm starting to break away. The man yelling at me recognizes that fact. That is why he won't let me regulate it. It's damning evidence of me not staying in an alter. There's nothing I can do.		
There's a psychic tuned into the room as well. He's in with the doctor.	SF	
I feel psychic suppression, so I can't use any abilities.	F 4.1	
It's ...	SF,F 4.2	
He's turned me over to the other men. He got what he needed – confirmation that the alter psyche / psychic abilities are leaking through.	F 4.7 F 4.5	
I feel a smash to my nose.	LF	
And to the side of my head on the left.	LF	Note the reads
I'm jerked by my arm, my right arm.	LF	Note the read. We are starting to get into this incident now.
They hit me in the solar plexus.	F	
I'm jerked to the left now.	SF	
One holds my arms. I feel a crack.		
I hear a crack in my left arm.	F	Note the read
<u>Does that hurt?</u>		
Yes	F	
I don't have time to feel the pain. I get hit again.		
To the right side.	F	Note the read.
<u>How does your broken arm feel?</u>	F	
Pain shoots for a second.		
My left hand feels really weird.	SF	
On being broken.		
<u>Which bone is broken?</u>		
Upper bone	F,F 4.1	Note the read
	F	
I don't want to do this	F	
The jerking is also because they're		

taking off my jumpsuit. They don't give a damn what is happening to me.	LF	
They keep saying – “You can't stop us. Try to stop us.” They taunt me to try.	F	
And then they ... <u>(PAT I CAN'T READ THIS BIT – SOMETHING LIKE use it as an example that they can't. But that doesn't make sense.</u>		
At one point one of them puts his hand over my mouth, with finger and thumb and blocks my nose	LF F	Note the read
I can't breath – I think he'll kill me. He holds till I almost lose consciousness, then he lets it go.		
I feel pressure to my head, as if he has his hand around my temple, crushing me.	F	
Telling me they'll kill me, that I can't stop them.	4.0	
I'm so hot	F	
<u>How is the broken arm feeling?</u>	F	
I can't feel my hand.		
It's burning where it's broken	SF,SF,F	
They're doing what they want – sexually.		
<u>Be explicit.</u>		
Pick an orifice.		
I can feel myself feeling sick while this is going on.	F	
I'm being raped and being hit at the same time. So much is going on at once.		
I can't deal with it.	F	
That's it.	F 3.9	
I'm on the table.	F	
I feel shitty. My head hurts, from a device that's put on my head. I'm still unconscious.		
On Mars	F	
This is odd – because I've had memores of being tortured and raped so many times, and there's a place on my left arm that will hurt		

for no reason.		
<u>Move to the beginning of the incident</u>	3.8	
There's a resistance.		
<u>I repeat, Move to the beginning of the incident (she does so). Move through the incident telling me about it as you go.</u>		At this point I explain to Pat that we have to go over this again and again until she doesn't care about it any more. That is, when the charge is gone.
When I was being tortured, I vomited and defaecated. And they used that as part of it. I was such a mess.		
They ... shouldn't do that to me!	LF Tears	Note read and body reaction
Every time they did something to me, they used it psychologically. They took away completely my control – of breathing, everything. The reduced me to a hideous ...	3.5 LF	
I hated them for it.	3.5 Tears	
They did perverse things	F	
They urinated on me	LF, F	
They made me eat my own shit. The rubbed it on me. All I wanted to do was destroy them.	Tears Grief	
They annihilated me – every respect.		
It was as if they were doing this, the real psychological thing – the taunts – the threats. They were going to kill me. One said “Let's cut her clothes open – let's cut her deep.” There was no safe haven. One was going to gouge out my eyes.	F	
Animals.	3.6	
At one point they said they were going to set me on fire. Anything that would make me afraid.		
<u>Are you at the end?</u>	F	
Yes. It explains a lot.		
<u>Move to the beginning of the incident.</u>		
I can't do it.		
<u>I repeat, Move to the beginning of the incident (she does so). Move through the incident telling me about it as you go.</u>	SF,F	
Something may have happened: I hit back at one of them.	F	
It was earlier – I think that's why		

they completely tore me apart.	F 4.0	Note the read
There was a psychic power when I was heating up – that’s when I hit back.	SF	Note the read
I see a man flying across the room – one to my right.	LF	Note the read
There was more of a battle than I thought. The psychic with the doctor, he immediately hit me back. The men in the room are not psychic. They are trained to be vicious. They weren’t able to defend against it. That’s another reason why they took off my outfit – because they were hoping I’d overload, with no way to cool down.		
I’m around 20 ... Around 28. Not 15. Older.	3.7 F,F,F	
One man’s yelling at me.	SF	
There’s more than just the one man flying.	F	
One went one way. The other man went flying the other way.		
Then the psychic stepped in. He stopped it.	LE	Note the read
<u>Is there anyone you know now?</u>	F	The read indicates that there may be someone she knows, but I accept her answer and move on.
This timeline	F,F,SF	
No		
The person who did it is still over there	F 3.7	
That psychic was my trainer	F	Note the read
That’s why he won out. He totally dampened my psychic abilities.		
<u>Did he have a machine to enhance his abilities?</u>		
Yes		
When I got a sharp pain in my head, I thought that of a device.		
They were afraid of what I was planning to do.	F SF	
Raped	F	Finally we get a read on the rape
Tell me about being raped		
These were big men	F	
When they raped me, my face came just to their chest. I couldn’t breath. They did everything to make me think it was my last second of life. Like when raping me, they would press against me so I couldn’t b reath.		

One choked me almost	F	
Right to the brink and then let go	F	
I couldn't connect to any of my abilities. Finally I couldn't take it all in.		
<u>When they were raping you, did it hurt?</u>		
Yes	3.8	
It felt like I was being torn apart.	SF	
They used all openings. The used the anus as well. And mouth. And when I went unconscious, they would hit and shake me till I woke.	F	Note the read
They also doused me – told me it was gasoline.	F	
I can feel the fear from that	F	Note the read
There wasn't anything left. There was no way I would touch psychic abilities. They wanted me to associated psychic abilities with such terror and endangerment of life, that I'd never do it, ever.	Tears Grief 3.8 SF	
<u>Is there anything else that you have not told me about?</u>	SF	
They started talking to me as if I was in the future.	F	
Like, "You use psychic abilities and we'll come and hurt your family". They wanted me to feel everyone else was in danger too.	F	
They made it very unsafe to even alter my consciousness.		
I'm feeling better.		
The last thing before they pulled me out, was the future thing.	Laugh 3.7	Laughter is a way of getting rid of charge, and indicates we are getting to the end of this.
I feel like there's a wrapping up	F	
<u>Is this incident erased?</u>	F	
I'm not completely clear.	SF	
I feel there was one thing more that was said -	F	
even though I was unconscious, by the doctor.	F	
He walked into the room.		
Oh my God!	LF 3.5	Note the big read
He's telling the man – "We might need you again". He's referring to the future.	Major grief Major gasps	

I think that's the one thing that on an unconscious level stripped me. He couldn't have said anything worse – I want to scream. The anger is so		
I was unconscious when he said it.	F	But he mind records everything, whether or not we are conscious of it.
I didn't have a chance to react to it. Son of a bitch!!!!	LF 3.3 3.4 Tears Grief F	
A thought - I'll still take you down. I have wanted for years, to overthrow them, to stop them. I interpreted it as the government, then I learned of the shadow government.	F	
I will stop you There's a lot of pain in my chest.	F/N Good indicators	But I need "Very good indicators" to before I can feel that we have got everything.
No. The pain is going through my body. It started at my chest. It's going through my arms and legs.	F Deep breathing 3.5	
I'm feeling better. I think they were (_____PAT – WHAT GOES HERE?) me at that moment. I'm feeling better. And better emotionally too.	F,F F/N	
Pain is still there. Both wrists. Up to my arms. I can hear him say "Get her out of here". I'm in the other room now, with the other doctor. They could fix it all – I wouldn't have a bruise. He patched me up. They kep me out a while doing the procedure – energy healing.		
I keep realizing I'm ... Something was inserted at that time	F	Note the read
An implant Back of my head	F	
How many inches long is it?	F,F	
One inch It's angled up	F	Note the read
Say hello to it till it answers (she	LF	

<u>does so). Ask it, what is your purpose in being here?</u>		
It's a tracker	SF	Note the read
It's also added insurance for psychic abilities.		
That's interesting – I get a lot of pain in the back of my head. It's usually if I'm trying to sit and meditate. My desire to constantly access my psychic abilities is – I will do what I want to do. I have written this into my prayer. It's almost on the revenge level.		
It hurt for me to see _____ (PAT WHAT GOES HERE?) them the light.	F	
<u>Do you still want to blow them up?</u>	LF	
Yes		
No – Let me change that. I've learned a lot of the power of God. If I win, I can wipe out their system without injury to anyone.	F F/N 3.4 VGI Laugh 3.2	

Session 13: Pat Seeks Recruits & is Discovered

September 6th 2002 pm

Summary: Pat – would you like to make a summary?

<u>Start of session</u>	4.2	
(We run through a few things)	F/N 3.9	
<u>Do you remember the end of the last session we did last year? (I read out my notes, up to the part where the woman said of Pat "Keep her")</u>		
Yes		
<u>Move to the beginning of the incident (she does so). Move through the incident telling me about it as you go.</u>		
I'm taken to accommodations.	3.7	
<u>Where are you?</u>		
On Mars	F	
There's interference	SF	Note the read
<u>Put up your shields (we both do).</u>		
There's someone here	SF	
<u>Locate them</u>		
There (she indicates a place in the room)	SF	
<u>Who is it?</u>		
The monitor		
Ask him to leave.	3.7	
I got "I have always been with you".		
<u>Is this a part of you?</u>		
No		
<u>Ask it when did "always" start?</u>		
On the battlehip		
<u>Is it a person or an entity?</u>		
It's like a super person		
<u>Does it have a body somewhere?</u>		
Yes	SF	
<u>How do we get rid of him?</u>		
(no answer recorded)		
<u>Build a light. Also, pray to God to send angels to remove him.</u>		

Say "hello" to it till it answers. (she does so).		
Ask it its purpose		
He says he was assigned.		
Acknowledge him		
Command it, "Run out the incident that made you the way you are". (Answer not recorded)		
Say, "I repeat the command, run out the incident that made you the way you are"	F,F	
I see someone who has been an agent for them, and now he's in a warp, where he serves as a monitor.	F	Note the read
Command him "Run out the incident that made you do as they tell you"		
He had no choice	F	
It was this or termination		
He says it's not as bad as you think	F	
Give him information on Near-death experiences, (to educate him on the fact that many people feel MUCH better when they have dropped their body).		
He's not upset about it.	F 3.4	
What happens when he goes to sleep?	F	
Let him stay		
What does that mean?		
He's out of phase so we can't see him		
Pray to God and remove him		I am not interested in letting him stay
Okay		
Is he gone?	F	Note the read
Yes	F	
Move to the incident on Mars where the woman said "keep her". (she does so)		
What happens next?	F/N F 3.2 Laugh	Now we get somewhere with some reads
I'm taking care of him a bit more. I blasted him till he's out of sight – it's just light – he's not being hurt.		
That's much better	F	
I could feel him start coming back	3.1	
In the incident on Mars, what happens next?	F	
I move out of the room.	F/N	
There looks like a guard walking beside me. I'm taken to another		

room. It looks like an accommodation room.	F/N	
I'm feeling sick to my stomach (in the incident, plus now as well).		
It's a drug. Pain in my chest.	4.5	
Now I'm standing with people in a line, next to each other.	4.1	
This is training.	4.0	
<u>How many times have you been to Mars?</u>	F	
Eight	F	Note the read
<u>The first time, how long did you go for?</u>		
Thirteen years	F	Note the read
<u>How many years in total?</u>		
Twenty-one years	F	Note the read
Now I see myself in a fighter ship.		
<u>Are there any drugs we need to balance out?</u>		
Yes	F	
We stop and do kinesiology and balance out two drugs. Then return to the meter.		
	F,F 4.5	
It's a quick excursion in space around Mars	F,F	Note the reads
The drug was used to increase my perception and reaction times.	4.1	
They are not big ships. They're very streamlined.		
<u>How big?</u>		
20-25 feet	F 4.0	Note the read
Now I'm in a classroom	F 3.9 SF	
People are doing different things on a psychic level	F	Note the read
They are pleased with my ability	F	
I'm used as a demonstration some times.	F 3.75	
I skip again to another time. Now I'm an adult.		
<u>What year is it?</u>	F	
1970		
	SF	
<u>1970?</u>		
	F,F,SF	
<u>(Answer not recorded. I continue on)</u>		
The situation is reversed now. Now I'm a teacher. This is after they've had the drugs.	F, SF,F,SF	
(communication lag)		
I'm going off Mars to earth on a		

regular basis.		
But I don't go any further than Montauk.	SF 3.7	
This is not coming very easily	F	
<u>Repeat "This is not coming very easily".</u>		
This is not coming very easily, this is not coming very easily	LF,SF,F	
I'm in charge of recruits	F	
<u>Where?</u>		
Mars		
I check that they transport up all right	F	
From Montauk to the ship. On the ship they're processed more, then sent on.	3.8	
I'm in one of my alters.	F	
<u>Which one?</u>		
Pat Three	F	Note the read
<u>Are you ever in Pat One?</u>		
Yes	3.9	
I'm not seeing anything		
<u>Repeat "I'm not seeing anything</u>	LF	
I'm not seeing anything, I'm not seeing anything	3.7	
	F	
<u>Keep repeating</u>		
I'm not seeing anything, I'm not seeing anything	F 3.8	
	F,F,F	
<u>What's that?</u> (meaning, the thought behind the last lot of reads)		
I'm feeling a pressure in my chest. Before I felt that I was with my trainer. I'm all over the place. I'm back on Mars.		
I'm being reamed out by him for some reason.	F	Note the read
It was my handling of some recruits	F,F	
I'm given a warning	LF	
I'm not really happy about it	F	
<u>What happened?</u>		
I'm just waiting	F	
<u>I repeat, what happened?</u>	F,F	
I have been doing some experiments with the recruits that they didn't know about	F,SF	Note the reads
Psychic stuff	3.7	
<u>Move to the period before that</u>		
<u>What were you teaching them?</u>		
	F	
My way		
<u>What is it about your way that upset them?</u>	F,SF	

My method is not as under control as their way. I feel like I'm starting to pull away from my superiors.		
I'm ... but I'm smart enough not to let them know this. I do it in secret. I have recruits there willing to follow me.	F	
<u>Move to the next incident</u>		
I have a confrontation with one of the other trainers	F	
Things are being discovered	F	
This was after David	F	
<u>Before the torture we looked at yesterday?</u>		
Yes, before	F	
The confrontation with the other trainer was that I'm trying to recruit his people	F	
I think I'm trying to recruit a group.		
It's getting too precarious		
<u>Is this a good place to end this session?</u>		
I feel terrible		So, it's not a good place to end the session
<u>What you're feeling, is it your feeling or someone else's?</u>		
It's mine	F	
<u>Describe what you are feeling</u>	F	
I'm really hot, like I'm using my psychic ability. I'm trying to keep track of what they're doing – counter intelligence.		3.5
I feel that it might be good to increase my efforts	F	
I feel so hot now. I'm pouring energy out.	SF	
I have to stop trying to recruit people, it's way too dangerous.		
I decide to wait.	F	3.3
	F	
Michael comes up	LF	
I change my plans	LF	
I don't do anything when I first see him	F	
But I recognize his ability.		
I make sure he's not with my group	F	
<u>Why?</u>		
So they won't become suspicious	F	
But I keep monitoring his processing		3.4
I feel very awful inside right now.		

<u>Is that your feeling or someone else's?</u>	F	
Someone else's		
<u>Identify who the emotion is coming from</u>		
My trainer		
They've put him onto me to find out what I'm doing. I'm being probed	F	
<u>What was that?</u>		
I'm doing a lot of thinking of what's the best thing to do. I know I've been discovered.	F	
And that I'm in their battlefield	F	
I did not have a great deal of assignments. I was put to training very quickly, because I showed a lot of ability at that. I still feel the energy of that trainer.	LF	
	F,F 3.3	
They come for me	F	
I'm asked to go with them		
<u>How many total years have you been on Mars at this time?</u>		
Thirteen	F	Note the read
<u>Where do the other eight come from?</u>		
It's not for me to say – It's better I say nothing	F 3.3	
A man is yelling at me.		
I've been back to Mars since they sent me back after they tortured me.	F	
No way!	F,F,F	Note the reads – she has just obviously had a big realization
They re-tortured me. When they took me back, they had to re-torture me.		
<u>Did they re-torture you?</u>		I ask this since she said “no way”
Yes	F	Note the read
<u>Is this the incident we looked at yesterday incident or another incident?</u>		
Another	F	
<u>What year?</u>	LF,	
1983	F,SF 3.3	
<u>Move to the beginning of the incident (she does so). Move through the incident telling me about it as you go.</u>	SF,F	
I was taken at night	LF,SF,F	Note the reads

There's more devices in this one	F	
I can see myself hooked up to something	F,F 3.4	
Why do they keep torturing me?	F	
I possess something they just can't let go	F,LF 3.3	
	LF,F,F	Note the reads
I'm being tortured by devices	F	
<u>Where?</u>		
Mars	LF 3.8	Note the read
	SF	
They're still using me, in an alter. But I'm not safe when I'm not in the alters.	3.7	
There is an anomaly in my brain.	3.8	
<u>Have you been given a drug?</u>	F	
(not sure what was said here, because next I ask)		
<u>Have you been given the energy of a drug?</u>	F	Note the read
We stop and do kinesiology and balance out the energy of a drug. Then we return to the meter.		
	4.8	
I'm being programmed	F	
Someone decided it's safer to not let me totally go. So they continue to use me. But they have to keep reprogramming.	LF,F	
<u>Are they still using you to the present day?</u>		
Yes	F	Note the read
<u>When was the last time?</u>		
Last month	F	
<u>Move back to the incident</u>	SF	
Remote viewing is part of the reprogramming	F	
I'm in a chair. I'm doing remote viewing for them		
<u>What is the year?</u>		
1983	F 4.0	
I also did it last month as well.		
<u>Go back to the 1983 incident</u>	3.7	
The remote viewing part was after the torture		
<u>How much time elapses?</u>		
Six hours		
<u>How do you feel now?</u>		
Much better	F	
<u>In last year, what is the time period between abductions?</u>		
A couple of months	SF	

<u>In your whole life, how many times have you been abducted?</u>	F,F	
150	SF	An adage of clearing is that repetition leads to discovery.

Session 14: Pat Seeks Recruits & is Discovered

September 7th 2002 pm

Summary: Pat – would you like to make a summary?

<u>Start of session</u>	4.0	
<u>What's been happening?</u>		
Last night I had a brief image of someone completely blowing apart.	SF	
I have a tendency to go through books looking for information, because they took the memories away.	SF 3.9	Note the read
It's to do with energy and manipulation of energy.	SF	
The abductions are to make sure it's holding.	SF	
<u>Move to the beginning of the incident of the person blowing apart (she does so).</u>		
<u>Is this an incident?</u>		
Yes		
<u>Move through the incident telling me about it as you go.</u>	3.8	
It's on Mars	SF	
<u>Is there any interference?</u>	SF	
Yes		
There are two		
<u>Two?</u>		
<u>In or outside this room?</u>		
Maybe this guy told his superiors.		
Do the same thing I got you to do yesterday.		
They're gone		
It was so easy.	F	
<u>Move to the beginning of the incident.</u>		
I'm there.	SF	
<u>Move through the incident telling me about it as you go.</u>		
I'm part of security on Mars. I'm running through a hallway, chasing someone. I'm chasing a man.		

I stop. I'm receiving orders.	F	
The previous order was to retrieve him.	F	Note the read
I stop and do the order.		
He blows apart.	SF	Note the read
<u>Do you have a machine to help you?</u>		
Not that I know of	SF	
Have a look		
Something is near my chest area.	Tk	
Like a shiny piece of jewellery, but it's hooked to my outfit	SF,F	
Back in the debriefing room. They're talking about me.		
They're doing something to me.	F	
I'm shut down like a robot.		
They're concerned about something.	F	
I feel like when my trainer came into me -	SF	
They're checking me psychically	SF	Note the read
They've checked the device		
They're not happy by what they find		
	SF,SF	
One says, "This could cause problems"	SF	
I think they can't completely control me		
	F,F,LF	
There's a part where I'm extremely adaptable. Maybe I didn't use as much of the machine as they thought I would	F	
Is that what happened?		
Yes	F	Note the read
I'm marked for monitoring	F	
<u>Move to the beginning of the incident (she does so).</u>		
<u>Is there a new beginning to this incident?</u>		
Yes		
<u>Move to the new beginning of the incident (she does so). Move through the incident telling me about it as you go.</u>		
He came up with a batch. He's one of the new recruits. Somehow he got through our security. He's been sent by a warring faction to infiltrate.		
	Tk	
He was good enough to get there and into the program, but not good	F	

enough to make it through.		
<u>What is the name of the faction?</u>	F	
X		Pat – was the name of the faction x – or did I just not want to record it?
We uncover him. He takes off.		
He's running towards something.	F	Note the read
I was sent to retrieve him		
<u>What is he running to?</u>		
A device that will transport him out.		
It's a co-ordinate – not a device.		
He took off too quick.	F 3.5	
They told me to terminate.		
I did.		
<u>What is the next viewpoint to be run?</u>		
The recruits		
Be the recruit (she does so). Move through the incident from the recruit's point of view.		
I'm human, but I've got a lot of added things.		
I'm nervous.	SF	
They better know what they're doing.	SF	
Hope it works	SF,SF	
I'm seeing ...	F,SF 3.4	
There are recruits moving around. I'm in the midst of them. The trainers help them through the drug phase.	SF	
We haven't been divided up yet. There's an energy going through the room.		
I'm having trouble keeping a composed front.	F	
It's a sensing energy.		
They're looking for implants or additions to bodies.		
It passes through me.	SF	
They're dispersing – going out with various trainers.		
No one is taking me.	SF,SF	
I'm feeling really nervous about one trainer who's left.	SF	
She says "come with me"	SF	
But we go off in a different direction.		
We're walking down a hallway	F	

I'm more nervous. This is not working	F	Note the read
I was a fool	LF Body shakes 3.4 F	Note the read and body reaction
(Interruption from Pat saying: I don't want to go through the feeling of being blown up. I tell her to continue).		
Various technicians are in the hallway. I'm looking for a way out. I know where I'm being taken. I don't dare hit the beacon while I'm in this area.	F Heavy breathing F	
She doesn't say a word (here he is referring to Pat)	F,F 3.3 F,F Looking around & very heavy breathing 3.4 3.5	Note the reads
I see a man approach a door. This is it. I'm running. The man ahead of me is not aware – I go through the door. I hit the beacon.		
She hit the beacon – she is right behind me.		
(Pat interrupts again saying: I don't want to go further)	Tears	
I'm looking behind to see where she is.		
I feel all around me this pressure	Gasp	
That's the end		
<u>Be yourself again</u>		
Good!	F	
I'm glad I'm not in that viewpoint any longer – I felt everything.	F	
<u>While on Mars how many did you kill?</u>	F	
That can't be right		
82	F	Note the read
<u>How many have you killed off Mars?</u>	F	
I'm not to know that	F	
<u>Repeat "I'm not to know that"</u>		

<u>I'm not to know that, I'm not to know that</u>		
Nothing's coming		
<u>Repeat "Nothing's coming"</u>		
Nothing's coming. Nothing's coming.		
<u>I repeat the question, how many have you killed off Mars?</u>		
34	F	Note the read
It's a heck of a lot.		
<u>Do you consider killing the recruit as an intentionally committed harmful act?</u>		I am here working to get all charge off. Our minds improve when we remove charge from things done TO us. But our lives get better when we get rid of the charge, accept responsibility, and ask God for forgiveness, for the things done BY us.
Yes		
<u>When was this?</u>	F	
<u>I repeat, when was this?</u>	F	
It's not there		
<u>Repeat "It's not there"</u>		
It's not there, It's not there	F,F	
1975	SF	
<u>Where?</u>		
Mars	F	
<u>What was the effect of this on others?</u>		
The people who sent him – it destroyed their chance of infiltrating Mars.		
There's a girl who was involved with him, and never saw him again. She always wondered.	SF	
Did she know he'd gone?	F	
Yes, he was in the military.		
<u>Did she know how he died?</u>		
No	SF	
His parents.		
They were told he died in an explosion.	SF 3.4	
<u>How did this affect them?</u>		
They were upset.		
<u>Did this affect anyone else?</u>		
It affected the people who told me. It made them glad I did it, but also disturbed them, because I did it more with me than with the machine.	SF	Note the read
<u>Anyone else?</u>	F	
His friends	F 3.3	

<u>How were they affected?</u> They were told he died on Mars, during a training accident. His faction.		
The girl. <u>If not on earth or Mars, where are they?</u>		Pat – there seems to be something missing here – how did the subject of the moon come in – please add anything you can to help
The moon <u>Are you willing to take responsibility?</u>	F	Note the read
Yes <u>And the effect on others?</u>	F 3.3	
Yes It seems to be a community were they are The girl wasn't an active agent for them	F	
I feel that's done	F F/N VGI	PAT – WHAT IS THIS NEXT BIT ABOUT? Please add whatever is needed to make it make sense.
Greys <u>Reptilians?</u>	F,F	
Three <u>Other aliens?</u>	F	
Ten <u>How old when first abducted?</u>	F	
Ten Just after born	F	Pat – How come two answers?

Session 15: Pat Abducted from our Home

September 7th 2002 pm

Summary:

This was unusual because in this session Pat was abducted from our apartment in Arizona where she was staying – but we ourselves had not been abducted from this home.

This was due to Michael changing the Quantum Matrix not just in our home but also in ourselves every few days. (See “The Mars Records, Book 2” for instructions at www.themarsrecords.com).

Michael got the realization that one has to change the Quantum Matrix inside ONESELF to stop abductions after he got taken when we stopped in a car part while traveling from Virginia to Arizona around April 2002.

They did not do too much to him at that time as it was a new group, because it was in a new area. We assume they figured that the Virginia people had overstated the problem when the Virginia people said they couldn't get him, and that the Arizona people figured they could pick him up again when they wanted. They were wrong. Before that time Michael did not change the Quantum Matrix inside ourselves. After that time he did it every few days. We have not been taken between that time and time of writing, November 2003.

When he changed the Quantum Matrix in ourselves, he would always touch me so that we would move together to a new reality. (See www.realityshifters.com for information on changing realities). If you have children, you want to touch everyone in the family when you do this.

Pat – would you like to make a summary?

At the start of this session Pat looked pretty awful. Last night she had looked fine.

Start of session	4.0	
I'm seeing myself outside last night	F	
Pat felt that she had been abducted last night, and definitely looked out of balance, so I gave her a kinesiology balance. She was way out of balance: Her Central Nervous		

Sytem was out of balance, and wouldn't correct by the normal procedure. Muscle testing indicated that I had to remove wernicke's commands before the correction would take.

The following wernicke's commands were removed:

1. "Forget this"
2. "Don't remember this"
3. "You weren't here"
4. "This is a dream"
5. "You don't know anything about this"
6. "You won't remember this"
7. "You are under our control"
8. "Follow your programming"
9. "Your programming holds"
10. "Die if you remember"
11. "Fall if you remember"

Then I balanced out two drugs. Then we returned to the meter.

<u>Do you have an incident in restimulation?</u>	F	The read indicates that she does
Yes		
<u>When is it?</u>		
Last night		
<u>Move through the incident telling me about it as you go</u>		
I see myself walking out to the parking lot		We were in an apartment complex in among the woods at the time
<u>What time is it?</u>	F	
3 am		
<u>3 am?</u>	F	
Yes		
There are two men there	F,F	Note the reads
But they don't have a car	4.6 SF	
We're in some room		
<u>Where?</u>		
Montauk	F	
<u>Is this still last night?</u>		
Yes		
They turn me over to a man	SF	
The two here were to make sure I got out of the house. The turn me over to someone. They weren't wearing suits – some kind of jumpsuit.		
They walk away	F	
I'm feeling emotional at this point.		
I don't feel good	F 4.25 Shakes	
There's the main doctor and another man with him. They're discussing the fact that they can't seem to keep the programming in.		

It's something to do with my brain. The one says: "She's almost too much trouble for the worth of it"	F	
They're having this discussion right in front of me	SF	
One says "Let's do it again"	F	
The drug is given. They don't do anything physical to me.		
I'm seeing myself back in bed.	F	
<u>Move to the beginning of the incident (she does so). Move through the incident telling me about it as you go.</u>		
Two men		
<u>Move back to when you were in bed and move through the incident from there.</u>		I want to see how she got out of the house
I'm there (in bed)	SF	
I walk through the door without opening it.	SF	Note the reads
It's by an increase of my vibration	F	
I'm slightly out of phase.		
I didn't even walk down the steps. I just move to where they are at.		
I'm not getting the door on the way back.	F	
I just go through the wall from above.		

Pat looked and felt a lot better after this session.

Session 16: Pat kills a General – on 4 Different Time Lines

September 8th 2002 pm

Summary:

Start of session	5.5	
Is anyone interfering?		
Yes		
<u>Remove them, weave a cocoon for protection etc. Also pray for a successful conclusion. (she does so)</u>		
<u>Do you have an incident in restimulation?</u>	F	The read indicates that, yes, we do.
Yes		
<u>Move through the incident telling me about it as you go.</u>		
I'm seeing a wall	5.2 SF,F	
The wall is there and it opens and there's a door. I go through it.	SF	
Into an installation.		
<u>When is this?</u>	F	
Two years ago.		
This is on earth, nothing to do with Mars		
<u>Where are you?</u>		
Montauk	F	Note the read
I get a check-up. I normally go to Montauk because they know me the best, and they're keeping tabs on it.	SF	
It's not through Camp Hero	Tk	
It maybe near Brookhaven.		
It is near Brookhaven	SF	
Outside entrance, but not in a complex of buildings. It's a wall, it just disappears.		Pat – please add to this to make it clearer
The wall is in a garden complex.		
Brookhaven Labs	F	
I feel water over me again – we're		

down deep, under a river. I walk in as though it's normal. Nobody is with me.	5.1	
I'm now in a room with a couple of technicians.	SF	
No physical type of machine I can see.		
Something says: "This isn't true, this is my imagination"		
<u>Is that from a wernicke's command?</u>		
No		
<u>From an entity?</u>		
No		
<u>From a demon?</u>		
No		
<u>From a person?</u>		
Yes		
Push him out		
There is machinery in my body so they know about this		
<u>Use your abilities to deactivate the machine.</u>		
There is pain in the top of my head, dead centre.		Note the onset of pain
<u>Did you have this machine in you yesterday?</u>		
Yes	5.0	
It's an interface, and it's used a lot when they want me to come.		
Whoever was interfacing did not like me knowing that one	F Deep breaths Gasp 5.0 F 4.9	Note the read And note the body reactions
Energy is being sent to me, giving me shocks	F	
<u>Pray for more protection</u>	5.0	
I've asked God to send legions of angels to protect me		
I can feel the irritation of the man.		
Oh!	F	
I thought there was only one!		
I see all kinds of relays in my head.		
<u>Locate the weakest link.</u>		
Destroy it	F	
I destroyed it	F	
I'm seeing a reaction with the others.		
<u>Move back to the incident</u>		

I'm being programmed It's a program to do something	F SF,SF	
Time travel	F	
<u>What year is it now?</u> 2000		
<u>What year do you go to?</u> Nothing's coming		
<u>Repeat "Nothing's coming"</u> Nothing's coming, nothing's coming		
<u>Have you been given a drug?</u>		I ask this since we have a high TA and the reads seem to have stopped
Yes	F	
We do kinesiology and balance out the drug, then return to the meter.		
<u>What happens next?</u>	F	
I'm out of there	F	
<u>Out of where?</u> It's the same incident. I leave. But it's like being sucked into something	5.0	
I'm in an official place	SF	Note the reads
<u>When?</u>	SF,F,F 4.9	
<u>I repeat, when?</u> I know	F,SF	
<u>Is it still 2000?</u> No		
<u>I repeat, when?</u> 2004	F	Note the read and that this session was one in 2002
I'm in a government area. There are guards. It's on the east coast.		
<u>Of America?</u>	SF	Note the read
Yes. Washington.		
<u>Have there been any earth changes?</u> Things look normal to me.	5.0	
It's to terminate someone	SF	
It's a military general	SF	
<u>At the base you go to?</u> No, in an office in a building.		
	SF	
This has to be an inside job – I walk into the building.		
<u>Can they see you?</u> No		
It's done by bending of the light.	SF	Note the read
If they could stare at me for a while, you'd see me.		

<u>Is there a machine helping you do that?</u>		
Yes, it's the interface		
The general is sitting at his desk. I enter the room.		
I feel someone is looking through me at him	F	Note the read
I'm used as a monitor. I stand and wait. They send me there so they could key into him, or astral level	F	PAT – Is this “his astral level”, “on an astral level” or what?????
What he's going to do, he hasn't done yet. They're deciding. They tell me to terminate him. I give him a stroke. That's it.		
<u>Was this a harmful act?</u>	F	Pat – not sure what was said here either
Not from me		
<u>What harm was done as a result of this act?</u>		
It upset the staff. His wife, his children.		
<u>What was he going to do?</u>	F	
There's nothing there	5.0	
Ask him, or his higher self		
Oh!		
He was planning on taking some new technology and using it to affect a shift in power.	SF	
<u>Was he more of a freedom fighter or more of a suppressive?</u>		
He was more of a freedom fighter. He's not alone. Others are spooked by what's available (that is, technology) and how it's being used.		
The stroke was to send a message to the others.		
I'd like to end this here.		Rule of clearing: Do not let the client decide when the session ends – if they want to end it, there is usually something they need to look at.
<u>How do you feel?</u>		
Like it's not complete	F	The read indicates that, yes, it is not complete.
<u>Move to the beginning of the incident (she does so). Move through the incident telling me about it as you go.</u>	5.3	
It's something else to do with the General.	LF 5.1	Note the read
The death of him makes it worse.		

<u>Worse for the good guys or worse for the bad guys?</u>		
Worse for the bad guys.	F	
If he lived, someone else would have taken over his job. That puts in motion these effects. It makes it worse for the people I'm working for.		
Humanity loses in the end.	4.9	Now we are getting conflicting statements: The reason will soon become clear
Now I'm confused – I'm trying to work it out.	SF	
Someone takes over.	F	
The situation gets worse.		
<u>Worse from whose point of view?</u>		
The guys I work for – they didn't get what they wanted.	F 4.6	I begin to get an idea of what is going on and why there is so much confusion, so I ask the following question:
<u>How many time lines are we looking at?</u>	F	Note the read – that indicates that this question was relevant. Remember, there are in infinite number of time lines, each one slightly different from the other. For more information see www.realityshifters.com
Four		
<u>How many times do they send you to kill the general?</u>		
Four	F,F 4.5	Note the reads
<u>Is there a different outcome each time you kill him?</u>		
Yes	F	Note the read
Somebody didn't like that (meaning, us finding this out)	LF	
They're very disturbed		
<u>Acknowledge them</u>		
Now I feel better	4.4 F/N	
I feel an anger at being sent to do this, four times!	F F	Note the reads
I got peeved off that they kept sending me back.		
<u>Be the general the first time you killed him (she does so)</u>	4.3	
Re-experience your death	F 4.4 Gasp LF 4.1	
Oh God! – that hurt!	4.3	
He realized something was going on, just before it happened – on the left side of his head.	4.5	

Oh my God!	Gasp LF 4.0	
He half stood, and then went face first.		
I could feel him falling	SF 4.2	
It wasn't an instantaneous death. Now he's gone.		
<u>Be the General the second time you kill him (she does so)</u>	F	From memory, I think Pat was surprised I told her to do this, and was fairly unwilling to do so.
<u>Re-experience his death, the second time you killed him</u>	SF 4.3	
I'm not having a stroke	F	Note the reads
I'm choking	F	
How?	4.0	
There's no one around. I feel crushing in my throat.		
<u>Is the woman Pat doing this to you physically?</u>		
No	F	
He's gone		
<u>Be the General the third time you killed him (she does so)</u>		
Re-experience his third death	4.2 Gasp LF	Note the body reaction and big reads
It's like a blow to the head	4.2	
That one's in the head again	F 4.3	
It's like a concussion	LF	Note the read
Like a cleavage right through the brain, in the third eye area. I've got a lot of pressure in my third eye.		
It's almost like a hole there.	F	
But not from a bullet		
It's ended	F	
<u>Be the General the fourth time you killed him (she does so).</u>		
<u>Re-experience his fourth death</u>	Gasp	Note the body reaction
This one's a fire	F	Note the read
<u>Spontaneous combustion? Or a normal fire?</u>		
It's just him	F	Note the read
<u>Will it look like spontaneous combustion to others?</u>		
No		
His desk is charred as well.		In spontaneous combustion, no furniture is ever damaged.
It doesn't start with him.	4.3	
It starts on top of his desk.	F	
Next – he's a total torch. The first part was to disguise it. The		Repetition leads to discovery.

second part was spontaneous combustion.		
Is he hurt?	F	
It's very brief		
There was more emotion when he was trying to put the fire out.		
<u>What was the effect on others when you killed him the first time?</u>		
The first time was when another guy took over.	F	
That did not happen with the others.		
The fourth time he became almost a martyr. That was not good for the dark forces.		
<u>What about the other two times?</u>		
The dark forces benefited on the third time.		
The light forces benefited on the second time.	F	
The first time was kind of up in the air.		
<u>Are you willing to accept responsibility for all four deaths?</u>		
Yes	F/N	
The general was watching us there	F	
He said "It's about time you admitted it"		
He kind of forgave me	F/N	Normally this would be the end of the session, but I had a few questions to ask about other things:
<u>(Here we ran through a few questions that I wanted to ask and that Pat had asked me to ask her on the meter)</u>		
<u>When you walked through the door in our apartment, did you have technology to help you?</u>		
Yes	F	Note the read
<u>Are you on a _____ list?</u>	F	Pat – What is here? It looks like 'Psych'
Yes	F	
<u>Have you ever been taken at work?</u>	F	Pat works in a hospital
Yes		
<u>How many times?</u>		
24	F	Note the read
<u>Do you know anyone now that you knew on Mars?</u>		
No		That figures. We get the feeling that anyone who has been returned from Mars was sent to somewhere where they would be unlikely to meet other people from Mars who would trigger

		memories.
<u>Is your mother your biological parent?</u> No	LF	Note the read, indicating that, yes, the answer "no" is correct.
<u>Is your father your biological parent?</u> No	SF	This was not an instant read, so the answer may not be correct. There is probably more to this.
<u>Have you been targeted and pursued by government agents?</u> Yes	F 4.1	
<u>Is there a base beneath your hospital?</u> No		No read on the answer or question. She may not be ready to see the truth, there may not be a base, or there may be something wrong with my question eg there is no base as such, but something else.
There's a corridor to a shuttle		

Session 17: Abducted at the hospital

September 9th 2002 pm

Summary: Also negative hallucinations, and wernicke's to die if she remembers her code.

<u>Start of session</u>	4.9	
<u>Do you have an incident in restimulation?</u>	F	
Yes	F 4.7	Note the reads
<u>Move through the incident telling me about it as you go</u>		
At the hospital, where I work, there's a locker room	SF	
I hear noises all day – bells ringing etc., so I like to go where it's quiet.	SF	Note the read
I feel that ...	F	
I'm not there all the time (in the locker room), but I feel as though I am because I don't have any break	F	
Somebody comes for me. Somebody I know walks in.	SF	
He says something to me.	F	Note the read
It's not something normal like "how are you"		
<u>What does he say?</u>	F	
(I can't get an answer to this so we move on):		
We walk down the hall. There's nothing unusual, till we get to the west building. It's the older building. I work in the east wing. The west wing is an area off of an underground tunnel.	SF	Pat – do you know this consciously about the tunnel????
We ...		
go into an elevator.		
<u>Is the elevator hidden?</u>	F	
Yes		
<u>How?</u>		
It's behind some ...	F	

a storage area – the shelves just move.		
We're going down	SF	Note the read
I think I've been put into a hypnotic state – I'm not in an alter. I feel it's hypnotic.		
<u>Are you in a hypnotic trance?</u>	F	
Not a trance		
<u>Is it hypnotic control?</u>		
Yes	F	
It's not one of my alters. The elevator stops and opens. It looks like a subway station. There are people going back and forth.		
This is the shuttle	SF	Note the read. Interesting that she said "the" shuttle and not "a" shuttle.
This cannot be happening on my lunch break	F	
<u>When is this?</u>	F	
<u>What year?</u>	SF	
1999	SF	
<u>What month?</u>	SF	
February		
<u>What day of the week?</u>		
Tuesday	F	
<u>What happens next?</u>		
The man with me is talking to someone about me	SF 4.5 F 4.6 SF,SF	
They're still talking	F	
I was trying to make sense of what they're saying, but it doesn't make sense.		
One points to a room behind us. We go in there.		
They've decided against taking me anywhere due to the time element.	F	
This room has ... it's computer looking	F	
I get the sense it's literally hooked up to points all over the world.	F	Note the read
There are literally hundreds of these shuttle rooms	SF	Note the read
It's a monitoring area for the area		
<u>What is the radius it monitors?</u>	F	
About 80 miles radius	F	
It monitors electromagnetics, moods (of people). It's hooked to HAARP.		
They sit me down	F	
In a round thing, it's concave.	F 4.7	For information on HAARP, do a search at www.google.com

These machines have a psychic interface.		
A lot of data going out		
<u>Are you hooked in?</u>		
I'm not hooked in – it's around me.		
A lot of data is coming in on an unconscious level.		
<u>What is the data about?</u>		
Political	SF	
Military	SF	
Scientific. Research.	F	
I'm back in the locker room now.		
<u>Move to the beginning of the incident (she does so). Move through the incident telling me about it as you go.</u>		
I see the man	SF,F	
<u>What is his name?</u>		
He's the vice president of the executive		
(She names him)	Tk 4.5	
His name is (name withheld)	SF	Note the read
<u>What words does he say to you?</u>		
"It's a beautiful day"	F	
<u>What else?</u>	F	
"Pat".		
"Let's go for a walk"	F	
Plus, it's a women's locker room. (He shouldn't be there).		
He said "Let's go for a walk" telepathically.		
I always thought he was creepy	F	
<u>Is he human?</u>		
Not completely. He's reptilian controlled.		
I'm there for their benefit.		
<u>Is somebody interfering with us right now?</u>		
Yes		
<u>Who's interfering?</u>		
Reptilian	F	
Both the men I saw earlier were reptilians		Pat is referring here to some stories she had told us earlier. They are pretty creepy. She remembers these consciously. In the first, she saw a tall, thin man wearing a dark suit come out of a BROOM CUPBOARD. He looked at her and she had a the thought "rep"(meaning reptilian) and he then immediately WENT BACK INTO THE CUPBOARD. On another occasion, she was in a basement carpark in the hospital. She saw

		another tall, thin man wearing a dark suit walk towards her and look at her. Again, she had the thought “rep” and again THE MAN IMMEDIATELY TURNED AROUND AND WENT BACK TO WHERE HE CAME FROM.
They have received reports on me Report’s on what’s done and what I’m involved with.	F	
They’re still using me on a regular basis	F	Note the read
They’re implanting data. They’re updating me all the time. So when they need me, I’m current. Sometime there is no time for briefing.		
I’m back in the room. They’re updating the datalink with me.		
I think that may be why I’m constantly looking for information, but don’t retain it.		
I always search for the big picture.	F,LF	
They’ve been doing this ever since I worked there.	LF	
I thought I got that job very easily. It’s accessible to me, but not in this state.		
I have a great trouble keeping up with current events.		
They make sure it’s on a hypnotic level.		
They return.		
<u>What time is it when you leave the locker room?</u>		
12.30-12.40		
<u>What time do you return to the locker room?</u>		
1.05		
<u>Do they change time or just use up your lunch break?</u>		
There is a bit of time expansion, in the room.	F	
<u>How much?</u>		
One hour	F	Note the read
That’s sneaky. There are sometimes I don’t take a break to eat. Sometimes I miss out on lunch.	F	
A lot of times I don’t get away for a morning break – I have a late morning break, and I’m not hungry at lunch. We get three breaks during the day.		

There's more going on than just the data input.		
They're checking systems	F,SF	
I'm not feeling good right now.		
I feel kind of sick	F	
<u>Is the feeling of being sick from this incident or another?</u>		
This one.		
I think it's a drug	F 3.9 F	
There's something associated with this drug	F 4.0	
Now I get a feeling on either side of my head, like a head-phone.		
They're programming me for an assignment	F	Note the read
The scene jumped to where I can see men. They're wearing black.	LF	
<u>Is this happening physically?</u> (answer not recorded)		
<u>Is this happening out-of-body?</u> (answer not recorded)	F	
<u>Is your body there?</u>		
If it isn't it's a heck of a hook up. It feels like my body is there.		
<u>Tell me what you see</u>	LF	
I'm doing some remote viewing. I'm looking inside an installation. This remote viewing, it's like a virtual reality.		
This is like a sci-fi book	F,SF	
I make doors appear where there are not doors. I don't go in with them. I'm holding the perimeter.	4.2	
But I follow them mentally.		
There's a lot of rapid change.	LF	
It's like the installation is constantly changing.		
This is hard to believe	F,F	
I think the resistance is my own	F	
<u>Is there a connection between these pictures and the headphones?</u>		
It's like a link up with the installation we're in.	4.0	
I get this is my imagination, so I'm doubting it.		
<u>Where is this?</u>	F,SF, F,SF,F	Note the reads
<u>I repeat, where is this?</u>	F,LF 3.9	
When you ask that, I see my mind scanning the eastern coast (of the		

USA).		
<u>Move to the incident where you put on the head phones. Move through the incident telling me about it as you go.</u>		
	Head jerks LF 3.8 4.0	Note the body movements, Large TA and Drop in TA
There's a portal involved in this	F,F	Note the reads
The men, when they go into the building, they come back with someone else.	4.0	
Is this real? (answer not recorded)		
Is this some kind of virtual reality training program?		
Oh – I never thought of that.		
I don't think it's virtual reality. I think they're real.		
Are you still on your lunch break?		
No		It appears that another incident is now kicking in.
When is this?	F 3.9	
Two weeks after that	F	
Where are you?		
On the east coast. Virginia. Mountainous area.		
Move to the beginning of the new incident involving the portal (she does so). Move to the part of the incident before the portal.		
Where you you?		
On my bed		
What time is it?	F	
2.00 am	LF 4.2	
What happens next?		
I get up and go downstairs to the living room area	F,F,F	
I'm getting all kinds of pictures		
Stick to the one incident that we are on		
I walk through the portal.		
It's a mountainous area. It's at night. They have clothes for me at that end.	F 4.5 F	
Why do I have such resistance to this?	F	
Are you under attack?		
No, it's programming in me. There's a lot of energy coming from my third eye (in the incident)	F 4.4	
I'm scanning, remote viewing. It's very detailed.	4.5	
They were waiting!	LF 4.3	

This kind of 'op' is not that unusual – they use me for an instrument. They called me a psy-op. This is to combat security. It's an extraction program. To get someone out. I never go in.		
I hold their space	F	
I make the entrances.		
Do you have machinery to help you?		
There's an interface, in the center of my chest.		
There's also something internal in my head.		
I scan	F	
I find a job to penetrate. I remote view for them, and get them out.		
They go in where a door is created. I also locate their target. I sense what's happening as they do this.		
I try to stop tripping the security.		
I'm standing there like a statue – following them mentally, psychically.	F	
They find the man, in a small cell.		
This is not just a human base.		
Who is it owned by?		
Reptilians	F	We have never worked this out: Pat is controlled by the Reptilians, and yet here she is rescuing someone from a Reptilian base. It is possible, and probably probable, that the Reptilians have factions and different power groups, just as humans do. Possibly and probably they are not united, and suffer from the same political weaknesses that humans do.
Also, higher elite – demonic.		
The people I work for are an intelligence group	F	
They had a man in there	F,F	
Where I entered them was the closest to the cell	F	
They're coming back out	F 4.3	
That's the end	F	
I feel okay.		
I was just returned.		
That was one of numerous jobs I've done. They're not all the same. But they always data-link me.		
I feel good that it came to a successful end.	VGI	

They don't always end up like that. Sometimes they end in a confrontation.	F/N 4.0	
There are some jobs I've been hurt on	F	Since we are at the end, and have a floating needle, I feel that here is a good place to ask Pat some questions she has wanted the answer to:
How many times have you negatively hallucinated?		"Negative hallucination" is when you can't see something that is there
Innumerable		
In the last month?		
(answer not recorded)		
In the week before now, how many times did you negatively hallucinate?		
All the time	SF	
Who or what do you negatively hallucinate about?	F	Note the read
Handler	F	
Describe them		
It's a man	F LF	
Oh!		
They can walk in and out and I don't see them.		
Sometimes I feel actual touches.		Note from Stephanie Relfe: Michael and I were at a body/mind fair once and met a woman who seemed to have had some similar experiences to Michael and Pat. During conversation and questions, it came up that she sometimes sees binoculars appear in her room!
How long have they been there?		
Since the beginning		
How do you decide whether to see them or not?		That is, how do they program her to not see a particular thing.
It's something they wear – a device on the chest -		
A triangle, greenish gold.		
What is the background?		
There is none. It's solid greenish gold.		
What else is with the triangle?		
There's a blackness to it – although there is no black ON it. It's non-reflective.		
How tall is the triangle? In inches?		
2 1/2" inches	F	
2 inches	F	Note the read

Where is it worn? On the chest area, over the sternum.		
How many people have you negatively hallucinated that were wearing the triangle?	F	
200+		
How many (near where she lives)? At least 150	F	
Have you ever negatively hallucinated anyone who was not wearing the triangle? Yes, but that was hypnotic control.		
Do you have a password? If you had a code, what words would I say?	F	
I'm feeling very agitated. That's not going to do it		Meaning, my question is not enough to get an answer.
Repeat "That's not going to do it" That's not going to do it, That's not going to do it.	Gasp	Note the body reaction

We then stopped and removed wernicke's commands against remembering the codes that activate her. Pat had TONS of resistance to getting rid of these – crying, back arching, gagging, deep breathing etc.. She kept stopping what I told her to do, and started gasping, saying she was afraid they would come true etc.

Throughout these wernicke's commands, Michael was doing deliverance. He said there was a demon attached to each command, which was why Pat was reacting so much to each one.

Once they were all removed, she was fine.

The commands were:

1. "Die if you remember your codes"
2. "Have heart failure if you remember your codes"
3. "Stop your heart if you remember your codes"
4. "Have a stroke if you remember your codes"
5. "Burn if you remember your codes"
6. "Have a brain hemorrhage if you remember your codes"

Session 18: Wernicke's to keep her at Work

September 9th 2002 pm, pm

The following wernicke's commands were removed, all to do with keeping her at the hospital she worked at:

1. "Stay here"
2. "You can't make it at any other job"
3. "You need to go to work"
4. "You can't be self employed"
5. "You need this job"
6. "Never quit"

Session 19: Wernicke's for Negative Hallucinations

September 9th 2002 pm

The following wernicke's commands were removed:

1. "Do not see anyone who wears this badge"
2. "You don't see me when I wear this badge"
3. "I'm invisible when I wear this badge"
4. "We are invisible to you when we wear this badge"
5. "Whoever ears this badge is invisible"
6. "A person wearing this badge does not exist"
7. "We do not exist when we wear this badge"
8. "Anyone wearing this badge will not be seen"
9. "You can never see your handler"
10. "Your handler is always invisible"

Session 20: Wernicke's for Maintaining Control

September 10th 2002

The following wernicke's commands were removed. They had been given to Pat when she was abducted from our house:

1. "Don't publish"
2. "Publishing this is dangerous"
3. "Never publish this"
4. "Don't do clearing"
5. "Don't do kinesiology"
6. "Don't tell anyone about this"
7. "Keep this to yourself"
8. "Don't publish "The Mars Force Part 2"
9. "It's not safe to publish"
10. "You'll never be famous"

PAT – I HAVE A FEW MORE WERNICKE'S WRITTEN DOWN, BUT DON'T KNOW WHERE THEY FIT IT IN. They are:

"Don't use the portable door lock
"The door is always open to us"
"Strangle the Relfes"
"Kill the Relfes"

After the Second Series of Sessions

This ended the second lot of 10 hours of sessions, making a total of about 20 hours of session that Pat had received.

After these sessions, when Pat returned home, a number of workers commented that her eyes looked different, in a positive sense.

PAT – WHAT ELSE WAS DIFFERENT????

Session 21: Wernicke's to stop removal of Wernicke's

October 23rd, 2003

Pat got the courage and commitment to come back for a third series of ten hours of sessions a year later.

This time she wanted particularly to deal with things that had been happening to her recently. In particular, she found it hard to believe that there were really things going on at her hospital where she worked. She also wanted to resolve issues related to relationships, as she was single. She had been married, but said that she had been the main cause for the breaking up of the marriage. (The controllers do not want their subjects to have outside support from anyone and program their subjects to always be single).

First, I did kinesiology on Pat. Her body was blocked electrically. As with the first time I ever worked on Pat, when I unblocked her, we got a major reaction – lots of gagging, crying, some screaming, back arching, heavy breathing etc. etc. Luckily, this time it wasn't as bad as the first time.

Her cloacals were out of balance.

She had lots of invisible technology on her, mainly on her back and head, which I pulled off.

There was also demonic interference. Muscle testing indicated that she was being attacked by 300 fallen angels. Michael helped remove these.

She had a particularly nasty reaction when I pulled off some invisible technology, and Michael prayed for the removal of, a hook into another dimension in her back.

We also had demonic interference. From contact with Bill Schnoebelen we had learned that some demonic interference comes from celestial beings (principalities etc.) but there can be other sources. One of these sources is "old ones". Muscle testing indicated we had three "old ones" in the room, attacking Pat.

Pat of Pat's alter called "Anne" was hooked into another dimension.

Pat herself was hooked into four other dimensions, on each of her first three bodies.

It would appear that her controllers have read my book. I removed the following wernicke's commands that were to prevent removal of wernicke's commands:

1. "You cannot undo this wernicke's command"

(At this stage Pat could 'see' and reacted to an attack from five remote viewers, who were saying "shut her down". With prayer from both of us and Michael we remove their influence)

2. "This wernicke's command is here forever"
3. "Your wernicke's commands cannot be removed"

Again, we got interference. Muscle testing indicated it came from three bosses, in this case, draconians.

The air felt a lot clearer after their influence was removed.

Some booby traps were removed:

- "Have lung failure if you remember this"
- "Your heart will stop if you remember this"
- "Stop living if you remember this"
- "Have a brain aneurism if you remember this"

With eyes open, Pat was then in balance. With her eyes shut, her central nervous system was out of balance. I then rebalanced this.

Session 22: Alters are Activated by Different Breathing Patterns

October 24th 2003

Summary:

<u>Start of session</u>		
<u>What's been happening?</u>	4.2	
I've been feeling a change since the sessions last year. I suspect things are going on.	4.1	
I get mental pictures of being empowered.	F	
Usually when this happens I wonder if I am connecting to (the alters) Anne or Pat 3.		
<u>Have you been connecting to Pat 3?</u>		
I think I have	SF	
<u>Also to Anne?</u>	F	
Yes	SF 3.8	
I'm feeling weird		
<u>Locate the feeling</u>		
Upper chest		
<u>Locate what it's coming from</u>		
It's not in me. In this building.		We were in a hotel in Florida at the time
On the left side.	SF	
<u>How many rooms down?</u>		
Two rooms down	SF	
<u>What else is happening?</u>		
I was wondering if the abductions have been continuing.		
<u>Have they?</u>		
Yes	SF,SF	Note the read
(Pat – what is here???? – can't read my writing)		
<u>Do we have interference?</u>		
Yes. From above.		
<u>Is it a ship?</u>		
Yes		
<u>What species?</u>		
Reptilian	SF	Note the read
(Michael is outside, nearby. I tell		

Michael by walky-talky to remove the ship. He has one of Don Crofts succour-punches to help)		
	Pat starts reacting – Lots of gasping.	
(Michael informs us he imploded a vortex. At that stage Pat immediately said that they were gone. Her reactions stopped. Michael said that they were attacking through the vortex).		
I still feel some pressure	F	
They're making alternative plans on the ship. The ship is out of phase.		
<u>Break soul ties from you to the ship</u>		
(she does so)	F	Note the read
<u>Is there still a connection?</u>		
Yes. A remote viewing connection.		
<u>Stop the remote viewers and come back to the room.</u>		
Somebody else is involved	LF	Note the read
<u>Locate them.</u>		
<u>Who is it?</u>		
Naval intelligence. Up the coast.		
<u>Is there anyone in the hotel interfering?</u>		
They're not connected to them.(That is, the navy are not connected to anyone in the hotel). The reptilians are upset that the connection to the ship got broken – they are asking naval intelligence what to do.		
(I 'got' that they were connecting through some crystals in Pat. Muscle testing indicated there were two crystals. I told Pat to deactivate the crystals).	4.1 F,F 4.0 3.9 3.8	Note the reads and drop in TA while Pat deactivates the crystals
<u>Put a cocoon around us.</u>		
That feels better.		
I think I broke the connection	F	
I asked for that		
<u>What's happening?</u>	F,F	Is this questions “what’s happening?” or “what’s been happening?”
It's a council		Do you see this NOW or is this part of an incident

		in restim?
I'm seeing men that are important. They're human, but with alien connections. I'm keyed into the incident when I was taken to Washington.		
<u>When is this?</u> February this year, 2003	F	
I woke up the next morning and felt like I'd been abducted. Then I saw that I had two bruises on my arms.		
I had conscious memories then of being taken to a high level of an 'alphabet' meeting in Washington, for a demonstration of programming.		An 'alphabet' meeting means a meeting of groups such as CIA, NSA etc.
Maybe I was becoming a threat.		
They wanted to know if it was worthwhile keeping me alive.		
I was in a chair, like a dentist chair. The bruises came from lifting me into the chair. I recalled all this consciously the next day.		
They did a demonstration of their control and my abilities. This is now ...	F	Unfortunately, I forgot to ask her what abilities she demonstrated at the meeting
<u>Move to the beginning of the incident (she does so). Move through the incident telling me about it as you go.</u>	F	
I'm pulled into the chair. There are two men on either side of me, for protection. I'm not extremely upset.		
<u>Are you in one of your alters?</u>	F	Note the read
Yes	SF	Note the read
<u>Which one?</u>		
Pat 3	Tk	
<u>Do they put you into others as well?</u>		
Yes		
<u>Can you be in more than one alter at the same time?</u>		
They can put a flavor in. They can key aspects of others in.		
I'm in Pat 3 and Anne	LF Gasp	Note the read and body reaction
This is the demonstration. I'm activated. I'm really hot.	3.3	
One of the council says, "Start the coolant". I was overheating. The two men have moved away. The coolant goes through the chair.		
My temperature has gone down.	LF	Note the read

<p>They keep my energy suppressed because otherwise it's too dangerous, on a permanent level. That's why I don't have any metabolism.</p>		<p>This is referring to a very strange fact. I was trained to make each client take a very big breath and then let it out quickly before each session. The needle will then move, and should move at least an inch. This indicates that the client has enough metabolism to run the session. However, since I have known Pat I have got virtually NO readings of metabolism. However, at her very first session, since she had come a long way and looked and felt as though she had energy, I tried to run a session anyway and it ran fine. She has always run good sessions even though at no time up till now has she registered as having any metabolism on the meter. It is very strange. Normally when a person registers as having no metabolism from the needle falling less than 1", they are quite tired or hungry and will not have enough energy to run a session. (A clearing session requires a LOT of energy).</p>
<p>I had an important realization in the past year: They keep my psychic abilities and energy suppressed by movement</p>	<p>F</p>	<p>Note the read</p>
<p>I've noticed that if I'm perfectly still that's when my hand and feet start moving by themselves, and my back arches.</p>		
<p><u>Move to the incident where they suppressed your energy.</u></p>		
<p>I'm not getting anything</p>		
<p><u>Repeat "I'm not getting anything"</u></p>		
<p>I'm not getting anything, I'm not getting anything.</p>	<p>F F F</p>	
<p>They took me back to Mars. <u>When?</u></p>		
<p>This year. They're very upset by what's been published.</p>		
<p>And they're upset by what I'm planning, to take out the system. It's a complete immersion and reprogramming, to try to fortify all control points they had before. There are lots of machines all over the place. They're trying to redo</p>		

what they did before, because it's not holding. They don't do a physical performance. They connect right to the mind.		
They're evaluating - what's holding, what's not.	F F	
They work on a psychic super ... They're setting up fields	F	
I'm getting blocked	F	Note the read
There's a program in me	F	
<u>Will the wernicke's correction remove it?</u>		
(Answer not clear)	SF	
There are 30 commands	F	
<p>We do kinesiology. Muscle testing indicated there were 30 commands to remove.</p> <p>Pat then got the realization that they swamped her with thousands of wernicke's at one time. I then explained to her that she can "as-is" them all at once – the mind can do anything.</p> <p>She did this, and when I muscle tested again there were only 6 commands to be removed. She again "as-ised" them with her mind, and when I retested they were all gone, without me having to do any kinesiology corrections.</p> <p>We then returned to the meter.</p>		
They suppress me through movement. I can't sit still. If I try to sit still, like when I meditate, I have to move a finger or something.		
I had another important realization this year, but I can't remember what it is.		
<u>Access it</u> (the memory)	F	Note the read. It would appear that she has now accessed the memory.
It's breathing! Something is accessed through breathing	F LF Laugh 3.8	
Some of the alters are switched through breathing! <u>To switch into Anne, what kind of breathing do you do?</u>		This was dumb of me. Since Anne is the killer alter, I should have picked one of the easier ones first.
Nothing's coming <u>Repeat "Nothing's coming"</u>		
Nothing's coming. Nothing's coming.	F,SF,F	
It's like a car's gear changes. Right now do the breathing pattern to get into Anne	F,F	

There's a blockage to this. I breath very shallow normally, even though I know that is not good for you.		
(I finally realize my mistake of getting her to look at Anne first and switch questions): <u>Do the breathing pattern that gets you into Pat 3.</u>		Pat 3 is the pychic alter.
It's a deep breath in, and several measured breaths out, with a stop in between each. Not equally spaced.		
(She does the breath to access Pat 3).		
I'm in Pat 3 now	F 3.7	Note the read
Somebody is upset about this		
<u>What is needed to merge Pat 3 with Pat One?</u>		
Stillness and breath. The more I do the breath, the better I will get.		
<u>Welcome home Pat 3</u>	F	
I feel her	F	Note the read
She's very happy		
The remote viewers backed away	SF	
<u>What is the breathing pattern for Laurie?</u>	F	Laurie is the sex alter
Fast, rapid	SF	
<u>Command the body to access Laurie through breath</u>	LF	
(Pat does the short, sharp breaths)		
<u>Are you Laurie now?</u>		
I can feel her now	F	Note the read
It feels totally different than Pat 3. Slower, mellowed out, pleasing, sensual. No violent bursts...	4.1	
<p>Suddenly, Pat got overwhelmed with many, many pictures of things she had done as Laurie. They included lots of pictures of physical hurt and abuse. Also sexual acts with men, women, non-humans and ritualistic acts.</p> <p>Because she was so much in overwhelm (crying, not able to handle it etc.) I put down the cans and went to her and did Emotional Stress Release on her so that the body could remove as much stress as quickly as possible. During this time Pat was extremely upset and crying etc. It was extremely emotional. She was totally shocked to get all of these memories, which she had had no idea of.</p> <p>During this time Pat got realizations which I did not record as I was busy holding her forehead and not writing things down. I also did some muscle testing to back up some of her realizations.</p> <p>One realization she had was that she had had other children besides the human ones show has consciously. We then returned to the meter.</p>		

<u>How many children have you had that you didn't know about?</u>	F	
Six		
<u>How many of those are alive now?</u>	F	
Four		
<u>Are any of them 100% human?</u>	F	Note the read
No		
I never saw them.		
There are three girls and a boy alive now.		
(I was having trouble keeping up with everything at this stage as there was so much emotion and things going on at once): Pat got the realization that her experiences as Laurie were one reason why she found it hard to look at men.		
<u>What breath is necessary to get into Pat One?</u>		
Shallow, normal breathing		
Do that		

I ended the session here but Pat looked like a total wreck. Once a happy person, she now looked as though she had been through a major disaster and looked totally terrible and miserable. We had been going on with the session for quite some time (1.5 hours) and I figured she needed rest and some time to get over this, so I ended the session here.

Had I known she would react this way to Laurie's alter, I would have ended the session on a high after accessing Pat 3, but since time was limited that thought did not occur to me at the time. Luckily, Pat can continue to access Pat 3 through the breathing pattern.

Session 23: The Alter Anne Kills the Man Pat Likes

October 25th 2003

Summary:

<u>Start of session</u>	5.4 4.7	
<u>What's been happening?</u>		
Things came up after the last session	F	
Some were about children.		
I'm having a hard time accepting this	SF	
They were born on Mars	SF	
They're still on Mars	F	
They work there	F	
I don't feel like a mother to them, more like a maternal Petri dish.		
They were taken in the fourth month.	SF	Note the read
They used me to begin them.		
Also, it was part of an experiment	F	
The fathers were all different.		
I felt too, that this was during a 'down' time on Mars	F 3.9	
I'm getting emotional about that	Body jerks F	Note body reaction
<u>Was that jerk from an attack or from an incident?</u>		
It's emotional		
David came up	F	This was the recruit Pat liked who died before she was tortured on Mars
I feel I had three girls, three boys		
<u>Did you?</u>		
Yes, I had three girls, three boys	F	Note the read
Two boys died		
Three girls and one boy are still alive	F 3.8	
With David, I was with him in the Laurie alter	Tk	
Something doesn't feel right about this.		
I feel there's a cover – a block		

<u>Locate the block</u>		
	F	
In my mind		
<u>Is it from an implant?</u>	F	
Yes	F	
<u>Is the implant physical or non-physical?</u>		
(answer not recorded)		
Pray against it and zap it with your abilities – you don't have to remove it, just deactivate it.		
(she does so)		
There are shifting pains in my mind		
<u>Is it shifting around?</u>	F	
The implant?		
Yes		
Yes	F	
It's programmed to move	3.8	
It's still trying to avoid being deactivated.		
	Body jerks F	Note body reaction and read
<u>What happened?</u>		
I deactivated it		
<u>Continue with what you were saying</u>		
David is involved with the Laurie alter	SF 3.9	
I get the feeling of not wanting to go into that – not the implant, just me.		
I'm blocked	F	
<u>Is there an incident in restimulation?</u>	F	Note the read
N	F	Note the read
<u>Move through the incident telling me about it as you go.</u>		
David is with me	F 3.7	
We're talking	F	
It's very intimate.		
We are conspiring	SF	
Not details, just ideas	F	
We're overheard	F	Note the read
<u>Physically?</u>		
Technologically		I bet! No doubt every room on Mars is bugged.
<u>Do they here physical words?</u>		
Yes	SF	
Now I'm in training		
(communication lag)	F,F,F Body jerk SF 3.7	Note the reads and body reactions
I'm through		
<u>Is there another point of view to be</u>		

<u>run in this incident?</u>		
Yes		
<u>Whose?</u>		
There is a lot of resistance to that question		
<u>Interference?</u>		
No, just my own resistance		
<u>I repeat, whose is the next point of view to be run?</u>		
Anne's	SF,F Tears Grief	Note the reads and body reaction (Anne is Pat's killer alter)
<u>Be Anne. Move to the incident from the point of view of Anne.</u>	Major grief 3.4 3.6	Note the body reaction
<u>Are you Anne now?</u>		
Yes		
<u>Move through the incident from the point of view of Anne, telling me about it as you go.</u>		
Only one thing comes up	F	Note the read
Anne killed David		
<u>Be Anne and say what happened</u>		
It wasn't a drug that killed him.		This incident is in Session 11. On page 81 Pat said that David died from drugs, but we did not get a read on that statement. It would appear that Pat was not ready to look at that part of the incident then.
I was activated	SF	
<u>Be in present time.</u>		
I'm activated with a program to kill him	SF 3.7	
I'm brought up very quickly so he doesn't know	F	
<u>Move to the beginning of the incident from the point of view of Anne (she does so). Move through the incident telling me about it as you go, from the point of view of Anne.</u>		
Anne kills him		
<u>How?</u>	Tears	Note the body reaction
I go for his heart.		
I'm in and out so quickly and then back to Laurie.		
<u>What do they do to activate you?</u>	SF	
Breath	SF	
<u>Anything else?</u>		
Tone	SF	
A frequency		
<u>What kind of frequency?</u>		
High	F,F	Note the read
<u>What level?</u>		

I don't know		
<u>Give me a number</u>		
58		
Hertz?		
I don't know		
<u>Repeat "I don't know"</u>		
I don't know, I don't know		
<u>Are there any numbers after it, or before it?</u>		
There are zeroes	F	Note the read
<u>How many?</u>		
Five		
Hertz?	SF,SF	Note the read
Mega Hertz	SF	Note the read
<u>Is it</u>		
<u>5,800,000 Mega Hertz?</u>		
I don't know		
<u>Repeat "I don't know"</u>	F	
I don't know, I don't know	F	
The technology is not ours. It comes in bursts.		
<u>Is it 5.8 million Mega Hertz?</u>		
Yes	F	Note the read. (Note: This is 5.8 Giga Hertz)
<u>What is the next view point to be run?</u>	F	
David	F	
<u>Be David</u>		
I feel sad	3.6	
<u>Move to the beginning of the incident from the point of view of David (she does so). Move through the incident telling me about it as you go, from the point of view of David.</u>		
I'm there. It feels like more than one incident.		
<u>Stick to the one incident.</u>		
I'm going to training	SF	
I've been here a while	F	
<u>When do I stop training?</u>	F,SF	
I'm in a large room. I walk through to a room, to a smaller room.	SF	
I feel hot,	F	
Nervous.		
Something is not right.	F	
(From Pat: I don't want to experience this)	F	
<u>I understand. Continue.</u>	3.6	
	F	
It's a meeting	F	
The training was an excuse to get to the other room		

All of my senses are on alert	F	
There is something really wrong here.	F	
We're alone	F	
This is a training room.	SF	
Who is 'we'?		
Myself and Pat	3.7 LF 3.6	
(Pat interrupts again: I don't want to experience this, I keep backing off).		
<u>Look at what you can and get to the end</u>		
He drops like a stone	F	Note the read
I blow his heart apart	F	
I feel really sad		
<u>Is there an earlier, similar incident?</u>		Incidents occur in chains. Often the charge from an incident is coming largely from an earlier, similar incident in the chain.
<u>(I explain how incidents occur in chains). Just answer yes or no, is there an earlier, similar incident?</u>		
Yes		
<u>Move to the earlier, similar incident and tell me when you are there.</u>		
I'm there.		
It's training	F	
On Mars	LF	
<u>When is this?</u>		
I don't know		
<u>Repeat "I don't know"</u>		
I don't know, I don't know		
1970	F	
This is not anything to do with David, this is way before he came	F	
<u>(I explain that these chains are connected, but one can seldom see what is connecting them)</u>		
I see a blowing up of a heart. It's in training.		
I'm being trained as an assassin.	LF	
A remote influencer.	F,F	
<u>In this incident, what alter are you in?</u>		
Anne	F	Note the read
<u>Be Anne</u>	F 3.5	
Can I take a break?		
<u>No – in a while.</u>	F	

That's all I can hear. I don't feel I'm staying where I'm supposed to stay – I'm back here.		
Move to the beginning of the incident (she does so). Move through the incident telling me about it as you go.		
Are you there?	F	
No		
I'm really here	F 3.3 F	
My body feels funny, heavy		
<u>Do we have interference?</u>	F	
Not so much interference – just that outside people want to hear what is said in this session		
<u>Are they good guys listening in?</u>		
No		
<u>Weave a cocoon to block those guys from listening</u>	LF,F 3.9 F	
It's only half hearted. I get the thought, what's the use, I can't get away from it. I'm depleted.		
<u>Can they still hear us?</u>		
Yes		
<u>Oh well, let's go ahead anyway. Move through the incident telling me about it as you go.</u>		
I'm being drained.		
<u>What does that mean?</u>		
They're training me as an assassin.	3.7	
Oh!		
I am multi-tasked early on. This is only one aspect of what I'm trained for.		
There's a lot of resistance.		
<u>Repeat "There's a lot of resistance".</u>		
There's a lot of resistance. There's a lot of resistance.	3.9 4.0	
<u>What's that?</u>	SF SF	
I'm being clairvoyant. I feel as I train I am sensing what will happen with David in the future. The feeling in me is so strong right now – I can't break their control. I feel like an animal in a cage. I depend on them so totally. This is the incident when I start rebelling.	4.0	
It's not okay to be trained to kill,	F	

but I still do it. My body is responding to that. I feel hopeless.		
<u>Then what happens?</u>	SF	
There's a pain in my chest.	F	
They don't care for life.	F 4.2 F,LF	
I'm very warm	4.1 4.0 SF,F,SF,F	Note the reads
I kill someone	F	Note the read
<u>Describe them</u>		
A man, not a soldier. Just support staff, a menial worker.		
I'm disturbed by this.	F	
They tell me to kill, I kill	F F	
There's a part of me that sees what happens that is not triggered, and observes.	3.9	
I move more into that part.	LF,F,F 3.7	
<u>Would that part of you stop you from killing now?</u>		
No	F	
<u>If they took you now, and told you to kill now, would you?</u> (answer not recorded)		(Pat : Can you put in an answer here? If not we can just leave it out)
<u>Are you programmed to kill your family?</u>	F	I ask this as Pat had wanted me to find this out for her. We get a read so there is charge on this question
No		
<u>Part of your family?</u>	F	
No, but it's been used as a threat Not yet	F	Note the read
<u>Are you programmed to kill me?</u>		Pat also wanted to know the answers to this.
I don't understand this answer – not at this time		
<u>Are you programmed to kill Michael?</u>	F	
Michael and I have been programmed to kill each other.	F	
The time is not right		
<u>When?</u>		
Their sense of humour		
<u>When will it activate?</u>	F	

<u>Where?</u>		
In the heart		
<u>Say 'hello' to that part of David until it answers (she does so)</u>		
<u>Ask it, "When did you come into me?"</u>		
When I killed him		
<u>Locate the spirit of David, and return that part to him, VIA HIS HIGHER SELF.</u>		
(she does so).		
<u>Is there any part of David with you now?</u>		
No		
<u>Is there any part of you with David now?</u>		
No		
<u>Now how feel?</u>		
Still sad		
<u>Is there something you didn't tell me about killing David?</u>	F	
Yes, but it went so fast, I didn't get it.		
<u>Who else was hurt, when you killed David?</u>	F,F,F	Finally, some reads.
It's about another girl. He had a girlfriend.		
I connected with the fact he had a girlfriend.	F,F	
It was the woman scorned thing.		
<u>How did she feel about having her boyfriend killed?</u>	F	
She was killed too, right after.		
<u>With orders, or did you do it on your own?</u>		
On my own		
<u>Totally on your own?</u>		
It was part of cleaning up	F	Pat – I'm not sure of this answer. Were you under orders of did you do it yourself?
<u>Was anyone else hurt?</u>		
No	F	
How feel?	Laugh	Note the reaction – charge is finally going
Tired. The sad feeling is gone.		
<u>Be Pat</u>		
I didn't realize I was still in Anne!		
I always thought if I had a relationship with a man, I would destroy him. I destroyed my marriage. It wasn't his fault – I drove him away.		At the time I didn't think I should ask Pat to take responsibility for these killings since she was under mind control. But later, upon reflection and looking at my notes about harmful

		<p>acts, I changed my mind. We lose reactivity when we remember what was done to us. But our lives only really get better when we admit to, and claim responsibility and ask God for forgiveness for harmful things we did to others. From the point of view of an infinite spirit with all abilities, it is ripping someone off to not have them take responsibility. Otherwise they stay a victim forever. And the rules on clearing are clear: When a harmful act is committed, the person must accept responsibility for it to be free of it in the future. So next day I asked Pat if she would take responsibility for this, and she did.</p>
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Pat finally looked back to her normal happy self after this session.

Session 24: Breath Activation of the Anne alter

October 26th 2003

Summary:

<u>Start of session</u>		
<u>What's been happening?</u>	4.7	
I felt really good last night.		
I could feel more space	F	
I was easier inside.	4.6	
I'm confused about the Mars thing.	F	
And the alters and how they come in and go out and how part of them is there and not there.		
I went to the beach and felt safe.	4.0	
Yesterday they wanted it to go undisturbed so they could find out what was said	F	
(I explain why she needs to accept responsibility etc. for the death of David for her life to get better).		
<u>Will you accept responsibility for the death of David?</u>		
Yes	F	Note the read
<u>Will you accept responsibility for the death of his girlfriend?</u>		
Yes		
Ask God for forgiveness for them (she does so)		
<u>Is that incident erased?</u>	F	
Yes	3.8	
<u>What breathing patterns do they use to activate Anne?</u>	3.6	Pat looked kind of shocked here that I would ask her this
Sharp	SF,F	
<u>Do it now</u>		
(she does so)		
It's a sharp, sudden breath.	3.5	
I feel really weird.		
I can feel her energy	F	Note the read
It's intense. She's there.		
Do the breath again	3.6	
(she does so)	3.7	
	F	
<u>Do you have anything to report?</u>		

You're disturbing me (that is Anne talking to Pat). She's upset (that is Pat talking). Yesterday when I brought them (the alters) up – I felt them in me, but I could still feel me.			Pat – can you clarify this?
Anne's more intense than the other two. She is disturbed.			
She's working	F		Note the read
<u>What's she doing?</u>	F		
(answer not recorded)			
<u>Where?</u>			
Mars	F		Note the read
She's losing her focus cause I've pulled her back . She's training others.	F		
Where I work (that is, the hospital Pat works at), girls are brought in to be trained as unit clerks. I was training one who had trained with others for four days. She said that she learned more from her four hours with me than in four days with the others. That's because I find the most efficient way to teach, and use it. That's what she's (that is, Anne) there for – to teach short cuts. I can really feel this. That is why they have never got rid of me.			
I have this ability.	F	3.8	
She's there short term.			
<u>How does she get there?</u>			
There's no technology. She just goes.			
I just see her going.			
It's people who send her			
<u>Not machines?</u>			
Is it a person who teleports her?			
It's a group of people	F	3.8	I'm still confused here about how Pat got to Mars, but I decide to leave it and continue with the original line of questioning
Everyone of these breaths you do to activate the alters, I've seen you do in sessions.			
Yes, I realized that too	F		
The alters come in and out during sessions			
<u>How many components are required to trigger you into an alter?</u>			
	F		
Breath			
Tone (frequency)			

Code words. There are certain missions in that have code words already.		
<u>Is there a permanent password?</u>	Tk	
Yes	F,SF	
<u>What is it?</u>		
There's nothing there?		
<u>Repeat "There's nothing there"</u>		
There's nothing there, there's nothing there		
No way!	F	
That's ridiculous	SF	
	F	
Tap	F	
<u>Is anything else attached to "tap"?</u>	3.5 SF	
In 1987 I went to Albany NY, and went to a hypnotist. He was with the dark side, and worked out of a state prison. He said he'd give me a code word to get me out of the trance, and that it would be my name spelled backwards. That's "Tap".		This code word "Tap" shows how during hypnotism programs are put in even in the hypnotist has good intentions – making things worse, not better. During clearing, I cannot program a person. For example, if I told them to run around the room crowing like a rooster later on when I said a particular word, they would just laugh at me and ignore it. But if they were hypnotized they would do it.
<u>Is that the code word used by the Mars Defense Force?</u>		
No		
<u>What password does the Mars Defense Force use?</u>		
I am getting interference		
I feel weird		
<u>Repeat "I feel weird"</u>		
I feel weird, I feel weird		
Yes,	F	
there's interference		
Above		
<u>Identify it</u>		
It's off planet		
<u>Break the connection</u>	F	
It's from Mars	F	Note the read
It's just blank		
<u>Repeat "It's just blank"</u>		
It's just blank, It's just blank		
Something in my head is working		
<u>Say "hello" to it until it answers</u>		
(she does so)		
<u>Ask it, "What is your purpose in being here?"</u>		
To block me		
<u>Thank it. Then command it, "Fun out the incident that made you the</u>		

<u>way you are"</u> (she does so).		
<u>Acknowledge it. Then command it</u> <u>"Run out the incident that made</u> <u>you do what others tell you to do"</u> (she does so). <u>Acknowledge it.</u> <u>Then read it it's rights "You have</u> <u>the right of all spirits to your own</u> <u>self determinism, to play any game</u> <u>or not and to leave any game or</u> <u>not. Now you are free to leave,</u> <u>what you do you want to do?"</u>		
He's leaving	F	
<u>I repeat the question, what is the</u> <u>password to activate your alters?</u>	SF	
<u>What's happening?</u> (answer unclear)		
<u>Is it the same code words for all</u> <u>alters?</u>		
No		
<u>For Pat 3, how many code words</u> <u>are there?</u>	F	
Two	F	Note the read
I have a pain in my head	F	
<u>What are the words?</u>	F	
I've got a headache		Note the onset of pain
	F,F	
(she says a word)	F	I will just give a description of the code words ('word', 'number', 'color' etc. rather than publish them, for Pat's safety)
<u>Is there a number?</u>		
Three		
(word) three. That's what I got		
<u>Is that the whole code word?</u>		
I don't feel so	F	
<u>What's missing?</u>		
I can't believe how much my head is hurting		
<u>Are there wernicke's activating?</u>	F	
I think it's a program, not a wernicke's		
<u>What's missing?</u>	Tk	
There's nothing there	F	If there was nothing there, we would not have pain and a read
<u>Repeat "There's nothing there"</u>		
There's nothing there, There's nothing		
There's something	F	
Something said "You'll never find it"		

<u>Repeat "You'll never find it"</u>		
You'll never find it, You'll never find it		
It's a computer code	F	Note the read
<u>Can it be repeated by a human?</u>		
No	F	Note the read
<u>How is it activated?</u>	F,F	
Over the phone, radio or TV.		
I've had phone calls that have weird sounds (and nothing else)	F,F	
<u>Is that one of your activations?</u>		
Yes	Tk	
I felt like I was going somewhere. I get a lot of static on the phone a lot of the time.		
<u>What do they do to you to make you do the breath?</u>		
It's to do with something in the back of my brain stem	F	Note the read
<u>How is it delivered?</u>		
It's computerized. They can track and monitor me from space.		
<u>Do they need line of sight to do it?</u>		
No	F	
Identify the thing at the back of your brain stem	F	
It's a pulsing sphere		
<u>Say 'hello' to it till it answers (she does so)</u>	F	
<u>Do deliverance on it (I also talk to Michael on the walky talky to do the same).</u>		
I saw it fade, but really it was just escaping		
<u>Do whatever it takes to get rid of it.</u>		
I see Mars now	F	
It pulled back (to Mars)	3.5	
I can feel a little space there now.		
Fill it with light..... Give the light a colour, like blue light, because I have read that programs can be encrypted into white light.		
What a coincidence – I was going to fill it with white light, and then I got, don't use white light, use blue, and then you said to not use white light.		
<u>What are the codewords for Laurie?</u>	F,F	Note the reads
It heard	F	
It gave me an instruction not to proceed.		
<u>Acknowledge it (she does so)</u>		
Something is being pulled from my head.		

This is so hard. My headache is back. There's nothing there <u>Repeat "There's nothing there"</u> There's nothing there, There's nothing there. <u>I repeat the question, What are the codewords for Laurie?</u>	SF 4.0 SF,SF	Note the reappearance of pain
(She names a color) Are there other words?	LF	Note the read.
Yes <u>What are the other words</u>	F 3.9	
(She names an animal). (Color) – (animal) That's weird. <u>Are there any other words?</u>	SF	I don't want to SF
It's a movie <u>I repeat the question, are there any other words?</u>	F	Note the read
Yes	4.0 LF Laugh F 3.8	
(She names an anatomical word) (Color) – (animal) – (anatomical word) <u>Are there any numbers?</u>	LF	Note the read
No <u>Are there any other words for Pat 3?</u> No <u>What are the codewords for Anne?</u>	F	
I still feel they'll change them. That's okay, each time they put them back in they won't hold as well. Plus one day you will do what it takes to stop being taken. <u>I repeat the question, what are the code words for Anne?</u>		
It's blank <u>Repeat "It's blank"</u> It's blank, It's blank	F 3.8	
I can't get it <u>Repeat "I can't get it"</u> I can't get it, I can't get it (word) (word) (word)	SF LF	
Any other words?		Pat – if you feel it's okay we could tell people maybe some of these code words, just not all of them

That swept by me	F	
There's another word	F	
What is it?	F	
It's just not there		
What comes after (word) (word)?		
It's just on the tip of my ...	F,SF	
I was about to say, my third eye is killing me right now.	F	Note onset of pain
The word 'eye' came up	F,F	
That's not it	F	
It's close, but not it		
It's blocked.		
My head is killing me	SF	
Vision!	F,LF 3.6	Note the read
I feel weird. My third eye is killing me, the back of my head is killing me, I get chills.		
It's (word) (word) vision	F/N	Note the floating needle
Are there any numbers?		
No		
So much is going on in my head right now.		
I still have a headache.	VGI	
There's some major shuffling going on	F	
They are upset about this. On Mars. It's to do with Anne. She is behaving differently.		
Check in and remote view her.	F	
She's shut down, during the training – she's gone into a kind of trance	F	Note the read
They're upset		
They're trying to figure out what happened	F	

Session 25: Abducted Last Night to Mars

October 27th 2003

Summary:

Yesterday, after the session I told Pat about something that had happened to Michael and me in the previous year. We went to a body-mind expo. There Michael met a woman who looked to be in her early 20s but was in fact in her early 40s. After talking with her he felt strongly that she was someone with psychic abilities who had had things done to her without her conscious knowledge of them. She then told us of a number of things which had happened to her which backed this up – including having telescope lenses appear in her room in mid air!!!!

I muscle tested to find out if she had metapsychic abilities and got that she did, but I couldn't work out just what it was she could do. It wasn't any of the usual like remote viewing, remote killing, clairvoyance, telekinesis etc. Finally a thought went through my mind. A few months previously we had seen the B-Grade movie "The Sender". In that movie a young girl has the ability to teleport herself and others. She is wanted by both good and bad guys alike for this ability. I tested the woman and got that she was in fact a sender. I also muscle tested that there are only a few dozen people in the world with that ability – to transport gates across space (I'm not sure how accurate that information is).

This ability is crucial for intergalactic expansion. We believe that there are two main ways to get to another planet, other than by ship which is way too slow. You can go through a jump-gate as Michael did to Mars. The trouble with this is, you still have to walk a certain distance. So if a planet was many light years away, it would be too far, even with a jump-gate. The other alternative is a stargate, as in the movie and TV series "Stargate SG". With a stargate travel is instantaneous. It is quite possible that the secret government either has a stargate or is trying to get one. See <http://www.exopolitics.org/Study-Paper2.htm> for some details of this.

In either case of the jump-gate or stargate, you still need someone to travel to the other end and put in the gate on the other side. If the planet is light years away, this will not happen for a many years. But, if you have people who can teleport the gate there, then hey-presto! You're done!

Yesterday Pat was feeling good. Today she felt and looked awful.

I explained all of the above to Pat after yesterday's session, and she started to feel very, very strange. Both of us got goose-bumps all over our bodies (a good indication of the truth). I muscle tested her, and then got that she is a sender. Although the following session she does not have quite the ability of the woman we met, as there are different KINDS of senders. I believe that Pat may be di

I started by doing a kinesiology balance on her. She had been in balance on the previous day, and should have still been in balance. But she was way out of balance. Her Cloacals and Gall bladder were out of balance. When I tried to correct this by normal means, it didn't work. Muscle testing indicated the cause was the emotion "hostility" from humans and reptilians, and that I needed to do a clearing session in order to get her back to balance.

<u>Start of session</u>	4.9	
<u>Do you have an incident in restimulation?</u>	F 4.5	
Yes		
I'm seeing a beam	F	
There's people around me and they're upset	SF 4.4 SF	
It's a feeling of military. There is a commander and others doing what he says. I'm seeing ... the people around me are human. This is procedure.		
The council is involved.	F	
<u>Remind me, who is 'the council'?</u>		
It's about going to Mars	F	
It was when I went to Mars, I just went – it was the council. I get a feeling they are really upset about what I did, remembering the code words.		
Something else comes up	F	
About Pat and Anne.		
She's (Anne) not allowed to mingle in society at all	SF	Note the read
When not needed she is put in a biosphere	F 4.2	
It's too dangerous to let her into society because of what I did		

before.		
They put something onto the head which switches me into an unconscious state.		
That's what came up last night	F	
What I feel today has something to do with that. I don't think I got much sleep – only about four hours I wasn't here	SF	
<u>Then what happens?</u>		
I'm brought before the council		
<u>Are there any drugs to balance out?</u>		
No		
<u>Are there any wernicke's to remove?</u>		
I'm not sure. Something was put in and strengthened.		
They hurt me to reinforce it	SF 4.1	Note the read
They said that putting in a whole lot of wernicke's commands in one go before, just with technology alone, was not strong enough		
The hurting is ...	F	
Now I see a little grey (as in, grey alien)		
They greys are doing the hurting. They put a hand up to me and the pain comes.		We are getting no reads at the moment. This could be because Pat is not confronting the pain yet.
Humans are standing back and watching.		
They don't grab me or touch me – it's just their hands.		
Something is beamed from the ceiling	SF	
<p>We stopped and did kinesiology, since I was not getting enough reads. There were seven wernicke's commands, all with eyes shut:</p> <ol style="list-style-type: none"> 1. "At our command, feel pain" (from the council – who Pat said were hybrids of aliens and humans. Muscle testing confirmed this) (Note: If anyone out there still thinks the greys are good guys, please reconsider how you would feel if humans did this!) 2. "At our command, you will forget" 3. "At our command, you will kill yourself" 4. "At our command, you will kill others" 5. "At our command, you will come to us" 6. "At our command, you will activate" 7. "At our command, you will deactivate" <p>I then balanced out the energy of two drugs. We then returned to the meter.</p>		

Everything was to reaffirm their control	SF 4.7 4.5	
<u>Move to the beginning of the incident (she does so). Move through the incident telling me about it as you go.</u>	F	
I wake up at 12.08 am. I look at the clock and think, I didn't sleep very long. I go back to sleep.	SF	
Then I'm standing naked. I seldom sleep all night with pyjamas.	F 4.3 F,SF,F	Note the reads
(communication lag)		
I feel drugged		
I'm being suppressed	SF	
Something is saying, "Don't say this"	F	Note the read
<u>Locate the source</u>	F	
<u>Where is the thought coming from? From them?</u>		
Maybe		
It's a connection.		
<u>Pray to God to break the connection. Pray to bind the demons giving them their power.</u>	4.0	
That worked.	F	Note the read
That worked – when you said to bind up the demons.		
I don't usually see greys	F	Pat – please expand on what you mean here – all the time or just in sessions or what?
We, I am in this room	F	
The humans,	F	
soldiers,		
they have the feeling of soldiers	F 3.9	Note the read
They bring me clothes	F	
I keep bouncing back to the council	F	
This was a correction to a problem, to what we did yesterday	SF F	
<u>Is there a grey ship in the area?</u>		
Yes		
<u>(I ask Michael on the walky talky to remove it. At that time, Pat also feels something at the back of her head).</u>		
<u>Is what you feel from the round sphere in the back of your head (that we removed yesterday?)</u>		
Yes	F	Note the read
Bind it and remove it	3.9	
It popped out	F	

I kept repeating and repeating the words for the binding, like Michael does. I didn't say the words just once like I usually do.		
Oh!		
They're upset about Anne	LF	Note the big read
About what happened to her when I remembered the code words (and she shut down)	F 3.7 F,F	Note the reads
Anne is there, but not in this time space.		
<u>What time is she in?</u>		
Ahead – in the future – six months	F	
She's in the moment, but it's different from now.		
<u>In six months time, could you meet her?</u>	SF	
No, she's on a completely different time line	F 3.5	
<u>What happens next?</u>		
There's discussions going on	SF,F	
They're reaffirming their control.		
They've put something else in	LF	
Something so they can get me over there very quickly.		
It's either a program or they're activating an ability	F	
It's like a back door to a computer.		
<u>Locate the back door</u>	F	
(she does so)		
<u>Do you need to remove it or fill it with something else?</u>		
(not sure of answer)		
<u>Locate the source of the program that keeps filling it up</u>	SF	
This is weird	SF	
A man	F	Note the read
On Mars		
It's all coming from there	SF	
Control is being brought back to the source, because others are screwing up	F	
Bind up the demons that give that man the power to run the program		
I'm seeing an archway, it's blue	3.6	
He didn't like that!	F	Note the read
I asked God to send angels to close and fill up the back door		
<u>What happens next?</u>		
I'm seeing where they lock it in with the pain.		
It's like electrical jolts	F	
<u>Is it electrical?</u>		
No		

It's finer energy than that		
<u>How many jolts?</u>		
20 up		
<u>How many jolts?</u>	F	
28	F	Note the read
They're centering most around my head.		
Also the side of my head	SF	
And chest, and arm	SF 4.2	
I yelp or scream. It really hurts when they touch.		
I'm at the end.	F	
I woke up this morning, my muscles were so sore.		
I could feel my calf muscles seizing up,	LF	
as I was talking		
I feel better now than this morning. I felt really sluggish then.		
<u>Move to the beginning of the incident (she does so).</u>	F 4.0	
<u>Move through the incident telling me about it as you go.</u>	F	
My body feels weird.		
There's a snap	F	Note the read
I feel coldness of my feet on a floor.	4.1	
I can feel my upper arms being grabbed.	F	
Pressure in my jaw		
Pressure at the side of my head	F	Note the read
Oh!		
They're putting a mask on me	LF	Note the read
There's a thing over my face	F	
There's something in this mask, right over my third eye	F	
Then they dress me.		
Part of a suit	F	
There are eye holes.		
Now there's an energy at the base of my spine coming from the suit.	F	
I don't know what they're doing	F	
They do this before they take me to the council	F	
It's so there's a complete monitoring at all time	F	
Scanning at an unconscious level	SF	
The council bases decisions on the readouts	SF 3.8	
They hook up the thing to the back of my head	LF	

I just disappeared. And now I'm back	F	Note the read
There's something I'm not looking at – Something I just jumped over	F 4.0	Note the read
I'm back. <u>Move to the beginning of the incident (she does so). Move through the incident telling me about it as you go.</u>		
I'm back there, with the greys. There's something in that room beside the greys that I'm not seeing. <u>Repeat "There's something I'm not seeing"</u>		
There's something I'm not seeing, There's something I'm not seeing.	SF,SF	
It's just there, but I haven't touched it yet. <u>Repeat "It's just there, but I haven't touched it yet"</u>		
It's just there, but I haven't touched it yet. It's just there, but I haven't touched it yet.		
Something to do with my body I don't understand it. <u>Who's saying that?</u>	F,F	
I'm saying it to the block. There's a zap that comes out and hits me in the chest. <u>Does it hurt?</u>		
It immobilizes me	4.1 F 4.0 Gasp Body jerks LF 3.8 3.9 4.0 F	Note the reads and body reactions
Whatever it was that hit me, forcibly brought up each of my alters.		
Adjustments were made to them They don't use the triggers.	F	
There are men there These are the Mars Force.	F	Note the read
I'm getting questioned. That is, each alter is being questioned. It's an interrogation.	F Body jerks Gasp 3.9	Note body reactions

	Gaps Yelp 3.8 3.9	
That was with the greys.		
They pass me down.		
I'm back naked with the men.		
The suit ...	F	
The suit was also containment and suppression. The greys are punishment.		
I'm back		
That is weird!	Good Indicators	
They gave me a spanking with energy.	3.9	
I feel lighter	F/N	
They would do it again.		

Session 26: Teleportation to Mars

October 28th 2003 am

Summary:

<u>Start of session</u>	F/N 3.3	
<u>The night before last, how did you get to Mars?</u>		
I wake up and look at the clock. I go back to sleep	SF	
That doesn't sound true when I say that	F	Note the read
Oh!		
This is one for Michael: Think of a spatial wave, it comes in, folds around and slaps back. I vanish.		
<u>Where do you reappear?</u>		
Underground, On Mars	F	Note the read
	F	
That wave happened from a trigger, but the trigger was triggering me.	Body jerks Body jerks Intense heavy breathing 3.2 Intense reaction continues	Note body reactions
I got zapped by something		
<u>Locate the source</u>	F	
Mars	F	Note the read
Underground		
<u>Identify it</u>	3.3	
From Mars Intelligence.		
I need to break this. It's from a person and technology.		
<u>(I stop and get Michael to help by talking to him on the walky talky. Plus I also pull a metaphysical hook out of her head. Together we</u>		

<u>stop the attack.</u>		
It was three people. I almost dropped the cans when they attacked.	3.6	
I'm aching.		
They stopped my prayer right before it started. I saw the energy they used to trigger me to do it. I sent it back to them. The three guys leave the room quickly.	F	
<u>Congratulations – It would appear that you are a sender!</u>		Note: A certain type of sender. We have yet to see if Pat can teleport anything other than herself.
This time came up two sessions ago.		
I can affect the space-time continuum. This is the folding.		
I have goose-bumps all over.		
They didn't want me to know that. They want me to think that I'm taken up, by them.		
<u>Can you teleport?</u>		
Yes	F	Note the read
Can you open a portal?		
Yes, but in a triggered state.	3.4	
<u>When you stayed with us in Arizona, and you walked through the wall when they abducted you, did you do that then?</u>		
Yes	F	
I asked something	F	
I got a connection with that dizziness this morning – with traveling	F 3.3	Pat had woken with intense room spins – very unusual for her.
It was a postural dizziness – from when I moved – it got worse – it's connected somehow.		
They are really upset on Mars	F	Note the read
<u>How do you feel now?</u>		
Extremely energetic?	SF	
Even before I started this, I had visions of myself fighting battles, being a psychic – that there is more there.	3.2	
Recently I see myself fighting someone – I stop them physically – they just stop.		

Session 27: Reptilians under Hospital Harvest Cadavers

October 28th 2003 pm

Summary:

<u>Start of session</u>	5.0 4.3	
<u>What's been happening?</u>		
I walked downtown this afternoon	F,SF	
I felt really calm	4.1	
I was wondering if when I am tired if I pick up Anne when she is in sleep mod	SF SF	
(Talk about a few other things)	F/N 3.6	
(In between this and the last session I discussed different types of teleportation with Michael. Michael said there was a story published in Nexus magazine that was also on Art Bell's website for a while of a guy who called himself the 'wave rider'. The story was a copy of three faxes that he was meant to have sent in. The 'wave rider' said he was a US army enlisted man with a special kind of blood that enabled him to time travel using a small psychotronic tuner to tune his mind. He would have something material from the time or place he wanted to go to and would focus on it for several hours, and then he would create a portal that he could walk through to that time and place. Eventually he said that he got so that he did not need the machine – he could do it himself.) So, realizing that there is a type of teleporter that can transport themselves, if not other people or things, I asked Pat the following question after explaining the above to her:		
<u>Are you a 'wave rider'</u>		
Yes	F	Note the read
<u>Can you create portals through</u>		

<u>which others can travel to other times or spaces?</u>		
It's limited		
Under certain conditions	F	Note the read
That set up a whole different feeling.		
Now I feel connected to something.		
It's tuning, frequency tuning. You have to tune to a different frequency.		
I'm getting pain from the top of my head.		Note the onset of pain
Maybe I use a radio for visualization		Pat – is the word 'radio'???
<u>Do you?</u>		
Yes	F 3.6	
I believe everything is simple – I use this. My whole body is feeling so different from when we started this session.		
	F	Note the read
<u>What's that (referring to the thought behind the previous read)</u>		
That is a barrier in my mind	F 3.5	
	F	
It's a buildup of energy	F	
It's like running a car, but not putting it into gear. When you mentioned the portals, my mind keyed into a notch. Just by thinking of it, something changed inside my head. It's a latent energy. I can feel it right down my spine. It's not done just by the mind.		
It's ..	SF	This is a very powerful realization!
during the time that I don't think.		
Can you teleport people or things?	SF	This means to teleport something directly, without having to create a portal for the thing to go through
There's nothing there		
<u>Repeat "There's nothing there"</u>		
There's nothing there, There's nothing there		
Yes –		
	F	
when permitted		
<u>Is there any other kind of teleportation I haven't thought of?</u>		
(Answer not recorded)		
<u>Is the woman you call your mother your biological mother?</u>		Pat wanted me to ask her these questions. Actually, we had been through these questions two years before in earlier sessions, and got the

No	F	same answers.
<u>Is the man you call you father your biological father?</u>	F	
No ...	F	
but, they used genetic material from him	F	
<u>Are you partly your mother?</u>		
No	F	
<u>Are you 100% human?</u>	F	
No		
It's something else.		
Is there a name for it?		
They did something	F	
<u>Apart form altering your DNA, is your DNA 100% human?</u>	F	Of course, it all depends on the quality of the question. To understand this question fully, we would have to know what it means to be 100% human.
No		
<u>Are most of your genes from earth within the last 10,000 years?</u>	F	
Yes		
<u>What country are you genes predominantly from?</u>		
Germany	SF	Pat – What would you have answered normally?
<u>This lifetime, to date, how many people have you killed?</u>	F	
You do jump around (meaning, with regard to subjects).		
Over 200		
Give me a number		
<u>Up to 286?</u>		
Less		
<u>(We are getting confused answers – I clarify my question):</u>		
<u>This lifetime, how many people were killed, or died as a result of what you did to them?</u>		
280	F	Note the read
You do realize that that is a higher number than last time (by 64)		Pat – Please double check this no. for me
(We now move onto something else):		
<u>How many times have you been taken from the hospital you work at since last session?</u>		

Three	SF	Note the read
<u>How many from your home town?</u>		
Ten	SF	
<u>Is that counting the three times form the hospital?</u>		
Yes	SF	
<u>Of the times you were taken from the hospital, move to the most easily accessible incident and tell me when you are there.</u>	F	
Move through the incident telling me about it as you go.	3.4	
There's ... I'm seeing pictures – This is very hard to believe. The abductions originate from the locker room. There is a person in the hospital who's quite high up.	SF	
Let's call him "Mr Z"		
They're aware of me. You have to slide your card in, so they're aware of when I'm there (at the locker room). There's somebody else beside Mr Z. He's not part of the hospital committee CEO team. He's almost a 'Man in Black" (MIB).		
<u>Does he work in the hospital?</u>		
No		
<u>Have you consciously seen him?</u>		
From peripheral vision, only		
I'm having trouble accessing this		
<p>We stop and do kinesiology. Pat's head felt like it was moving again. Again, she felt really dizzy.</p> <p>I balanced out two drugs. Pat then felt a bit better.</p> <p>The following wernicke's commands were then removed:</p> <ol style="list-style-type: none"> 1. "You don't see us" (from the MIBs) 2. "You don't hear us" 3. "You obey us" 4. "You remember nothing of this" <p>We then returned to the meter</p>		
There are a lot of people there (at the hospital) that I don't see	F,F F 4.4 F,F F 4.0 SF	Note all the reads
I feel things are being attached to		

me.	F	
Especially to the back of my neck and third eye	3.9	
I'm feeling really suppressed	SF	
As if they are controlling my energy	3.8	
I'm hearing them say "This is not true, this is your imagination" and I'm accepting that.	F	
	F	
I feel rotten now, very tired, nauseated.	3.7	
I'm underground	F,F 3.6	
I feel weak, as if something is sucking something out of me	SF,F	
<u>Is this feeling from the incident?</u>	F,F	
Yes		
I really feel awful – hot.	3.3	
Oh!		
They send my energy to things		
<u>To what?</u>	F 3.2	
It's like a feeling		
<u>What is the feeling?</u>		
They look like reptilians	F	This backs up what David Icke of www.davidicke.com says – that humans are harvested for their energy by reptilians
<u>Are they reptilians?</u>		
Yes	SF	
I still feel the drain		
<u>When is this?</u>	SF,F	
<u>This year?</u>	SF	
(answer not recorded – believe the answer was yes)		Pat – if the answer was 'yes' please change this
<u>When this year?</u>		
Summer		
<u>What month?</u>	Tk	
June	SF	
<u>What happens next?</u>	F 3.3	
	F	
I'm seeing things. I'm seeing a shuttle. I see reptilians talking with each other.		
<u>How tall are they?</u>		
Ten feet	3.2	
	F	
There are other people and reptilians. It's the same room I was in before (in last year's session).		
Dead bodies!	F	Note the read

They're transporting dead bodies ...	F	
I sit down to have my lunch	F	
(Pat –there is a sentence here but I can't read it – something like “Have you ever had done F)
<u>Did this really happen to you?</u> (Answer not recorded). One part came here wanting to prove this is wrong	F	Pat – did you say “yes” here????
I think of it every day		
<u>Is this real?</u>		
Yes	F	Note the read
<u>Move to the beginning of the incident (she does so). Move through the incident telling me about it as you go.</u>		
I swipe the card for the locker room.	F 3.1	
But, I don't go through the door. Someone comes up behind me. <u>Who?</u>	F	
One of the unseen ones. We both go through the door into the locker room.	F	Note the read
I leave my lunch on the chair.		
<u>What day of the week is it?</u>	F,F	
Wednesday		
<u>Date?</u>	LF,F,F	
June 11	F,F F/N 3.0	Note the read and floating needle. I later checked my diary – June 11 2003 is in fact a Wednesday
I just jumped to where I'm underground		
There are other people there - Others from the hospital. They're not aware of what's happening. There are still dead bodies.	SF 3.1 3.2	
One of the people – their head went forward as if something shoved into the back of it.	F,LF	
They're almost zombie-like, as if they're controlled.	3.2	
<u>Do you see anyone you know?</u>	SF	
Yes		
One from the lab.	F	

Respiratory technicians. A couple from admin.	F	
There's a business feel to the whole thing	F	
As if this is a daily occurrence. It's something about bodies.		
I'm blocked	F	
<u>Repeat "I'm blocked"</u>		
I'm blocked, I'm blocked	SF 3.2	
Organs.		
It's like there's a nest of them ('them' being reptilians)	F	
There are also tunnels down there.		
They're taking out glands from those bodies	LF	Note the big read
They're taking out the hormone systems	LF 3.1	Note the big read
They're taking things not major enough to be missed		
Some of those people who are having something shoved into them – they are people being used time and again. They are people who have access to patients.		
This is not just happening in (town where Pat lives)!	F	Note the read
<u>What percentage in America and Canada is this going on?</u>		
85%		
No, higher, but some not to this extent.		
That's the shuttle	F	
The lab people are bringing things down to them like blood samples	F	Note the read
<u>What percentage does it happen in Canada?</u>		
85%		
<u>In the USA?</u>	F	
98%		
There are more tunnels, more nests there.		
It's mind boggling what they do in the big cities	SF	
There's a constant convoy of hormone harvesting. There are deaths that happen just to replenish the cadavers. Some are due to the controlled people in the hospitals.	3.5	
I'm at the end.		
That felt very uncomfortable. I came here hoping to find out this wasn't true.		
<u>Move to the beginning of the</u>		

<u>incident (she does so). Move through the incident telling me about it as you go.</u>		
I went to where I left off. I'm picking up a reporting. All of this goes under some other plan. .		
I feel real uncomfortable with what I just said.		
I'm not seeing anything		
<u>Repeat "I'm not seeing anything".</u>		
I'm not seeing anything, I'm not seeing anything.	LF 3.5	
There are politicians there	F,LF 3.4	Note the reads
<u>Are they controlled?</u>		
Yes, but one gives orders		
<u>Are some controlled?</u>		
Yes		
<u>Are some not controlled?</u>		
Yes.		
This is a hospital-by-hospital inspection.		
(she names one of the politicians she recognises)	F	Note the read
<u>Is he controlled?</u>		
Yes	SF	
This is a display, to show to these guys	F	
They are passing through.		
The hormones	F,F	
They tie into these politicians	F	Note the read
It's a reward.		
They (the reptilians) have an unlimited number of hospitals. They also to go funeral homes but they're not as fresh.	3.5	
I'm at the end. Except for one thing. I seem to be aware but others don't. I try to hide it.		
I don't know.	F	Pat – What does this refer to?
My whole feeling is that I slip out of their control.	F 3.2	
When I'm working in the hospital, they use some kind of program to keep me from leaving	3.1 F/N 3.0	Nice low Tone Arm

Session 28: Wernicke's to keep her at the Hospital

October 28th 2003 am

Summary: Pat's dizziness of yesterday was gone when she awoke.

<u>Start of session</u>	5.0	This is a high TA, especially when considering that the last session ended with a low 3.0. So I ask:
<u>Do you have an incident in restimulation?</u>		
Yes		
<u>(Before the session Pat told me that she felt there was a termination program in her, which activated when she was sleeping. So I asked):</u>		
<u>Is this incident related to the termination program in your sleep</u>	F	Note the read
I feel that they have put in a program for me to die in my sleep. I feel I won't wake up	5.0	
<p>We stopped and did kinesiology. The following wernicke's commands were removed:</p> <ol style="list-style-type: none"> 1. "Die in your sleep at our command" (from hybrids) 2. "Activate the REM cycle termination program when programmed" 3. "Execute the sleep termination when triggered" <p>We then removed the following commands designed to keep her working at the hospital:</p> <ol style="list-style-type: none"> 1. "Stay here" <p>When we removed this program we got a MAJOR reaction, when I tried to correct it. I had to call in Michael on the walky talky to help out. Pat gagged, couldn't speak, arched her back etc. etc. She also had thoughts activated which said "don't do this".</p> <p>So I looked for booby traps which were designed to keep her from leaving the hospital. We found some:</p> <ol style="list-style-type: none"> 1. "Die if these commands are removed" 2. "Die if you inactivate these commands" 3. "Die if you cancel this program" 		

Pat then saw the next lot of commands, and 'as-ised' them without us having to access them.

Pat had recently had thoughts of moving to a bigger city hospital. Again, Muscle testing indicated there were three programs in her, designed to keep her working in hospitals, if not necessarily her own hospital. Again, once we found this out, Pat 'as-ised' the remaining commands, so I did not have to remove them for them to go.

We then returned to the cans.

<p>This morning when I woke up, the dizziness was gone. I had a revelation – what happened changed the balance in my brain</p>	<p>F,F</p>	<p>5.1</p>	<p>Note the reads</p>
<p>and the energy that hit me yesterday was external and internal.</p>	<p>F</p>	<p>5.0-</p>	
<p>When I first felt the energy it was my energy That saw that I was connecting to it and screwed it up.</p>	<p>F</p>	<p>5.2 5.1</p>	
<p>(Pat gets some realizations about the town she lives in).</p>	<p>F,F,F,LF,F</p>	<p>4.4</p>	
<p><u>What is needed to destroy the program that makes you wave ride back to Mars?</u></p>		<p>4.3</p>	
<p>It's internal. Part of me. <u>Okay, that was the wrong question. The question should have been, What do they do to make you wave ride to Mars?</u></p>			
<p>Nothing's there <u>Repeat "Nothing's there"</u> Nothing's there, Nothing's there It's preprogrammed. Also, there's a trigger, so they can get me when they want.</p>	<p>F</p>	<p>4.5</p>	
<p><u>How many times have you been preprogrammed for, to return to Mars?</u></p>	<p>F</p>		
<p>Seven <u>As-is the programs</u> It's a program</p>	<p>F</p>	<p>4.7</p>	<p>Note the read</p>
<p>or a set of conditions in my mind <u>Locate that program</u></p>	<p>F</p>		
<p>I'm looking at space <u>As-is the program</u> Oh! They just popped</p>	<p>F</p>		<p>Note the read. Pat is able to as-is commands now, because of all that she has learned and all that has been</p>

<p><u>Have a look at the thing that happens to the trigger that makes you go back</u></p>		<p>removed as a result of the thirty hours of clearing and kinesiology she has now done.</p>
<p>It's natural That's the first thing that comes in <u>What do they do to access that?</u></p>	<p>F</p>	
<p>They make it pleasant Would it be pleasant if you did it yourself, without their help?</p>	<p>F</p>	
<p>I got 'yes' – then I got 'no'. (We now get interference from them)</p>	<p>F Body jerks LF</p>	
<p><u>Identify the source of the interference</u></p>	<p>4.1</p>	
<p>There's pain going through my head Somebody is interfering <u>Locate them</u></p>	<p>F</p>	
<p>I keep getting it's between here and Mars <u>On a ship?</u></p>	<p>F</p>	
<p>Yes Bind the demons giving them their power</p>	<p>F 4.2</p>	<p>Note the read</p>
<p>These guys know me. I heard "You don't really believe that"</p>	<p>F</p>	<p>During these sessions Pat got some private realizations that she has some issues to work out between herself and God</p>
<p>I severed the connection <u>I repeat the question, would it be pleasant if you wave rode yourself?</u></p>		
<p>Yes <u>Have they added anything?</u></p>	<p>F</p>	
<p>They made it easier There's not as much preparation <u>Go to the last time you got triggered (that is, remove view it)</u></p>	<p>F</p>	
<p><u>Go to Mars and see what they do before you come</u></p>	<p>F</p>	
<p>There's a block <u>A shield?</u></p>	<p>F</p>	
<p>Yes <u>Morph with the shield and go through it</u></p>	<p>F</p>	<p>Note the read</p>
<p><u>See if any alarms go off when you do.</u> I've gone through <u>Have a look to see what they do to trigger you.</u></p>	<p>Tk</p>	

<p>This area is way more than just for me. It's almost wave central. There are not so many people, it's just that there's a feeling that a lot of people come and go from here. Resonance!</p>	<p>F</p>	<p>Note the read</p>
<p>They key something I resonate to <u>What and how?</u></p>	<p>F</p>	
<p>It's in part of this central area If they need you, they have to manually trigger it. Something in me resonates with something in them.</p>		
<p><u>Then, what do you need to do to stop them from wave riding you back?</u></p>		
<p>I need to change the Quantum Matrix inside of myself (as Michael explains in "The Mars Records, Book Two" – This is the key to stopping getting abducted)</p>	<p>Very good Indicators LF 4.0 F/N</p>	<p>A great set of conditions in which to end this series of session!</p>

Further information

Please visit the weblinks page and “best books” page at www.metatech.org, which are kept up to date.

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