Chainless Slaves Trauma Programming

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Trauma Programming

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Trauma programming manual. This manual is an overview on how to create a dissociated subject. The manual lists tactics to use in trauma based programming.

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1 Trauma-based Programming

Trauma-based Programming can be defined as systematic and calculated torture that blocks the subject's capacity for conscious processing. Trauma Programming employs suggestion, hypnosis and/or classical and operant conditioning to implant thoughts, directives, and perceptions in the unconscious mind. The behaviours are implanted in trauma-induced dissociated identities (parts/alters) that force the subject to do, feel, think, or perceive things for the purposes of the programmer. The objective is for the subject to follow directives with no conscious awareness, including execution of acts in clear violation of the subject's moral principles, spiritual convictions, and volition.

The primary factor for the trauma-based programming is the ability to disassociate. Dissociation is used as a defence to protect a subject from overwhelming pain and trauma. It is a natural ability of the brain. Installation of Trauma programming relies on the subject's capacity to dissociate, pain threshold, and imagination which permits the creation of new walled-off personalities to hold and hide programming. Genically predisposition dissociative children are prime candidates for programming. The subject's ability to dissociate is a major requirement and it is readily found in subjects that come from families with multiple generations of abuse. Mental dissociation enables the handlers to create walled-off parts in the subject's psyche, which can then be programmed and triggered.

The subject cannot be traumatized indiscriminately or they will be killed. The master programmer has to know what they are doing. There will be doctors, heart monitoring equipment, and other medical tools used in programming. Programming foundation is completed in a clinically controlled environment to ensure entire control of the subject.

The type of programming which is placed in a subject varies. The subject's creativity and their purpose in life would contribute to the uniqueness of the programming. Each subject visualizes differently and the programmer works with the subject's creativity. Some parts will be formed solely by the subject in order to cope with life.

Each subject exists in their own circumstances; there are often common features in how they are controlled. The common features of control in subjects are: symbols, colours, and scripts.

The foundation of trauma-based programming is fear. A deep spirit of fear cripples a subject spiritually and emotionally. Guilt and shame are two more foundations for programming. The guilt will bind the subject to the programmer, handler, and other individuals that have been selected. This will lead to a loyalty that will make the subject less willing to disclose activities, and past trauma.

Programmers cause intense trauma to individuals through the use of electroshock, torture, abuse and mind games in order to force them to dissociate from reality.

Programmed individuals are used for different purposes, the sex industry, military, occult practices,

and cults to name a few. Organizations have programmed subjects that are expendable. These are individuals are used in smut films, one-time use saboteurs, breeders, soldiers, drug couriers, used in rituals, and for training and traumatizing other subjects.

Subject's who have been given a designated purpose in life will have their genealogies hidden. They will have programmed to have a cover life to insure they will not be detected. Some children live in foster homes, with adopted parents, or with caretakers and guardians. Because these children reside with non-related programmers, these categories of children are commandeered to become programmed subjects of the intelligence agencies.

Children will not question the synthetic reality they are introduced to. Children are conditioned to believe what they see, feel, taste, hear, and touch. Using these five senses the programmers can control the child's surroundings. The experiences introduced to the subject will lead to an altered reality that the programmers can build and manipulate to meet their desires.

Traumatizing an individual on a specific day; their birthday, Christmas, Halloween, for example, is more damaging as the date won't be forgotten and will occur once a year. Trauma programming on specific dates allows the programmer to inlay clocks for triggering desired actions. The fathers or step-fathers are not often the subject's handler when they are growing up. The abuse by this subject will serve as a cover for programming. If the subject's front alters discover they are D.i.D, they will initially blame their multiplicity on the first abuser they remember, which will be a family member.

To make sure that the subject's mind develops properly, the baby will be interacted with so that those areas of the brain which are important for development will develop to the maximum. Common everyday items that surround the subject will be given unique meanings. The songs the subject hears on the radio will have trigger words. The lyrics will be scripted so programmed meanings can be attached to certain words and lyrics.

Something such as watching T.V., listening to the radio, or a sermon may have trigger phrases and programming cues in them.

If possible the programming process begins in the womb. Maternal thoughts, feelings, actions, and fears all reach the subject in the womb and affect them.

The unborn child hears and reacts differently to different music played. Comforting words and calming music will calm a fetus. According to research, the start of awareness is evidenced between the 28th and 32nd week. At that point, the brain's neural circuits are just as advanced as newborns.

From the 32nd week on the child shows that they carry out REM sleep. It had been noted from the sixth month of pregnancy onward; some of what the unborn subject learns will be remembered. Programmers will make a point of having the unborn subject hear the voices of individuals who will play a role in the programming. The subject may already know the hypnotic voice of one of their programmers at birth.

In the eighth week of life, the early fetus traumas programmers carry out is to poke the fetus with a

sharp object to make it dissociative in the womb. By the fourth month, the unborn subject is making facial expressions. The subject can be overwhelmed while in the womb with negative sounds, bad tastes caused by what the mother eats, and being touched in ways that they dislike.

Programming drugs that cause specific responses in vitro can also be administered. With many programming fetuses, womb splits can begin.

The foundation of fear can begin to be layered in while the subject is still unborn using the methods mentioned.

A long-term unresolved stress on the mother will also stress the unborn subject. Short term stresses don't seem to have the long term side effects that long term stress has. Short term stresses are soon forgotten by the subject.

It has been noted, the love that the mother has for the unborn child is transmitted to the subject, and forms a protective barrier the subject can become resistant to traumas and stresses. When the mother is ambivalent or cool in their emotions, the babies have more physical and emotional problems.

2 Selection of Subjects

Adult subjects are selected who have no close family or friends. Once they have been selected, they are put under Level One hypnosis. At this time a clear and definitive pattern of their usefulness is determined by psychiatrists and programmers. If the subject posses a relatively high IQ, they will be filed in a "call file." The IQ scale used in assessing subjects is the Stanford Binet.

The higher the IQ of a given subject, the further they can be programmed. If the IQ is high enough their abilities will be studied and the needs of the organization and determine how the subject can be further used. Once this determination is made, the subject will be brought to one of numerous facilities throughout the U.S. or abroad for further and final programming.

Only psychiatrists trained in the method of sub mental behaviour programming, overwrites and overlays, will be able to find any clues leading to post Level 1 or 2 programming. A typical psychologist may discover that the subject has been hypnotized in the past, and may even discover the original personality. But they will not be able to discover the location in the brain or memory, where Levels 3, 4 and 5 programs are stored. Without an activation code an outside psychologist or psychiatrist will not uncover the programming unless by accident.

A beginning point to control people is understanding human needs, and understanding the individual to be controlled. A Programmer learns everything they can about the subject they are to control. Programmed subjects who must function as intelligence officers, who recruit, are trained in the art of listening and conversation.

In some instances of programming after a subject has completed a hostile act the subject is captured and not killed. Due to the type of programming used the subject will not divulge any information. Even if the subject is tortured, they will not be able to remember the actual killing, terrorist act, or the reason they did it.

Once the subject is programmed, they will be recalled on a yearly basis and given hypnotic reinforcement of the original programming, or new programming will be inserted to modify the original programs. If no new programming is needed, the reinforcement programming can be done on a mass scale.

3 Hypnosis for Programming

The subject's Posthypnotic Suggestibility Index is determined by a series of simple tests. Hypnoamnesia is applied to the subject. They are given a name of an object or individual the subject's speed is timed to determine how quickly they can recover from the posthypnotic suggestion "You will not be able to remember the name of "____" no matter how hard you try."

The power of hypnosis is often underrated as the power of the mind is underrated. The mind can decide to be in command of breathing, heartbeat, and blood pressure.

Programmers are highly aware of how the mind functions, and how information and memories can be trapped in the mind. The mind naturally hypnotizes itself under diverse conditions.

Hypnosis is used to steer a subject's mind in the direction that has been dictated for them. New patterns of thought, feelings and behaviour are inserted to build confidence in the goals of the Programmers'. Hypnosis is used to anchor suggestions about sleep patterns, panic programs, phobias, health/ healing programs, health problems programs, pain control/pain programs, motivation programs, a suicide program called "hypno-sleep", an insanity program, and countless other uses.

Programmers do not need to formally induct their subject into hypnosis. A proper fear foundation will place the subject in a dissociative state that would make hypnosis simple.

The mind links together a series of mental processes. These links are called K-lines. Much of what the mind does is activate various K-lines so the mind can focus its conscious thinking. Once a K-line works, the mind in order to prevent itself from making uncontrolled changes, gives priority to those K-lines.

If the mind did not set up series of K_lines it would continuously have to relearn unimportant tasks that would make it impossible accomplish things in everyday life. Every skill would have to be constantly relearned. Emotions and needs trigger the mind to search out K_lines to accomplish a task quickly.

During programming the untrained K_lines are brought up to the top of the conscious mind. The programmer now has access and control over many or all the cognitive processes, including many the subjects would not normally activate. Under hypnosis, the mind willingly allows the programmer to change K-lines without the normal unconscious conventional restraints. Using behaviour modification techniques, the programmer activates dormant K-lines (K-lines that wouldn't normally develop) and build them in the mind.

During hypnosis, the mind has made the decision to accept control statements from the programmer. The mind has abdicated its position as the one in control of what is vital.

There are several ways to modify a subject's state of consciousness; the most useful one by

programmers is to use a combination of drugs and hypnosis. Drugs are used to facilitate hypnosis. Modern drugs do almost all the work for the programmer they place the individual in a changed state and distort many perceptions of the subject. The distortions induced by the drugs are used to the programmers benefit.

Hypnosis or hypnotic trance is a form of dissociation. There are a number of types of dissociation: amnesia, subject states, localized paralyses, anaesthesia's, and hallucinations. Hypnosis can reproduce all of these dissociative states.

During the hypnotic trance, the human mind is at the pinnacle of its ability to quickly learn. What may take years to learn, will be accepted by the subject's subconscious in a few sessions.

The brain operates at several different brain-wave patterns. The brainwave patterns here are listed from the most active states of our life to the most relaxing; Beta (15-40 cycles per second), Alfa (9-14 cycles per second), Theta (5-8 cycles per second), Delta (2-4 cycles per second).

Hypnosis is a very powerful means to take the mind of the subject into the different levels of consciousness and brainwave activity. The voice of the programmer is used in specialized hypnotic deepening, inductions and confusion techniques is able to artificially induce lowered brain wave frequency into the Alpha, Theta and Delta states. The programmer will use the art of timing their words, repetition, combining several mutually supporting suggestions, and of having total confidence in their words to add strength to their hypnotic commands.

There are three states of consciousness; the conscious mind, subconscious and super conscious. These levels of consciousness represent differing degrees of intensity of awareness.

The conscious mind includes such things as the sensations, perceptions, memories, feeling and fantasies inside of our current awareness. The conscious mind is limited by its analytical nature, and therefore sees all things as separate and distinct.

The things the conscious mind wants to keep hidden from awareness are repressed into the unconscious mind. This is the deeper part of the mind that is responsible for processing thousands of things at any one time and for storing everything we have experienced in life in differing degrees of importance.

The third level of consciousness Super conscious is where programmers want to work. Intuition and heightened mental clarity flow from super conscious. Programmers also think this area of consciousness is where spiritual awareness is.

There are three levels of trance states used in programming: The first level is that of a light trance. In this level, the subject does not feel as if in trance state. They are fully aware of the noises in their environment. Although regressions and progressions can be done at this level, the information obtained is not very clear. Ninety five percent of individuals can achieve a light trance.

The second is a medium trance. In this state the subject is more relaxed. In a medium trance, the

subject may be dimly aware of external noises but does not get distracted by it. About 70 percent of individuals can achieve a medium trance.

The third level is called a deep trance or somnambulistic trance. This is a very deep level of trance and the subject may not remember what was done in the trance state unless specifically triggered while out of the trance. Only about 5 percent of individuals can go into a deep trance.

Hypnosis appears to affect several areas of the brain--the brain stem is modified into the hypnotic state, and the midbrain centres are inhibited so that other areas--the motor, sensory and memory areas can be manipulated. Hypnosis can be used on numerous parts of the mind; intellectual, social-spiritual, and the primitive.

The Programmer is attempting to produce suggestions that the unconscious mind will accept. If the subconscious mind accepts the programmer's suggestions then the suggestion becomes reality to the subject, just as if the individual had experienced it as reality over a period of time.

The programmer must engage the subject's imagination. They should also build rapport with the subject. The good handler/programmer is not only using fear but the other emotions the subject's want with human bonding. These emotions encompass trust, feelings of acceptance, and approval. This is important as the subject must be willing to actively participate in the programming.

Muscular rigidity and deep breathing are one way to increase suggestibility within the subject. The programmer will also use other hypnotic methods, such as using their own body language to suggest a thought or feeling, and the voice roll. With this method words are delivered at the rate of 45 to 60 beats a minute.

To empower the suggestions, the programmer uses the subject's five senses. The subject visualizes an image using their five senses. The programmer will walk them through the image, allowing the subject to fill in the spaces with their own imagination.

The programmer will decide which area he wants to work with within the system. If the programmer is working with emotions he will focus solely on that theme during the session.

A hypnotic suggestion given to normal subjects lasts about a week, so reinforcement is necessary. The programming suggestions are layered in using, torture, and psychotropic medication. The suggestions are protected dissociated parts. These scripts which are layered in are almost impossible for the subject to be aware of to challenge them.

If a memory is laid in at a particular trance level, the subject may be able to avoid an abreaction later on by going above or below the memory's trance level. A deep level where the subject can't move a body part due to hypnotic suggestion is called the cataleptic state.

The mind has the ability to create amnesia barriers. Hypnosis is an important mechanism to move the mind to different neuropsychological states and to get the mind to different levels of the subconscious mind. Hypnosis can also play a role in working around amnesia, since both are types of dissociation.

Hyperventilation assists a subject into a hypnotic trance. Torture, depersonalization, fear and acute anxiety stimulate the body to hyperventilate.

Hypnotic cues are given to cause the body to go into various dissociative states. For example a post-hypnotic suggestion that causes hyperventilation and the accompanying trance state. This will allow the subject to recall the programming they received in this state.

Hypnotic cues that are tied to everyday objects enhance the programming. These triggers will consistently up hold programming throughout the subject's day to day tasks. The daily triggers will also prevent break downs in programming.

Some common objects in a subject's life that can be hypnotically given a programming trigger are: music, tones, colours, the sight of a book or Bible, pyramid on the back of a dollar bill, pictures of God, silk scarf's, jewellery, lights, sounds, TV programs, and countless other things.

The programmer may advise the subject they smoke and inform them every time they inhale smoke they will endure fire torture if they break their silence programming. When the subject exhales the smoke they are programmed to forget any doubts they have experienced concerning challenges to their programming. The programmed alters smoke because they are addicted, and re-enforce the programming of silence. The smoking in turn reinforces the power of the programmer/handler.

The brain produces a substance called enkephalin which acts just like morphine and reduces pain. The brain can be hypnotically trained to release enkephalin so that the brain doesn't perceive pain. This is important for self harm programming, suicide programming, Beta programming, and Delta programming.

Programmers also use hypnotism with electric shock. Regular electrical stimulation in many parts of the brain including the lower part of the reticular formation can change the state of consciousness from alert to sleepy.

There are certain safeguards in the use hypnotism. First, there is no danger of the subject being able to identify what has occurred. More important would be the conviction of innocence which the subjects have. There would not be actions of guilt and if ever accused of wrong doing, held secrets, the subject would respond honestly. This conviction of innocence on the part the programmed individual is the greatest safeguard under questioning by outside individuals.

4 Neuro-linguistic programming (NLP)

NLP is the building of associations with an anchor. Neuro linguistic programming is the evolution of hypnotherapy. Classical hypnosis depends on techniques for putting patients into suggestive trances; NLP is a technique of layering subtle meaning into spoken or written language so the programmer can implant suggestions into a subject's unconscious mind without them knowing.

The programmer is attentive to the subject they're working with by studying subtle cues such as eye movement, skin flush, pupil dilation and nervous tics.

Through these observations a programmer will determine: a) What side of the brain a subject is predominantly using; b) What sense (sight, smell, etc.) is most predominant in their brain; c) How their brain stores and utilizes information d) When they're lying or making information up.

The programmer will gradually and subtly mimic the subject. The programmer will take on the subject's body language, their speech mannerisms, and will begin speaking with language patterns designed to target the client's primary sense.

For example, a subject predominantly focused on sight will be spoken to in language using visual metaphors—"Do you see what I'm saying?" "Look at it this way"—while a subject for which hearing is the dominant sense will be spoken to in auditory language—"Hear me out," "I'm listening to you closely."

By mirroring body language and linguistic patterns, the programmer is will achieve one very specific response: rapport. A programmer essentially fakes the social cues that cause a subject to drop their guard and enter a state of openness and suggestibility.

Once rapport is achieved, the programmer will begin to delicately lead the interaction. Having mirrored the subject, they can now make subtle changes to actually influence the subject's behaviour combined with subtle language patterns, leading questions other techniques. A programmer at this point can guide a subject wherever they like, as long as the subject isn't aware of what's happening and thinks everything is arising organically, or has given consent. This means it can be fairly difficult to use NLP to get subjects to act out-of-character, but it can be used for engineering responses within a subject's system's range of behaviour.

From this point the programmer will do two things; elicit and anchor. Eliciting happens when a Programmer uses leading and language to engineer an emotional state. Once a state has been elicited, the Programmer can then anchor it with a physical cue—for instance, touching the shoulder.

Anchors

A stimulus is linked and triggers a physiological or emotional state in the subject. The skilled programmer will anchor an emotion with several sensory cues-- auditory, visual, and touch. The subject visualizes an emotional state from the past, or is placed in an emotional state by the programmer. When the state is reaching its peak, the anchor is placed in. The anchor needs to be unique, distinctive, and easy to repeat in the exact form that it was done. The law of strength applies to the strength of the trauma and the strength of the anchor. A stronger smell may be easier to associate with a strong trauma, which makes the anchoring stronger.

Much of trauma-based programming is setting anchors into parts. When the anchors are triggered, and the part is pulled up, then the anchors have worked. Two separate states can be fired at once.

These types of post hypnotic commands are the ones commonly used by hypno-programmers to change behaviour (behavioural modification).

Triggering Techniques: Real-Time Subconscious Implant Delivery: the Programmers are transmitting the posthypnotic command script to the subject and observing the subject's response. This technique is required for subliminal programming. All programming standard posthypnotic command scripts can be delivered in real-time. This form of delivery can cause the perception of a voice heard in the mind of a subject to give them information or orders depending on the purpose of the handler/programmer.

Prescheduled Subconscious Implant Delivery: The internal central switching computer can transmit a script to a specified part/alter at a pre-specified time. The transmitted script's transmission range can be limited to a single building, a city, or a large geographical area. By having prescheduled scripts, the subject has seemingly randomly occurring thoughts and feelings that can't be associated with a commonly recurring situation like event-triggered scripts precipitate.

Event-Triggered Implant Delivery: Posthypnotic subconscious implants that are triggered with an event, thought, or code word. These are strongly experienced by the subject and are powerful tools for reinforcing a predetermined desired behaviour and inflicting delusions.

The Handler can reinforce a predetermined desired behaviour by associating a subconscious implant (negative or positive reinforcement) with an event. An example is when the programmer desires to isolate the subject from a specific individual, place or thing; the subject will be implanted with a feeling of increased anxiety, hostility, tension, and discomfort. When the subject leaves the individual, place, or thing, another posthypnotic implant is triggered rewarding the subject's behaviour with a feeling of relief from the anxiety, hostility, tension, discomfort, and calm is restored in the subject's mind.

The handler/programmer precisely tailors the type of negative and/or positive reinforcement, the degree of the reinforcement, the duration of the reinforcing effect and the conditions of the trigger. This posthypnotic event-triggered reinforcement can be decreased gradually and can remain so subtle that the subject believes the discomfort is naturally occurring. The subject will believe it is there decision uninfluenced by anyone else that the subject should avoid the individual, place or thing.

Subconscious implants can be combined with other implants like posthypnotic-triggered thoughts to enhance the subject's decision concerning a specific situation. For example the subject can be implanted with a command to be sensitive to the changes in their emotions when around a therapist. The situation will elicit a strong negative emotion. This can be reinforced with another posthypnotic suggestion to avoid every situation that cause the subject discomfort and each time the subject commits themselves to removing themselves from a situation of this kind, they will feel increasing control over their lives

Steps to Anchoring

The anchor (or anchors) should be fired in exactly the same way every time to link them to the resource experience.

The programmer chooses an anchor (or anchors) that will trigger the resourceful state.

The programmers create a situation the subject will have an emotional response to (hate, fear, love, disgust, embarrassment, etc.). They will find an anchor that is unique to the experience. Individuals have the ability to use any three of the types of anchors independently or all together. It is important to ensure the anchors are used together and at the same time. The programmers ensure it is something that happens associated with that experience and is not common to other experiences.

A memory is induced, imagined or situation where the subject can experience the state.

The programmer then attaches a trigger.

The programmer will activate the anchor or anchors when the experience is vivid and the subject is in the desired state. The most effective time for the association of the anchor is at the peak of the experience. As the intensity of the experience lessens, so does the association. If the state is maintained at the intensity for a longer period of time it is more likely the anchor will be established.

Depending on the intensity of the experience can control how fast the subject makes the associations. If the experience is extremely intense the association may be strong after only one occurrence.

The programmer will break the state by having the subject participate in another activity briefly. The anchor will be tested by repeating the action that placed the anchor. It should be noted if the original response returns.

The steps should be repeated several times, each time making the memory more vivid. Replicating the experience will achieve the anchor permanently. This is not required when the anchor is established at the high point of the experience. It is recommended the anchor be strengthened by establishing it at the high point of several experiences.

Future pace the situation where the desired state is to experienced. Trigger the anchor to check that it creates a sufficiently resourced state.

The programmer will use the trigger to elicit the emotional response.

After twenty-four hours the programmer will check the anchor to ensure permanent.

Tips

If the subject does not experience the state when future pacing and experiences another state stop applying the anchor. The subject will experience the wrong state.

There is a knowingness which makes anchoring work that is established by the unconscious mind.

If the subject is in a situation where they experience the desired state in reality by another trigger, the programmer must re-establish the anchor to that situation.

Programmers can stack anchors together.

Collapsing anchors
When states oppose one another and cause too much difficulty in a subject the anchors can be collapsed.

The programmer must identify the preferred response and the state they wish to change.

It is essential, first, to identify the response preferred to replace the unwanted response. The programmer must create an occasion where the subject experienced strongly the preferred state.

The subject is moved into the memory and it is intensified before anchoring it. The programmer then triggers the anchor to make sure that the state is powerful and the anchor is properly set.

Once the programmer is satisfied that anchor is firmly in place, the subject is taken to the state that is to be changed. As the subject re-experiences the response, it is anchored to a blank part. The programmer then triggers the anchor and breaks the state.

The subject is tested to ensure each anchor is properly set, and then triggers both anchors simultaneously. The effect is usually one of mild confusion. At this stage, the programmer holds the anchors until the confusion dissipates.

The programmer gradually lifts the anchor of the unwanted state, and a few seconds later lift the anchor for the resource state.

The programmer will test by trying to trigger the unwanted response. The subject's dominate response should be more neutral or the resource state should dominate. This is repeated as necessary until the resource state dominates.

Visual Anchors
Visual anchors are among the most common. There are positive and negative visual anchors.

Auditory Anchors
An auditory anchor is a stimulus that is a sound or sounds neurologically linked to a state of mind.

Kinaesthetic Anchors
A kinaesthetic anchor is one that is a movement, touch or physical action that is associated with a particular state.

5 Hypnotic Surgery

Hypnotic Surgery is used with child parts in the subject. The programmer will implant in the part replacement organs such as their heart, and stomach. The programmer will replace these parts with stones, bombs, and other devices to prevent the system from being breached by unauthorized individuals.

The heart will be replaced by black stones. The programmer will advise the part their heart is not good enough. The programmer will advise the subject they have a 'heart of stone(s)' and cannot feel emotions.

The stomach will be replaced with a bomb. The programmer will explain to the part the purpose of the bomb. The bomb may be placed in one part as 'don't talk' programming. If the part were to talk they believe it would trigger the bomb and they would blow up. Another use for the bomb is for starvation programming. If the part eats, or eats above the allotted amount it will trigger the bomb.

Hypnotic surgery will also be used to remove body parts such as limbs, eyes, and ears. The programmer will advise the subject they can't see specific things, hear precise words, or pick up designated items due to not having hands.

Using hypnosis programmers heal the subject's wounds after they have completed the surgery. Most programmers will cut the subject at the sight of the surgery to insure there is a scar.

For example, alters in a subject's system may be advised they have no faces and no hearts. They are programmed not to see their faces and not to hear any heart beat. If a pulse monitoring device is hooked up to the alter, the alter will go into a trance.

The programmers can put in distortion programming during this time. Visual and audio distortion programs are used to protect the system from outside intrusion.

6 Hypnotic Implants

Delusions: Delusions are used to discredit the witness and also provide an additional source for fear, intimidation and confusion. Delusions can be but are not limited to the Subject developing conspiracy theories of fellow employees and friends, beliefs that Angels or Demons are communicating or visiting them, tingling from microwave guns or implants, beliefs in supernatural events, etc.

Audio Hallucinations: Subjects often report hearing walls clicking, footsteps in the house, the sound of someone trying to open the door, drilling at the door, etc. These audio hallucinations are also used to discredit the witness and also provide an additional source for paranoia, fear, and negative reinforcement.

Voices in the Subject's Mind: The voices in the subject's mind are achieved in a variety of ways using real-time and prescheduled posthypnotic suggestion deliveries, and Noun Substitution implant techniques.

Visual Hallucinations: Visual hallucinations are usually implanted in the waking moments when a subject is coming out of or is in a somnambulatory state (light sleep) preferably in a darkened room. The hallucinations are fleeting, usually lasting less than one minute and are not durable. Typical hallucinations reported by subjects are Angels, large spiders, and movement of various shadowy objects across the ceiling, bright spot of light ahead of the subject, etc

Noun Substitution Posthypnotic Implant: The subject can have a posthypnotic suggestion implanted that changes the form of pronouns in the subject's internal thinking. The result is the subject perceives that someone is telling him/her to do something with nearly every thought. An example is; the subject thinks, "I should go to church today". With the noun substitution posthypnotic suggestion the subject experiences the following internal thought, "You should go to church today!"

Notice that by implanting the posthypnotic command into the subject's subconscious mind to think the pronoun "You" instead of "I" the subject will perceive that they are being directed by a voice even though the majority of the internal thought content is their own naturally occurring thought. This subconscious implant can be used in combination with other implants to increase the subject's perception of threat, fear, and therefore paranoia. It can be used with other posthypnotic suggestion implants that will give the subject the perception of either a "good" or "evil" voice or spirit is directing him/her.

This implant is powerful because it gives the subject the perception that the spirit, angel, God or Holy Spirit knows and directs the subject's every thought. It provides a convincing proof that "God knows every thought of their children". Subjects that don't have a superstitious frame of reference and seek professional help are usually misdiagnosed as schizophrenic.

Tinnitus (Ear Ringing): Tinnitus is implanted to distract the subject should an outside individual

attempt to speak with the subject about an ‘off limits’ topic. This is produced by a posthypnotic suggestion.

Complete Quiet Silence: Used as a positive reinforcement for two reasons; the subject has the tinnitus removed to indicate that the subject has “Peace Restored", and the subject is listening to and following the correct programming script.

7 Brain Frequency List

Every part of a subject's body vibrates to its own rhythm. The brain has a unique set of brain waves. There are five distinct brain wave frequencies; Beta, Alpha, Theta, Delta and Gamma.

The brain works off of waves that are less than 16 hz. the human ear can't hear anything below 30 hz. If one ear hears 100 hz. and the other ear hears 104 hz. the brain will hear a ghost beat of 4 hz. 4 hz is the theta/delta frequency on the border of sleep and waking that can begin an astral trip. Focus 10 is just the starting point for astral travel. Focus 12, 15, 21 and beyond are the real trip. When a subject astral projects it changes the BEG pattern to a pattern called Alphoid. To stimulate a subject to astral project they are induced into sleep, and as they lose consciousness, the mind is jolted awake with high-frequency beta signals. The body remains asleep, and the mind is free from the body to wander. A hemispheric synchronizer can be used is used to get both brain hemispheres working together.

Other Theta Controls ELF (Extremely Low Frequency Waves) can be used to modify subject's thoughts, implant thoughts, and modify their emotions, such as make a subject angry.

Each frequency, measured in cycles per second (Hz), has its own set of characteristics representing a specific level of brain activity and hence a unique state of consciousness.

Delta (0.1 – 3 Hz): Extremely deep relaxation/sleep with complete subconscious operation. The Delta frequency is the slowest state. It is where awareness is completely detached. Delta is the realm of the unconscious mind. It is the gateway to the Universal mind and the collective unconscious whereby information received is otherwise unavailable at the conscious level. Delta is associated with deep healing and regeneration, the physical body begins to recuperate and recover.

Epsilon (below 0.5 Hz) Delta brain states actually continue deeper into these. These extremely slow Epsilon brainwave patterns might have extremely fast Hyper Gamma/Lambda brainwave patterns modulating within them. Epsilon is associated with states of suspended animation where no heart beat, respiration or pulse is noticeable.

Theta (4 – 7 Hz) Theta is the realm of the subconscious mind. Deep relaxation where the conscious mind is, for the most part, 'switched off', and the subconscious mind is left to flourish. Theta brain waves are present during very deep relaxation and light sleep, including the REM (dreaming) state. It is also known as the twilight state as it is normally only momentarily experienced as you drift off to sleep (from Alpha) and arise from deep sleep (from Delta). Vivid visualizations, great inspiration, profound creativity, exceptional insight as well as the subject's mind's most deep-seated programs are.

This is where most hypnotists aim to take their subject down to. Theta is where ideas, visualizations and suggestion are more likely to enter the subconscious mind and consciously subject's become less aware of what is going on around them.

Alpha (8 – 15 Hz) A mild daydream or light relaxation state. This is the most easily reached brain wave state, and also includes both the youngest and most easily accessed alters in the entire system. The relaxed detached awareness achieved during light meditation is characteristic of Alpha and is optimal for programming the mind for successful actions. Alpha heightens the subject's imagination, visualization, memory, learning and concentration. It lies at the base of your conscious awareness and is the gateway to your subconscious mind. Alpha is typified by partial conscious awareness and partial subconscious predominance at the same time. It is useful to absorb information when in Alpha. Alpha promotes more of the left side of the brain to be used for processing.

Beta (16 – 31 Hz) Beta brain waves are associated with normal waking consciousness and a heightened state of alertness, logic and critical reasoning. As a subject participates in daily activities they are at Beta. In such a state we have full conscious awareness and attention of everything around us and usually only one side of brain is operating. Although important for effectively functioning in everyday life, higher Beta levels translate into stress, anxiety and restlessness. Higher cycles of Beta Frequency usually equate to stress, anxiety and 'over thinking' as the conscious mind becomes misguided or reacts negatively to a given situation. High brainwave beta frequency also equates to hypertension, increased heart rate, increased blood flow, cortisone production and glucose consumption.

Beta is often associated with aggressive impulses. Beta state will often hold cult protectors, internal warriors, and military systems. They may be colour coded blue.

Gamma (32 – 100 Hz) Gamma waves are the fastest of the brain wave frequencies and signify the highest state of focus possible – they're associated with peak concentration and are considered to be the brain's optimal frequency for cognitive functioning. The average individual never reaches this high of frequency range. In order to reach Gamma an experienced programmer must access it,

These higher frequency sound waves are associated with bursts of insights, higher mental activity, and information processing including perception, problem solving, fear, and consciousness. Gamma brain wave states assist in the reshaping of brain structures that persist beyond actual periods of programming. Gamma wave activity is thought to be associated with a phenomenon known as "neuroplasticity," or the ability of the brain to form new connections and build on pre-existent structures.

A side effect of producing gamma waves in the brain is high gamma activity works as a natural anti-depressant, boosting a subject's mood, empathy, and compassion.
When compared gamma waves to theta waves and the effects and states linked to both one end of the scale (gamma) generates intense focus and energy, while the other end of the scale (theta) is much more passive in nature.

Lambda (200 Hz). Associated with wholeness and integration also associated with mystical experiences and out of body experiences. Self awareness, higher levels of insight and information. They are carried on the very slow moving Epsilon waves

The Alpha-Theta border, from 7 to 8Hz, is the optimal range for visualization, mind programming and using the creative power of your mind. It is the mental state at which you consciously create your reality. At this frequency of mind control you are conscious of your surroundings but your body is in deep relaxation. To learn how to access this level of mind at will you must first learn

Sigma (12–14 Hz) in a burst of oscillatory brain activity that occurs during stage 2 sleep. Sigma is also called sleep spindles. It consists of waves that occur for at least 0.5 seconds. Represent periods where the brain is inhibiting processing to keep the sleeper in a tranquil state. Sleep spindle activity has furthermore been found to be associated with the integration of new information into existing knowledge as well as directed remembering and forgetting

Theta-Delta-(3.5 Hz) Long term memory access.

8 Preparing the Mind

The programmer places the subject in an acute state of anxiety and guilt. The tension reduces the power of the judgement part of the mind. One of the tortures for subjects is to keep them from going to the bathroom and relieving themselves. This is part of the hypnotic programming package. The anxiety that this creates increases the power of the programming in the brain, because the anxiety causes slight malfunctions with the brain's judgment abilities. Mental and physical fatigue is also sought in the subject. For instance, water deprivation is common. Offensive language also helps drive the mind into tension and encourages it into an alpha state.

Nine areas are monitored in the subject throughout programming. Once monitored it is determine which needs are priority needs for the subject. Programmers will use what they call "the depth approach" to subconsciously gratify those needs in a way that gains control over the subject.

In programming, these 9 areas are identified as weaknesses, because programmers and handlers will attempt to manipulate these desires for their own gain. They set up short-range and long term goals and plans on how to control subject.
These nine areas are:

1. Emotional security

2. Recognition of efforts or reassurance of worth

3. Creative outlets

4. A sense of personal power

5. A belonging somewhere

6. Immortality

7. Ego-gratification

8. Love in all its forms

9. New experiences

9 Behaviour without Awareness

There are four principal categories of behaviour without awareness. The subject may be unaware of:

1. Their behaviour itself. They may be whispering without realizing, or they may be moving into a trap without knowing that the trap is there. A special case here is abnormal behaviour in which the subject fails to realize what they are doing because their normal awareness and self-control have been interrupted by disturbing agents such as fear, anxiety, illness, drugs, or hypnotic suggestion.

2. The relation of their behaviour to some stimulus. The subject may be unaware of the fact that the Programmer is influencing them by saying "Right" after certain statements and by remaining noncommittal after others. The process called "operant conditioning" falls into this category.

3. The stimulus itself, because of its slight impact. The subject may be unaware of a very faint sound or a quick flash of light, unaware in the sense that they lack the usual visual sensations. Subliminal perception falls into this category.

4. The precise nature of the stimulus, as well as its relation to their behaviour, because of inattention. The subject may be aware of vague sensations, but they are not aware either of the source or of the significant content of the stimulation, although their behaviour may change in accordance with changes in the stimulus. This category includes a great deal of perceptual activity affecting ordinary social behaviour. A subject is often unaware of the specific cues and clues to which they are reacting not because the stimulus is insufficient to reach the consciousness but because the effort to be fully aware of all the cues all the time would create too great a cognitive strain. In persuading a subject to do something they normally or rationally would resist doing a Programmer can make use of any one of these categories of psychological processes. Usually the purpose is to produce behaviour of which the subject is unaware.

10 Principles of Control

There are progressive steps in exercising control over a subject and changing their behaviour and personality. Subject's being programmed must be unaware they're being programmed. A subject is hard to manipulate if they know they are being manipulated.

If subject resistance is encountered during screening or during the opening phases of programming, non-coercive methods of sapping opposition and strengthening the tendency to yield and to cooperate may be applied. Although these methods appear here in an approximate order of increasing pressure, it should not be inferred that each is to be tried until the key fits the lock. On the contrary, a large part of the skill and the success of the experienced programmer lies in their ability to match method to subject. The use of unsuccessful techniques will of itself increase the subject's will and ability to resist.

This principle also affects the decision to employ coercive techniques and governs the choice of these methods. If in the opinion of the programmer a totally resistant subject has the skill and determination to withstand any non-coercive method or combination of methods, it is better to avoid them completely.

Threats vary on a long sliding scale from minor to extreme. Programmers can threaten to tell other individuals or put a gun in a subject's mouth and threaten to pull the trigger. At the extreme, the goal is to create terror and belief that pain or something highly undesirable is about to happen.

The threat of torture usually weakens or destroys resistance more effectively than torture itself. The threat to inflict pain, for example, can trigger fears more damaging than the immediate sensation of pain. Threats work on fear and anticipated pain, where the thought and expectation of discomfort leads the subject to imagine and virtually feel the pain, physical or emotional, that would be experienced. Threats may be unspoken, for example where the programmer plays with a weapon or where instruments of torture are visible.

Threats delivered coldly are more effective than those shouted in rage. It is especially important that a threat not be uttered in response to the subject's own expressions of hostility. These, if ignored, can induce feelings of guilt, whereas retorts in kind relieve the subject's feelings.

If the subject is immune to threats, then individuals they hold dear may be threatened, such as family and friends.

The same principle holds for other fears: sustained long enough, a strong fear of anything vague or unknown induces regression, whereas the materialization of the fear, the infliction of some form of punishment, is likely to come as a relief.

The threat of death has often been found to be useless. It has the highest position in law as a defence mechanism, but in many programming situations it is a highly ineffective threat. The principal reason

is that the ultimate threat is likely to induce sheer hopelessness if the subject does not believe that it is a trick.

The effectiveness of most of the non-coercive techniques depends upon their unsettling effect. The programming situation is in itself disturbing to most subject's encountering it for the first time. The aim is to enhance this effect, to disrupt radically the familiar emotional and psychological associations of the subject. When this aim is achieved, resistance is seriously impaired. There is an interval -- which may be extremely brief -- of suspended animation, a kind of psychological shock or paralysis. It is caused by a traumatic or sub-traumatic experience which explodes, as it were, the world that is familiar to the subject as well as their image of themselves within that world. Experienced programmers recognize this effect when it appears and know that at this moment the subject is far more open to suggestion, far likelier to comply, than they were just before they experienced the shock.

Another effect frequently produced by non-coercive (as well as coercive) methods is the evocation within the subject of feelings of guilt. Most subjects have areas of guilt in their emotional topographies, and a programmer can often chart these areas just by noting refusals to follow certain lines of questioning. Whether the sense of guilt has real or imaginary causes does not affect the result of intensification of guilt feelings. Making a subject feel more and more guilty normally increases both their anxiety and their urge to cooperate as a means of escape.

The subject's peers, family, closest friends, and spouse are all involved in the programming. These individuals will reinforce for the subject the programmer/handler/family is good and has the subject's best interests at heart, no matter how abusive the behaviour. The individuals who surround the subject also reject and accept the subject based on their behaviour. This reinforces to be accepted the subject must behave and follow the structure of the programming. Those involved also want to assist the subject in growing, and understanding the goals set for them.

The subject is surrounded by individuals who all dress alike, act alike, and use the same terminology. The subject will question themselves instead of the people who surround them because the subject is the one who is different. The uniformity and consistency of the individuals that surround the subject will help insure compliance. No ideas are allowed for the subject to confront their programmer. This is to create behaviour that ensures the group will maintain secrecy and work together.
Programmers also use these techniques, including bonding with the subject, convincing the subject that they care for them, no one else could possibly understand them (the subject) the way the programmer does.

11 Non-Coercive Techniques

The following are typical of behaviour control techniques used in programming.

Absolute Authority: That cannot be challenged.
Breaking sessions: that pressures a subject until they mentally break.
Changing values: to change what is right and wrong.
Confession: to leave behind the undesirable past.
Dietary control: that weakens the subject's thinking.
Entrancement: open the mind and limit rational reflection.
Engagement: that draws a subject in.
Exhaustion: so they are less able to resist persuasion.
Guilt: about the past that they can leave behind.
Higher purpose: associate desirability with a higher purpose.
Identity destruction: to make space for the new identity.
Illogic: Emotion and fallacy that persuades.
Information control: that blocks out dissuading thoughts.
Incremental conversion: shifting the subject one step at a time.
Isolation: separating subject from dissuasive messages.
Love Bomb: to hook in the lonely and vulnerable.
Persistence: never giving up, wearing subject down.
Progressive Demands: Add increasingly stronger requests.
Radicalization: Creating more extremists.
Special language: that offers the allure of power and new meaning.
Thought-stopping: block out distracting or dissuading thoughts.

Conversion as revelation Conversion may take place suddenly as a revelation, for example when a higher purpose is realized and all values that are associated with that are adopted. This is more likely to happen with subjects who have a strong need for certainty and who therefore tend to adopt extreme views.

The first stage in changing behaviour is making the subject aware of the control. A child subject is made aware of the physical and psychological control of the programmer/handler and will swiftly recognize they are over powered. A proficient subject will recognize the overwhelming power of the individuals around them and the corresponding responses when the expectations aren't followed. The subject will recognize the definite limits that have been placed upon the ways they can respond.

Realization of their complete dependence upon the controlling system is a major factor in the controlling the subject's behaviour. The subject is required to recognize and accept the fact that food, tobacco, praise, and the only social contact that they receive will come from the programmer who exercises control over him.

Control over time: The programmer must control the subjects time. A strict schedule must be

complete and followed. The schedule must encompass the entire 24 hours of the day and the subject must adhere to the schedule.

Start easy: Agreement over rules typically starts with generalized rules with which it is hard to disagree, for example; “No talking while eating”.

Tighten the rules: These rules will be gradually tightened over time. As the subject grows the basic premise, additional judgement criteria are added. For example, “No talking while eating' becomes “Talking while eating means you eat less food' to “The more you talk the less time you get to eat' to 'you are no longer hungry’.

Align with subject’s values: A conversation that may start with ideas will eventually turn to thoughts about what is right and wrong, good and bad, important and less important. In other words, it focuses on values. If you can change these rules in a subject’s head, then the programmer have no need to police them - the values will do that.

An effective start is to seek out the values of the subject and play to these. If the subject puts themselves first, then be admiring of them. A further values platform is generic human values, which are very difficult to deny, Love, peace, helping one another. Values can also be negative. Selfishness and hedonism can be elevated as worthwhile reasons. Racism and elitism may be accepted as true.

Progressive conversion: If the programming values are different from those of the subject, then the transition process is a progression, rather than a sudden conversion.

Control of values: The programmer must be clear to the subject as the one who sets values. This is made possible by having one of the basic values of the group be the leader must be obeyed without question. When the leader is showing wisdom and concern, this may seem logical.

Changing values: When converting a subject, one of the key things a programmer does, no matter where the subject started from, is to move into the realm of ideas and values. This includes anything that is not tangibly physical, and can include social and political ideas as well as religious and quasi-religious ideas. By doing this the subject is removed from the real world and into the ideological world of the programmer.

Align them with programming values: Show alignment towards the subject, the exchange principle dictates they should alignment towards the programmer/handler. When the subject is shown appreciation, they will show appreciation in return and will bond with the programmer connecting their sense of identity.

*Embodiment of values: T*he programmer is to appear as a decisive embodiment of values. The programmer is elevated to a state of godhood. They may not claim it themselves, but through their manipulation of values they effectively reach this very powerful position.

Programmers take charge of values: More control of the subject occurs when the programmer (or handler) is able to take full control of values. When a programmer can dictate what is right and

wrong, they have the basis for total control.

Black and white thinking is created by the programming. There must be a tightly controlled system of logic. There must be totalitarian leaders, who inspire confidence and discipline questioning behaviour. Subjects are trained to believe seeking to leave, or questioning the philosophy, would mean isolation, torture, and the possibility of death. A hierarchy of leadership are given the authority to discipline those who do not comply with the training and teachings. This hierarchy will be planned internally into the subject.

Create a sense of powerlessness. This is administered through pain, degradation, tying up subjects, and control over the subject's time. This is completed from infancy on.

Needs Of Individuals Are Promised To Be Met, But Are Ignored For Group Goals. The Programmers/handler will promise to meet individual needs of alters. These things may be food, clothing, and shelter. These needs are ignored for group goals. If there isn't enough food for everyone, no one will eat.

Isolation from the World, the only reality is the programmers. The Programmer isolates the subject so no new ideas are available or allowed except their ideas. Whatever the Papa Bear (handler/programmer) dictates is reality. Each alter will only communicate with a few other alters. What this does is divide subject from their own parts and total awareness. The will and mind is broken so that there is no organized resistance, or access to other parts that may be aware of internal workings.

Isolation typically creates anxiety, that anxiety intensifies the desire to be with others who share the same fear. First-born children are more anxious and less willing or able to withstand pain than later-born children. Other applicable hypotheses are that fear increases the affiliative needs of first-born and only children much more than those of the later-born. These differences are more pronounced in subjects from small families then in those who grew up in large families. Only children are much likelier to hold themselves together and persist in anxiety-producing situations than are the first-born, who more frequently try to retreat

The subject will often be denied friends, and contacts outside the controlled environment. They will be deprived of all naturally occurring relationships by programming. This is done by switching, flooding, and system protection programming. Isolation is imperative and parts are made to feel like animals rather than human to isolate them outside individuals. Subjects will be programmed to hate Jesus and the God of the Bible, so they are isolated from spirituality and seeking spiritual assistance.

The subject starts to experience severe insecurity in this stage. The Programmer uses this insecurity against the subject in several ways. Because of the impaired reasoning ability and emotional isolation, the subject is susceptible to the approaches of insincere individuals, which are used by the programmer to emotionally hurt the subject more. This allows the programmer to convince the subject that individuals can't be trusted and only the programmer/handler can be trusted. This serves to isolate the subject from supportive peer groups and makes the subject emotionally dependent on the handler and programmer resulting in the programmer and handler gaining more power in the subject's

life.

Sensory Bombardment and Fatigue. This includes being bombarded with loud noises or music and flashing or bright lights, prolonged sleep deprivation, environmental control, cages, loud continues noises, love bombing of specific parts and a sterile environment. These methods are designed to overload the senses, interfering with sleep, cognition, and concentration.

Breaking down the self

Assault on identity: The subject is not who they think they are. This is a systematic attack on a subject's sense of self (their identity or ego) and their core belief system. The programmer denies everything that makes the subject who they are: "You are not a boy/girl." "You are not intelligent." "You are not athletic." The subject is under constant attack for days, weeks or months, to the point that they become exhausted, confused and disoriented. In this state, their beliefs seem less solid.

Bombard them with accusations: The subject is isolated and accusing them of various transgressions begins. Accusations may start with diminutive things that are easy for them to admit then steadily escalate with admonishments of breaking important values and even being basically bad and shameful.

This process should be completed by a number of Programmers. The more individuals and the higher in standing they are, the more effective this method becomes. Few subjects can ignore accusations from individuals they live with have authority of them.

The Subject's Sense Of Identity Is Lost. The subject loses their sense of self and surrenders it to the handler/programmer. There will be no sense of where they begin and end, and where the Handler/programmer begins and ends. Subjects will demonstrate new behaviour by Conformity: dress, language, behaviour using group language will eventually stop the thinking mind.

The awareness of control and recognition of dependence result in causing internal conflict and breakdown of previous patterns of behaviour. Although this transition can be relatively mild in the case of a young subject, it is almost consistently severe for the adult subject undergoing programming. Only an individual who holds their values lightly can change them effortlessly. Since the programmers aim to have the individuals undergo profound emotional change, they force their subjects to seek out painfully what is desired by the controlling individual. During this period the subject is likely to have a mental breakdown characterized by delusions and hallucinations

Continue until subject breaks: The point of this session is to push them past a breaking point; similar to when a subject has a nervous breakdown the session may continue well past the point where the subject is huddled in a fetal position, rocking back and forth and weeping uncontrollably. With this action the programmer wears down the subject's sense of identity, in order to effectively destroy their personality and makes them flee from who they are.

Watch for apathy. After the subject's self-esteem is broken down and continuing failure and persistent suffering start to dominate every day, the individual becomes apathetic as a defence mechanism.

Apathy can lead to the subject not responding to and a mental and physical surrender that cannot be corrected.

Critical Thinking And Disagreeing With The Programmer Is Forbidden. The subject must suspend ability to think critically or disagree with programmer. The subject must never question the Handler/programmer. They must never get angry at the handler, if they do the subject is advised they want to be punished. The subject must always comply or be subject to punishment.

The assumptions of guilt and atonement: A basic assumption and rule is the subject in question is already guilty. Guilt is an effective lever that casts the subject as imperfect and inferior. The associated assumption is that guilt may be relieved by atonement of some variety, whereby the subject may be forgiven for the bad things they have done. This creates a two-sided force by which hurt and rescue may be applied.

Guilt: The subject is appalling. While the identity crisis is setting in, the programmer is simultaneously creating an overwhelming sense of guilt in the subject. The subject will be repeatedly and mercilessly attacked for any "sin" the subject has committed, large or small. The programmer will criticize the subject for everything from the "evilness" of their beliefs to the way he eats too slowly. The subject begins to feel a general sense of shame, that everything they do is wrong.

Self-betrayal: The subject will agree with the programmer that they are appalling. Once the subject is disoriented and is over whelmed with guilt, the programmer forces them to denounce any individual in their life who shares the same "erroneous" belief system that they hold. This betrayal of subjects own beliefs and of people they feel a sense of loyalty to increases the shame and loss of identity the subject is already experiencing.

Breaking point: With their identity in crisis, experiencing deep shame and having betrayed what the subject has always believed in, they may undergo a "nervous breakdown." In psychology, a "nervous breakdown" is a collection of severe symptoms that can indicate any number of psychological disturbances. The breaking point may involve uncontrollable sobbing, deep depression and general disorientation. The subject may have the feelings of being totally lost and alone. When the subject reaches their breaking point, their sense of self can be remade. The subject has no clear understanding of who they are or what is happening. At this point, the programmer sets up the temptation to convert to another belief system that will save the subject from their desolation.

Discovery that there is an acceptable solution to their predicament is the first stage of reducing the individual's conflict. Subjects of programming realising this will lead to feelings of relief of internal conflict. It is at this point they are prepared to make major changes in their value-system. This is an automatic rather than voluntary choice. They have lost their ability to be critical.

Altered States and Hypnosis Are Used. The handlers/programmers use hypnotic techniques to change the minds states. Programmers induce dissociation by songs, chanting, guilt inducing sessions, torture, isolation, repeating triggers 3X, starvation, inadequate sleep, and strenuous physical activity. This combination will lead to a reduction of alertness.

The reduction of alertness will create confusion in the mind. Programmers will also cause confusion using a series of alters. The subject may go into revolving from one alter to another, or may have alters coming and going with conflicting messages so that the subject remains in a programmed confused state. Programmers will give the mind something simple to focus on so that it goes into a flat state.

The mind feels good to shift into this simple flat state. The brain quits thinking and shifts to a lower level of conscious so the controllers can advise the subject what to think. Programmers can induce a mood or state of mind hypnotically which will make retrieval of something learned dependent upon going into that particular mood or state.

Out of Body Experiences: (O-B-E's) are induced by the torture and psychotropics. This training will lead to astral projection.

The Mind's Natural Alarm Clock: The programmer's use the mind's natural ability to wake up at specific times to inlay clocks for scheduled tasks. Subjects may be given the coded messages that will occur at specific timed intervals. Sleeping patterns are also related to personality. By programming different alters to have certain sleep patterns, their personality can be adjusted.

Behaviour modification. A version of behaviour modification is tailored to the subject. It is determine what the subject does well, and praise and reinforce that behaviour. The programmer states the desired goal. Then continue to reinforce promptly the things the subject is doing well. The goal in mind must be measurable. An example of this might be for a handler to praise a hunting part that is being programmed and give the subject a reward after a successful hunt. The reinforcement needs to be quick, and appropriate.

Manipulate rewards, punishments, *experiences to elicit new behaviour*. Manipulate rewards, punishments, and experiences. This must be done to suppress previous social behaviour. Reward: Participation, conformity to ideas/behaviour, zeal, personality changes, the appropriate verbal response.

Behaviours punished: criticalness, independent thinking, non-conformity to ideas/behaviour, wrong response to questions.

Aversive conditioning is another behaviour modification technique. This is the use of something unpleasant, or a punishment, to stop an unwanted behaviour. As with all forms of punishment, it may work but is generally less effective than the use of reinforcement.

Split brain programming The Programmers are also aware that right-handed people use their left brain hemisphere for highly conscious processes which require good attention, focus and intentional decisions; while their right brain will tend to work on the unconscious and automatic chores. Split brain programming takes this contrast into account.

Individual sees locus of control with the Handler/programmer. Programming overrules self. The internal and external handler/programmer is in control of the subject's life view, navigation, and

emotions.

Creativity can be controllable. When a subject creates a new alter/animal/internal structure he is rewarded and praised. The subject learns to create what they believe the Programmers' desire to continue to be rewarded.

Future Pacing Future pacing can be used to help program a subject toward their occupational objective which is created for the subject when they are young. Future pacing is a mental rehearsal that is practiced in the imagination. This is done so the subject can deal with future challenges. Expectations can often become self-fulfilling prophecies. NLP also is used to teach people how to learn. It teaches people to learn a variety of methods for a single skill.

Power Words, These are words which have specific meaning for the subject. Some power words used in programming are; Imagine, you, and because.

The Possibility of Salvation

Leniency: The programmer can help the subject. With the subject in a state of crisis, the programmer offers some small kindness or reprieve from the abuse. He may offer the subject a drink of water, or take a moment to ask the subject about relationships they have made. In a state of breakdown resulting from an endless psychological attack, the small kindness seems enormous, and the subject may experience a sense of relief and gratitude completely out of proportion to the offering, as if the programmer has saved their life.

Compulsion to confession: Programmer advised the subject they can help themselves. For the first time in the programming process, the subject is faced with the contrast between the guilt and pain of identity assault and the sudden relief of leniency. The subject may feel a desire to reciprocate the kindness offered to him, and at this point, the programmer may present the possibility of confession as a means to relieving guilt and pain.

The tension of guilt: This creates a tension between the subject's actions and their stated belief that the action is bad. The consistency principle leads the subject to fully adopt the belief their resistance is bad and to distance themselves from repeating it. The situation is also encouraged by making non-confession to be an offence itself.

Channelling of guilt: The programmer will advise the subject this is why they are in pain. After weeks or months of assault, confusion, breakdown and moments of leniency, the subject's guilt has lost all meaning. They are not sure what they have done wrong, the subject just knows they are wrong. This creates something of a blank slate that lets the programmer fill in the blanks: He can attach that guilt, that sense of "wrongness," to whatever they desire. The programmer attaches the subject's guilt to the belief system the programmer is trying to replace. The subject comes to believe it is their belief system that is the cause of their shame. The contrast between old and new has been established: The old belief system is associated with psychological and physical agony; and the new belief system is associated with the possibility of escaping that agony.

Releasing of guilt: It's not me (subject); it's my (subject's) beliefs. The beleaguered subject is relieved to learn there is an external cause of their wrongness, that it is not themselves that is inescapably bad. This means they can escape their wrongness by escaping the wrong belief system. All they have to do is denounce the people and institutions associated with that belief system, and they won't be in pain anymore. The subject has the power to release themselves from wrongness by confessing to acts associated with their old belief system. With their full confessions, the subject has completed their psychological rejection of their former identity. It is now up to the programmer to offer the subject a new one.

Public confessions: The effect of confession may be intensified by making the confession public. It both increases the hurt and discomfort and also enables a greater rescue effect and relief. The higher levels of emotion involved have a much greater effect in creating bonds with the listening group.

Confession: Confession is predominantly effective at enabling people to put an undesirable past behind them. As well as a conversion technique, it is also useful for retention.

Confessing sins: Once the subject has agreed to the rules/values, subjects are encouraged to confess past mistakes. This may start easily with trivial errors and then progress to more significant 'failures'.

Release and atonement: Confessing leads to a relief, especially when the tension has been exacerbated by declarations of how appalling the errors are and how the subject is understood to be basically good.

Confession under pressure can appear as a sudden breakdown, when a previous resistance suddenly collapses. This can lead to a sudden outpouring of information.

Confession provides an initial release, but further atonement may be demanded. This may start with simple chores or repeating of meaningful scripts, but may also be escalated. Punishments may be meted out or may even be applied by the subject themselves.

Agreeing the rules: The motive of confession is there are some things which are bad, and which disregard defined rules and values. Before actual confession an agreement is reached about what is good and what is bad.

Subtle force of authority: The subtle implication is to position the subject as inferior and the programmer to whom they are confessing as superior. This provides a lever of authority that the subject cedes to the programmer receiving the confession. This allows the handler to control the subject further. This control may range from defining new values to giving direct commands outside of the confessional milieu.

A Sense Of Peace Is Induced. When the subject merges with the handler the programmer will accept credit for what the subject has become. A sense of peace is induced leading to the imagery of merging with the handler. The time is suggested by the programmer. The subject has the handler placed internally to assist in maintain the integrity of the system. The subject must reorganize reality through identification with the handler. Strong identification is created with the handler through trauma

bonding. The subject will be programmed to protect the handler both internally and externally.

Rebuilding the Self

Remake the subject: When the subject is broken, the programmer/handler is to approach them with kindness. This is to show the subject they are forgiven and accepted again. They may be hugged and patted. This places the programmer/handler back into a kind and loving frame and offers a lifeline to the broken subject. The subject will listen and accept what the handler/programmer has to say.

The building of trust: Confessing sins is to expose vulnerability, which requires trust. Confession acts to increase the bonding of the individual to those hearing the confession, as consistency principle provides the argument that if the subject is confessing, then those listening must be trustworthy. When a subject bonds with an individual, they will be apt to adopt beliefs more easily.

Progress and harmony: If the subject wants, they can choose good. The programmer introduces a new belief system as the path to "good." At this stage, the programmer stops the abuse, offering the subject physical comfort and mental calm in conjunction with the new belief system. The subject is made to feel that it is they who must choose between old and new, giving the subject the sense that their fate is in their own hands. The subject has already denounced their old belief system in response to leniency and torment, and making a conscious choice in favour of the contrasting belief system helps to further relieve their guilt. If they truly believe, then they really didn't betray anyone. The new identity is safe and desirable because it is nothing like the one that led to their breakdown.

Final confession and rebirth: The subject chooses what is good. Contrasting the agony of the old with the peacefulness of the new, the subject chooses the new identity. They reject their old belief system and pledge allegiance to the new one that is going to make their life better. At this stage, there are often rituals or ceremonies to induct the subject into the community.

Reintegration of values and identification with the controlling system is the final stage in changing the behaviour of the controlled individual. A subject who has learned a new, socially desirable behaviour demonstrates its importance by attempting to adapt the new behaviour to a variety of other situations.

Other Non Coercive Conversion Methods

Coincidence: Coincidence is used to create the perception in the subject that supernatural events are beginning in the subject's life. A combination of posthypnotic commands and pre-information awarded to the subject prior to an upcoming experience that the handler/programmer intelligence system has discovered gives the subject a feeling that "God" or some other supernatural being is taken interest in their life.

Graphology: The validity of graphological techniques for the analysis of the personalities of subjects has not been established. If the programmer or their handler decides to have the subject's handwriting analyzed, the samples should be submitted as soon as possible, because the analysis is more useful in the preliminary assessment of the subject than in the later programming. Graphology does have the

advantage of being one of the very few techniques not requiring the assistance or even the awareness of the subject. As with any other aid, the programmer is free to determine for themselves whether the analysis provides them with new and valid insights, confirms other observations, is not helpful, or is misleading.

Joint Programmers: The commonest of the joint programmer techniques is the Mutt-and-Jeff routine: the brutal, angry, domineering type contrasted with the friendly, quiet type. This routine works best with women, teenagers, and timid men. If the programmer who has done the bulk of the programming up to this point has established a measure of rapport, he should play the friendly role. If rapport is absent, and especially if antagonism has developed, the principal programmer may take the other part. The angry programmer speaks loudly from the beginning; and unless the subject clearly indicates that they are breaking down. He thumps the table. The quiet programmer should not watch the show unmoved but give subtle indications that he too is somewhat afraid of their colleague. The angry programmer accuses the subject of other offenses, any offenses, especially those that are heinous or demeaning. He makes it plain that he personally considers the subject the vilest subject on earth. During the harangue the friendly, quiet programmer breaks in to say, "Wait a minute. Take it easy." The angry programmer shouts back, "Shut up! I'm handling this. I'll break this one, wide open." The programmer expresses their disgust by spitting on the floor. Finally, red-faced and furious, he says, "I'm going to take a break. But I'll be back at two, you better be ready to talk." When the door slams behind him, the second programmer tells the subject how sorry they are, how he hates to work with an individual like that but has no choice.

A programmer working alone can also use the Mutt-and-Jeff technique. (Not advised) After a number of tense and hostile sessions the subject is ushered into a different or refurnished room with comfortable furniture, cigarettes, etc. The programmer invites him to sit down and explains their regret that the subject’s former stubbornness forced the programmer to use such tactics. Now everything will be different. The programmer talks programmer-to-subject.

Another joint technique casts both programmers in friendly roles. But whereas the programmer in charge is sincere, the second programmer's demeanour and voice convey the impression that he is merely pretending sympathy in order to hurt the subject. He slips in a few aggressive actions such as punching the wall, knocking over glasses. The programmer in charge warns their colleague to stop. When he repeats the tactics, the programmer in charge says, with a slight show of anger. “I suggest that you leave now. I'll handle this."

It is usually unproductive to cast both programmers in hostile roles.

Paranoia: Paranoia is a powerful tool used by the programmer. It provides a means to develop the subject's distrust of other people including the subject's primary group that could provide positive support during this time of distress in the subject's life. Paranoia is often recognized and discounted as a character fault by most peoples in American society and therefore discredits the subject's testimony even further. Uninformed, but well wishing people including friends, may recommend to the subject to pursue counselling. This negative feedback can make the subject fear that people will believe the subject is crazy.

The subject is led to believe that their neighbours, work associates and/or family are conspiring against them through a number of implanted programs.

REM Sleep Deprivation: The Rapid Eye Movement (REM) stage of sleep is controlled and usually limited to one to two cycles per night resulting in micro-sleeps during the day. REM deprivation inhibits short-term memory, concentration, tactile abilities, verbal articulation, reasoning, and self will. Protein synthesis is inhibited and thereby reduces the subject's ability to heal after physical damage or after periods of extensive exercise. The result is that the subject's general health degrades as does social bonds and work/school performance.
Control of REM Sleep is completed through various methods. Posthypnotic implants can be implanted that place a subject in a light with various combinations of muscular tension and computer cycling implant deliveries.

When the REM depravation is introduced gradually and accompanied by a posthypnotic command the subject will feel energetic and rested the subject will not recognize the REM Deprivation.

The most common method of sleep deprivation is to keep the subject awake for several days. When they are finally allowed to fall asleep, they are awakened and programmed. As well as leading to hallucinations, sleep deprivation for periods longer than 24 hours can lead to a state of temporary insanity

Subjects typically complain of no sleep, restless sleep, waking up every hour on the hour, staying awake until the hour they have to get up, waking up an hour after they retire and not returning to sleep, and typically cannot recall any dreams. Additionally, they will complain of repeating torturing thoughts, racing thoughts, and facial itching and numbness. Daily fatigue, poor recall of names, and caffeine consumption is typical. Subjects in these prolonged stages of REM deprivation exhibit confusion, and emotional distress, have very poor grammar, spelling, and short attention spans

Subjects experience slower speech and have a hard time articulating concise points as a result of the REM Deprivation and other performance degrading posthypnotic commands. A small amount of alcohol consumption can exasperate the damage of REM Deprivation and precipitate slurred speech.

Confusion results from three primary sources; REM Deprivation, specific post hypnotic commands to reinforce the confusion, and the emotional damage and stress that is being inflicted. The confusion allows the programmer to continuously inflict damage to the subject's life without real-time observation. A confused subject generally is not as productive as an organized clear thinker is and has a greater potential to offend people by what they say or do and is less likely to recognize when they have made mistakes. All of these symptoms assist the programmer’s objectives. In addition, the confusion restricts the individual from analyzing the source of their suffering and taking corrective actions, and therefore reduces the programmer’s security risk.

Difficulty concentrating impairs the subject's productivity and prevents the subject from making self-improvements and corrections in behaviour. It makes it very difficult for the subject to do any evaluation of their condition. This allows the programmer to demonstrate that the subject cannot do anything on their own without "God", thereby increasing the frustration and anxiety of the subject

(inducing emotional breakdown) and ultimately making the subject totally dependent on the will of God.

Stages of sleep

NREM stage 1: This is a stage between sleep and wakefulness. The muscles are active, and the eyes roll slowly, opening and closing moderately.

NREM stage 2: In this stage, theta activity is observed and sleepers become gradually harder to awaken; the alpha waves of the previous stage are interrupted by abrupt activity called sleep spindles and K-complexes.

NREM stage 3: Formerly divided into stages 3 and 4, this stage is called slow-wave sleep (SWS). SWS is initiated in the preoptic area and consists of delta activity, high amplitude waves at less than 3.5 Hz. The sleeper is less responsive to the environment; many environmental stimuli no longer produce any reactions.

REM: The sleeper now enters rapid eye movement (REM) where most muscles are paralyzed. REM sleep is turned on by acetylcholine secretion and is inhibited by neurons that secrete serotonin. This level is also referred to as *paradoxical sleep* because the sleeper, although exhibiting EEG waves similar to a waking state, is harder to arouse than at any other sleep stage. Vital signs indicate arousal and oxygen consumption by the brain is higher than when the sleeper is awake. An adult reaches REM approximately every 90 minutes, with the latter half of sleep being more dominated by this stage. REM sleep occurs as a person returns to stage 1 from a deep sleep. The function of REM sleep is uncertain but a lack of it will impair the ability to learn complex tasks. One approach to understanding the role of sleep is to study the deprivation of it. During this period, the EEG pattern returns to high frequency waves which look similar to the waves produced while the person is awake

The placebo technique is also used to induce regression The subject is given a placebo. Later they are told that they have ingested a drug, which will make them want feel sick/sleepy/etc. The subject's desire to find an excuse for the compliance that represents their sole avenue of escape from their distressing predicament may make them want to believe that they have been drugged and no one could blame them for what occurs. Individuals under increased stress are more likely to respond to placebos.

Increasing Dependence on Drugs and Alcohol: As REM Deprivation increases the subject must depend on Central Nervous System (CNS) Stimulants to cope and continue to function. The goal is to get the subject to self medicate and seek out drugs of their own volition. The use of drugs leads to loss of productivity at work, school, and in interpersonal relationships. This serves the programmer in several ways. The use of drugs, especially stimulants increases the subject's index of suggestibility. The post hypnotic commands are more effective and the subject has greater difficulty resisting the impulses generated by the commands. In addition, the increased stress of coping with the drugs in conjunction with the newly introduced posthypnotic commands serves to push the subject closer to an emotional breakdown. The use of drugs, especially illegal, allows the programmer to document something that the subject will be ashamed of when the program reaches the exaggerated conscience

stage.

Some substances used are: Alcohol, sleeping pills, stimulants such as caffeine, and psychotropic medications inhibit REM Stage sleep. If the subject seeks out illegal drugs to use this will benefit the programmer in the future. The handler/programmer has been known to help subjects avoid prosecution to gain loyalty or create an adversarial relationship between the acting agency and the subject (another intimidation factor) even though the handler/programmer was responsible for creating the behavioural problem in the subject's life

Regression There are a number of non-coercive techniques for inducing regression, All depend upon the programmer's control of the environment and, as always, a proper matching of method to subject. Some subjects can be repressed by persistent manipulation of time, by retarding and advancing clocks and serving meals at odd times -- ten minutes or ten hours after the last food was given. Day and night are jumbled. Programming sessions are similarly unpatterned the subject may be brought back for more programming just a few minutes after being dismissed for the night. Half-hearted efforts to cooperate can be ignored, and conversely the subject can be rewarded for non-cooperation. (For example, a successfully resisting source may become distraught if given some reward for the "valuable contribution" that he has made.)

The Alice in Wonderland technique can reinforce the effect. Two or more programmers, programming as a team and in relays (and thoroughly jumbling the timing of both methods) A subject who is cut off from the world they know seek to recreate it, in some measure, in the new and strange environment. The subject may try to keep track of time, to live in the familiar past, to cling to old concepts of loyalty, to establish -- with one or more programmers – interpersonal relations resembling those that they had earlier with other individuals, and to build other bridges back to the known. Thwarting their attempts to do so is likely to drive them deeper and deeper into themselves, until they are no longer able to control their responses.

Whether regression occurs spontaneously under detention or programming, and whether it is induced by a coercive or non-coercive technique, it should not be allowed to continue past the point necessary to obtain compliance. Severe techniques of regression are best employed in the presence of a psychiatrist, and medical doctor. As soon as they can, the programmer presents the subject with the way out, the face-saving reason for escaping from their painful dilemma by yielding. Now the programmer becomes fatherly. Whether the excuse is that others have already confessed "all the other boys are doing it", that the subject had a chance to redeem themselves or that he can't help themselves "they made you do it", the effective rationalization, the one the source will jump at, is likely to be elementary. It is a subject’s version of the excuses of childhood.

The Informer A controlled environment can make tricking the subject easier. One of these tricks is, planting an informant as the subject’s roommate. As the subject is taught not to trust anyone, two informants in the room will work better. One of them, A, tries now and then to pry a little information from the source; B remains quiet. At the proper time, and during A's absence, B warns the source not to tell A anything because B suspects him of being an informant planted by the authorities.

Suspicion against a single cellmate may sometimes be broken down if B shows the source a hidden

microphone that they have "found" and suggests that they talk only in whispers at the other end of the room.

Ivan Is a Dope It may be useful to point out to a hostile subject their friends, family, and any outside influence against programming have left them. The programmer may personalize this pitch by explaining that he has been impressed by the subject's courage and intelligence. The programmer sells the subject the idea that the programmer, not their old service, represents a true friend, who understands him and will look after their welfare.

Shame Factor Enhancement: Various posthypnotic suggestions are implanted in the subject after four to five days of REM deprivation. The content of the posthypnotic scripts is constructed to cause the subject to perform embarrassing and shameful acts. These behaviours are typically sexual, or abusive to another individual. These behaviours are used by the handler/programmer to later shame the subject into a lower self esteem, reduced confidence in their own self discipline, or the need for forgiveness from God. These embarrassments provide a means to Blackmail or discredit the subject if the handler/programmer is detected and otherwise threatened by the subject.

Tragic events: Another method is to use tragic events occurring to loved ones. The programmer receives information that a subject's family member has been injured or killed. The subject is given a posthypnotic suggestion that a feeling of dread or loss is welling up inside them and they are directed to think of that particular loved one. When they are notified about the family member, the subject believes that they have special powers, insights, or communications from God, aliens, or other entities.

Disorientation: The basic principle of disorientation is to reduce the subject's sense of judgment and their ability to make rational decisions. Programmers can use many methods to disorient their subjects, including: Language that causes confusion, rapid barrages of questions, use of hypnosis and hypnotic language, time distortion, such as through changing meal times, turning lights on and off at different times and the use of narcotics.

Deprivation: Depriving a subject of basic needs can lead both to disorientation, causing poor judgment as above, or desperation.
Deprivation can include:
Food and drink: Extreme hunger or thirst can persuade.
Sleep: Lack of sleep disorientates.
Company: Solitary confinement leads to craving attention.
Sensation: Sensory deprivation disorientates.
Access: To information or significant others

12 Coercive Techniques in Programming

The application of pain is a basic technique of torture programming, whether through creating general discomfort, physical beating or using instruments of torture.

1. The principal coercive techniques are arrest, detention, the deprivation of sensory stimuli, threats and fear, debility, pain, heightened suggestibility and hypnosis, and drugs.

2. If a coercive technique is to be used, or if two or more are to be employed jointly, they should be chosen for their effect upon the subject and carefully selected to match their personality.

3. The usual effect of coercion is regression. The subject's mature defences crumble as they become more childlike. During the process of regression the subject may experience feelings of guilt, and it is usually useful to intensify these.

4. When regression has proceeded far enough so that the subject's desire to yield begins to overbalance their resistance, the programmer should supply a face-saving rationalization. Like the coercive technique, the rationalization must be carefully chosen to fit the subject's personality.

5. The pressures of duress should be slackened or lifted after compliance has been obtained, so that the subject's voluntary cooperation will not be impeded.

Once the goal of the coercive session is met to permit the programmer access to the subject they are not ordinarily concerned with the attitude of the subject. Under some circumstances, however, this practical indifference can be short-sighted. If the subject remains semi-hostile or remorseful after a successful coercive session has ended, less time may be required to complete their conversion than might be needed to deal with their antagonism.

Stress Positions: This is posing a subject in an erect standing position for a period of several hours. No restraints or external devices are used. Variations of this technique include the extension of one's arms outward to the side.

Harsher variations of the stress technique a "short shackle," subjects are bound at the wrist and ankle with metal or plastic handcuffs and then doubled over with their wrists bound to their ankles, either while lying on the ground or sitting or front leaning rest, which is the push up position.

Sensory Bombardment: Subject is made to stand or kneel facing a wall for a determined amount of time. They are hooded and handcuffed tightly. At the same time a bright light is placed next to the subject's hood while distorted music is played.

Forced Nudity: Forced nudity is the most common technique used by programmers when training a subject. It involves stripping subjects in front of other individuals who are being programmed and

forcing them to remain naked for long periods of time. The technique can also be used as a form of punishment in group programming. The effect of this act is to cause great shame.

Sexual Humiliation: Sexual humiliation comes in a variety of forms and it takes in to account the beliefs and views of the subject or part. For example, a part whose religious beliefs are strongly opposed to homosexuality may be forced to participate in acts of this nature with other subjects or parts of subjects who are being trained. This may be extreme, or mild. This can also include being forced to watch displays of sexuality.

Extreme Cold: Subjects are routinely doused with cold water and left outside or in unheated cells to freeze. They may be forced to stand in or run through snow wearing only a thin layer of clothing, left to sleep on the concrete floors of unheated cells/cages in the winter. To make the cold even more unbearable, programmers may leave the windows open in subject's cells during the night.

On occasion, extreme heat is also used. In this case the subject is locked in a hot box.

Phobias: Phobias are able to incite extreme amounts of panic in subjects. For this reason, a subject who has a fear of spiders will be forced to remain in a room filled with spiders. Once he achieves the useful state of anxiety or panic, he is programmed.

Water Boarding: Water boarding consists of immobilizing a subject and pouring water over their face to simulate drowning. It elicits the gag reflex, making the subject believe his or her death is imminent while ideally not causing permanent physical damage.
Water boarding is used to punish, intimidate, induce phobias, and dissociation.

Debilitation: Debilitation is the systematic weakening of the subject. Physically this may be through means such as corporal punishment, pain and deprivation.

Psychological weakening may take place through humiliation and other actions, such as making them stand naked, forced religious sacrilege, triggering of phobias and mock executions.

Retention Techniques: When a subject is converted to a particular set of beliefs, then it has been found that, particularly if coercive or authoritarian methods were used, then most people will, if there is no effort to sustain the change, will drift back to their original beliefs. The following things must be in place to insure retention continues until training/programming is complete.

Absolute Authority: That cannot be challenged.
Asset-Stripping: Taking the subject's belongings
Confession: to keep the subject in a position of inferiority.
Entrancement: to keep subject in a controllable state.
Illogic: Emotion and fallacy that persuades.
Isolation: separating subjects from dissuasive messages.
Keeping Busy: so there is no time to think about leaving.
Obedience: without questioning authority.
Polarization: creating black-and-white choices.

Special Language: leads subject on to inner circles of power. **- Hyper Game Theory**
Striving: so there is always something more the subject needs.
Thought-stopping: blocking out distracting or dissuading thoughts.
Burning Bridges: Ensure there is no way back.
Evidence Stream: Show subjects time and again that their change is real.
Golden Handcuffs: Put rewards in their middle-term future.
Institutionalization: Building change into the formal systems and structures.
New Challenge: Get the subject looking to the future.
Rationalization Trap: Get subject to complete adverse action then help them explain their actions.
Reward Alignment: Align rewards with desired behaviours.
Rites of Passage: Use formal rituals to confirm change.
Socializing: Build behaviours into the social fabric.

Note: *Anger:* The way that the subject experiences anger is of profound importance. If the subject allows the Handler/Programmer to redirect the increasing anger and hostilities toward the Handler/Programmer to another subject in the form of violence (misplaced aggression), the Handler/Programmer will reinforce the violent behaviour with posthypnotic commands. Typically, the Subject is encouraged to commit acts of violence with spouses, friends, or employers resulting in further social isolation and increased shame.

12 Steps of Obedience

The purposes of these steps are to create a highly dissociative subject, who cannot connect with their feelings. This will allow programmers to write scripts for parts.

Step one: Not need. The subject is placed in a room without any sensory stimulus. This training room will have gray, white, or beige walls. The programmer leaves the subject alone for periods of time: these may vary from hours (2-3) (3-5), to an entire day as the subject grows older. The purpose of this discipline is to teach the subject to rely on its own internal resources, and not on outside individuals. The subject will learn to self sooth, and retreat internally to rely on internal triggers, structures, and programming to survive.

Step two: Not want. This step is very similar to the first step, and reinforces it. It will be done intermittently with the first step over the next few years of the subject's life. The subject is left alone in a training room, without food, water, bathroom, blankets, or chair for an extended period of time.

The programmer will enter the room with food, or a blanket. If the subject requests either, they are punished for being weak and needy. This step is reinforced, until the subject learns not to ask for anything unless it is offered first. This step will create a subject who is completely dissociated from its own needs. This creates in the subject a hyper-vigilance as they learn to look for outside individuals for cues on when it is acceptable to fulfil needs, and not to trust their own body signals.

The subject is learning to look outside themselves to learn how they should think or feel, instead of trusting their own judgment.

Step Three: Don't hope/desire. This step is to create a subject who won't fantasize. The subject is to be more outwardly focussed, and less inwardly engaged. The subject is to look to programmers for permission in all areas of their life, including internal. This step insures safe places the subject has created internally are found and discarded. The internal safe places must be placed by the programmer. This teaches the subject there is no safety unless the handler/programmer says there is safety.

The subject is placed in a room with favourite toys, or items. A pleasant programmer enters the room and engages the subject in play. The subject and programmer engage in fantasy play about the subject's secret wishes, dreams, or wants. This will occur on several occasions, until the subject's trust is earned. This programmer will not criticize, mock, or give any negative response to the subject, During a future programming session the subject is punished for their desires or fantasies shared with the programmer, including the destruction of favourite toys, undoing attempted secret places the subject may have created in their mind, or eliminate and protectors within the subject. This step is repeated, with variations, many times over subsequent years. The subject's siblings, parents, or friends will be used to expose inside fantasies the subject has confided in them during trusting

moments.

Step four: survival of the fittest. This step is to create aggressive malefactor alters in the subject. This step is begun around age the subject will be trained with children younger than themselves. All subjects will have internal parts that will be perpetrators

Subjects should copy their programmer's actions when it comes to inflicting trauma on their target. Programmers and handlers should role model the torture they wish their subject to inflict. The subject will be taught this is the acceptable outlet for the aggressive impulses and anger they are experiencing. This anger should be created by the brutality the subject is relentlessly being exposed to when they are in the role of the younger child.

Step five: code of silence. Various tactics are employed to insure this programming is well-built. This is begun at the age of two-3 years as subject starts becoming more verbal.

Following a training session the subject is asked about what they saw, or did. If the subject begins to answer the question they are tortured, a new part is created. This part is ordered to keep or guard the memories of what was seen. The subject and this new part are put through a rite of swearing to never tell. During this process more parts are formed whose position it is to kill the body if other parts speak.

Sexual trauma, and learning to dissociate will increase during this step.

Step Six: Don't trust/betrayal. Will begin in infancy, but will be formalized at around ages six to seven, and continue on when the subject is a teenager. The subject will learn betrayal through set up after set up. The subject will be placed in situations where a programmer who is sympathetic, rescues them, and gains their trust. The subject will begin to trust the programmer as a rescuer after the programmer intervenes and protects the subject numerous times. After months of bonding, the subject will turn to the programmer for support. The programmer will back away refusing to help, and begin abusing them. The subject will begin to replicate this behaviour to other individuals who are being trained. Betrayal programming will also be built into the system so parts will not trust one another

Step seven: Not caring. This step will take the subject further into a malefactor role. The age for beginning this is step is 4-6 years. The subject will be forced to hurt others and prove their ability to not care during the process. This step is repeated until the subject finally complies by inflicting grievous harm on another individual without remorse. As the subject becomes older, the punishing tasks become more brutal. Programmers will encourage and reward the more perverse behaviour and callus responses by the subject.

Step eight: Spiritual ideology. The subject will be taught spiritual ideology to keep the system in balance. The ideology is duelling. This is completed with trauma rituals, and guided imagery exercises reinforced with hypnotism. The goal will be to reach a blissful state of dissociation reached through trauma and hypnosis.

Step nine: Subject specific programming. The programmer and handler will have determined what

the subject's future task/job will be. This step will involve programming which will be tailored to the subject's future function.

Step ten: OODA training (observe, orient, decide, and act). The programmer will place the subject in situations where they must decide how to respond. If the response is incorrect the subject will be brutally punished. If the response is correct the subject will be praised.

Step eleven: Display self-discipline. Demonstrate the ability to think, look, and act like an individual with a single mind. The subject must respond to triggers, cues, and training without the programmer/handler to reinforce the programming.

Step twelve: The subject must prove their capacity to perform their role/job they have been trained for. This must be completed to the satisfaction of the programmers and handler. The test will be held with other subjects of the same age. This is to ensure the trauma bonding continues. If a subject fails the test the programmers and handlers must determine if the subject short comings can be corrected or the subject terminated.

14 Levels of Programming

Level One
If the tested subject has an I.Q of 110 or higher, and proper hypnotic abilities they will be given a code cue that is an alpha-numeric code, a number or a word code that identifies them. This is embedded hypnotically. This trigger will activate their recall program when the programmer is ready.

If the subject has no relatives that are important, they will be instructed and secretly helped to move to a location chosen by the intelligence agencies. The programmers will hypnotically erase the top memory so what has happened is deeply embedded in the subconscious mind and can't be retrieved.

Once at the location further tests for vulnerability will be conducted. If the subject passes these tests, they are then brought to.

Level 2
Specific instructions are written, placed through hypnotic commands and suggestions, into their personality and they are given diverse small orders. At this level the subject is used operationally at very easy and unimportant tasks. They are also assigned a programmer. The programmer is beginning to soften the subject up and make them more pliable to suggestions. If the subject successfully performs these small tasks that have been hypnotically written into the mind, then he will be given a recall service notice by the programmer who is in contact with the subject.

If the subject, upon release, shows that they have retained the instructions which were written into their personality, and if they carry out the small and unimportant work duties which were assigned under Level 2 hypnosis, they will receive a *recall service notice*.

The timing of a *recall service notice* depends on how quickly it can determine the programming which was written into the personality has enabled them to complete their Level 2 work assignments properly. Once this determination has been made, a *recall service notice* will be given to him by a programmer, or handler.

If the subject was not given a trigger word, the handler will use a quick and powerful form of hypnosis similar to Neural Linguistic Programming. The subject will be told when and where to report. The subject will have no memory of being given these instructions, they will report on time to the proper location. If the subject was given a trigger word or symbol they will report to the designated location upon activation of the trigger.

Level 3
I.Q. level 120-129
The subject will receive a overwrite upon their own personality according to what script the programmers want it to have. It is similar to having multiple personalities, except the original

personality is repressed or hidden under the overwrite and will not surface for a set period of time which is determined by the Programmer. The overwrite is not a complete new identity. There is just enough information written into subject for us to determine their viability.

The subject will be set to carry out their instructions as needed. The subject will now be given specific trigger codes to carry out assignments. All field programmers of the intelligence agencies get level 3 control.

This is the level where real childhood memories can be accidently damaged.

In the case of a field subject, Level 3 hypnosis is how the subject is prepared for a covert mission which requires a temporary new identity. Just enough information will be written in for the subject's alias and story to be believable by everyone, including law enforcement officials. In the case of a field subject who will be using this alias for only one occasion, their normal personality is not repressed, it is made recessive, but left alert.

During Level 3 programming sessions, the new subject is told that anything their "friends", meaning programmers, asks them to do is okay, even though it may be against the laws of nations. At Level 3, the subject is also programmed to believe that they must and can do everything their "friends" ask them to do.

Once Level 3 Programming has been overlaid upon the new subjects own personality, they are once again given a *recall service order* and is then discharged. The subject will be monitored to see how well they function with their new personality. If everything goes well, they will be recalled for further programming.

All subjects must go through these 3 Levels before they are fielded. Sometimes they go through Level 3 several times

Level 4
I.Q. Level is 130-144
The programming that was placed in up to level 3 is erased and an entire new life script, new personality and priority/mission are inserted. A completely new subject is being created, not just a partial personality as during Level 3 programming. This is done with the use of drugs, deception, and other sophisticated programming techniques. The brain assimilates this new information as if it's always been there, because it feels comfortable putting something into an empty space.
The programmers prefer to find a period in the original subject's life when nothing occurred. It is easy to erase a memory segment when nothing significant is in original the memory. Complete areas of memory are erased at this stage and a new history is written into the pre-puberty area of memory

This level is reserved for subjects who are extraordinarily loyal to hypnotic commands. Subjects at this level of programming will follow out any directive they are given, whether it is suicidal or harmful to others. They are at a place where they no longer differentiate between right and wrong.

The subject is advised they are Transcendent and all laws are written for other people. The subject's

moral code, respect for the law, and fear of dying is replaced with new Transcendent feelings. The subjects' are given exceptional abilities such as a photographic memory, the ability to lie convincingly, and remember all they hear. This "agenda overlay" is overwritten onto the subjects own personality.

For the field subject who is being prepared for a lethal covert mission, a Level 4 Transcendent overwrite can eliminate all fear and nervousness. The overwrite replaces the subject's own morality and/or religious ethics with a program that makes them believe they are beyond all human laws. If the intent of the programming is to create a programmed assassin who will kill on cue, all morality, fear, and loathing of bloody body parts must be eliminated. The Transcendent overwrite eliminates both. The Transcendent overwrite also gives the subject the feeling of immortality and invincibility. This allows them to function in close proximity of their enemies without the added stress of being discovered.

The subject will be given all the knowledge and beliefs that are commonly held by individuals in the identified group. The subject will believe that these opinions are their own. They will then be believable to other members of the group.

Once Level 4 programming is complete, the subject will have no memory of their former life. They will not be an amnesiac, they will have memories. The memories will be implanted by the programmer. The subject will be relocated to a new state and given a new identity. Everything to complete the construction of the new subject will be provided. Items such as driver's licence, car, bank accounts, passport, credit cards, and birth certificate will be created or supplied by the programmer and will be valid and legal. The subject will have no memory of being involved in programming.

The subject will be provided with things that ordinary individuals have in their lives, such as photos of family. The subject will have all the feelings of love, hurt or anger that normal family members feel for each other.

The photos of family and friends will be of deep cover subjects. If ever a mission goes "sour" and the news media starts looking for their family, an agency created family will be produced for a news conference or an interview. Agency subjects have been well coached and are skilled actors and actresses. They will complete their roles perfectly, usually letting the public know that the Clear Eyes subject has had a deeply troubled and violent past. The media will present the Clear Eyes as a subject with mental health issues who went on a tragic and senseless rampage.

Completing the new life and home, will be souvenirs from trips the subject has never taken, but remembers. There will also be small mementos of a life they have never lived, yet believe they have. Upon the completion of Level 4 Programming, the subject now has an agenda that they believe is their own.

Because these subjects are now under full control, the intelligence agencies want to protect their level 4 subjects until they are needed.

Level 5
IQ level 145-160
The subject at this level can be moulded into a Clear Eyes. This level will require transporting the subject to a specialized programming centre. Once at the centre they are drugged and lowered to the comatose level of subconscious awareness. At this level of consciousness the programming is placed at the innermost levels of the brain. The subject may be comatose for days or months. This requires a catheter in the neck, urinary and digestive tracts to keep the body properly functioning. An accepted cover story is the subject had an automobile accident because the subject will be hospitalized for an extended amount of time. Many of these level 5 subjects are placed as sleepers into organizations, where they lead normal lives.

The trigger which activates the program is inserted. A code word, sequence of numbers or a voice imprint is embossed into the subject's brain. This trigger will activate the subject into action. At this time, the subject will also be implanted with a coded chip so their location will always be known.

The level 5 triggers activate programs deeply embedded and nested into the memory of a subject. A team of programmers work on level 5 subjects. They must make sure that the subject has a support system so that they do not self-destruct. They may have psychologists in normal life set up to serve as a support subject for the subject.

Once a Clear Eyes is triggered, accidently or on purpose, the subject is beyond recall. A Level 5 Clear Eyes can only be approached after they carry out their program or operation.

In most cases of programmed Clear Eyes who commit murders or assassinations, the subject is killed at the location, either by law enforcement or suicide programming.

15 Tools and Aids for Programming

Fasting along with a high sugar intake will make the brain more suggestive. Physical discomforts and the chanting of rituals in witchcraft ceremonies are also ways to move the mind into programming states.

Behavioural science: watching and recording data on different environmental parameters on human behaviour. The programmer should know when to modify the environment to insure optimum results.

Electric shock equipment: Determine amount of electricity, frequency, interval, and body placement for shocks.

Immersive multimedia: (V.R.) A computer-simulated environment that can replicate a subject's physical presence in places worlds created by the programmers. The images are displayed either on a computer screen or through special stereoscopic displays, include additional sensory information, such as sound through speakers, headphones and goggles. Haptic systems now include tactile information, generally known as force feedback in medical, gaming and military applications.

Harmonics/subharmonics: Use of sound frequencies to manage the subject's brain state.
Psychotropic Medications: opiates, barbiturates, hypnotics, sedatives, aesthetic medications to be used by programmers with the assistance of doctors.

CPR equipment: in case subject has adverse reaction to drugs or programming. At times, a subject alter will come out inadvertently during a programming sequence, and will be overdosed with the drugs meant for programmed alters. The handler/programmer must give the part the antidote, and resuscitate them, just as if a real part is out. They are well aware of this fact, and will severely punish parts, to teach them to come out only when called out.

Exercise equipment: used in military training to increase fitness, lean body mass.

Steel instruments: used to insert into orifices, cause pain

Programming grids: For mapping the subjects inside landscape.

Projectors: used to project grids on wall or ceiling.

Dress: Programmers, Doctors and trainers are to dress according to the script they are working into the subject.

Programming journal: contain indexed copies of subject's systems; including key alters, command codes, etc.

Lighting: The lighting must be conducive for the specified script being inlayed by the programmers.

Training rooms: The training room is a neutral colour with white walls.
EEG machine: will often have abbreviated hook-ups for quick use. Used extensively with brain wave programming; also to verify that certain alter is out when called up. May be used to verify deep trance state before initiating deep programming. Trainers are taught to read these readouts.

Programming table: a medical table of steel where the temperature of the table can be controlled. The table must have restraints for the subject's appendages and head to prevent movement.

Programming chair: large chair with arm rests. Will have restraints as above at intervals to restrain movement while subject sits in chair.

Comfort items: used to comfort subject afterwards a session. This may be a toy, candy for subject/parts. This is the opportunity for the programmer to bond with and comfort the subject they worked with. This is the most important part of the training process, as the programmer explains calmly, kindly how well the subject did, how proud they are of them.

16 Deprivation of Sensory Stimuli

The chief effect is to deprive the subject of many or most of the sights, sounds, tastes, smells, and tactile sensations to which they have grown accustomed. The first exposure will cause the greatest fears and hence the greatest danger of giving way to symptoms; previous experience is a powerful aid in going ahead, despite the symptoms. The symptoms most commonly produced by isolation are superstition, intense love of any other living thing, perceiving inanimate objects as alive, hallucinations, and delusions.

The apparent reason for these effects is that a subject cut off from external stimuli turns their awareness inward, upon themselves, and then projects the contents of their own unconscious outwards, so they give their faceless environment their own attributes, fears, and forgotten memories. The more well-adjusted or 'normal' the subject is, the more they are affected by deprivation of sensory stimuli. Neurotic and psychotic subjects are either comparatively unaffected or show decreases in anxiety, and hallucinations.

The sensory deprivation tank will be set at 920 to 950 F. isothermal skin, saltwater suspension, zero light, near zero sound levels. The subject will be naked without contact with the side of the tank and in remote isolation for a predetermined set time.

Theories about solitary confinement and isolation:

1. The more completely the place of confinement eliminates sensory stimuli, the more rapidly and deeply will the subject be affected. Results produced only after weeks or months of imprisonment in an ordinary cell can be duplicated in hours or days in a cell which has no light (or weak artificial light which never varies), which is sound-proofed, in which odours are eliminated, etc. An environment still more controlled, such as water-tank or is even more effective.

2. An early effect of such an environment is anxiety. How soon it appears and how strong it is depends upon the psychological characteristics of the subject.

3. The programmer can benefit from the subject's anxiety. As the programmer becomes linked in the subject's mind with the reward of lessened anxiety, human contact, and meaningful activity, and thus with providing relief for growing discomfort, the programmer assumes a benevolent role.

4. The deprivation of stimuli induces regression by depriving the subject's mind of contact with an outer world and thus forcing it in upon itself. At the same time, the calculated provision of stimuli during programming tends to make the regressed subject view the programmer as a father-figure. The result, normally, is a strengthening of the subject's tendencies toward compliance.

The following are the type of beliefs that can be programmed into a subject during sensory deprivation under the appropriate psychotropic no matter their prior beliefs.

A. The subject could successfully 'park' the body and leave the body somewhere, astral project and explore new universes.

B. The subject can be made to feel as if they are a tiny mote, a tiny dot, a single micro-flash of energy in their own view of time, a mere particle. Time can become infinity.

C. The next program is the subject is only part of a vast computer, only part of a vast mind. The appropriate psychotropic regulates the perception of free-will. In this form of programming, the subject is convinced that they have no free will and must participate each second with some larger mind or computer.

D. Personalities that have been seen externally by the subject will be incorporated within the subject's internal world.

E. Psychotropic's and sensory deprivation change the subject's perception of time, and can be used to go back or forward in time in the mind. Under guidance, the programmer can manipulate this ability to build into the mind false memories and images.

F. If "white noise", that is random background noise is placed into an isolation tank trauma, the programmers have found that under mind altering drugs the brain tries to make sense of the sounds and projects the voice of God into the noise as a method to turn chaos into something comprehendible. With the right dose, and under the right conditions, the programmers can get the voice of "God" to say anything they want. Because the sense of hearing in the sensory deprivation tank is not feeding the mind anything, the human brain can easily substitute in the voice of God.

G. For females, who have been determined to have personalities with low sexual appetites, the sexual desires of certain alter personalities can be manipulated during sensory deprivation programming by having these alters hold the body and the body go through exaggerated pelvic movements and other experiences.

When the programmers set the foundations for a system, they will use a mind altering psychotropic on the subject while they are in sensory deprivation. During this time they will have the subject map in: the hell-pit (a dungeon in castle worlds), stars and galaxies which contain parts, the outer space in a system, and the protective program where the mind spreads out like molecules and loses the ability to think. Also during sensory deprivation trauma, Alien programming, and Suicide programming are placed in to the system. These parts in the system are created while the subject is in the chamber/tank.
While the subject is in sensory deprivation the Programmer can ask the subject to create the images of guardians, guard parts within the castle images. These image parts are not the same as a trauma-created dissociative alter.

During the sensory deprivation tank experience, the subject can be asked to open their eyes, or close

them. The subjects mind works differently with imagination if the eyes are opened or closed. If the subject is advised to look into the darkness they will visualize themselves as merging with the infinite universe and not having a body. This programming is used to create an Infinity loop, a Rubicon, or Outer Space within a system. The self is still centred in one place but the boundaries have disappeared and move out in all directions and extend to fill the limits of the universe. A subject under a mind altering psychotropic may experience, they are in touch with all the stars of the universe.

Implanted programs in the child can be placed in below the level of the mind's awareness, but which will affect their entire outlook on life, and will control their thinking and behaviour into adulthood. The child subject in the sensory deprivation tank is not allowed to move without being shocked. Gradually the will of the subject is broken by the full control the programmer maintains over the child in the tank. The child continues to be broken until the will of the child to live is broken. At this point, when the subject has given up their will to live, the programmer (or assistant programmer) will tell the child while in deprivation, what parts to create.

The alters, which are made when the subject has lost their will to live, are the dissociated parts that will be made into suicide alters. Their breathing is very shallow, and their world void. When these parts take the body, they still function in that state.

Children must be very young in order for programming to be initially installed, under 4 or 5 years of age. Modifications to the original programming can be made later.

One of the central functions of programs is to cause the subject to physically and psychologically re-experience the torture used to install the programming should they act in violation of the programmed commands. The re-experience of the original torture often includes somatic manifestation of the original injuries, such as bruising and swelling, though not to the degree of the original injury.

The most complex programs consist of personalities buried deep in the unconscious mind perceiving themselves, visually (in images) and somatically (in experiences of pain, suffocation, electroshock, etc.), to be attached to, or trapped within, "structures", such as buildings, devices of torture, machines, containers, etc. These structures serve as containers for the programmed commands, messages, and information.

Programming continues to control the subject's thoughts and actions for decades, often for life, with no conscious awareness of the programming or of the personalities under its control, usually completing programmed actions unconsciously, sometimes feeling only a conscious compulsion to do, or not do, something.

Conditioning of the subject is achieved through a variety of sophisticated control strategies involving the combined application of physical pain, double-bind coercion, psychological terror, and split brain stimulation. All programs are stimulus-sensate triggered. Thus, programs may be enacted (triggered) via auditory, visual, tactile, olfactory and/or gustatory modalities. Classical, operant, and observational/ modelling paradigms all are utilized by the programmers. Finally, it is important to note that virtually all programs will possess a variety of secondary and tertiary back-ups — perhaps several layers of each.

The commands and structures installed during programming, and the detailed recollection of the torture itself, remain stable and fixed over time, from the toddler years until at least middle age, with incredibly little deterioration of memory over time. The "memory capacity" in the programmed unconscious mind is enormous, holding vast amounts of detailed information, including lengthy "strings" of encoded information, which could never be stored in conscious awareness.

Program "triggers", "cues", and "access codes" allow the programmer to regain access to the programmed personalities or program "structures" to install or change commands, messages, and information, and to retrieve information, all out of the subjects' awareness.

Programmers gain access to subjects of other groups and deliberately "program over" competitor group's programming to dominate the behaviour of the person

Attempting to remove or disable it without great expertise "sets off" programmed self-destruction and negative health/mental health consequences, all by the programmers' intentions.

The Host is given the script to love the Programmer/handler. The subject should be angry about what has happened to them. The ability to direct that anger is lost with the dissociation, but might be retrieved if the part remembers. Programmers transfer the anger by creating some outside person or object for the part to focus their hate upon. Hate scripts are given to the host part. The love for the Handler now protects the host part from having to remember their pain. As long as the part loves their handler, they are reasonably safe from remembering their own traumas.

17 Inside Structuring

Covers for Subjects
The subject is usually given a good cover. A good cover will be one that cannot be seen through, and still allows the person the freedom to get their job done. When building a cover, the following questions will be asked: how much will this cover allow this person to spend? What kind of people can this person associate with? Where can this person go? What kind of hobby can he or she have?

Inside Parts
During programming an average System will have hundreds of parts, but not all of these will be personalities designed to hold the body. A system will have approximately half a dozen parts which frequently take the body and hundreds of parts which only occasionally take the body.

Each piece of the System is separated by some degree of dissociation to make it a separate piece. By dividing the mind so much, it is incapable of fighting what has been done to it.

The creation of alternate personalities divides responsibility within a person. A Programmer and handler will form widely differing relationships with the different parts.

When programming begins, it must be simple enough that a child can understand. The child's creativity must be guided by torture and the Programmer. The Programmer, demons, and the child's creativity work together with the dissociation to create parts. When the mind is split, this natural personality is not erased but rather is a collected pool upon which various responses are attached to various personalities. In order to teach a part to come to the front of the mind, triggers must be layered in. A visual aid to teach a part how to leave the area they are in the mind and come forward to take the body may be necessary.

All the programming of subjects is anchored in trauma. . Whatever fundamental trauma is decided upon, all the rest of the programming will be built upon that anchor in the subject's mind. The first extreme trauma will be, filmed, watched by the subject, coded and used as an anchor. The filmed trauma will be programming specific. For example rape for Beta programming, animal torture for Epsilon.

Parts are real and separate persons. But the common traits that run through a system are also real. One system may have a vein of kindness and gentleness that runs through it. There may be a few parts which have been tortured enough to not display the trait, but the trait is so pervasive that it characterizes the system.

The Programmers are also skilled at building in parts who can serve as balancing points.
The system must have a balancing point. This point is made of parts that are calm, cheerful, and emotionally stable. A system could easily self-destruct with all the pain and confusion that has been intentionally built into the system. When the System is being charted during the early programming

process, a handler and the Programmer will make a decision on how to balance the system and label the graph.

After the Programmer has instructed the subject what parts they want made the subject is traumatized. The Programmer will administer a psychotropic to determine whether the correct parts were created and the correct number.

Each dissociated fragment of the mind must be moulded into something. For example they can be made an animal, angel, demon, or other spiritual figure. Some fragments are formed into full personalities, others are moulded into single-purpose fragments, and some must be discarded. A part of the mind can be developed into a full-blown independent personality with all the idiosyncrasies that any individual has.

Generally the Programmer considers colour identification and the coded numbers to be more critical for identifying a part than a name. A name humanizes the part. Names are sometimes attached later if needed by a handler. Some handlers simply refer to their sexual parts by their generic name kitten, dog, animal or spy. Others may have a specific cat name such as Shadow, FFF, Hunter or the name of an angel or demon.

The new part will have the characteristics of who they split from. The Programmer will ask the part being tortured to create something in the mind when the split is created. They are separated from one another by dissociation, and they will be given their own script and own separate identity by the Programmer. The dissociation between some parts is not full blown amnesia.

To dissociate a memory and to take on a particular role and identity involves a constant re-interpretation of past events. It may also mean that the part must manufacture an interpretation of present events. This is in part dictated by the necessity of obscuring the pain of the trauma that separates the part from the rest.

Some zones of the mind, such as the space that holds skills and talents, are available to all the parts who want to access that aptitude. The aptitude doesn't belong to a specific part but to the system.

Subjects are bonded to other people--the cult leader, handler, twin or Programmer. Trauma bonding is a necessity for programming with the subject.

The Programmers build chains of command within the groups of parts that are created. In the subject's hierarchal chain of command, adult parts are assigned to insure that child parts don't come out, unless the child part is wanted out. Commander parts are needed to keep the switching smooth, and to keep things orderly. Subordinate parts are taught to submit to their king, or governor or queen part. Immense power and indoctrination is given to the vital parts ruling a system.

Parts must learn to function as designed by the Programmer. If they can't work together, the Programmer will try to get them to work together. If the parts can't be repaired, they and their system will have to be thrown away. Alter functions and abilities overlap with other parts. No alter is entirely separate from several common pools of intellect and dispositions that are attributable to the

entire alter system.

Shadow Parts

Programmers torture a part and get the Shadow alters. Then hypnotically attach a memory code to the main alter so that they can access the memory anytime they want. Then they hypnotically build a one-way mirror between this main alter and the shadow alters they have just created. These one-way mirrors are like one way windows--the reason they are referred to as mirrors is that they are put in the child's mind via mirrors. Next, they ritually/magickly implant demons to guard the mirror(s) and to guard each memory held by the shadow alters. This separates an alter from knowing itself and its own abuse.

The host part has dissociated the pain, to the shadow alters of itself. Host stands in a small circle with the rays (shadow alters) split off from it. The shadow or family alters of a host part hold the factual history. Programmers use the memory as blackmail to keep the main part in line. The host alter has dissociated the pain, but will recover the memory if either one of three possibilities happen: a. the Programmer or handler says the memory code 3x, or b. if an event happens that triggers the host alter to remember, c. the host alter tries to remember the abuse and the programming, and in doing so they will be stepping outside of the circle assigned to them and will break the circle and break the mirrors.

If the Programmer desires, they can shatter a front Christian alter level and create a new level of New Age believing parts to replace the original front. The abuse can be done by the subject themselves to themselves, because programming parts are given the ability to pull up horrific memories via codes. Those traumatic memories, which shattered the mind the first time, are still capable of doing it again when they are released.

The Programmer can call up the Hidden Observer and ask it what has happened internally in the mind of the subject.

Mirror image parts should be created to confuse both subject and outside individuals who are attempting to breach the system.

A triangle mirror image is formed in occult programming by taking the part, its mirror images and adding demonic mirror images.

Many splits in the mind are not developed into full blown personalities. The programmers don't chart all the family or shadow fragments of a subject. The fragments will hold all the memories of abuse, so the task specific part can function. The fragments will also give the part the appearance of the full range of emotions. If a main part gets angry or feels guilty, they have accessed its shadows to express the full range of emotions.

During a predetermined trauma, the programmer will fragment the part that is present and create mirror images of that part. This fracturing means that no part has the full memory of the trauma. A part doesn't know if the mirror image is itself or something else.

When a part tries to recover a memory it goes round and round in a brutal cycle and finally concludes the memory is false. If one part holds a memory, a part close to it will have no feelings attached to the memory and will find it difficult to accept the memory as its own. Mirror images, and pseudo-alters are layered in, it becomes difficult to identify when a alter appears and when they leave.

Internal Councils:

The ultimate form of internalization comes with internalizing hierarchical councils. The subject, under pain, hypnosis, and drugs, will be taught to incorporate a highly dissociated group inside to lead the others. These will often be created from core splits, because the Programmers want them to be extremely strong, stable alters in the system.

Many Programmers will place a part designed after themselves in the subject, over the internal programmers. Programmers are also very hierarchy conscious themselves. They know a system without hierarchy inside to direct things will be a system in disarray. A subject's system must not be leaderless. The subject may mimic accents, mannerisms, and even claim the Programmer's life history as their own.

These councils will be seen as holding power of life or death, and the child or youth will do anything to gain their favour. The trainer will help with the internalization, using photographs or holographic images of the people to burn them in. Each member of the group will be given different leadership tasks.

It is not uncommon for the subject to incorporate a parent, both parents, and grandparents, into their internal leadership hierarchy in a generational subject.

The internal councils will correlate roughly to the outside council. An internal leadership council may be named: System Above, Ascended Masters, Supreme council, Regional council, World council, may be found. The councils found will vary with each subject.

Triads of three elders may be created.

Platinum's may have a head council of three

Jewels will have a triad, made up of ruby, emerald, diamond to rule over the others.

High priests and priestesses may sit on ruling councils inside.

The child at age twelve will be presented to these groups in a formal coming of age ceremony. This ceremony is considered an honour, and will involve the child being traumatized and accepting the leadership of the council for the rest of their life. Undying loyalty is promised. There may be other occasions the subject will be forced to come before the councils throughout their lives, either for judgment, to pass tests, for punishment, or elevation.

Personality Categories for Parts

The Programmer knows understanding the personality of the part is worth far more than a thorough knowledge the category they have been assigned. For programming purposes a part must be created with a personality template. There are psychological emotional templates that are used for each part that will be created with a full personality.

In the opening phases of programming, the programmer must choose the template they would like to apply to the part. The categories are based upon the subject's s past is always reflected, however dimly, in an alter's present ethics and behaviour. Parts do change, but what appears to be new behaviour or a new psychological pattern is usually just a variant on the old theme. Some created parts will not fit into any one of the nine categories. Like all other typologies, the system has overlap, so that some parts will show characteristics of more than one category.

Those who find these psychological-emotional categories valuable should use them and those who do not should let them alone. The nine major groups within the psychological-emotional category are:

The orderly-obstinate personality. Created parts in this category are characteristically frugal, orderly, and cold; frequently they are quite intellectual. They are not impulsive in behaviour. They tend to think things through logically and to act deliberately. They often reach decisions very slowly. They are far less likely to make real personal sacrifices for a cause than to use them as a temporary means of obtaining a permanent personal gain. They are secretive and disinclined to confide in anyone else their plans and plots, which frequently concern the overthrow of some form of authority. They are also stubborn, although they may pretend cooperation or even believe that they are cooperating. They nurse grudges.

The orderly-obstinate personality considers themselves superior to other individuals. Sometimes their sense of superiority is interwoven with a kind of magical thinking that includes all sorts of superstitions and fantasies about controlling their environment. They may even have a code of morality that is all their own. They sometimes gratify their feeling of secret superiority by provoking unjust treatment. They also try, characteristically, to keep open a line of escape by avoiding any real commitment to anything. They are -- and always have been -- intensely concerned about their personal possessions. They are usually a tightwad who saves everything, has a strong sense of propriety, and is punctual and tidy. Their money and other possessions have for him a personalized quality; they are parts of themselves. He often carries around shiny coins, keepsakes, a bunch of keys, and other objects having for himself an actual or symbolic value.

Usually the orderly-obstinate character has a history of active rebellion in childhood, of persistently doing the exact opposite of what they are told to do. As an adult they may have learned to cloak their resistance and become passive-aggressive, but their determination to get their own way is unaltered. They have merely learned how to proceed indirectly if necessary. The profound fear and hatred of authority, persisting since childhood, is often well-concealed in adulthood, For example, such a subject may confess easily and quickly under accusation, even to acts that they did not commit, in order to throw the programmer off the trail of a significant discovery (or, more rarely, because of feelings of guilt).

Government Programming: The Programmer who is dealing with an orderly-obstinate character should avoid the role of hostile authority. Threats and threatening gestures, table-pounding, pouncing on evasions or lies, and any similarly authoritative tactics will only awaken in such a subject their old anxieties and habitual defence mechanisms. To attain rapport, the Programmer should be friendly. It will probably prove rewarding if the room and the Programmer look exceptionally neat. Orderly-obstinate subjects often collect coins or other objects as a hobby; time spent in sharing their interests may thaw some of the ice. Establishing rapport is extremely important when dealing with this type.

The optimistic personality. This kind of alter is almost constantly happy-go-lucky, impulsive, inconsistent, and undependable. They seem to enjoy a continuing state of well-being. They may be generous to a fault, giving to others as they want to be given to. They may become an alcoholic or drug addict. They are not able to withstand very much pressure; they react to a challenge not by increasing their efforts but rather by running away to avoid conflict. Their convictions that "something will turn up", that "everything will work out all right", is based on their need to avoid their own responsibility for events and depend upon a kindly fate.

Such a part has usually had a great deal of over-indulgence in early life. They are sometimes the youngest member of a large family, is the child of a middle-aged woman (a so-called "change-of-life baby"). If they have met severe frustrations in later childhood, they may be petulant, vengeful, and constantly demanding.

When programming these parts, optimistic characters respond best to a kindly, parental approach. If withholding, they can often be handled effectively by the Mutt-and-Jeff technique. Pressure tactics or hostility will make them retreat inside themselves, whereas reassurance will bring them out. They tend to seek promises, to cast the Programmer in the role of protector and problem-solver; and it is important that the Programmer avoid making any specific promises that cannot be fulfilled, because the optimist turned vengeful is likely to prove troublesome.

The greedy, demanding personality. This kind of part affixes themselves to others like a leech and clings obsessively. Although extremely dependent and passive, they constantly demand that others take care of them and gratify their wishes. If they consider themselves wronged, they do not seek compensation through their own efforts but tries to persuade another to defend them on their behalf -- "let's you and him fight." Their loyalties are likely to shift whenever they feel that the sponsor whom they have chosen have let them down.

The greedy, demanding part often suffered from very early deprivation of affection or security. As an adult they continue to seek substitute parents who will care for them as their own.

The Programmer dealing with a greedy, demanding personality must be careful not to rebuff them; otherwise rapport will be destroyed. On the other hand, the Programmer must not accede to demands which cannot or should not be met. Adopting the tone of an understanding father or big brother is likely to make the part responsive. If they make exorbitant requests, an unimportant favour may provide a satisfactory substitute because the demand arises not from a specific need but as an expression of the subject's need for security. They are likely to find reassuring any manifestation of

concern for their well-being.

In dealing with this personality type, and to a considerable extent in dealing with any of the types listed, the Programmer must be aware of the limits and pitfalls of rational persuasion. If the Programmer seeks to induce cooperation by an appeal to logic, they should first determine whether the part's resistance is based on logic. The appeal will glance off ineffectually if the resistance is totally or chiefly emotional rather than rational. Emotional resistance can be dissipated only by emotional manipulation.

Government Programming: Defectors of this type feel aggrieved because their desires were not satisfied in their countries of origin, but they soon feel equally deprived in a second land and turn against its government or representatives in the same way. The greedy and demanding character is subject to rather frequent depressions. He may direct a desire for revenge inward, upon himself; in extreme cases suicide may result. The true defector (as distinguished from the hostile agent in defector's guise) is likely to have a history of opposition to authority. The defectors who left their homelands because they could not get along with their immediate or ultimate superiors are also likely to rebel against authorities in the new environment Therefore defectors are likely to be found in the ranks of the orderly-obstinate, the greedy and deriding, the schizoids, and the exceptions.

The anxious, self-centred personality. Although this part is fearful, they are engaged in a constant struggle to conceal their fears. They are frequently a daredevil who compensates for their anxiety by pretending that there is no such thing as danger. They may be a Don Juan. They tend to brag and often lie through hunger for approval or praise. As a soldier or officer he may have been decorated for bravery; but if so, their comrades may suspect that their exploits resulted from a pleasure in exposing himself to danger and the anticipated delights of rewards, approval, and applause. The anxious, self-centred personality is usually intensely vain and equally sensitive.

Parts that show these characteristics are actually unusually fearful.

Of great importance to the Programmer is the opportunity provided by concealed anxiety for successful manipulation of the subject. Their desire to impress will usually be quickly evident. They are likely to be talkative. Ignoring or ridiculing their bragging, or cutting them short with a demand is likely to make them resentful and to stop the flow. Playing upon their vanity, especially by praising their courage, will usually be a successful tactic if employed skilfully.

Government Programming: Anxious, self-centred parts who are withholding significant facts, such as contact with a hostile service, are likelier to divulge if made to feel that the truth will not be used to harm them and if the Programmer also stresses the callousness and stupidity of the adversary in sending so valiant a subject upon so ill-prepared a mission. There is little to be gained and much to be lost by exposing the nonrelevant lies of this kind of subject. Gross lies about deeds of daring, sexual prowess or other "proofs" of courage and toughness are best met with silence or with friendly but noncommittal replies unless they consume an inordinate amount of time. If operational use is contemplated, recruitment may sometimes be effected through such queries as, "I wonder if you would be willing to undertake a dangerous mission."

The guilt-ridden personality. This kind of part has a strong cruel, unrealistic conscience. Their whole life is devoted to reliving their feelings of guilt. Sometimes they seem determined to atone; at other times they insist that whatever went wrong is the fault of somebody else. In either event they seek constantly some proof or external indication that the guilt of others is greater than their own. They are often caught up completely in efforts to prove that they have been treated unjustly. In fact, they may provoke unjust treatment in order to assuage their conscience through punishment.

The causes of most guilt complexes are real or fancied wrongs done to parents or others whom the subject felt they should to love and honour. As children these parts have been frequently scolded or punished. Or they may have been "model" children who repressed all natural hostilities.

Government programming: They may "confess" to hostile clandestine activity, or other acts of interest to the government, in which they were not involved. Accusations levelled at them by the Programmer are likely to trigger such false confessions. Or they may remain silent when accused, enjoying the "punishment." They are a poor subject for LCFLUTTER. The complexities of dealing with conscience-ridden subjects vary so widely from case to case that it is almost impossible to list sound general principles. The best advice is that the Programmer, once alerted by information from the screening process or by the subject's excessive preoccupation with moral judgements, should treat as suspect any information provided by the subject about any matter that is of moral concern to him. Subjects with intense guilt feelings may cease resistance and cooperate if punished in some way, because of the gratification induced by punishment.

The personality wrecked by success is closely related to the guilt-ridden personality. This part cannot tolerate success and goes through life failing at critical points. They are often accident-prone. Typically they have a long history of being promising and of almost completing a significant assignment or achievement but not completing it. The personality who cannot stand success enjoys their ambitions as long as they remain fantasies but somehow ensures that they will not be fulfilled in reality.

Acquaintances often feel that the parts success is just around the corner, but something always intervenes. In actuality this something is a sense of guilt, of the kind described above. The part who avoids success has a conscience which forbids the pleasures of accomplishment and recognition. They frequently project their guilt feelings and feels that all of their failures were someone else's fault. They may have a strong need to suffer and may seek danger or injury.

These are parts who "cannot stand prosperity" and pose no problem unless the programming impinges upon their feelings of guilt or the reasons for their past failures. Then subjective distortions, not facts, will result. The successful Programmer will isolate this area of unreliability.

The schizoid or strange personality. This part lives in a world of fantasy much of the time. Sometimes they seem unable to distinguish reality from the land of their own creating. The real world seems to be empty and meaningless, in contrast with the mysteriously significant world that they have made. They are tremendously intolerant of any frustration that occurs in the outer world and deals with it by withdrawal into the interior realm.

They have no real attachments to other individuals, although they may attach symbolic and private meanings or values to other individuals.

Children reared in homes lacking in ordinary affection and attention or in state-run communes may become adults who belong to this category. Rebuffed in early efforts to attach themselves to another, they become distrustful of attachments and turn inward. Any link to a group or country will be undependable and, as a rule, transitory. At the same time the schizoid personality needs external approval. Though they retreat from reality, they do not want to feel abandoned.

As a created part the schizoid personality is likely to lie readily to win approval. They will tell the Programmer what he thinks the Programmer wants to hear in order to win the award of seeing a smile on the Programmer's face. Because they are not always capable of distinguishing between fact and fantasy, they may be unaware of lying. The desire for approval provides the Programmer with a handle. Whereas accusations of lying or other indications of disesteem will provoke withdrawal from the situation, teasing the truth out of the schizoid part may not prove difficult if they are convinced that they will not incur favour through misstatements or disfavour through telling the truth.

Government Programming: Like the guilt-ridden personality, the schizoid personality may be an unreliable subject for testing by LCFLUTTER because their internal needs lead them to confuse fact with fancy. This personality is also likely to make an unreliable source because of their incapacity to deal with facts and to form real relationships.

The exception personality. Believes that the world owes them a great deal. They feel that they suffered a gross injustice, usually early in life, and should be repaid. Sometimes the injustice was meted out impersonally, by fate, as a physical deformity, an extremely painful illness or operation in childhood, or the early loss of one parent or both. Feeling that these misfortunes were undeserved, the exceptions regard them as injustices that someone or something must rectify. Therefore they claim as their right privileges not permitted others. When the claim is ignored or denied, the exceptions become rebellious, as adolescents often do. They are convinced that the justice of the claim is plain for all to see and that any refusal to grant it is wilfully malignant.

Government Programming: When programmed by an outsider, the parts are likely to make demands for money, resettlement aid, and other favours -- demands that are completely out of proportion to the value of their contributions. Any ambiguous replies to such demands will be interpreted as acquiescence. Of all the types considered here, the exception is likeliest to carry an alleged injustice dealt him by the government to the newspapers or the courts.

The best general line to follow in handling those who believe that they are exceptions is to listen attentively (within reasonable time limits) to their grievances and to make no commitments that cannot be discharged fully. Defectors from hostile intelligence services, doubles, provocateurs, and others who have had more than passing contact with a if they belong to this category, prove unusually responsive to suggestions from the Programmer that they have been treated unfairly by the other service. Any planned operational use of such subjects should take into account the fact that they have no sense of loyalty to a common cause and are likely to turn aggrievedly against superiors.

The average or normal personality. This is not a part wholly lacking in the characteristics of the other types. They may, in fact, exhibit most or all of them from time to time. But no one of them is persistently dominant; the average subject's qualities of obstinacy, unrealistic optimism, anxiety, and the rest are not overriding or imperious except for relatively short intervals. Moreover, their reactions to the world around them are more dependent upon events in that world and less the product of rigid, subjective patterns than is true of the other types discussed.

Internal Programming Structure

Internally, the System must carry out the following functions: Protect all information and history that relates to the creation and use of the subject. All the structuring and codes of the system need to be guarded. The programming, things the subjects think about also need to be guarded. The subject is meant to be entirely self-governing. The delegation of authority allows both the Programmer and the handler to blame the subject for the instructions they carry out.

A way to teach internal structures to child subjects is Chinese checkers, chess, checkers. Alter patterns will be placed on the boards of these games with different coloured pieces. A pawn can represent a lower part, a queen the Mother. The parts using this visual aid can be coded, coloured and managed. Levels can be superimposed upon each other in the subject's mind using these boards. Take one pattern with parts labelled off, and place the superimposed pattern of pieces over the same place. This is how several different structures can be tied together in one locality in the mind. This is one way structures can be layered in. The Hexagram checker board used in Chinese checkers is called The House of David internally.

Internally, the Programmer will begin with making the System with the core related parts and then the front parts. The front parts will be arranged in a fashion that the structure of the System is confused. The front parts will be given heavy programming, to convince them that nothing happened to them, and they have a satisfactory life. They will be given fictitious stories about the programming, so that almost every item in a System has a cover story to mislead a part about what is going on.

Datums and grids are used to map a System. Some systems are built with three hour glasses each spinning on a x,y, or z axis. The hour glasses could be turned and in so doing the entire system of alters could be turned. The front alters are at the top of the hour glass and the Programmer wants to access the parts at the bottom of the system. The system needs to be rotated 180 degrees so that the bottom parts are now on top. The bottom parts can be given authority to hold the body full time. Codes should be given to given the System to make a shift when the handler needs to turn a System.

An alphanumeric grid is a simple coordinate system on a grid in which each cell is identified by a combination of a letter and a number.

An advantage over numeric coordinates, which use two numbers instead of a number and a letter to refer to a grid cell, is that there can be no confusion over which coordinate refers to which direction.

Algebraic chess notation uses an alphanumeric grid to refer to the squares of a chessboard.

The Base Datums used in mapping a system are: horizontal datum, and vertical datum.

Some systems used to map programming are: WGS 84, 72, 64 and 60 of the World Geodetic System, Polar Coordinate System, Cylindrical coordinate system, Spherical coordinate system, Homogeneous coordinates, Plücker coordinates, Cartesian coordinate system, Waxholm space to name a few

When the programming is being completed the structure of the System will be tied together in one bundle. Everything is built on its own x-y axis. Each 13x13 grid has the middle rows both vertically and horizontally set up as runways. The x-y axis also makes up the hourglass lines or the butterfly wings. Both images are used with subjects. Because things are set up in groups of thirteen items are double coded, thirteen becomes 13-1 and another is 1-13. This allows programmers to link 13-1 and 1-13, so that everything becomes a circle. The circle within a circle, box within a box concept, triangle within triangle leads the subject to feel they are trapped in an infinity loop of programming.

A typical system will constructed as a cube, sphere or pyramids. The principle parts will be the "A" parts. A typical section of parts will consist of a 13 x 13 grid of parts. These are parts that live in an internal structure together and must function together. A 13 x 13 section will have 13 groups of "A" through in “Z" parts. The "A" parts will be the primary parts that the programmers interact with. The Programmer may call up an "A" part and ask it to go get the "C" part in its family, rather than directly asking for them.

The first page of part codes will be the primary or "A" parts. If we are dealing with a 13 x 13 x 13 cube of parts, then the initial page has 13 "A" parts for each section. Many of the functions can receive a standard code, but other items require individual codes.

The "A" parts are regular parts. Many of them have been hypnotically age advanced to see themselves as teenagers or adults. Sometimes "B" and "C" parts are also aged. The "D" through "N" parts are generally left as they were split and most of them are infantile, with little concept of how old they are.

Each section is walled off from another section by amnesia. Each trauma has an amnesia wall built around it. Each trauma memory is sectioned off. That walled off section is a piece of memory that will be identified, and a hypnotic cue attached by the programmers that will pull it up to the conscious mind. If the programmer wishes, the part can be given a history, name, job, and developed into a full personality.

As Programmers structure a system, no-talk walls at calculated intervals where all communication and visibility between parts is walled off must be layered in. These No-talk walls are specifically built structures and not the result of normal amnesia. A 13 x 13 grid may have 2 No-talk walls.

Other methods will be used to divide all the levels from each other. The level of trance for level 3 will be different than the level of trance for level 10. The anchor cues for level 5 will not be the same as 9.

18 Universal System Parts

Systems must be customized to the subject, and the faction the subject will belong to, the programmers, the abilities of the subject, and tasks involved the subject must do. No two systems are alike but these parts should be placed in all systems.

Protectors:
Intellectuals
Denial parts
Controllers
Child alters
Punishers
Feeling alters
Internal councils
Sexual parts
Amnesic alters
The workers
Hosts
The core
Function code fragments
Spiritual parts

Each level of the system should have 15 groups of parts placed in. These groups will work together to maintain the structure of that level. Once these groups are placed in, the Programmer can create parts for outside world purposes.

Group 1 --*Theta Structure*
Group 2 --*Theta Blockage*
Group 3 --*Mind Structure*
Group 4 --*Mind Blockage*
Group 5 --*Body Structure*
Group 6 --*Body Blockage*
Group 7 --*Social Life Structure*
Group 8 --*Social/Life Blockage*
Group 9 --*Physical System Structure* Note: in general terms this group tries to keep the system interested in existing and not attempting suicide.
Group 10 --*Physical Blockage*
Group 11 --*Existence Structure*
Group 12 --*Existence Blockage*
Group 13 --*Spiritual Structure*
Group 14 --*Spiritual Blockage*
Group 15 --*Final Structure* (Parts maintaining the structure of the program)

System Protectors

As a protective and corrective measure all levels should have the following alters in place:
Guardian
Over soul
Holder
Suppressor
Denier
Misdirector
Invalidator
Resimilator

Systems built upon triads are extremely strong, unbreakable, and will often be programmed in threes: three backups, three system controllers, etc.

Core Structures in Systems

Computer System: Internal computers are complex. The first thing created are the inside personalities. Then these parts are placed into a structured system. To operate that structured system and to insure compliance the Programmer must place in Omega programming. Omega programming consists of computers, wiring, conduits and cords. These computers contain the instructions, and are controlled by internal Programmers. This is done by taking hundreds of parts dehumanizing them and turning them into parts of a computer.

During early programming, the subject while being tortured can be shown a structure of a castle, doll house, school, or office building with numerous rooms. The rooms will each have a separate colour. The rooms would be linked in the subject's mind to computers. If the system is a solar system, alien programming is used and aliens are placed in the subject to maintain the computers. In occult programming high level demons are attached to the internal Programmers.

Each alter is linked to an internal computer. Since each section of parts has to remain clandestine they are attached to its own computer. The computers are built to link the mapped sections. A major backup computer is built, and finally the internal Beast computer which sets at the bottom of the subconscious mind.

For example, the All-seeing eye of the computer is a child part that monitors what occurs in the system subconsciously if discovered and pulled to the front this computer part will not be able to vocalize about the system. The software for a computer can be programmed into it, and all the individual programming of every part can then be tied back to the computer. Each alter would be programmed on how to view life, to act, to think, and to function in their job.

Internal communication.

Various internal communication means must be built into the System. Choices of parts are allowed contact with other parts. Portals and one-way mirrors or one-way windows are built in. Parts will need to have the ability to communicate with one another to insure the integrity of the system. Guardian parts on each level should be able to communicate as well as protector parts, cult/occult

parts, and what the Programmer and handler deem necessary.

Parts can have several possible means of interactions which are:

Two-way amnesia, where neither part knows about the other's existence. This is what Programmers want for most parts.

One-way amnesia, where A alter knows B alter, but B doesn't know A. This can be accomplished by setting in one-way mirrors.

Co-presence, two parts can come on top of one another at the front of the mind and hold the body together. This produces some strange behaviour for the subject as different parts synthesize their thoughts.

Co-conscious, this is when two alters are aware of what each other is thinking. As the Programmers structure a System, they build in No-talk walls every so often where all communication and visibility between alters is walled off. These No-talk walls are specifically built structures and not the result of normal amnesia.

If front structures are eliminated due to outside interference the system will turn to substantial internal reprogramming, and link primal traumas with the new programs. The internal programming parts are also always alert and will restructure the system constantly if parts work against their programming. Restructuring is a process that can continually go on, not something completed when the subject was a child. For instance, new levels of parts can and are created when the subject is in their 30s, either by the internal or external Programmers.

Internal Travel. There is an anchoring memory that the Programmers begin with of travel. Psychotropics are used to give the subject the sensation of moving. In large systems, the Programmers will use an anchor all of the parts are familiar with. Spaceships, teleporters, trains, escalators, tunnels, secret doors, and other means are planted so parts can travel internally.

When a large system comes in for reprogramming, the Programmer or handler can call up a large section by code and work with a vast amount of alters at once. Far-reaching changes can be made by external Programmers, who can work much more rapidly than the internal Programmers.

Besides programs, items are placed into the mind too. Examples include vaults, safes and doors which need combinations and keys.

19 Goals of Programming

Goals are written, objective future conditions that contain a plan to achieve them. The actual terminology of goals, objectives, plans, and conditions isn't as important as making a goal and seeing the route toward that goal.

Obtain control of the future activities (physical and mental) of any given individual, willing or unwilling by application of SI (sleep induction) and H (hypnosis) techniques.

Can we "condition" by post-H (hypnotic) suggestion agency employees (or persons of interest to this agency) to prevent them from giving information to any unauthorized source or for committing any act on behalf of a foreign or domestic enemy?"2. Can we in a matter of an hour, two hours, one day, etc., induce an H condition in an unwilling subject to such an extent that he will perform an act for our benefit? (Long range).

Can we, while a subject is under SI and H control, show them a map and have them point out specific items, locations, etc., on the map? Can we also have them make detailed drawings, sketches, plans? Could any of the above be done under field conditions and in a very short space of time?

Can we by SI and H techniques force a subject (unwilling or otherwise) to travel long distances, commit specified acts and return to us or bring documents or materials? Can a person acting under post-H control successfully travel long distances?

Create by post-H control an action contrary to an individual's basic moral principles.

In a matter of an hour, two hours, one day, etc., induce an H condition in an unwilling subject to such an extent that he will perform an act for our benefit?

Seize a subject and in the space of an hour or two by post-H control have them crash an airplane, wreck a train, etc.?

Can we 'alter' a person's personality? How long will it hold?

How long can we sustain a post-H suggestion-unaided-with reinforcement?

Can we use SI and H to combat fatigue, produce extreme mental effort?

Can we design tests to determine whether or not an enemy subject has been conditioned by SI and H or any other method?

What would be fastest way to induce SI and H conditions – with drugs – or without any mechanical aids?

Can we detect SI and H by use of SI and H (regression)?

Can we devise a standard simple relatively fast technique for inducing SI and H conditions that can be used by untrained subjects (with or without drugs)?

Can the system govern its self, and what governing structures can we keep--since the structure itself is colonial?

Can the mind work together to help itself?

What are full details on Mind machines?

How effective can the 'carotid artery technique' be made? Can it be used while subject is unconscious? Is it faster than other techniques?

Can we make a 'conditioned' subject reveal by SI and H specifically how they were conditioned (drugs, torture, fatigue, hostage pressure, techniques)?

Can we devise a system for making unwilling subjects into willing agents and then transfer that control to untrained agency agents in the field by use of codes or identifying signs or credentials?

Is it possible to find a gas that can be used to gain SI control from a gas pencil, odourless, colourless: one shot, etc.?

Guarantee total amnesia under any and all conditions.

Use any sleep inducing agent be best concealed in a normal or commonplace item, such as candy, cigarettes, liquor, wines, coffee, tea, beer, gum water, aspirin tablets, common medicines, coke, tooth paste.

A knockout pill which can surreptitiously be administered in drinks, food, cigarettes, as an aerosol, etc., which will be safe to use, provide a maximum of amnesia, and be suitable for use by agent types on an ad hoc basis.

A material which can be surreptitiously administered by the above routes and which in very small amounts will make it impossible for a person to perform physical activity.

Use SI and H extract complicated formula from scientists, engineers, etc., if unwilling.

Connect the relation of their behaviour to some stimulus.

Physical methods of producing shock and confusion over extended periods of time and capable of surreptitious use.

Place subject's self esteem or self concept in the no longer true position.

Place subject's relationship in the no longer true but used to be location.

Materials which will produce the signs and symptoms of recognized diseases in a reversible way so that they may be used for malingering.

Materials which will render the induction of hypnosis easier or otherwise enhance its usefulness.

Materials and physical methods which will produce amnesia for events preceding and during their use.

Materials which will cause the subject to age faster/slower in maturity.

Materials which will promote the intoxicating effect of alcohol.

Materials which will cause temporary/permanent brain damage and loss of memory.

A material which will cause mental confusion of such a type that the individual under its influence will find it difficult to maintain a fabrication under questioning.

Substances which will produce "pure" euphoria with no subsequent let-down.

Substances which increase the efficiency of mentation and perception.

Substances which will enhance the ability of individuals to withstand privation, torture and coercion during interrogation and so-called "brain-washing".

Substances which produce physical disablement such as paralysis of the legs, acute anemia, etc.

Substances which will produce a chemical that can cause blisters.

Substances which alter personality structure in such a way that the tendency of the recipient to become dependent upon another person is enhanced.

Substances which will lower the ambition and general working efficiency of men when administered in undetectable amounts.

Substances which promote weakness or distortion of the eyesight or hearing faculties, preferably without permanent effects.

Substances which will promote illogical thinking and impulsiveness to the point where the recipient would be discredited in public.

Could any of the above be done under field conditions and in a very short space of time?

20 Subliminal Perception

The use of subliminal perception is a method to keep the subject unaware of the source of their stimulation. The desire is not to keep them unaware of what they are doing, but rather to keep them unaware of why they are doing it, by masking the external cue or message with subliminal presentation and so stimulating an unrecognized motive. In order to develop the subliminal perception process for use as a reliable programming technique, it would be necessary

To define the composition of a subliminal cue or message that will trigger an appropriate pre-existing motive.

To determine the limits of intensity between which this stimulus is effective but not consciously perceived,

To determine what pre-existing motive will produce the desired abnormal action and under what conditions it is operative, and to overcome the defences aroused by consciousness of the action itself. As to the composition of the subliminal cue, it cannot be supposed that just any message presented below the threshold of recognition will be translated into appropriate action. The determination of the right kind of message in terms of content, number and type of words or symbols, grouping of symbols, must be considered. Since the effectiveness of the procedure depends on not arousing the subject's defence mechanisms, and since defence mechanisms are not only peculiar to each subject but hard to discover, it is difficult to specify even what is to be avoided in the composition of the subliminal cue in order not to arouse the defences.

Thresholds of recognition are variable and difficult to determine. If the intensity of the stimulus is much below a subject's threshold it doesn't get through to even the most automatic areas of their sensorium. But recognition thresholds vary tremendously, not only among subjects, but also in the same subject from one time to another, in accordance with their physical situation, physiological condition, and above all the degree to which they are psychologically attuned to the particular content of the message.

The message must be transmitted on a much wider intensity band and may frequently not get through or may on the other hand penetrate to the subject's consciousness and arouse their defences. The message once received is presumed to trigger sensitive subconscious motivation to action. If the subliminal cue is to work by tripping off an existing motive to action, one must know what motives are positive and operant at the moment. The obvious basic drives (e.g. hunger, sex) are sometimes satiated and sometimes subordinated. With a great deal of knowledge about the subject, some predictability can be attained, but it is still a matter of probabilities.

21 Human Experimentation

If it is deemed appropriate advise the subject they are a human experiment. This may or may not be true. The following list explains the reasons the subject could be advised of this:

It creates immense fear and helplessness in the subject. They will reason if it is an experiment they will have to fight hard to survive.

It devalues the subject greatly. They will feel that they have no real value as a human being, that all they are is an experiment. Someone who feels devalued doesn't care, and will be willing to do things they wouldn't if they felt some value, some humanization.

It gives the programmer added power, as they are the one who can begin or stop the experiment. Almost always, when the subject is advised they are an experiment, it isn't really true. When the handler/programmer actually does experiments, the subjects are never told, because it could bias results. The fear could interfere with drug effects, and skew the results. Most recent programming experimentation has been in the area of: drug effects: using different drugs, both alone and in new combinations and dosages, to induce trance states and open the subject to training. Drugs are sought after which will shorten the period needed to induce a trance state, which are quickly metabolized, and leave no detectable residues the next day.

22 Scripts

The script will generally consist of four separate parts;

(1) an identifier (subject's name, description, or other identifying factor),
(2) trigger activation condition or conditions (when, what or how the suggestion will trigger),
(3) the content (what the trigger will precipitate in the perception of the subject),
(4) and a duration (when or under what conditions will it stop or finish). Additional reinforcing scripts are usually added to "strengthen" or reinforce the central posthypnotic command.

The programmer will play the movie for the subject. The subject is told that they will be questioned about the movie; this cues the subject to use photographic recall about what they are viewing. The programmer may show the subject an edited shorter version of the movie, with only parts of the whole, or may show the subject a short scene from the movie.

After watching the movie, or scene, the subject is drugged, and then asked what they remember. The subject will be shocked if they cannot recall items the programmer questions them about and will be forced to watch the scenes again.

When the subject has total recall of the segments, the programmer will tell the subject that they are one of the characters. The subject will be heavily traumatized and a blank slate part created to be the desired character. The first thing the part will see is footage of the movie, or scene. This is its “first memory”. The programmer will link the scene with principles. The subject will be taught concealed meanings in the movie. The subject will be praised for being one of the few subjects who understand what the movie really means. The script programming will often be linked to other programming the subject is undergoing.

Music from the movie, or scene, will be used as a trigger to access the programming inside or bring forward parts.

Scripted programming will often involve a great deal of traumatisation, to create the “blank slate” alters desired. The programming will be ground in with repetition, electroshock, torture, drugging and hypnosis. The alters inside who have gone through this programming will often be highly disconnected from external reality and may believe that they are part of a “script”.

23 Programming Music

The programmers hypnotically make the lyrics of songs cues for subjects. Newly released songs can re-enforce standard programming.

The programmers will create a play list of songs tailored to the subject. During decided torture the song will be played with the lyrics used as the script. A specific alter will be given the script and the task to follow.

Songs are used that fit the script being used for inside building. Wizard of Oz songs are used in foundation programming. Disney songs are used in Disney program specific to the music.
Trigger phrases are found in music, as well as symbols in the videos of the music. The symbols help reinforce internal programming across structures.

Often subject's will sing the songs to themselves as self programming.

24 Double Bind

Double bind communication is commonly given by programmers and handlers. For example, a child may be given the choice to beat up another child or be assaulted themselves. There are many games the programmer can utilize to place a subject in a double bind.

A programmer can create parts which are given negative spiritual roles with names to match. A part may be named Unforgiveness, Shame, Whore, and Sin for example. For such a part to trust someone, makes the part feel like it is giving up its name, and therefore its identity. By combining the name with an identity the programming intends to double bind the part.

Another technique is to alternate leniency with harshness. When punishment is partnered with kindness, the effect is devastating and disconcerting because the subject looses the ability to predict what is going to happen. The subject doesn't know what hate and like are anymore. The person, who claims to care for them tortures or abandons them to be tortured by someone else. Predicting what is going to occur subjects attempt to gain control over their environment. This control must be stripped from a subject. They soon learn to quit trying to protect themselves, and they quit trying to think for themselves but submit to the environment around them.

25 Pain

Every subject will react very differently to pain. The wide range of individual reactions to pain may be partially explicable in terms of early conditioning. The subject whose first encounters with pain were frightening and intense may be more violently affected by its later infliction than one whose original experiences were mild. Or the reverse may be true, and the subject whose childhood familiarized him with pain may dread it less, and react less, than one whose distress is heightened by fear of the unknown. The individual remains the determinant.

If a subject is caused to suffer pain rather late in the Programming process and after other tactics have failed, they will conclude the Programmer is becoming desperate. They may decide if they can hold out against this assault, they will win the struggle. Subjects who have withstood pain are more difficult to handle by other methods. The effect has been not to repress the subject but to restore his confidence and maturity.

It has been plausibly suggested that, whereas pain inflicted on a subject from outside himself may actually focus or intensify their will to resist; their resistance is likelier to be sapped by pain which they seem to inflict upon themselves. In the simple torture situation the contest is one between the subject and their programmer.

Subjects who are faced with intractable pain will be difficult to programme. The reason is that they can then interpret the pain as punishment and hence as expiation. There are also subjects who enjoy pain and its anticipation and who will be difficult to programme if they are given reason to expect that strong resistance will result in the punishment that they want. Subjects of considerable moral or intellectual stature often find in pain inflicted by others a confirmation of the belief that they are in the hands of inferiors, and their resolve not to submit is strengthened.

26 Malingering

The detection of malingering is not a programming technique, coercive or otherwise. The history of programming has subjects who have attempted to evade the pressures of programming by feigning physical or mental illness. Programmers may encounter seemingly sick or irrational subjects at times. A few tips may make it possible for the Programmer to distinguish between the malingerer and the subject who is genuinely ill, and because both illness and malingering are sometimes produced by coercive programming some guidelines follow.

Most subjects who feign a mental or physical illness do not know enough about it to deceive the well-informed. An important element in malingering is the frame of mind of the Programmer. A subject pretending madness awakens in a Programmer not only suspicion but also a desire to expose the fraud, whereas a well subject who pretends to be concealing mental illness and who permits only a minor symptom or two to peep through is much likelier to create in the Programmer a desire to expose the hidden sickness.

Under the influence of appropriate drugs the malingerer will persist in not speaking or in not remembering, whereas the symptoms of the genuinely afflicted will temporarily disappear. Another technique is to pretend to take the deception seriously, express grave concern, and tell the "patient" that the only remedy for his illness is a series of electric shock treatments or a frontal lobotomy.

27 Debility

Programmers have employed various methods of inducing physical weakness: prolonged constraint; prolonged exertion; extremes of heat, cold, or moisture; and deprivation or drastic reduction of food or sleep. The assumption is that lowering the subject's physiological resistance will lower their psychological capacity for opposition. If this notion were valid, however, it might reasonably be expected that those subjects who are physically weakest at the beginning of programming would be the quickest to capitulate, a concept not supported by experience. The available evidence suggests that resistance is sapped principally by psychological rather than physical pressures. The threat of debility - for example, a brief deprivation of food - may induce much more anxiety than prolonged hunger, which will result after a while in apathy and, perhaps, eventual delusions or hallucinations. In brief, it appears probable that the techniques of inducing debility become counter-productive at an early stage. The discomfort, tension, and restless search for an avenue of escape are followed by withdrawal symptoms, a turning away from external stimuli, and a sluggish unresponsiveness.

Another objection to the deliberate inducing of debility is that prolonged exertion, loss of sleep, etc.; themselves become patterns to which the subject adjusts through apathy. The Programmer should use his power over the resistant subject's physical environment to disrupt patterns of response, not to create them. Meals and sleep granted irregularly, in more than abundance or less than adequacy, the shifts occurring on no discernible time pattern, will normally disorient a subject and sap their will to resist more effectively than a sustained deprivation leading to debility.

28 The Programming Plan

Before the Programming begins with a subject authorization for Programming must be obtained. At this stage, the framework for how the Programming is to occur is planned, including the level of coercion that is permitted.

Programmers: There must always be a minimum of two programmers working with a subject. This prevents a programmer from being either too severe, or permissive, developing too close a bond with the subject; the watchful eye of the other programmer prevents this. Lead programmers are paired with least experienced programmers. The Lead programmer will teach the assistant programmer, who does most of the actual work. If the assistant programmer is unable to finish a task, the lead programmer will step in.

Planning for programming is more important than the specifics of the plan. Because no two subjects and Programmers are alike, the Programming cannot realistically be planned from A to Z, in all its particulars, at the outset. But it can and must be planned from A to F or A to M. The chances of failure in unplanned programming are unacceptably high. An unplanned approach can ruin the prospects of success even if sound methods are used later.

The intelligence category to which the subject belongs to, though not determinant for planning purposes, is still of significance.

The plan for the programming of a re-call differs from that for other types because the time available for programming is often brief.

Traitors can usually be programmed unilaterally, at least for a time. The time available for unilateral testing and exploitation should be calculated at the outset.

If the reprogramming of a traitor of any other subject who is expected to resist is under consideration a general rule is it is difficult to succeed in the programming of a resistant subject unless the programming service can control the subject and their environment for as long as proves necessary.

The Specific Purpose

Before the Programmer moves into action the programmer has clearly in mind what they want to complete, the codes for the session, triggers for parts, and how the session can best be completed. This leads to appropriate research and preparation of methods and techniques which the Programmer will use. As the subject being programmed may successfully resist some approaches, multiple strategies and tactics may be readied.

Any confusion, or any questioning based on the premise that the purpose will take shape after the programming is under way, is almost certain to lead to aimlessness and final failure. If the specific goals cannot be discerned clearly, further planning is needed before the session starts.

Resistance
The kind and intensity of anticipated resistance is estimated. It is useful to recognize in advance whether the session would be threatening or damaging in any way to the interests of the programmers. If so, the programmer should consider whether the session, or goal of the session, can be gained in another capacity. Programming subjects immediately, on a flimsy plan, and unclear goal, will be a waste of time.

The preliminary psychological analysis of the subject makes it easier to decide whether they are likely to resist and, if so, whether their resistance will be the product of fear that their personal interests will be damaged or the result of the non-cooperative nature of orderly-obstinate and related types. The choice of methods to be used in overcoming resistance is also determined by the characteristics of the subject.

The Programming Setting

The room in which the Programming is to be conducted should be free of distractions. The colours of walls, ceiling, rugs, and furniture should not be startling. Pictures should be missing or dull. Whether the furniture should include a desk depends not upon the programmer's convenience but rather upon the subject's anticipated reaction to connotations of superiority and officialdom. A plain table may be preferable. An overstuffed chair for the use of the subject is sometimes preferable to a straight-backed, wooden chair because if they are made to stand for a lengthy period or is otherwise deprived of physical comfort, the contrast is intensified and increased disorientation results. The value of arranging the lighting so that its source is behind the programmer and glares directly at the subject or the lighting is soft. The effect upon a cooperative source is inhibitory, and the effect upon a resistant source may be to make them more stubborn. Like all other details, this one depends upon the personality of the subject.

Good planning will prevent interruptions. If the room is used for purposes other than Programming, a "Do Not Disturb" sign or its equivalent should hang on the door when the session is under way. The effect of someone wandering in because they forgot their pen or wants to invite the programmer to lunch can be devastating. For the same reason there should not be a telephone in the room; it is certain to ring at precisely the wrong moment. Moreover, it is a visible link to the outside; its presence makes a subject feel less cut-off, better able to resist.

The Programming room affords ideal conditions for photographing the subject without their knowledge by concealing a camera behind a picture or elsewhere.

If a new safe house is to be used as the programming site, it should be studied carefully to be sure that the total environment can be manipulated as desired. For example, the electric current should be known in advance, so that transformers or other modifying devices will be on hand if needed.

Arrangements are usually made to record the Programming, transmit it to another room, or do both. Most experienced programmers do not like to take notes. Not being saddled with this chore leaves them free to concentrate on the subject and how they respond, and what else they are doing. Another

reason for avoiding note-taking is that it distracts and sometimes worries the subject. Another advantage of the tape is that it can be played back later. Upon some subjects the shock of hearing their own voices unexpectedly is unnerving. A recording is also a valuable training aid for programmers, who by this means can study their mistakes and their most effective techniques. Exceptionally instructive programming, or selected portions thereof, can also be used in the training of others.

If possible, audio equipment should also be used to transmit the proceedings to another room, used as a listening post. The main advantage of transmission is that it enables the Doctors in charge of the Programming to note crucial points and map further strategy, replacing one programmer with another, timing a dramatic interruption correctly, etc. It is also helpful to install a small blinker bulb behind the subject or to arrange some other method of signalling the programmer, without the subjects knowledge, that the programmer should leave the room for consultation or that someone else is about to enter.

The Participants

Subjects are programmed separately for system building. Separation permits the use of a number of techniques that would not be possible otherwise. It also intensifies in the subject the feeling of being cut off from aid. Programming of two or more subjects with each other in order to produce blame or trauma bonding is especially dangerous if not preceded by separate Programming sessions which have evoked compliance from one of the subjects, or at least significant results involving both.

The number of programmers used for a single programming session varies from one to a large team. The size of the team depends on several considerations, chiefly the importance of the goal and the intensity of subject resistance. Although most sessions consist of one lead programmer, and assistant programmer and one subject, some of the techniques call for the presence of two, three, or four programmers. The two-man team, in particular, is can lead to unintended opposition and conflicts not called for by assigned roles. Planning and subsequent conduct should eliminate such cross-currents before they develop, because the subject will seek to turn them to their advantage.

Team members who are not otherwise engaged can be employed to best advantage at the listening post. Inexperienced programmers find that listening to the programming while it is in progress can be highly educational.

Once the session starts, the programmer is called upon to function at two levels. They are trying to do two seemingly contradictory things at once: achieve rapport with the subject but remain an essentially detached observer. Or they may project themselves to the resistant subject as powerful and ominous (in order to eradicate resistance and create the necessary conditions for rapport) while remaining wholly uncommitted at the deeper level, noting the significance of the subjects reactions and the effectiveness of their own performance. Poor programmers often confuse this bi-level functioning with role-playing, but there is a vital difference. The programmer who merely pretends on their surface performance, to feel a given emotion or to hold a given attitude toward the subject is likely to be unconvincing; the subject quickly senses the deception. Even children are very quick to feel this kind of pretence. To be persuasive, the sympathy or anger must be genuine; but to be useful, it must not interfere with the deeper level of precise, unaffected programming. Bi-level functioning is not difficult or even unusual; most people act at times as both performer and observer unless their

emotions are so deeply involved in the situation that the critical faculty disintegrates. Through experience the programmer becomes adept in this dualism. The programmer who finds that they have become emotionally involved and is no longer capable of unimpaired objectivity should report the facts so that a substitution can be made. Despite all planning efforts to select a programmer whose age, background, skills, personality, and experience make him the best choice for the job, it sometimes happens that both programmer and subject feel, when they first meet, an immediate attraction or antipathy which is so strong that a change of programmers quickly becomes essential. No programmer should be reluctant to notify their superior when emotional involvement becomes evident. Not the reaction but a failure to report it would be evidence of a lack of competence or skill expected of a professional.

Other reasons for changing programmers should be anticipated and avoided at the outset. During the first part of the session the developing relationship between the programmer and the initially uncooperative subject is more important than the information obtained; when this relationship is destroyed by a change of programmers, the replacement must start nearly from scratch. In fact, they start with a handicap, because exposure to programming will have made the source a more effective resister. Therefore the ODO, Occult leader, or Mother of Darkness, should not assign as chief programmer whose availability will end before the estimated completion of the programming.

The Timing
Before Programming starts, the amount of time probably required and probably available to both programmer and subject should be calculated. If the subject is not to be under detention, their normal schedule is ascertained in advance, so that he will not have to be released at a critical point because he has an appointment or has to go to work.

Programming sessions with a resistant source that is under detention should not be held on an unvarying schedule. The capacity for resistance is diminished by disorientation. The subject may be left alone for days; and he may be returned to their cell, allowed to sleep for five minutes, and brought back to a Programming which is conducted as though eight hours had passed. The principle is that sessions should be so planned as to disrupt the source's sense of chronological order.

Interaction
This is the main body of the Programming when the Programmer interacts with the subject. This generally appears as a series of trauma techniques, scripting, coding, and fracturing of the psyche. This interaction may take place over a number of days and sessions, which may be limited or open ended in the duration that it may take.

The Termination
The end of a Programming should be planned before the session starts. The kinds of scripts, codes, anchors, trigger E.C.T, the methods employed, and even the goals sought may be shaped by what will happen when the end is reached. If the subject is to be released upon the completion of the programming session it is important to avoid an inconclusive ending. The poorest Programming is those that trail off into an inconclusive nothingness.

A number of practical terminal details should also be considered in advance. Are the subject’s

clothing, and property to be returned to them, and will they be available in time? Are they to be paid? Are subsequent contacts necessary and have re-contact provisions been arranged?

The successful Programming of a subject ordinarily involves two key processes: the calculated regression of the subject and the provision of an acceptable ending. In this stage, the Programming is completed and. As appropriate and feasible, the Programmer may return to the previous stage to close any holes in the programming.

The end of a programming session is not the end of the programmer's responsibilities. From the beginning of planning to the end of the session it has been necessary to understand and guard against various troubles.

The isolation that the handlers impose on their subject to prevent real relationships with outsiders, and the strong bonding of the subject to its handler/programmer (trauma bonding, etc.) that is administered must remain intact.

29 The Opening

A principal goal during the opening phase is to confirm the personality assessment obtained through screening and to allow the programmer to gain a deeper understanding of the subject as an individual. Most resistant subjects can block off light programming for one or more of 4 reasons. The first is a specific negative reaction to the programmer. Poor initial handling or a fundamental antipathy can make a subject uncooperative. The third cause is some subjects are resistant "by nature" - i.e. by early conditioning - to any compliance with authority. The fourth is ideological resistance. The subject has identified themselves with a cause, a political movement or organization, or an opposition intelligence service. Regardless of their attitude toward the programmer, their own personality, and their fears for the future, the subject who is deeply devoted to a hostile cause will ordinarily prove strongly resistant under programming.

It is important for the programmer to note verbal projection; vocal tones, and the voice projects tension, fear, a dislike of certain topics, and other useful pieces of information. It is also helpful to watch the subject's mouth, which is as a rule much more revealing than their eyes. Gestures and postures also should be noted. If a subject normally gesticulates broadly at times and is at other times physically relaxed but at some point sits stiffly motionless, their posture is likely to be the physical image of their mental tension. The programmer should make a mental note of the topic that caused such a reaction.

The following is a list of physical indicators of emotions and recommends that programmers note them.

(1) A ruddy or flushed face is an indication of anger or embarrassment.

(2) A "cold sweat" is a strong sign of fear and shock.

(3) A pale face indicates fear.

(4) A dry mouth denotes nervousness.

(5) Nervous tension is also shown by clenching the hands tightly.

(6) Emotional strain or tension may cause a pumping of the heart which becomes visible in the pulse and throat.

(7) A slight gasp, holding the breath or an unsteady voice may betray the subject.

(8) Fidgeting may take numerous forms, all of which are good indications of nervousness.

(9) A subject under emotional strain or nervous tension will involuntarily draw their elbows to their sides. It is a protective defence mechanism.

(10) The movement of the foot when one leg is crossed over the knee of the other can serve as an indicator. The circulation of the blood to the lower leg is partially cut off, thereby causing a slight lift or movement of the free foot with each heart beat. This becomes more pronounced and observable as the pulse rate increases.

Pauses are also significant. But the successful establishment of rapport will tend to eliminate innocent blocks, or at least to keep them to a minimum.

The establishment of rapport is the second principal purpose of the opening phase of the programming. Sometimes the programmer knows in advance, as a result of screening, that the subject will be uncooperative. At other times the probability of resistance is established without screening: stubborn silence, closing of eyes without permission, holding of their breath, and other cues. A lack of rapport may cause a subject resist where otherwise they would cooperate freely, whereas the existence of rapport may persuade a subject who is initially determined to withhold to change their attitude.

Therefore the programmer must not become hostile if confronted with initial hostility, or in any other way confirm such negative attitudes they may encounter at the outset. During this first phase their attitude should remain business-like but also quietly (not ostentatiously) friendly and welcoming.

At this stage the programmer should avoid being drawn into conflict, no matter how provocative may be the attitude or language of the subject. If the programmer meets truculence with neither insincere protestation that they are is neither the subject's "pal" nor an equal anger but rather a calm interest in what has aroused the subject, the programmer has gained two advantages. They have established the superiority will be needed later, as programming develops, and increased the chances of establishing rapport.

How long the opening phase continues depends upon how long it takes to establish rapport or to determine that voluntary cooperation is unobtainable. Even though the cost in time and patience is sometimes high, the effort to make the subject feel that their Programmer is a sympathetic figure should not be abandoned. (unless, the programming does not merit much time). Otherwise, the chances are that the programming will not produce optimum results. In fact, it is likely to be a failure, and the programmer should not be dissuaded from the effort to establish rapport. The theory of programming is the result of a substitution of the programming world for the world outside as the sights and sounds of an outside world fade away, its significance for the subject tends to do likewise. That world is replaced by the programming room, its occupants, and the dynamic relationship between them. As programming goes on, the subject tends to respond in accordance with the values of the programming world rather than those of the outside.

The programmer who senses or determines in the opening phase that what they are hearing is a legend should resist the first, natural impulse to demonstrate its falsity. In some subjects previous programming is intertwined with preservation of the cover story that calling the subject (part) a liar

will merely intensify resistance.

30 Beginning of Programming

The breaking down of ongoing patterns of the patient's behaviour by means of particularly intensive electroshocks (depatterning) can be used to prepare the subject.

The intensive repetition (16 hours a day for 6 or 7 days) of the prearranged verbal signal will create a trigger for the subject when programming will begin. This will assist in placing the subject in the desired mental state. During this period of intensive repetition the subject is kept in partial sensory isolation.

Electrodes will be attached to the subject's head to monitor electroencephalograph (EEG) patterns. When the subject is in the desired brainwave state, programming will begin. Programming oriented to self-destruction and debasement of the subject is the starting point.

While programming is occurring the subject will be placed on a metal table. They will have an IV in one hand or arm for the administration of drugs and other fluids. The subject extremities and head must be strapped down. The subject must also be naked so body regions and parts are easily accessible.

The subject will be given psychotropic medication every twenty-five to 30 minutes until the programming session is complete.

Programming under the influence of psychotropics in a specified brainwave state with binaural beats in one ear and speaking in the other ear.

Programming begins with specified method of torture. After a predetermined duration of torture the subject is will be in a state of aroused terror, disassociation, and altered brainwave state. At this point a script will be planted into the subject's mind. This script will be linked to an alter, given a directive, trigger, and task. The part will be given an emotion, double bind, and consequence if they do not follow the directive, script, and leave the area they are placed into.

A subject may be tortured repeatedly until a new alter is created. This part will be given a trigger to let them know when to come out; this could be a smell, word, number, sound, colour or symbol. This trigger is corresponds with the alters' creation.

After a subject has shattered, the Programmers find the Host part within the mind and gives them a personal history given a job within the system, a place to live in the internal world, and its rules and guide lines on how to function within the system. The Host part will be given scripts about the outside world.

If the Programmer concentrates on a single point when giving instructions they will get better results. Rather than complicating things for the subject, power is gained over the subject. The Programmer must give simple clear instructions. A large number of parts are given clear straight forward jobs.

Because their jobs are so clear-cut, these parts will often remain fragments, rather than parts with full blown personalities. An undeveloped alter will be given one clear, basic job. By stringing 100's of parts together with single tasks, a highly sensitive system of alters can be created.

Programmers individually tailor the scripts for each subject. The Wizard of Oz, Alice in Wonderland, and other books, are read prior to actual programming session. This will enhance the programming the subject's ability to retain the script.

Layer after layer of programming is put in. Each part or fragment is used as if it were a piece of a large system. The result is that no part or fragment is the whole, only a piece. It is very difficult for a single part of thousands of a system made of thousands to rebel.

Note: Programming must include parts whose task is to kill the body. Subjects cannot go without sleep for over 11 days. On the 12th day the subject must be allowed uninterrupted sleep.

31 Infant Programming

Children who are programmed are taught 4 important hypnotic abilities. These four abilities are: a. relaxation, b. visualization, c. concentration, and d. projection, which work in handling the subject along with the alpha state.
Intentional programming preferably begins before birth. Prenatal splitting is attempted as the fetus is very capable of fragmenting in the womb. This is completed between the seventh and ninth month of pregnancy.

Early intentional fragmentation: (ages 0 to 24 months) Techniques used include: placing headphones on the mother's abdomen, and playing loud, jarring music, having the mother ingest quantities of bitter substances, to make the amniotic fluid bitter or yelling at the fetus inside the womb. The mother's abdomen may be hit as well. Mild shock to the abdomen may be applied, especially when term is near, and may be used to cause premature labour, or ensure that the infant is born on a ritual high day; labour inducing drugs may be administered if a definitive birth date is desired.

Once the infant is born, testing is begun. During the first few weeks of life the programmers, will inspect for programming qualities in the newborn. The subject's reflexes will be checked against different stimuli. The infant's strength, their reaction to heat, cold, pain, light, touch, and sound are tested. The programmers are looking for dissociative ability, swift reflexes, and reaction times. Programmers and Drs are also looking for dissociation that they have attempted to start in vitro.

The infant will also be harmed to continue to encourage internal splitting. Methods of abuse include: rectal probes; digital anal rape; electric shocks at low levels to the fingers, toes, and genitalia; cutting the genitalia in ritual settings, bitter/hot ingestible substances placed in infant's mouth. The objective is to continue fragmentation so programming will be quicker, and adapt the infant to pain and reflexive dissociation.

Isolation and abandonment programming begins with the infant. The infant is isolated by programmers, intentionally during the daytime, then picked up, soothed, cleaned up and paid attention during the night. This is done to prepare the infant for night gatherings, and re-enforce programming for day time and night time parts.

From 15 to 18 months, intentionally fragmenting is continued with involvement of primary care givers as well as programmers. Trauma of the subject becomes more methodical. This is completed by intermittently soothing, and bonding with the subject then administering an electrical shock. The infant may be dropped from heights to a soft surface, loud noises, (banging, clapping, and music) and pinching to insure heightened awareness. The baby may be placed in a cage for periods of time with animals to start Epsilon programming.

Between the ages of 20 and 24 months, the subject will start the Steps of Obedience which the Programmers' use to teach the subjects how to be loyal to the family, handler, and programmer. Deprivation of food, water, and basic needs begin later in this stage. A child of this age may be taken

to cult/occult gatherings. Outside of unique occasions, or dedications, the child will have no active role. Infants are usually left with a cult/occult member, who insures the child remains awake during this time.

By the time the child is four, the weaknesses and strengths that characterize the alter system have been recorded on charts and the child's destiny in life determined. The chart will read what occupation the child will be made into, and what its function for the overall plan will be.

Extreme Process: This method is very severe and usually is a two to five year program. Because of the severity of the suffering, the subject is usually permanently impaired from integration into mainstream life. The result is the subject must reside in a less competitive environment like a church group. Subjects that receive this program tend to be highly superstitious, are agitated easily when objective evidence that contradicts their belief system is presented. They tend to believe in the spiritual world (demons, ghosts, god, spiritual entities, etc) and consider the spiritual world to be more powerful and important than the material or real world. This program basically follows the following steps; REM deprivation, breakdown of self esteem and confidence, intense suffering, exaggerated conscience, spiritual contact, reborn in Jesus Christ, Spiritual battle, release (saved by the Saviour), and recovering (blessed by Jesus Christ). Whenever possible the Handler/Programmer will skip or reduce these steps to minimize security risk and financial cost.

32 Raising a Child Subject

Parents, as well as other caregivers of a child are given instructions on how to raise the child to be dissociative. The parents are advised their child will have a successful future and so will they if they follow the instructions.

Spend 15 minutes/day teaching the child to write backwards to develop the brain's flexibility.

Periods of prolonged isolation daily, such as dark closets, dark basements, the corners of dark rooms. During the prolonged isolation, the child cannot turn on the lights, go to the bathroom, and make noise or anything else. The child will learn to dissociate. The child is also trauma bonded to the abuser because each time the child is let out, they are grateful to the abuser.

The child can be drowned in a pool and then resuscitated--and the exact amount of time to keep the child under will be given. The child can be placed in a freezer, and again the exact amount of time can be given to the parent. The child is not to roam about the house freely. The adults' area is off-limits. The child must move with permission.

Systematic punishment without provocation with the message--keep secrets. Hear no evil, see no evil, do no evil. This needs to be done several times a week to reinforce the codes of silence and the programming for silence.

A needle which is gripped halfway up is stuck into the child a quarter inch deep on the child's muscles, buttocks or thigh to help continue dissociative behaviour. On special occasions (birthdays, holidays) the hands and feet which are most sensitive to pain are stuck. When the feet or hands are stuck, they will often stick the needles under the nails. The ears are also on occasion stuck with needles. It also conditions the child to obey the commands of their handlers, who will use needles to access the minds various personalities. Various spots on the body when stuck with needles along with certain codes become access points for specified alters.

Anytime a child argues, has a temper tantrum, or gets angry the child is to be punched. This is a quick trauma. It is to be followed with a lit cigarette applied to the child to burn the skin the moment the child becomes submissive. If a cigarette can't be found, a stove top or some other hot item is to be used. When the child is four years of age, they begin programming to burn themselves.

Anytime the child becomes wilful they are to have their mouth washed out with soap. The child should be made to chew off a piece and swallow the foam.

The child should be raped daily and tortured. This assists with sexual programming, and begins a reversal in the mind that pain is love, and pain is pleasure.

33 Detailed Programming

After rapport is established, detailed programming presents only routine problems. The major routine considerations are the following:

It is necessary to make every effort to keep the subject from learning through the programming process precisely where gaps lie. This principle is especially important if the subject is following their normal life, going home each evening and appearing only once or twice a week for programming, or if their bona fides remains in doubt.

It is sound practice to write up each programming report on the day of programming or, at least, before the next session, so that defects can be promptly remedied and gaps or contradictions noted in time.

As detailed programming continues, and especially at the half-way mark, the programmer's desire to complete the task may cause him to be increasingly business-like or even brusque. The programmer may tend to curtail or drop the usual inquiries about the subject's well-being with which they opened earlier sessions. He may feel like dealing more and more abruptly with reminiscences or digressions.

The programmers interest has shifted from the subject themselves, who just a while ago was an interesting subject, to the task of implanting scripts. But if rapport has been established, the subject will be quick to sense and resent this change of attitude. Any subject has their ups and downs, times when they are tired. The peculiar intimacy of the programming situation and the very fact that the programmer has deliberately fostered rapport will often lead the subject to bond. The programmer should neither cut off this bond abruptly. The subject from the beginning to the end of the process they should feel that the programmer's interest in them has remained constant. Unless the programming is soon over, the subject's attitude toward their programmer is not likely to remain constant. They will feel more and more drawn to the programmer or increasingly antagonistic.

Detailed programming ends only when (1) all scripts, codes, and parts are implanted. (2) The subject responds to programming cues. (3) The subject can respond to a call back. Until the subject dies or completes their purposes, their programming may be interrupted, perhaps for years -- but it has not been completed.

34 Stabilizing the Programming

The tortures and stress are all a part of programming. After a session of programming the subject's mind will be in a high state of terror, shock, dissociativeness and splintering. The subject's mind cannot endure more, and the potential of having uncontrolled splintering and having the destruction of the mind and programming threatens the programmers' control. The programmer wants the mind and body to rest so that the programming can set in, without destabilizing events occurring. The subject will be administered a drug to induce a deep sleep. Sleep must occur within 10 to 15 minutes after the programming session.

Occasionally a subject's heart has been pushed to its limits during a trauma and the body must be shut down to allow the subject rest. Repression of the heart is carried out by putting the patient, after the conclusion of the programming is to induce continuous sleep for 7-10 days.

35 Split Brain Work

The brain is "bicameral" the hemispheres communicate via the corpus callosum. The left hemisphere is specialized in verbal-linguistic transduction of speech and analytical thinking (logic, math, cause and effect, language, and sequential thinking). The right side plays more of a role in holistic-metaphorical information transduction such as imagery (art, dance, intuition, subjective, spontaneous, holistic, and dream imagery). The primary role of creating imagery is carried out by the right side. The two hemispheres of the brain can operate separately at the same time.

Work is done by the Programmers to develop the thinking of alters from one side of the brain to think differently from those of the other side. Split brain programming is not just hypnosis. Split brain programming allows the Programmers a way to keep the left hand from knowing what the right hand is doing. It also gives them the ability to put in body programs or memories which affect only half of the subject's body.

In order for programmers to create alters which are highly intuitive and which are able to access the higher spiritual spheres, they need to shut down the logic hemisphere. When the left hemisphere is shut down, then the right brain (which controls the left hand and left side of the body, i.e. the left hand path) is able to function without competition. The subject must be able to get in touch fully their intuitive side to go into the spiritual realms where demons exist.

When one hemisphere is dominating what the brain is doing, the opposite nostril will open and take in air. When the right hemisphere is doing most of the thinking, the left nostril will be doing most of the breathing. Voluntary changes in nostril breathing can help shift the centre of brain activity from one side of the brain to the other. When a person lies on his side, the downward side hemisphere will be activated, because the top nostril will breathe best. The distinctions between the two hemispheres or two brains are used by the occult world. Moriah values the intuitiveness of the right hemisphere Split brain programming, is completed by using four methods:

1. Shutting down one side and communicating only with one side of the brain. A medication is administered at the base of the skull into one hemisphere of the brain to shut it down, while the other hemisphere is kept awake. Torture is then carried out to split the mind. This results in creating programs and alters which are associated with only one side of the brain. The brain is being further divided from itself.

2. By simultaneously feeding different information to each hemisphere this is done by restraining the subject in place with their eyes forced open. Different movies are shown simultaneously to both eyes. High speed films will be shown with one hemisphere receiving horror scenes and the other getting family settings. This makes the two hemispheres work separately and the subject feels as if they are going insane. One hemisphere is trying to dissociate and is having a despondent experience, while the other side is experiencing something just the opposite. When high speed films are shown for split brain programming, the films are shown in 5 minute increments.

3. Use drugs that block the two hemispheres from communicating.

4. Speak into the left ear while giving the right ear confusing noise. This method is completed to force alters to concentrate when learning scripts.

Front alters may be shown good films to make them believe they live in a perfect world with a good family life. Right side occult alters may receive horror films shown via the left eye. The right side of the brain doesn't verbalize well, so this is one reason subjects have emotions without the ability to verbalize them.

36 Applications for Drugs used in Programming

Drugs are used during programming. Although drugs used to assist programming mean nothing most individuals, they each have a specific purpose within a certain type of programming.

The overall effect of psychotropic programming on the subject, whether child or adult, is the mind at a deep level begins to doubt its ability to grasp the real from the imaginary. If the psychotropics are not controlled by the programmers, insanity could result for the subject. Further, psychotropics can pose a danger that they could clutter the internal world of the subject and splinter their mind uncontrollably.

Drugs are used in programming to establish a pattern or a script. There must be a pattern of dissociation. Parts can't just dissociate into nothing, otherwise there would be nothing to build on. Drugs will play a major role in the structuring of the alter system. The subject doesn't know where the effect of the drug is coming from. The programmer will take credit for the power of the drug. Whoever administers the drug has power in the subject's mind. The mind wants to be safe.

Some specific uses for drugs during programming include:

Placing people into trance About 90% of the population can be placed into the somnambulistic (the deepest) hypnotic trance by giving them hypnotic drugs. Drugs have been designed which will place individuals into a deep trance very quickly. If an alter is not being cooperative when they are accessed, they can be locked in place mentally and given a shot of a fast-acting hypnotic-inducing drug.

Teaching alters to go deeper into trance to escape drug effects and pain. Much of the training in this area is based upon the subject's horror and fear towards the master programmer. When the programmer wants the subject's alters to learn to trance deeper, they will give a drug that the alter doesn't like. The subject's alter will then be told to go deeper into the mind if they want to escape the effect of the drug. This enforces the dissociative state being trained for the alter. The suggested or story to give to the alter is frequently the image of a train. The subject is advised the conductor is at the front of the train, but they (the child) must move to the back of the train through the train cars. The subject is taught to count cars as they go by as if they were steps in the mind. This is training the subject to descend into deeper levels of the subconscious. The train illustration is used to assist the subject in remembering the drug experience. If the programmer desires and wants the subject to forget the drug experience while learning trance depths, then the imagery of a plane taking off and disappearing in the clouds is the image to use.

Enhancing the trauma Drugs will be used to enhance the spinning effect when the mind is being programmed to have vortexes and to set up traps within the subject's mind. One particular drug enhances the trauma by 100 times. Drugs can be useful to enhance a subject's terror of the experience. This helps shorten the programming time, and it also make the programming more intense. Marijuana enhances perception of colour and noise, but it is not used to enhance trauma. The mind does not program well under marijuana.

Producing out of body experiences Various hallucinogenic drugs, LSD included, will produce an out of body experience for the subject, if the drugs are administered correctly. The Programmer will prepare the subject with various information and story lines during the administration of the drug. PCP which is "angel dust" is one way to disconnect the cortex from the limbic system and go into an

altered state.

Creating pain. This can be achieved through a number of medications.

Creating blood vessels that hurt. Blood pressure is raised by drugs and specific medications are added which make the veins burn. The alter is taught to cut the burning veins. This is programming which is laid in to control the subject from straying from the script they are given.

Controlling histamine production. Is used in conjunction with drug-assisted programming

Helping create illusions such as no hands, no feet, no face, no head etc. A programmer working with a hallucinogenic drug can make an alter believe that it has lost a particular body part. Because most of these alters have little memory or no memory and little frame of reference, what they are told while under the influence of drugs is real to them.

Teaching alters to stay in position Some alters don't like to stay in position. But through the use of drugs, and the side effect of drugs, they soon learn the importance of staying in position. If they are disobedient, the memory of the negative side effects from not staying in position in the mind can be pulled up by a code and the alter can relive the pain from having disobediently moved from position. This is very effective in teaching alters to stay in their position that is assigned them in the mind.

To assist other programming modalities, such as high tech harmonic machines, which implant thoughts. (The machines are used in conjunction with designer drugs.)
Another programming modality assisted by drugs is behaviour modification. Aversion therapy using a vomit-inducing drug is used on subjects. Another example of drugs helping assist programming is to administer a hallucinogen and interview the subject while they hallucinating. The hallucinations are then used as programming building blocks by using hypnotic techniques. One way to build on subject scripts while they are hallucinating is to advise the subject if they ever do a particular thing (such as touch programming, remember programming, and integrate parts, etc.) the subject is to have a mental breakdown and hallucinate as they are presently doing. By continually reinforcing this message, some alters will adopt the script "that they are doing the body good to kill it if any alter personality touches the programming," because the trauma would be too much to bear.

Hormones can be given to speed up sexual growth or slow it down. Other body developments may also be manipulated.

To enhance or reduce memory

To build the image of the programmer's power

Note: it is appropriate to point out that the personalities of a subject do not respond uniformly to the same dose of the same drug. Understanding how a drug will effect particular alters is a science in itself. If an alter is holding the body, it will receive more of the effect of a drug.

Some of the cautions that the programmers are alert to include:
Monitoring the heart so that it doesn't stop.
Making sure that drugs aren't given to subjects who are allergic to them.
Switching to herbs when the body is saturated with drugs.

Knowing how much of a drug each part can take, small young alters can't take as much. Alters within a single system have varying levels of tolerance toward drugs. A young alter may be killed by an adult dosage, even though the age of the body is that of an adult.
Providing salt to balance the electrolytes in the mind of a programmed subject. An electrolyte imbalance can cause a subject's system to spin.

Section II Applications

37 Brainwave Frequencies

This is a listing of frequencies that various parties have claimed can affect the human mind or body in some way. The following sorts of frequencies are included:

Brainwave Frequencies - These are frequencies associated with various mental states.

Healing Frequencies - These are frequencies that could be used to heal illnesses of different kinds, or stimulate some region of the body (chakras). The medium used to do this varies - some of these devices generate EM fields which are applied to a precise part of the body, while others use vibration and sound.

Natural Phenomena Frequencies - This includes natural frequencies that occur in nature (Schumann's Resonance, for instance), as well as sound tones calculated from the revolution/orbit of the various planets.

Cycles per Second (HZ), as they correspond to mental states, these frequencies are of all types; light, sound, electrical, etc.

Below 0.5 - Epsilon range, extraordinary states of consciousness, high states of meditation, ecstatic states of consciousness, high-level inspiration states, spiritual insight, out-of-body experiences, Yogic states of suspended animation.
0.1-1 Organ/muscle resonances
0.1-3 Delta range, - deep sleep, lucid dreaming, increased immune functions, hypnosis
0.16 - 10 - Neuralgias
0.18 - 10 - Mod. therapy
0.20 - 0.26 - Dental pain
0.20 - 10 - Post-traumatics
0.28 - 2.15 - Alcohol addiction
0.28 - 10 - Arthritis
0.30 - 0.15 - Depression
0.30 - 10 - Cervobrachial syndrome
0.37 - 2.15 - Drug addiction
0.40 - 10 - Confusion
0.45 - 10 - Muscle pain
0.5 - very relaxing, against headache, for lower back pain; Thyroid, reproductive, excretory stimulant, whole brain toner
0.5-1.5 Pain relief; endorphins, better hypnosis

0.5-4 Delta range, deep dreamless sleep, trance, suspended animation Anti-aging. Reduces amount of cortisol, a hormone associated with stress and aging. Increases the levels of DHEA (anti-aging) and melatonin (decreases aging process.) Associated with unconscious mind and sleep state - in conjunction with other frequencies in a waking state, Delta acts as a form of radar – seeking out information – reaching out to understand on the deepest unconscious level things that subjects can't

understand through thought process. Provides intuition, empathetic attunement and instinctual insight. Conducive to miracle type healing, divine knowledge, inner being and subject growth, rebirth, trauma recovery, "one with the universe" experiences (samadhi), near death experience, characterized by "unknowing", merely a blissful "being" state such as deep sleep or coma.
The anti-aging uses binaurals at 0.5, 1.0, 1.5, 2.0, 2.5, 3.0, 3.5 and 4.0 HZ. They all play simultaneously.
0.9 Euphoria
0.95 - 10 - Whiplash
1-3 - Delta: deep, dreamless sleep, trance state, non-REM sleep profound relaxation, restorative sleep, feelings of tranquillity and peace, if one can remain aware
There's disagreement over where the delta range begins and ends - 0.5 to 4.0 HZ. 0.1 to 3.0 HZ, and .considers it 0.5 to 3.0 HZ.
1.0 - Feeling of well-being, pituitary stimulation to release growth hormone; overall view of inter-relationships; harmony and balance.
1.05 Helps hair grow + get its colour back. Pituitary stimulation to release growth hormone (helps develop muscle, recover from injuries, rejuvenation effects).
1.2 - (used on) headaches.
1.45 - Tri-thalamic entrainment format. Creates entrainment between hypothalamus, pituitary and pineal. May benefit dyslexics + subjects with Alzheimer's.
1.5 Abrahams Universal Healing Rate .; Sleep .; Those subjects whose ailments have manifested into the fourth stage of Chronic Fatigue, where some form of disease is apparent, experienced a release from the negative sensation of their symptoms when moved into 1.5HZ
1.8 Sinus Congestion seems to clear centering around 1.8 HZ. (tested with binaural beats, primarily)
2.15 - 10 - Tendovaginatis.
2.06 Associated with coccyx (small triangular bone at end of the spinal column).
2.30 Associated with genitals.
2.5 - pain relief, relaxation. Production of endogenous opiates. Use for sedative effect reported use on bleeding, bruises, insomnia, and sinusitis. .
2.57 Associated with bladder.
2.67 Associated with intestines.

Some disagreement over the theta range - **divided it into two ranges, Theta1 (3.0-5.5 hz) and Theta2 (5.5-8.0 hz).**
3.0-5.5 - "Theta 1" Range. Divides the Theta Range into Theta1 and Theta2.
3.0 Increased Reaction Time 3.0 HZ and below used to reduce muscle tension headaches, but worked less well on migraines and sinus headaches. Used to treat allergies, in conjunction with 330 HZ.
3.07 Associated with hara (3cm or 1.5 inch below navel, balance of pelvis).
3 - 4 Influences physical vision.
3 - 6 Childhood awareness/vivid memories.
3 - 8 Theta Range deep relaxation, meditation, increased memory, focus, creativity, lucid dreaming, hypnagogic state .
3.4 - Sound sleep
3.5 - Feeling of unity with everything, accelerated language retention enhancement of receptivity Earth Resonance. (A remedy for) depression and anxiety. Whole being regeneration, DNA stimulation.

3.6 (a remedy for) anger and irritability.
3.84 Associated with ovaries (Effects=vitality, life at every level).
3.9 (a remedy for) antisocial behaviour. Theta/Delta brainwave range - crystal clear meditation, lucid dreams, enhanced inner awareness, "facilitates easy access to inner resources and creates space for inner peace + self-renewal".
4-6 - attitude and behaviour change.
4-7 - Theta Range : recall, fantasy, imagery, creativity, planning, dreaming, switching thoughts, Zen meditation, drowsiness; Access to subconscious images, deep meditation, reduced blood pressure, said to cure addictions .; Reset the brain's sodium potassium levels, which cuts down on mental fatigue .Increases sex drive . Meditation, Intuitive Augmentation .; Near Sleep brainwaves, conducive to profound inner peace, "mystical truths", transforming unconsciously held limiting beliefs, physical and emotional healing, purpose of life exploration, inner wisdom, faith, meditation, some psychic abilities, and retrieving unconscious material. Bursts of inspiration, twilight sleep learning, deep relaxation, reverie, high levels of awareness, vivid mental imagery.
Hypnopompic and Hypnagogic states
4.0 - 8.0 HZ Theta State present in dreaming sleep, deep meditation, storehouse of creative inspiration, spiritual connection, subconscious mind creative insight, twilight ("sleep") learning, vivid mental imagery. Found in advanced mediators.
4-12 Skeletal muscle resonances.
4.0 - Enkephalins, Extrasensory perception. Astral Projection, Telepathy, "Seduction mindset" .Catecholamines, vital for memory and learning, respond at around 4 HZ. Subconscious Problem Solving/Full Memory Scanning (if one can manage to stay awake) Associated with object naming, an important aspect of memory
4.11 Associated with kidneys (Effects=strength).
4.5 Shamanic State Of Consciousness/Tibetan Buddhist Chants
4.5-6.5 Wakeful dreaming, vivid images.
4.6 Associated with spleen and blood (Effects=Emotional Impulse).
4.9 - Introspection. Induce relaxation, meditation, and deeper sleep.
5.0 - unusual problem solving reduced sleep needed, theta sounds replacing need for extensive dreaming. Relaxed states, pain-relief (beta endorphin increases of 10-50% reported) .Alleged Sphincter Resonance (mechanical) (not good).
5.0 - 10.0 Relaxation.
5.14 Associated with stomach (Effects=Emotional Acceptance).
5.35 Associated with lungs (Effects=Oxygen, Heat).

5.5-8.0 "Theta2" frequency range : Consists of trains (long runs) of rhythmic frontal activity centring at 6.5-Hz with amplitudes reaching the 50-100 uV (micro-volt) range. Is induced in some subjects by the performance of a mental task such as mental arithmetic, tracing a maze, counting the number of cubes piled in a three-dimensional representation, and imaging a scene. More common in extroverts with low traits of neurosis and anxiety. Because Theta2 is associated with mental tasks and its influence is seen in evoked potential latencies closely relates to mechanisms of attention or arousal.
5.5 - Moves beyond knowledge to knowing, shows vision of growth needed; "Inner Guidance" Inner Guidance, intuition, heat generation.
5.8 (reduce) Fear, Absent-mindedness, and Dizziness.

6.0 - long term memory stimulation. (Reduce) unwillingness to work.
6.0 - 10.0 Creative Visualization - about 6hz for a while, then up to 10hz.
6-9.6 Somatic Responses, tingling, pressure, heat.
6.15 Associated with heart (Effects=love, warmth).
6.2-6.7 Frontal Midline Theta (Fm Theta) is a specific EEG frequency seen in those subjects actively engaged in cognitive activity, such as solving math problems and playing Tetris 6.26-6.6 Hemispheric desync, confusion, anxiety, low Reaction Time, depression insomnia.
6.30 Hz - Mental and astral projection accelerated learning and increased memory retention. (Reduce) Anger + Irritability.
6.5 - "Centre" of Theta2 Brainwave Frequency Range. Frontal lobe or brain entrainment of the two hemispheres is around 6.5 hz.
I quoted the second entry from .directly, due to its ambiguity. It probably ties into what the 5.5-8.0 HZ entry says above.
6.8 Possible use for muscle spasms.
6.88 Associated with collarbones (Effects=vitality, overall balance, stability).
7.0 - Mental and astral projection, bending objects, psychic surgery; Increased Reaction Time. Mass aggregate frequency (can deaggregate matter), alleged to
resonate and rupture organs at excessive intensity. Treatment of sleep disturbances
7.5 - Inter-awareness of self and purpose; guided meditation; creative thought for art, invention music, etc.; contact with spirit guides for direction; entry into meditation .; At 7.5 HZ subjects who before suffered from confused thinking reported an ease at finding solutions to troublesome problems after a re-evaluation was conducted. Earth magnetic field frequency, useful theta (brain) waves frequency.
7.5 - 8 For Treating Alcohol + Drug Addiction - This range of frequencies tells a subject they're satisfied, which is "missing" in addictive personalities.
7.69 Associated with shoulders (Effects=strength of the arms, expansion, teaching).
7.8 Schumann Resonance (see 7.83 HZ), ESP activation. Short high frequency bursts at 7.7 Hz induced long-term potentiation in prefrontal cortex, though only for one day.
7.8-8 Stimulates ESP, paranormal.
7.83 - Earth Resonance, grounding "Schumann Resonance" anti-jetlag, anti-mind control, improved stress tolerance psychic healing experiments, pituitary stimulation to release growth hormone (helps develop muscle, recover from injuries, rejuvenation effects) .; Earth Resonance Frequency - 'leaves you feeling revitalized like you've spent a day in the country.' reports of accelerated healing/enhanced learning - "the earth's natural brainwave".
Overtones of the Schumann Resonance can also stimulate the pituitary in the same way that 7.83 HZ can - especially 31.32 HZ.
8-8.6 Reduced Stress/Anxiety.
8.0-10.0 learning new information Alpha - Rapid Refreshment 15 min.
8.0-12.0 - Alpha range light relaxation, "super learning", and positive thinking. Slower brain waves that are conducive to creative problem solving, accelerated learning, mood elevation, stress reduction, etc., characterized by intuitive insights, creative "juice", inspiration, motivation, daydreams etc. Relaxed, yet alert Associated with calm, relaxed, unfocused (not concentrating), lucid mental states, dream sleep and pleasant drifting feelings or emotions. 8-13 - Alpha range - Non-drowsy but relaxed, tranquil state of consciousness, primarily with pleasant inward awareness; body/mind integration. ; Amplifies dowsing, empty-mind states, detachment, daydreams, mind/body integration. (Can cause) epileptic seizures.

8-14 - Qi Gong and infratonic Qi Gong machine
8.0 - Past life regression. More Lymphocytes, DNA repair. Associated with Base/Muladhara chakra (Colour=Red) (Body Parts=Adrenals, Spinal Column, Kidneys) (Effects=Physical energy, will to live) (Note=C).
8.22 Associated with mouth (Effects=speech, creativity).
8.3 - Pick up visual images of mental objects. Clairvoyance.
8.6-9.8 Induces sleep, tingling sensations.
9.0, 11.0, 16.0 (bad) documented calcium ion migration (brain tissue).
9.0 - 13.0 - Alpha Range relaxed, not thinking about anything in particular, sometimes a pleasurable feeling of "floating". Often dominant in certain kinds of meditation, alpha waves have for the past twenty years been associated with calm, lucid mental states (the "alpha state"). They're also often detected during dream sleep. This pattern typically occurs in daydreaming, relaxed awareness, guided or focused imagery and smoothly rhythmic athletic activity. There's often a euphoric, effortless feeling of "flow" as the doer is absorbed in activity and subject + object are felt to be united
9.0 - 14.0 Alpha range Relaxed and detached awareness, visualization, sensory imagery, light reverie. Also, gateway to meditation - provides bridge between the conscious and subconscious mind.
9.0 - Awareness of causes of body imbalance and means for balance. Blind subject phantom touch reading (somatosensory cortex). Associated with Sacral/Svadhisthana chakra (Colour=Orange) (Body Parts=Gonads, Reproductive System) (Effects=Relationships/Sexuality) (Note=D).
9.19 Associated with upper lip (Effects=emotions, conflict resolution).
9.4 Major frequency used for prostate problems.
9.41 - Pyramid frequency
9.5-10 - Centre of Alpha Range - The brain's scanning/idling frequency - indicating a brain standing by, waiting to give way to beta should attention be required, or be the bridge, the gate, to Theta and Delta for drowsiness, sleep, and certain cognitive challenges.
9.6 - Mean dominant frequency associated with earth's magnetic field; Facial Toning
9.8-10.6 Alertness.
10 - Enhanced release of serotonin and mood elevator. Acts as an analgesic, safest frequency, especially for hangover and jet lag. Dominant alpha frequency, clarity, normalcy, anti-convulsant, circadian rhythm resync, activate kidneys, raise body temp, more serotonin . Good when trying to correlate information by the subconscious - a waiting frequency while the subconscious does the work at lower frequencies. Motor impulse coordination (Motor Control cortex). Learning a foreign language Centring, Sleep Spindles, Arousal. Associated with Solar Plexus/Manipura chakra (Colour=Yellow) (Body Parts=Pancreas, Stomach, Liver, Gall Bladder, Nervous System) (Effects=Spiritual wisdom, self-healing. Increased alertness (caused by an increase in norepinephrine + serotonin and a decrease in melatonin), sense of well being and decreased pain (caused by increase in beta-endorphins) .; Adrenal Stimulant .; Significant improvements in memory, reading and spelling are reported (in conjunction with 18 HZ) Treatment for Attention Deficit Disorder/Hyperactivity Treatment for closed head injury 'Berger Rhythm' (used on) headaches .
10-14 Dream/sleep spindles.
10.2 Catecholamines
10.3 Associated with Nasal Passages (Effects=breathing, taste).
10.5 - Frequency for healing of body, mind/body unity, fire walking potent stabilizer and stimulating for the immunity, valuable in convalescence. Relaxed alertness, contemplation, body healing, mind

over matter. Lowering Blood Pressure Associated with Heart/Anahata chakra (Colour=Green) (Body Parts=Thymus, Heart, Blood, Circulatory System) (Effects=Love of Life, love of self and others).
10.6 - Relaxed and alert
10.7 Associated with ears (Effects=hearing, formal concepts).
11.0 (and Below) - Stress Reduction.
11-14 Focused alertness.
11.0 (used to) achieve "relaxed yet alert" states. .
11.5-14.5 An implication for neurotherapy is that if increased intelligence + mental efficiency is the objective, then a frequency band with a 13-Hz centre should be used. A more desirable frequency band than 12 to 15-Hz is 11.5 to 14.5-Hz.
12.0 - Centring, doorway to all other frequencies frequency of earth resonance Centring, mental stability, transitional point, time seems faster. To stimulate mental clarity. Associated with Throat/Vishuddha chakra (Colour=Blue) (Body Parts=Thyroid, Lungs, Vocal Cords) (Effects=Expression/self in society.
12.3 Associated with eyes (Effects=Visualization).
12.0-14.0 Learning Frequency - Good for absorbing information passively, when you plan to think about it later. distinguishes between active studying where you're processing information and passive studying where you're just trying to absorb information + plan to think about it later. For the former, suggested 36 to 44 HZ.
12.0-15.0 Beta (low) - relaxed focus, improved attentive abilities. Treating Hyperactivity. Sensor motor Rhythm - Used in the treatment of mild autism
13-27 - Beta Range Associated with focused attention towards external stimuli, alert mental activity, normal waking consciousness, and active thought processes.
13-30 - Beta Range - Normal wakefulness, the taking in and evaluating of various forms of data received through the senses. It's present with worry, anger, fear, hunger and surprise. Waking state, motivation, outer awareness, survival, problem solving, arousal, dendrite growth, combats drowsiness .Conscious Thinking, Autonomic Processes and Emotions Others consider the rages of Beta to be 13-27 HZ, 14-38 HZ. 13-40 HZ and 14-30 HZ.
Breaks up Beta into ranges - Low Beta=12-15 HZ, Mid Beta=15-18 HZ, and High Beta=18.0+ HZ.
13-40 Beta Range - a high frequency pattern, conducive to stimulating energy + action; most of our current institutionalized education is beta geared, characterized by logical, analytical, intellectual thinking, verbal communication, etc.
13.0 - Alleged sphincter resonance (mechanical) (not good). Associated with Brow/Ajna chakra (Colour=Indigo/Violet) (Body Parts=Pituitary, Lower Brain, Left Eye, Ears, Nose, Nervous System) (Effects=Visualization, Conceptualization.
13.8 - Associated with Frontal Lobes (Effects=the seventh sense, final decision).
14-16 - associated with sleep spindles on EEG during second stage of sleep
14-15 - Slows conditioned reflexes.
14.0-30.0 - Beta Range This pattern is optimal for intense mental activities such as calculations, linear logical analyses and other highly structured functions
14.0 - Awake and alert. Alert focusing, vitality, concentration on tasks Schumann Resonance (2nd of 7 frequencies. 7.83 HZ being the first pituitary stimulation to release growth hormone (helps develop muscle, recover from injuries, rejuvenation effects) .; Intelligence Enhancement in conjunction with 22.0 HZ (medium=audio-visual stimulation)
.used audio-visual stimulation alternating between 14 and 22 HZ. Check the link under bibliography

entry for more information.
14.1 "Earth Resonance" Earth Harmonics - accelerated healing. (Probably tied to Schumann Resonance above.)
15.0-18.0 Beta (mid) - increased mental ability, focus, alertness, IQ.
15-24 Euphoria
15 - chronic pain .; Sound which bypasses the ears for sublimination (auditory cortex) .; Associated with Crown/Sahasrara chakra (Colour=Violet/White) (Body Parts=Pineal, Upper Brain, Right Eye) (Effects=Integration of personality and spirituality
15.4 - Associated with Cortex (Effects=intelligence).
16.0 - bottom limit of normal hearing. Release oxygen and calcium into cells.
16.4 Associated with top of head (Effects=spirit, liberation, transcendence).
18.0-22.0 - Beta: outward awareness, sensory data. Throws brain's sodium/potassium levels out of balance, resulting in mental fatigue. Theoretically can be used to achieve a "relaxed body/focus mind" state of consciousness.
18.0 Beta (high) - fully awake, normal state of alertness, stress and anxiety. Significant improvements in memory, reading and spelling are reported (in conjunction with 10 HZ) (used to) improve hyperactive behaviour
20-30 Phospene imagery, peak luminosity in visual field.
20-40 Meditation For Stress Relief/Just At The Edge Of Audible Sound/As A Musical Background.
20.0 - fatigue, energize. Causes distress during labour. Human Hearing Threshold.; Schumann Resonance (3rd frequency of 7) Imposing subconscious commands on another (thought centre). Stimulation of pineal gland Helps with tinnitis (a condition that causes ear-ringing) Pituitary stimulation to release growth hormone (helps develop muscle, recover from injuries, rejuvenation effects). Adrenal Stimulant, (used on) sinus disorders/sinus infection/head cold/headache. Commonly used "cure-all" Rife Frequency
20.215 LSD-25 mimics the effects of
20.3 "Earth Resonance" Probably the same thing as the Schumann Resonance at 20 HZ.
22.0 Used in conjunction with 14 HZ for intelligence enhancement (medium=audio-visual stimulation) Used in conjunction with 40 HZ for 'out of body' travel Also used with 40 HZ for psychic healing. Used audio-visual stimulation alternating between 14 and 22 HZ.
22.027 Serotonin
25.0 Bypassing the eyes for images imprinting (visual cortex).
26.0 Schumann Resonance (4th frequency of 7) Pituitary stimulation to release growth hormone (helps develop muscle, recover from injuries, rejuvenation effects).
26.4 "Earth Resonance".
27.5 lowest note on a piano.

Starting at 30 HZ, sources begin to disagree over what the names of each range are.

30 - 60 Gamma Range - little known but includes decision making in a fear situation, muscle tension,
Some researchers consider Gamma to start at 40 HZ.
30 - 190 Lumbago.

60 to 120 to be the Lambda range.

30-500 High Beta: Not associated currently with any state of mind. Some effects have been observed, but currently not enough research has been done in this area, to prove, or disprove, anything.

30 to be the beginning of the Gamma range, which it believes run to 60. It then considers **60 to 120 to be the Lambda range.**

40 is where Beta ends and Gamma begins.
31.32 Schumann Resonance (5th frequency of 7) - pituitary stimulation to release growth hormone (helps develop muscle, recover from injuries, rejuvenation effects).
32 Desensitizer; enhanced vigour and alertness.
33 Christ consciousness, hypersensitivity, Pyramid frequency (inside) ; Schumann Resonance (5th frequency of 7)
HZ (pyramid outside frequency). The mind tends to wander in funny ways.
35 - 150 Fractures.
35 - 193 Arthralgy.
35 Awakening of mid-chakras, balance of chakras
36 - 44 Learning Frequencies, When (Actively) Studying or Thinking. Helps To Maintain Alertness. Waking Operating State.; Frequencies of the olfactory bulb, prepiriform cortex and amygdala
38 Endorphin release
39.0 Schumann Resonance (6th frequency of 7)
40-60 anxiolytic effects and stimulates release of beta-endorphins.
43 - 193 Carcinomatosis.
40.0 - dominant when problem solving in fearful situations. Gamma - associated with information-rich task processing and high-level information processing. 40 Hz brain activity may be a kind of binding mechanism the 40-cycle-per-second wave serves to connect structures in the cortex where advanced information processing occurs, and the thalamus, a lower brain region where complex relay and integrative functions are carried out. Used in conjunction with 22 HZ for 'out of body' travel Also used with 22 HZ for psychic healing 40--Hz activity varies from 38.8 to 40.1-Hz, regardless of the electrode site. The average frequency is in the ~39.5-Hz range. In summary, when the body is profoundly relaxed and the mind is in a state of high focus and concentration, 20 and 40-Hz brain activity can be seen in the raw and quantitative EEG of some subjects. It is possible that 18 to 22-Hz Beta and possibly 40-Hz neuro-feedback training may help create a "relaxed body/focused mind" state of consciousness." Activity in the ectosylvian and lateral cortex, medial geniculate, reticular formation, centre median thalamus and hippocampus. The EEG of middle- and high-I.Q. subjects during mental multiplication activity. A 40-Hz rhythm occurred just prior to the subject's answering the question. Forty--Hz pulses are thought to lead to synchronization + coordination of neurons assigned to the processing of incoming sensory stimulation. Put in "computerise," 40-Hz may be the brain's "operating system" frequency
Considered the dividing point between beta waves + gamma waves.
45.0 Schumann Resonance (7th frequency of 7
46.98 - Useful for "weird effects" (use with 62.64 HZ and 70.47 HZ).
50-60 Documented negative effects too numerous to mention There is no correlation given with signal strength or modality used, i.e. audio-visual, EMF, magnetic, electrostatic, gravitic. Also, most ELF

research is now Govt classified. Discovered behavioural effects as the result of applied sinusoidal field gradients as low as 4 volts.
50.0 - dominant frequency of polyphasic muscle activity, Slower cerebral rhythms
55.0 - Tantric yoga; stimulates the kundalini.
60 - 120 Lambda Range - Little known but includes central nervous system activity
60 electric power lines
62.64 - Useful for "weird effects". (Use with 46.98 HZ and 70.47 HZ).
63 Astral projection
65.8 Associated with coccyx (small triangular bone at end of the spinal column) (higher octave of 2.06 HZ).
70-9,000 Voice spectrum
70 Mental and astral projection; Endorphin production/used with electroanalgesia.
70.47 Useful for "weird effects". (Use with 46.98 HZ and 62.64 HZ).
72 Emotional spectrum Used on sinusitis/sinus infection/head cold.
73.6 Associated with genitals (higher octave of 2.30 HZ).
80 Awareness and control of right direction. Appears to be involved in stimulating 5-hydroxytryptamine production, with 160Hz. Combine with 2.5 Hz.
82.3 Associated with bladder (higher octave of 2.57 HZ).
83 Third eye opening for some subjects
85.5 Associated with intestines (higher octave of 2.67 HZ).
90.0 - 111.0 Pleasure-producing beta-endorphins rise between these frequencies. The notes that would fall in this range begin with F#3 and go up to A3. ("A3" being the fourth octave up -- since there's an A0, and A1, A2 lower than it.) Playing the F#3 and the A3 as a chord seems to function as a good painkiller. An additional undertone in the alpha range of frequencies sometimes helps too. (Try adding a tone around 12.5 HZ).
90.0 Good feelings, security, well-being, balancing
95.0-125.0 Acoustical Resonances of Assorted Ancient Structures
95.0 Use for pain along with 3040 HZ.
98.4 Associated with hara (3cm or 1.5 inch below navel, balance of pelvis) (higher octave of 3.07 HZ).
100 Can help with pain (used with electrical stimulation)
The site specifically mentions it can be good for pain initially, but then recommends using 0.5 or 1.5 to treat pain.
105 Overall view of complete situation
108 Total knowing
110.0 Frequency associated with stomach. (Note=A) Associated with ovaries (Effects=vitality, life at every level) (higher octave of 3.84 HZ).
111 Beta endorphins cell regeneration
117.3 Frequency associated with Pancreas (Note=C#)
120 - 500 P.S.I., moving of objects, changing matter, transmutation, psychokinesis
120 Helps with fatigue (Medium=pad (used on) sinus disorders/sinus infection/head cold.
125 Graham potentializer; Stimulation. (Used on) sinusitis.
126.22 - Sun, 32nd octave of Earth year The Frequency Of The Sun (Note=C) (Colour=Green) (Tempo=118.3 BPM) (Chakra=Manipura, also called Hara {associated with Navel and 3rd lumbar vertebrae}) (Effects=advances the feeling of centring of magic and of the transcendental)

132.0 Associated with kidneys (Effects=strength) (higher octave of 4.11 HZ). Associated with coccyx (small triangular bone at end of the spinal column) (higher octave of 2.06 HZ).
136.1 Sun: light, warmth, joy, animus Resonates with the earth year (Note=C#) (Colour=Turquoise Green) (Effects=calming, meditative, relaxing, centring) Period it takes earth to revolve around sun (Tempo=63.8*127.6) (Chakra=Anahate/Heart chakra)(Effects=relaxing, soothing, balancing, harmony with the cosmos, associated with the soul {"frequency of the soul}) (Medicinal=Sedative) (Other=significant tone in Indian music {called it the "sadja" or "father to others" - it was a keynote} - corresponds to "OM" and the Christian "AMEN")
140.25 Pluto: power, crisis and changes Frequency associated with the orbit of Pluto; (Note=C#) (Colour=blue-green) (Tempo=65.7 * 131.4 BPM) (Effects = support the magic group dynamic principle and is said to be responsible for integration into certain structures of society
141.27 Mercury: intellectuality, mobility Frequency associated with orbit of Mercury (Note=C# or D) (Colour=blue-green or blue) (Tempo=66.2) (Chakra=Vishudda/Throat chakra) (Effects=Supports speech centre and communicative-intellectual principle, associated with communication and cleverness) the frequencies of planets revolving around the sun are less important than those of the moon, sun, and Earth.
A discrepancy in the note and colour - they're both given twice - once as C# and blue-green,
144.0 (helps with) headaches (Medium=pad)
144.72 Mars: activity, energy, freedom, humour Frequency associated with the orbit of Mars (Note=D) (Colour=blue) (Tempo=67.8 * 135.6 BPM) (Effect : Supports strength of will and focused energy, ability for achievement)
146.0 (used on) sinus infection/head cold.
147.0 Associated with the spleen/blood (Effects=Emotional Impulse) (higher octave of 4.6 HZ) Associated with genitals (higher octave of 2.30 HZ).
147.85 Saturn: separation, sorrow, death Frequency associated with orbit of Saturn (Note=D) (Colour=Blue) (Tempo=69.3 * 138.6 BPM) (Effects=enhances concentration and the process of becoming conscious + shows very clearly karmic connections, brings structure and order - is considered to be a cosmic controller)
160.0 Appears to be involved in stimulating 5-hydroxytryptamine production, with 80 Hz. .; Use for rapid relief from headaches.; used on sinus infection/head cold .
164.3 Frequency associated with Gall Bladder (Note=E)
165.0 Associated with stomach (Effects=Emotional Acceptance) (higher octave of 5.14 HZ) Associated with bladder (higher octave of 2.57 HZ).
171.0 Associated with lungs (Effects=Oxygen, Heat) (higher octave of 5.35 HZ). Associated with intestines (higher octave of 2.67 HZ) .
172.06 - Resonates with the Platonic year {about 26,000 years} (Note=F) (Colour=purple-violet) (Effects=joyful, cheerful, spiritual effect) .; The Frequency Of The Platonic Year (Colour=red-violet {purple}) (Tempo=80.6 BPM) (Chakra=Sahasrar/Crown chakra) (Effects=cheerfulness, clarity of spirit, cosmic unity on highest levels) (Medicinal=antidepressive) (Other=F is considered the tone of the spirit)
176.0 - Frequency associated with the colon. (Note=F or F#)
183.58 - Jupiter: growth, success, justice, spirituality. Frequency associated with the orbit of Jupiter (Note=F#) (Colour=Red) (Tempo=86.05 * 172.1 BPM) (Effects: supports creative power and continuous construction) (Associated with Jupiter: Generosity, Continuity, Magnanimity, Joviality)
185.0 - (used on) sinus infection/head cold.

187.61 frequency of "moon culmination"
194.18 frequency of Synodic "Earth" Day {the "day tone"} (Note=G) (Colour=Orange Red) (Tempo=91.0 BPM) (Chakra=Muladhar/Base chakra) (Effects = dynamic, vitalizing) (Medicinal="tonifies") (Other=weather determining" spheric frequency, influences proteins, brings one into harmony with nature)
194.71 - Earth: stability, grounding Key of G resonates with frequency of earth day, the colour orange-red, and has a dynamic, stimulating, and energizing effect on the body-mind.
197.0 Associated with heart (Effects=love, warmth) (higher octave of 6.15). Associated with hara (3cm or 1.5 inch below navel, balance of pelvis) (higher octave of 3.07 HZ).
197.71 frequency of Sideric Day.
207.36 - Uranus: spontaneity, independence, originality. Frequency associated with orbit of Uranus {insert one of dozens of bad jokes here} (Note=G#) (Colour=Orange) (Tempo = 97.2 BMP) (Effects = supports the power of surprise and renewal, has primeval and erotic power).
210.42 frequency of Synodic Moon (Note=G#) (Colour=orange) (Tempo=98.6 BPM) (Chakra=Svadisthan {2nd Chakra}) (Effects=stimulates sexual energy, supports erotic communication) (Medicinal=regulation of menstruation, disturbances in the gland and lymph system).
211.44 - Neptune: the unconscious, secrets, imagination, spiritual love. Frequency associated with orbit of Neptune (Note=G#) (Colour=orange) (Tempo=99.1 BPM) (Effects = supports intuition, the unconsciousness, and enhances the dream experience).
220.0 Frequency associated with lungs. (Note = A) Associated with collarbones (Effects=vitality, overall balance, stability) (higher octave of 6.88 HZ). Associated with ovaries (Effects=vitality, life at every level) (higher octave of 3.84 HZ).
221.23 - Venus: beauty, love, sexuality, sensuality, harmony. Frequency associated with the orbit of Venus (Note=A) (Colour=yellow-orange) (Tempo=103.7 BPM) (Chakra=Ajna/Third Eye) (Effects=supports higher love energy and aspiration for harmony).
227.43 frequency of Sideric Moon.
229.22 frequency of Metonic Cycle (related to moon).
234.16 frequency of Moon knot.
241.56 frequency of Saros period; (related to moon).
246.04 frequency of Apsidis rotation; (related to moon).
250.0 Elevate and revitalize
254.57 Frequency associated with orbit of Icarus (asteroid).
256.0 Root Chakra (1:1) (Note=C).
263.0 Associated with mouth (Effects=speech, creativity) (higher octave of 8.22 HZ). Associated with kidneys (Effects=strength) (higher octave of 4.11 HZ).
264.0 Related to personality. (Note=C+).
272
33rd octave of Earth year (HC)
272.0 Frequency associated with Selenium (mineral nutrient) (Note=C#).
272.2 Frequency associated with orbit of Earth (Note=C#).
273.0 Transsubjectal Chakra (1:15) (Note=C#) (Earth Orbit 272).
280.5 Frequency associated with orbit of Pluto (Note=C#).
281.0 - Frequency associated with Intestines (Note=C#) (BH1)
281.6 - Frequency associated with Small Intestine (Note=C#).
282.4 - Frequency associated with orbit of Mercury. (Note=D).

288.0 - Polarity Chakra (9:1) (Note=D) (Mars Orbit 289).
289.4 - Frequency associated with orbit of Mars. (Note=D).
293.0 - "unknown" Chakra (1:14) (Note=D+) (Saturn Orbit 296).
A note somewhere between D and D#. A quarter note.
294.0 - Associated with the upper lip (Effects=emotions, conflict resolution) (higher octave of 9.19 HZ). Associated with the spleen/blood (Effects=Emotional Impulse) (higher octave of 4.6 HZ).
295.7 - Frequency associated with orbit of Saturn (Note=D#).
295.8 - Frequency associated with Fat Cells (Note=C#).
296.07 - Frequency associated with orbit of Toutatis (asteroid).
304.0 - Useful on headaches (medium=pad); sedation and pain relief (medium=tube) (JB+KFL); (useful for) blood pressure, (and with) stiff muscles (KFL); Frequency associated with Potassium (mineral nutrient) (Note=D#).
310.7 - Frequency associated with spin of Neptune (Note=Eb).
315.0 - Diaphragm Chakra (10:1) (Note=Eb).
315.8 - Frequency associated with Brain (Note=Eb) (BH1)
317.83 - Frequency associated with Liver (Note=Eb).
319.88 - Frequency associated with Kidney (Note=Eb).
320.0 - Solar Plexus Chakra (10:1) (Note=Eb). Frequency associated with Calcium (mineral nutrient) (Note=E or Eb).
321.9 - Frequency associated with blood. (Note=E or Eb).
324.0 - Frequency associated with muscles. (Note=E).
329.0 Associated With Nasal Passages (Effects=breathing, taste) (higher octave of 10.3 HZ). Associated with stomach (Effects=Emotional Acceptance) (higher octave of 5.14 HZ).
330.0 Used to treat allergies in conjunction with 3 HZ.
333.0 (used on) sinus infection/head cold.
332.8 - Frequency associated with orbit of Sun (Note=E).
How long it would take an imaginary planet to orbit around the sun's outer boundary (circumference).
336.0 - Frequency associated with Molybdenum (mineral nutrient).
341.0 - Heart Chakra (1:12) (Note=F).
342.0 - Associated with ears (Effects=hearing, formal concepts) (higher octave of 13.8 HZ). Associated with lungs (Effects=Oxygen, Heat) (higher octave of 5.35 HZ).
352.0 - Frequency associated with bladder. (Note=F). Thymus Chakra (11:1) (Note=F#).
There seems to be a discrepancy here as to which note this frequency is, both F and F#.
367.0 - (used on) sinus infection/head cold.
367.2 - Frequency associated with orbit of Jupiter (Note=F#).
368.09 - Frequency associated with orbit of Apollo (asteroid).
372.0 - "unknown" Chakra (1:11) (Note=G#) (Earth Spin 378).
375.70 - Frequency associated with the orbit of Eros (asteroid).
378.5 - Frequency associated with spin of Earth. (Note=F#).
380.96 - Frequency associated with orbit of Ida (asteroid).
384.0 - "Gurdjieff vibration associated with root chakra. Sixth harmonic of six, centre of the brainwave spectrum." (RP); Throat Chakra (12:1) (Note=G). Frequency associated with Chromium (mineral nutrient) (Note=G?).
389.4 - Frequency associated with spin of Mars. (Note=G).
393.0 - Associated with eyes (Effects=Visualization) (higher octave of 12.3). Associated with heart

(Effects=love, warmth) (higher octave of 6.15).
393.34 - Frequency associated with orbit of Pallas (asteroid).
394.76 - Frequency associated with orbit of Ceres (asteroid).
396 - G (musical note).
400 Seems to decongest. Frequency associated with Manganese (mineral nutrient) (Note=G or G#).
405 - Violet.
408.7 - Frequency associated with orbit of Juno (asteroid).
409.1 - Frequency associated with spin of Venus (Note=G#).
410.0 - "unknown" Chakra (1:10) (Note=Ab) (Venus Spin 409).
414.7 - Frequency associated with orbit of Uranus (Note=G#).
416.0 - Psychic Centre Chakra (13:1) (Note=Ab) (Uranus Orbit 415). Frequency associated with Iron (mineral nutrient) (Note=Ab).
418.3 - Frequency associated with bones (Note=Ab).
420.82 - Moon: love, sensitivity, creativity, femininity, anima
421.3 - Frequency associated with orbit of moon (Note=Ab). Also associated with spin of Mercury
422.8 - Frequency associated with orbit of Neptune (Note=Ab).
424.0 - (used on) Fatigue (medium=pad). Frequency associated with Iodine (mineral nutrient) (Note=Ab).
430.8 - Frequency associated with spin of Uranus (Note=Ab).
438 - Indigo
440 - A (musical note); Associated with Frontal Lobes (Effects=the seventh sense, final decision) (higher octave of 13.8). Associated with collarbones (Effects=vitality, overall balance, stability) (higher octave of 6.88 HZ).
442.0 - Frequency associated with orbit of Venus. (Note=A).
448.0 - Third Eye Chakra (14:1) (Note=A).
445.0 - Chakra (1:9) (Note=Bb) (Venus Orbit 442).
455.4 - Frequency associated with spin of Saturn (Note=A#).
456.0 - (used on) sinusitis/sinus infection/head cold.
461.67 - Frequency associated with orbit of Vesta (asteroid).
464.0 - Frequency associated with Copper (mineral nutrient) (Note=Bb). (Used on) sinus infections/head colds w/ 728hz, 784hz and 880hz.
473 - Blue
473.9 - Frequency associated with spin of Jupiter (Note=Bb).
486.2 - Frequency associated with spin of Pluto (Note=B).
480 - Crown Chakra (15: 1) (Note=B). Frequency associated with Phosphorous and Zinc (mineral nutrients) (Note=B).
492.0 - Frequency associated with Spleen (Note=B). Associated with Cortex (Effects=intelligence) (higher octave of 15.4 HZ).
492.8 - Frequency associated with Adrenals (Note=B) .Associated with Adrenals, Thyroid and Parathyroid.
493.00 - Frequency associated with the orbit of Gaspra (asteroid).
495 - B (musical note)
495.25 - Frequency associated with orbit of Castalia (asteroid).
497.1 - Frequency associated with spin of Sun. (Note=B).
500.0 - (used to treat) Anthrax (medium=tube).

520.0 - (used on) Headaches (medium=pad).
522.0 - (used on) sinus infection/head cold.
526 - Associated with top of head (Effects=spirit, liberation, transcendence) (higher octave of 16.4 HZ). ; Associated with mouth (Effects=speech, creativity) (higher octave of 8.22 HZ).
527 - Green
528 - C (musical note)
542 - Bio-energetic frequency for Variolinum (i.e. smallpox vaccine).
569 - Bio-energetic frequency for Variolinum (i.e. smallpox vaccine).
580 - Yellow
586.0 - Associated with Circulation and Sex (Note=C#).
588.0 - Associated with the upper lip (Effects=emotions, conflict resolution) (higher octave of 9.19 HZ).
594 - D (musical note)
597 - Orange
620 - Keely Frequency (use with 630 and 12000).
630 - Keely Frequency (use with 620 and 12000).
633 - Bio-energetic frequency for Anthracinum (i.e. anthrax vaccine).
658 - Associated With Nasal Passages (Effects=breathing, taste) (higher octave of 10.3 HZ)
660 - E (musical note)
664 - (Used for) Fatigue (medium=pad).
685 - Associated with ears (Effects=hearing, formal concepts) (higher octave of 13.8 HZ).
700 - Red
704 - F (musical note)
727 (used on) Allergies, Sinusitis. Commonly used "cure-all" Rife frequency .
728 - (Used on) sinus infections/head colds w/ 784hz, 880hz and 464hz. .
784 - (Used on) sinus infections/head colds w/ 728hz, 880hz and 464hz. .
787 - Associated with eyes (Effects=Visualization) (higher octave of 12.3). (Used to treat) Allergies, Sinusitis. Commonly used "cure-all" Rife frequency .
800 - Commonly used "cure-all" Rife Frequency .
802 - (Used on) sinusitis with 1550 HZ; (used on) sinus infection/head colds.
820 - (Used on) sinus infection/head colds.
832 - Bio-energetic frequency for Variolinum (i.e. smallpox vaccine). See disclaimer for 500 HZ. .
880 - Associated with Frontal Lobes (Effects=the seventh sense, final decision) (higher octave of 13.8). (Used on) Allergies, Sinusitis. (used on) sinus infections/head colds w/ 728hz,784hz and 464hz. . Commonly used "cure-all" Rife Frequency .
952 - (Used on) sinus infection/head colds.
965 - Relaxes muscles, especially those of the neck.
984 - Associated with Cortex (Effects=intelligence) (higher octave of 15.4).
1000 - Cerebral neurons
1052 - Associated with top of head (Effects=spirit, liberation, transcendence) (higher octave of 16.4 HZ).
1500 - (Used on) sinus infection/head colds.
1550 - (Used on) sinusitis with 802 HZ, (used on) sinus infections/head colds.
1552 - (Used on) eye disorders.
1600 - (Used on) eye disorders.

2025 - Proton Precession/Water Resonance.
2675 - "The Crystal Resonator". A subharmonic of the frequency of quartz crystal. "Extremely effective for charging and clearing quartz crystals ... useful for clearing and balancing of their own energies. (medium=sound/tuning fork)
3222 - Bio-energetic frequency for Variolinum (i.e. smallpox vaccine). See disclaimer for 500 HZ. .
3040 - Use for pain along with 95 HZ.
4186 - Highest note on a piano.
4400 - (Used on) sinus infections/head colds - try scanning between 4384 and 4416 by intervals of 8 HZ. .
5000-8000 HZ - recharge "brain batteries" most rapidly. Fastest recharge at 8000 HZ. "The anxiety-easing, memory-expanding 60-beat tempo creates easy communication with the subconscious mind.".
5000 - Commonly used "cure-all" Rife frequency (used on) allergies, sinus infections/head colds - short use only -- long exposures destroy red blood cells.
9999 - General vitality and energy.
10,000 - Commonly used "cure-all" Rife frequency (used to treat) alcoholism, allergies, headaches.
12,000 HZ - Keely Frequency (use with 620 HZ and 630 HZ).
16,000 - 20,000 - Upper range for normal hearing.
23,000 up - Hypersonic (above human hearing)
38000 - 40000 HZ - Magic Window .
42800 HZ - Aetheric dissociation/water resonance (water -> aetheric force).
------- Note - down from this point are KHZ (kilohertz) values, not HZ values
150-160 KHZ - Magic Window
180 KHZ - Ferromagnetism.
------- Note - down from this point are MHZ (megahertz) values, not HZ values
1.1-1.3 MHZ - Magic Window
388 MHZ - Alleged to cause damage/disruption to humans.
------- Note - down from this point are GHZ (gigahertz) values, not HZ values
1.057 GHZ - Magic Window
------- Note - down from this point are PHZ (Petahertz) values, not HZ values (1 PHZ = 1,000,000,000,000,000 HZ.)
10 PHZ - Magic Window in the near ultra-violet range "life energy" frequency

38 Double Meaning Word List

Programmers will use words with double meaning (homograph) during programming to reinforce programming in day to day living. This use of double meaning insures programming remains intact with day to day interactions. The individual speaking to the subject will be unaware they are reinforcing programming.

The use of double meanings during programming will also lead to confusion within the system as some parts will respond to one meaning and others to the second meaning.

Homophones may also be used in programming, but are more difficult to layer in.

Aught: All, or nothing

Bill: A payment, or an invoice for payment
Bolt: To secure, or to flee
Bound: Heading to a destination, or restrained from movement
Buckle: To connect, or to break or collapse
Bank - money storage and river bank
Ball- round object and dance
Bat - flying animal and used in bat
Bear- to carry and a furry animal
Box- container and fist fight
Bright- smart and giving off light

Cleave: To adhere, or to separate
Clip: To fasten, or detach
Consult: To offer advice, or to obtain it
Continue: To keep doing an action, or to suspend an action
Coat- layer of paint or heavy jacket
Custom: A common practice, or a special treatment

Dike: A wall to prevent flooding, or a ditch
Discursive: Moving in an orderly fashion among topics, or proceeding aimlessly in a discussion
Dollop: A large amount (British English), or a small amount
Dust: To add fine particles, or to remove them

Deck- a pack of cards and the ship's deck
Duck- quacking animal and to move down

Enjoin: To impose, or to prohibit

Fast: Quick, or stuck or made stable
Fine: Excellent, or acceptable or good enough
Finished: Completed, or ended or destroyed
First degree: Most severe in the case of a murder charge, or least severe in reference to a burn
Fix: To repair, or to castrate
Flog: To promote persistently, or to criticize or beat
Fly- type of insect and to move through air
Foot - body part and measuring device

Garnish: To furnish, as with food preparation, or to take away, as with wages
Give out: To provide, or to stop because of a lack of supply
Go: To proceed or succeed, or to weaken or fail
Grade: A degree of slope, or a horizontal line or position

Handicap: An advantage provided to ensure equality, or a disadvantage that prevents equal achievement
Head- boss and body part
Help: To assist, or to prevent or (in negative constructions) restrain
Hold up: To support, or to impede

Lease: To offer property for rent, or to hold such property
Left: Remained, or departed
Let: Allowed, or hindered
Liege: A feudal lord or a vassal
Literally: Actually, or virtually
Light- something shining and something not heavy

Mean: Average or stingy or excellent
Model: An exemplar, or a copy
Mean- average, to imply, and be unkind
Might- power or stating a possibility

Note- short letter and musical note

Off: Deactivated, or activated, as an alarm
Out: Visible, as with stars showing in the sky, or invisible, in reference to lights
Out of: Outside, or inside, as in working out of a specific office
Overlook: To supervise, or to neglect
Oversight: Monitoring, or failing to oversee

Peer: A person of the nobility, or an equal
Presently: Now, or soon
Put out: Extinguish, or generate
Puzzle: A problem, or to solve one
Pound- unit of currency, a weight, a lost dog's home, and to hit with force
Punch- fruit flavoured drink or to hit with fist

Quantum: Significantly large, or a minuscule part
Quite: Rather (as a qualifying modifier), or completely

Race- group of people and a competition
Ravel: To entangle, or to disentangle
Refrain: To desist from doing something, or to repeat
Rent: To purchase use of something, or to sell use
Ring- circular object and a bell
Rock: An immobile mass of stone or sway back and forth.

Sanction: To approve, or to boycott
Sanguine: Confidently cheerful, or bloodthirsty
Scan: To peruse, or to glance
Screen: To present, or to conceal
Seed: To sow seeds, or to shed or remove them.
Shop: To patronize a business in order to purchase something, or to sell something
Skin: To cover, or to remove
Skinned: Covered with skin, or with the skin removed
Splice: To join, or to separate
Staff- employee and walking stick
State- an area and to say clearly

Stakeholder: One who has a stake in an enterprise, or a bystander who holds the stake for those placing a bet
Strike: To hit, or to miss in an attempt to hit
Shade- area with no sun, tint/ colour
Sink- no float and where you wash hands
Stick- part of tree or to cling on

Table: To propose (in British English), or to set aside
Temper: To soften, or to strengthen
Throw out: To dispose of, or to present for consideration
Transparent: Invisible, or obvious
Trim: To decorate, or to remove excess from
Trip: A journey, or a stumble
Tick- a parasite and the noise of a clock
Trunk- of a tree and a suitcase
Trip- vacation / stumble and fall

Unbending: Rigid, or relaxing

Variety: A particular type, or many types

Wear: To endure, or to deteriorate
Weather: To withstand, or to wear away
Wind up: To end, or to start up
With: Alongside, or against

Yard- a measurement or back garden

39 Programming Codes

The codes used from subject to subject follow patterns. There are standard and exclusive codes. Master programmers will lay in the foundation programs and codes and developed the scripts. Handlers will develop the unique codes for their subject. A Programmer will always begin a session by repeating the subject's individual access code, which will allow authorized entry into the system without setting off traps and internal protectors.

Handlers of subjects use a technique where one signal or code will carry several messages simultaneously. Specific parts hear certain codes/cues/triggers while others don't. The internal programmers and reporting parts may internally hypnotically make telephone noises that are fake so that host parts lose the ability to discern what is real and not real.

Cult/occult programming commonly employs magickal languages, along with Hebrew, Latin and Greek for charting the core and its primal splits. Futhark is an example of a magical language used by the occult**.**

Cult and occult codes often come from the Bible or demonic names. The deeper codes are occult words, in languages such as Latin, or Enochian. The foreign language codes will be for diminutive parts of the system only; ciphers are also employed, as well as sign language.

The intelligence organizations prefer to code a single project with a single word, and an ongoing operation with two words. For intelligence operations the subject will have to have Bona Fides codes. All subjects are given control signs which allow them to indicate via code that they require assistance.

The master programmer will permit the handler--the male adult figure (Papa Bear) in the subject's life to have day-to-day ownership. Papa Bear is often an adult male in close daily proximity of the child subject. Papa Bear will be authorized to put in their own codes in the sexual part of the system. Some Papa Bears use their own songs, poetry and their interests in this area of the coding. Most of the system's codes will reflect the master programmer, and the sexual part of the system will reflect the Papa Bear's programming.

Programmers will not hide the front part of a system. Most subjects with dissociated parts are not discovered. The top parts will also sometimes receive personal names from their handler. This is in addition their codes. If the part is responsive to their handler, the personal name might pull the part up. Cult/occult parts are hidden and have sophisticated codes, hierarchy parts are hidden deeply.

The hierarchy parts are placed in a deep area of system and receive spiritual codes and numerical codes. Numerical codes are not in the front part of a system. Internal programming parts have the authority to change codes if they need to protect the system. They will have to hypnotically work with day parts when they are in trance at night. Most of the programming of front parts will be done when they are sleeping. If internal parts change too many codes in their efforts to protect the system, they

will make it complicated for the handler/programmer access the system.

The standard method for coding a program is: day of birth+year of birth+ month of birth+day of programming.

A System code at times consists of: birth date + programming site code + birth order +birth date of programmer.

A System code for occult programming is: birth date + programming site code + birth order + number of generations family has been in the occult.

Each part will have an access code which will often include the following components:
Colour+an Alpha numeric code+ a personalized magick name.
Date of birth+colour+name
Name+date of birth of programmer+Gem name
Date of birth+number of part+symbol
Date of birth of programmer+animal name+date of programming

These code words must be repeated three times to pull the part up. For many parts, the reversal of their access code puts them back to sleep.

A basic way of calling an alter would be to spin the subject and call out the alter's name, or to snap the fingers and call out the name of a front alter.

Access phone calls to subjects will have tone codes transmitted that trigger the subject.

Other command codes will include:

Behavioural Codes
Behavioural codes issued by the handler or programmer are manifested in the form of:

Temporary pressure to the tip of the right index finger (symbolizing Faith or have Faith).
Temporary pressure to the tip of the left index finger (symbolizing no Faith or "deception of Satan").
Temporary pressure to the centre of the right palm (symbolizing Jesus "Sitting at the right-hand of God").
Temporary pressure to the ball of the right foot (symbolizing "Get on the Ball" or "hurry-up").
Temporary pressure to the tip of the right foot big toe (symbolizing "Right Direction").
Temporary pressure to the tip of the right foot centre toe (symbolizing "Fucking-up Direction").
Temporary pressure to the tip of the left foot big toe (symbolizing "Wrong Direction").
Temporary pressure to the buttocks (symbolizing "Bad Attitude" or "subject is acting like an ass").
Temporary pressure on tip of penis or clitoris (symbolizes immoral thoughts like subject is thinking/acting with their penis or her clitoris).
Temporary pressure to the left ear drums (symbolizing "do not listen").
Temporary pressure to the right ear drums (symbolizing "listen").
A wink of the right or left eye (symbolizing: right eye = God's agreement or left eye = Satan's

agreement).
Temporary tingling in the Testicles (symbolizing insufficient male confidence or "Having no balls or strength").
Temporary tingling on other areas of the body to imply that something invisible and/or supernatural is touching the subject. May be perceived as threatening or reassuring to the subject. Can be used to intimidate and confuse the subject often times combined with additional posthypnotic implants to inflict delusions like "being attacked with microwaves" or being caressed by Angels.
Temporary pressure near the jugular vein on right side of neck (symbolizing Satan having subject by Jugular or throat). This is used to inflict fear and doubt.

Basic Commands
System destruct codes (suicide)
Shatter codes
Erasure codes
Spin codes
Run (flee) codes
Shut down codes

3-tap code for access. The three taps can be on the subject's body, or on handler's body.

3 Taps by Handler:
3 taps inner thigh right leg-sex
3 taps inner thigh left leg-oral sex
3 taps top of thigh-come here
3 taps upper arm-danger
3 taps left chest-silence
3 taps right chest-remember loyalty

3 Taps by Subject:
3 taps top of thigh right leg-Threat perceived (to System)
3 taps top of thigh left leg- Not a threat (to System)
3 taps right side of face- Don't answer
3 taps left side of face- Answer

Body Gestures, the following functions are coded. They will be attached to a re-enforcement program.

By Handler:
Touch right ear- Listen and remember
Touch left ear- Forget
Touch chest - Loyal to handler
Touch hair - Leave
Touch mouth – Lie to whoever is speaking to you
Touch nose – Go away
Touch back of neck-Serpent rising

Turn head tilt to right-(often looks like moving head for sore neck)-Erase last act
Turn head tilt to right- Erase last response

Circular motion with thumb and fore finger right hand-Wind clocks forward.
Circular motion with thumb and fore finger left hand-Wind clocks backwards.

Left leg crossed over right-Terminate relationship with individual
Right leg crossed over left-Control the situation

By Subject:
Touch right ear- Internal instructions for response
Touch left ear- Forget what was just said
Touch chest - Remember your loyalty
Touch hair - Call for assistance
Touch mouth – What does the internal controller want communicated
Touch nose – Answer with lie
Touch back of neck-call to serpent

Turn head tilt to right-(often looks like moving head for sore neck)-Erase last act
Turn head tilt to right-Erase last response

Circular motion with thumb and fore finger right hand-Wind clocks forward.
Circular motion with thumb and fore finger left hand- Wind clocks backwards.

Left leg crossed over right-defence against questions.
Right leg crossed over left-System threat.

Hand Codes:

Finger to forehead— the part who is holding the body goes into trance and a deeper one replaces it.
One ring finger bent at 90° -- access wave Rotated pencil--with certain words--rotates the system
Finger swung the counter clockwise way closes portals.
Right Fist to forehead – OBEY
Fist with right hand cupping left hand, the left is like the letter c, and the thumb is outward and the fist inside, the left hand then moves 3 times over the knuckle -- access signal
Left hand of subject laid on top of handler's hand - sign of submission
Hands behind back of head -- I'm master
Right Hand with thumb and index finger making an L shape on chin/cheek
Hands on inside of thighs by handler – sexual service.
Hands locked folded interwoven backward -- you can't break "the circle"
Handshake with index and middle finger held straight out – "You are one of us."
Grip called the lion's paw -- access greeting opening and closing the hands or large circles with index finger opens portals. Palms rubbed together counter clockwise
Kiss on centre of head -- kiss of submission of subject to handler

Palm of hand touched -- sexual access point for some subjects
Thumb twiddle -- rotating the thumbs around with the two hands clasp – spinning the system
Touch of centre of forehead -- access point
Crossed at wrist (X) — binding or being bound
Hand on neck—sacrifice
Both hands raised, palm outward—weakness, supplication, acknowledgment, adoration, admiration
Rotating the hands around each other and then gesturing with the hands toward the person with both hands means--"did you get the signal?"Sign of distress.
Drawing the right hand across the throat with the thumb of the hand pointing to the throat. Used in connection with oaths, such as fidelity to death.

Universal Functioning Codes – to access these codes the subject's computer code must be entered. Occult computer codes will begin with: 666. Cult codes will begin with: 777. Illuminati codes 999. Master number 555.

Note for Programmer: The master number of 555 must be at the *end* of your access code. Example: (name+D.O.B.+L.S.N.+colour+555)

Universal function codes will affect the entire system. The codes can be coded so the same code means different things to groups of alters. For example group A will go down when code is given, Group B will come up with the same code.

Colour Codes
There are several colour codes used within a system. The codes are used as short cuts for the programmer and handler. The codes also assist in directing the system in stress situations and for protection.

Note: If using colours for hierarchy, colour coding can be switched in rank. The internal programmers can reassign colours if they need to, in order to protect the programming. Alters, sections, and parts of the computer can be colour coded. The colour coding for alters is not the same just because the alters are in the same section.

Be certain to set a reset code so the system can be accessed if internal programming prevents access. It is recommended reset codes are placed for: Each system level, the entire system, computer system, and each hierarchy part.

Occult Colours: Green, Black, Purple, Red, and Silver.

Coloured doors must be opened with the correct colour coded key. If the incorrect key is used on the door trap must be in place as a system protection.

These codes will be paired with a number or letter so the subject isn't triggered by accident.

CODE BLUE --Subject's body freezes in motion and can't move until another code is given.
CODE RED -- Subject gets angry and violent

CODE RED – (2) System collapse program
CODE GREEN -- suicide programming
CODE YELLOW – Subject alert level at all times. Ready for danger.
CODE BLACK—Subject prepare for ritual
CODE WHITE: Subject sleeps
CODE GREY: Subject flees.
CODE AMBER-Internal disaster. System breach, a part is attempting to break out of programming.
CODE SILVER-Close the system
CODE SAPPHIRE –Call to system protector alters

The following colours appear in the system: Gold, Silver, Purple, Black, Red, Green, Blue, Brown, White, Orange, Yellow, and Pink. These colours are often used to code doors and keys.

Door Codes:
GOLD- Training section
SILVER- Occult section
PURPLE –Prison section
BLACK-Computer section
RED- BDSM, sexual section
GREEN –Lucifer's section
BLUE- Dr. Section
BROWN- Tunnels
WHITE-Death
ORANGE- Fire doors
YELLOW- Child section
PINK- Gem section
GREY-Castle doors

Key Codes
GOLD- Opens all internal doors. (Internal programmer only)
SILVER- Green door
PURPLE – Red door
BLACK- Blue door
RED- White door
GREEN – Silver door
BLUE- Black doors
BROWN- Purple doors
WHITE- Yellow doors
ORANGE- Pink Door
YELLOW- Gold doors
PINK-Blue doors
TURQOUISE-Grey doors
GREY-Brown doors

Internal Alters are coded as follows:

Red: is often linked to alpha programming; these are often they most easily accessed alters in a subject's system, including lots of littles. Also, sexual programming/prostitution may be places here. Historically, the cult has linked the colour with sexual abuse and sexual ceremonies.
Black: Represents negative/cult spiritually; highly programmed alters who participate in cult rituals are often black; internal witches/warlocks.
Purple: Sometimes higher cult alters inside. May represent high priest, priestess; high family alters."
Blue: protective; may be linked to delta programming in some subject's. These are they aggressive protectors in a system. Military programming may also go here, in some subject's.
Orange: protective/defensive against outside or internal access. MKultra: Delta and other intense programming sequences may be this colour.
Yellow: often represents spirituality/positive messages. The programmers realize that too much theta/black can destroy, and in order not to lose their subject's to suicide, will put in lifesaving or positive messages, and allow some positive spiritually.
Green: Cult loyal. Green is traditional colour for "family", and intensely loyal alters may see themselves as this colour. Cult loyal protectors, trained to protect another higher cult member, may also be this colour. Recontact alters may also be in this group.
Brown: this can represent hidden, incognito alters, who can appear to be different colours. Epsilon and CIA programming may be this colour; hidden operatives and "spies."
Silver: controlling alters: high internal councils may wear this colour.
White: can represent goodness, wholeness; but may also represent highest spiritual alters inside."

Computer control alters should be colour coded with their terminal. This is to insure an alter does not link to a computer they should not. For example: Computer Operator Black=Green terminal, a Computer Operator Green=Grey terminal etc.

Programmer Colours- Drs are coded in colours also. This coding assists the subject in not becoming attached to their programmer as a person. The colour coding of Drs assists in coding in the inner world. *Note:* Drs must be programmed internally in the Warehouse/programming centre.
Dr. Green-Lead programmer
Dr. Black –Occult/ Spiritual programmer
Dr. White-Psychotropic Programmer
Dr. Blue-Epsilon programmer
Dr. Red-Cognitive programming

Occult programmers-are paired with a Dr. The task of the occult programmers is to insure the subject is being raised in accordance to occult teachings. These programmers are to maintain the spiritual balance within the system. The Mother of Darkness is to oversee the ritual programming of the subject.
Grande Mothers-
Grande Masters-
Mother of Darkness-

Zodiac programming codes use the birth signs of the subject and the corresponding gemstone. (Not to

be confused with Gem programming.) An example code: (Aries+alters name+diamond+level number) or (Diamond+Fire+date of birth+Mars)

Aries
March 21 - April 20
Diamond
Mars
Fire
April

Taurus
April 21 - May 20
Emerald
Venus
Earth
May

Gemini
May 21 - June 21
Pearl
Mercury
Air
June

Cancer
June 22 - July 22
Ruby
Mercury
Water
July

Leo
July 23 - August 23
Peridot
The Sun
Fire
August

Virgo
August 24 - September 23
Sapphire
Mercury
Earth
September

Libra
September 24 - October 23
Opal
Venus
Air
October

Scorpio

October 24 - November 22
Topaz
Pluto
Water
November
Sagittarius
November 23 - December 21
Turquoise
Jupiter
Fire
December
Capricorn
December 22 - January 20
Garnet
Saturn
Earth
January
Aquarius
January 21 - February 19
Amethyst
Uranus
Air
February
Pisces
February 20 - March 20
Aquamarine
Neptune
Water
March

Number Codes
The list below is the standard number codes found throughout systems. They are paired with other codes. For example: (225+Aries+level 7+alter name)

911 – Contact handler.
225 – Minority
253 – Homosexual
261 - Psychiatric or psychoneurotic disorder.
265 - Unsuitability, character disorder
314 - Importance to national health, safety or interest
367 - Aggressive reaction.
41A - Apathy, lack of interest
383 - Criminalism
41E – Obesity
46A - Unsuitability, apathy, defective attitudes and inability to extend effort constructively

46B Sexual deviate
46C - Apathy/obesity
460 - Emotional instability reaction.
461 - Inadequate personality
463 - Paranoid personality
464 - Schizoid personality
469 - Unsuitability.
480 - Personality disorder.

Word Matrices

A word-matrix code is where the subject is given two lists of words and each word on the left list is paired with a word on the right list to form a code.

40 Tortures Used in Programming

Torture involving states of extreme pain and terror, to the point of near-death, is required to install programming. These states are induced through electroshock, toxins that cause pain or temporary paralysis, assault, painful bondage or pressure, rape, extreme cold/heat, burning, suffocation, near-drowning, spinning, hanging, inversion, exposure to torture, mutilation, or murder of others, and/or prolonged isolation, starvation, dehydration, or sensory deprivation.

States of despair, self-hatred, paranoia, and global distrust of humanity, are also effective. These are induced through forcing the subject to hurt or kill others, often loved ones and pets, sexual humiliation, convincing the subject that all important attachment figures are abusers, and convincing the subject that he or she is now controlled and overseen by surgically implanted monitoring devices or "spiritual assignments" of demons, malevolent spirits, curses, hexes, vexes, claims, etc.

Beating of the whole body ("any possible spot") with:
A rubber truncheon
A brass rod
A bar
A wooden rule with metal fittings
A stick
A whip

Beating of particularly sensitive areas of the body:
Bridge of the nose with a rubber truncheon
Protruding shoulder blades with a rubber truncheon
Gland area of the chin - which resemble mumps when swollen - with a rubber truncheon and rule
Shoulder joints with a rubber truncheon,
The outside of bare feet and in the toe area with a rubber covered bar
Finger tips with a blotter and inkwell base
Bare toe tips with a rubber truncheon
Bare heels (series of 10 blows - with a rubber truncheon - to a heel, several times a day) -

Pulling hair:
Off the top of head
Off temples, above the ear and neck area - so called goose plucking
Off beard and moustache
Off chest
Off crotch and scrotum

Burning:
Of the eye and lip area with a glowing cigarette
Of each hand's fingers with a burning torch

Methods of Physical Torture:

Blindfolding and stripping of clothes.
Hanging by the hands.
Hanging by the feet upside down.
Beating with sticks and electrical wires.
Whipping and beating with sticks and twisted rubber belts.
Forcing the subject to stand naked for long periods of time.
Pouring cold water on the subject's head.
Putting out lighted cigarettes on the subject's skin.
Shocking with an electrical current.
Kicking and punching.
Attacking the subject with vicious dogs.
Making the subject sit on a stake.
Throwing in a septic tank.
Pulling out the nails and hair.
Dragging.
Tying the hands and feet from behind.
Utilizing sharp objects, such as a pocketknife or piece of glass.
Sleeping on a bare floor without a cover and flooding the cell with sewer water.
Standing on toes and against a wall pressing with the fingers for long hours. The subject may be denied sleep, food, drink, and medicine.
Beating on cuts and sore parts of the body.
Giving the subject a lot of water or very watery fruits, such as watermelon, after denying them food and drink. After the subject drinks or eats the fruit, their hands and penis will be tied so the subject will not be able to urinate.
Placing drugs and narcotics in the subject's food to weaken their will power.
Placing the subject in solitary confinement where the cells are made of a special kind of cement that gets extremely hot in the summer and cold in winter.
Hitting the subject's genitals with a stick or squeezing them by hand.
Dragging the subject over barb wires and fragments of glass and metal.
Confinement in boxes, cages, coffins, etc, or burial (often with an opening or air-tube for oxygen).
Restraint; with ropes, chains, cuffs, etc.
Near-drowning.
Extremes of heat and cold, including submersion in ice water, and burning chemicals.
Skinning (only top layers of the skin are removed in victims intended to survive).
Spinning.
Blinding light.
Electric shock.
Forced ingestion of offensive body fluids and matter, such as blood, urine, feces, flesh, etc.
Hung in painful positions.
Hunger and thirst.
Sleep deprivation.
Compression with weights and devices.
Sensory deprivation.
Drugs to create illusion, confusion, and amnesia, often given by injection or intravenously.
Ingestion or intravenous toxic chemicals to create pain or illness, including chemotherapy agents.

Limbs pulled or dislocated.
Application of snakes, spiders, maggots, rats, and other animals to induce fear and disgust.
Near-death experiences; commonly asphyxiation by choking or drowning, with immediate resuscitation.
Forced to perform or witness abuse, torture and sacrifice of people and animals, usually with knives.
Forced participation in child pornography and prostitution.
Raped to become pregnant; the fetus is then aborted for ritual use, or the baby is taken for sacrifice or enslavement.
Spiritual abuse to cause subject to feel possessed, harassed, and controlled internally by spirits or demons. Desecration of Judeo-Christian beliefs and forms of worship; Dedication to Satan or other deities.
Abuse and illusion to convince subjects that God is evil, such as convincing a subject that God has raped them.
Surgery to torture, experiment, or cause the perception of physical or spiritual bombs or implants.
Harm or threats of harm to family, friends, loved ones, pets, and other subjects, to force compliance.
Use of illusion and virtual reality to confuse and create non-credible disclosure.
Forced participation in slavery
Being locked in a small confined spot, a pit or cage with spiders and snakes
Being forced to kill, and cut up and eat individuals
Immersion into feces, urine and containers of blood.
Catheter up the external urethral orifice. Then the urinary bladder is filled so that the victim is in extreme pain, and is made to hold their bladder in silence. This torture to the body is painful. But the long term effects of this torture, which is done repeatedly to subjects to teach obedience, is to seriously damage their urinary bladders. The abreaction of memories of this help blackmail alters into obedience.
Standing in a freezing cell
Undressing subjects and making them stand naked during training
Keeping them undressed in very cold cells with air conditioners and fans running at full speed;
Keeping them awake by constant irritation until they exhausted;
Offering food to hungry subjects and then removing it before they could eat it.
Banning visits to toilets so that they had to soil their cells;
At other times keeping them in filthy toilets;
Forcing them to run in circles until they are exhausted.
Placing a subject in 'search position',('stoika' position) single finger of each hand to the wall, legs well apart and well back, on the toes, knees bent, for prolonged periods; Subjects who collapse from exhaustion are beaten back into position.
Heavy punching to the pit of the stomach to subjects in 'search position';
Kicking the legs from under a subject in the 'search position' so that they fall to the ground, banging their head on the wall, radiator or ground;
Beating with batons on the kidneys and on the privates in 'search position';
Kicking between the legs while in the 'search position'.
Putting a subject in 'search position' over a very powerful electric fire or radiator;
Stretching a subject over benches with two electric fires underneath and kicking them in the stomach;
General assault with truncheons and knuckledusters.
Faces slapped, ears drummed, arms twisted, chest hair pulled. Nose, chest, mouth and throat held.

Forced to run barefoot over broken glass and stones while being beaten.
Subjects dropped blindfold from helicopters hovering near the ground.
Dogs used to induce fear and attack the subjects.
Torturous exercises imposed - up to 48 hours for subjects.
Awakened as soon as they fall asleep.
Bags kept over the heads of the subjects for up to six days.
Subjects testicles manually compressed burned with matches and candles.
Rabbit-punching to the back of the neck while in 'search position';
Banging the head against the wall;
Beating the head with a baton in crescendo fashion;
Slapping the ears and face with open hand;
Twisting the arms behind the back and twisting fingers;
Crushing each hand's fingers placed between two pencils
Crushing each foot's toes
Kicking legs and torso
Kicking shin area
Stabbing with pins etc.
Face and ears pinching with a hand and key
Forcing to sit on the edge of the stool
Forcing to sit on a bolt hurting my rectum
Cuffing hands with handcuffs followed by tearing them off wrists
Physical exercises - forcing to do knee bends until passing out
Forcing to run up and down the stairs for about 20-30 minutes
Solitary confinement for indefinite time (also naked) -
Sleep deprivation for the period of 7-9 days through waking with continuous slaps on face performed by the guarding officer. Will place the subject into semi-dementia and result in mental health problems - visual and auditory hallucinations
Standing at attention in cell for indefinite time
Standing at attention in programming room with hands raised above head for indefinite amount of time
Reduction in food rations (during the peak period of programming) subject is not allowed to have anything to drink - the torture of thirst
Security checks at night when - after waking – subject is forced to stand at attention, unclothed and temperature regulation induced for a predetermined amount of time.
Removing windows from cell for 24 hours 1 blanket, 1 bed shared between 3 subjects
Pouring buckets of water in to the cell regularly.
Medical help deprivation, medical attention (very caring attitude) to subjects
Subject not allowed to have open air (outside) walks and prohibited from leaving the building.
No showers or hygiene for a determined amount of time.
Moral abuse. Vulgar and elaborate verbal insult aimed at subject and my family members.
Deprived of any contact with the family or the outside world (no newspapers etc.) or books
A false statement - read by a programmer stating as fact an accusation of theft, lying, or cheating.
An insinuating statement with derogatory remarks concerning conduct of peer subject has built relationship with.
Write a degrading word in bold on forehead such as Whore, traitor, Dog, etc. The subject cannot remove the label and must have it showing at all times.

Prodding the stomach with straight fingers;
Chopping blows to the ribs from behind with simultaneous blows to the stomach;
Insertion of instruments in the anal passage;
Kicking on the knees and shins;
Tossing the subjects from one officer to another and punching them while in the air;
Injections;
Electric cattle prod
Electric shocks given by use of a machine;
Burning with matches and candles;
Urinating on subjects;
Hot irons applied to the genitals.
Beatings should be followed by water torture.
Dissected, sometimes while still alive and without anaesthetic.

Psychological tortures:
Russian roulette
Firing blanks
beating in darkness
Blindfolding
Assailants using stocking masks or wearing surgical dress
Staring at white perforated wall in small cubicle
Use of amphetamine drugs
Isolating the subject socially, cutting him off from public life, placing him in solitary confinement, and denying them news and information in order to make him feel lonely.
Forbidding calling by name, giving the subject a number, and calling them by that number in order to defeat his morale.
Threatening to summon their sister, mother, wife, or daughter and rape her.
Threatening to rape the subject.
Threatening to confiscate their possessions and to have them fired from their employment.
Threatening to cause a permanent physical disability or life imprisonment.
Offer the subject certain enticements (apartment, car, passport, scholarship, etc.).
Controlling everything the subject does, even in private, whether they are awake or asleep, to convince the subject that the programmer is in charge. Force them to bow their head and look down while talking with the handler/programmer.
A sound machine used to produce a constant hiss of 'white noise'.

The hell confinement: use a device that includes a pair of handcuffs and a pair of foot shackles, both of which are linked to a steel rod. The rod presses against the subject's back, making it almost impossible to walk, sit, use the toilet, or feed themselves.

Tucker telephone: The device works by placing a ground wire around the big toe of the subject while fastening the hot wire, to the subject's genitals. The telephone, which has been tailored to send electric shock is called, sending an electric current to the genitals.

The strappado: also known as Palestinian Hanging, a subject is hung by their arms, which are

fastened behind their head, causing the arms to be slowly pulled from the shoulder sockets by the weight of the body. When the subject becomes tired they cannot hold themselves upright, their bodies fall forward and their breathing is impaired.

Cold Cell: the subject is placed in front of an air conditioner unit for hours, or days. The subject may be soaked in water first to enhance the tactic.

German Chair: The subject is placed in a metal folding chair. Their legs and arms are secured to the metal seat while the back of the chair is pulled back and down toward the ground. This causes severe stress on the spine, neck, and other limbs, often causing permanent damage.

The box: A box made of wood, hard plastic or metal too small for a person to lie in. The subject is forced to lie in uncomfortable positions for long periods, with their hands and feet bound. The box is tilted on its side and also elevated, so every time food, usually a hard-boiled egg, is dropped into the box, it rolls to the bottom, where it is out of reach of the subject.

White torture: A form of emotional and physiological torture. This is a form of sensory deprivation and isolation. The subject is kept in a white room, with white chairs, table, bedding, and the meal is white rice on a white paper plate. If the subject wants to use the bathroom, he had to put a white slip of paper under the door.
Stretch machine: used as punishment, stretches person without breaking bones.

Tiger Bench: This works by placing a subject on a long bench, with a board against their back and head. The subject is then tied down so their back is secured to the board and their feet and legs are secured to the bench. Next, bricks are placed under their feet, until all the straps holding the legs down break—or the subject's legs snap before the straps do.

Animal Torture for Programming
Beheading
Buried alive
Crushing
Drowning
Electric shock collars
Freezing
Neglect
Gouging eyes out
Hanging
Dog fighting.
Ritual sacrifice and mutilations as part of rituals.
Sexual abuse.
Wedge sticks in the dogs' mouths so they cannot eat or drink and die a slow, painful death.
Skinning

41 Internal Structures and Symbols

Internal structures are important for the following reasons:
1. Mapping the system
2. Keeping parts in their assigned areas.
3. Giving parts a 'world' they can navigate and feel 'natural' in.
4. Triggering specific events or actions in a timed manner.
5. Cause confusion if system is breached.
6. Re-enforce programmed behaviours
7. Re-create programming sites for internal programmers.
8. Give the programmer means to access the system.
9. Give places to set traps.
10. Differentiate levels.
11. Build system hierarchy.
12. Allow for specified parts quick travel.
13. Assist in maintain script compliance.

Internal structures and symbols that can be created in System are:

A
Ancient symbols and letters
Aliens
Animal prints
Ant pits,
Angel - A guide to heaven.
Anchor - Hope or eternal life.
Ankh - An Egyptian symbol of eternal life.
Apple - salvation, sometimes sin.
Arch - The passage to heaven.

B
Black boxes: represent self destruct and shatter programming sealed off into a black box to protect system.
Bohemian Grove
Butterflies
Bows
Bee Traps w/ swarms,
Black Glass Wall
Bird cages
Black Holes (vortexes)
Boxes

Butterflies
Birds

C
Castles
Clocks
Cabalistic "Tree of Life," with adjoining root systems
Carpet (Magic),
Castles, Castle dungeon (torture chambers)
Caves,
Chess themes (Alice in Wonderland programming, duel programming)
Chain-of-command diagrams
Clocks (there are several incl. computer clocks),
Concentration camp,
Cords
Cave and well
Columns
Carousel
Crystals

D
Deck of cards
Dominoes
Desert,
Doll House,
Numbered Doors by the thousands w/ red hot knobs,
Demons
Disney themes

E
Elevators,
Emerald City (connected to the castle),
Eucalyptus Trees,
Eyes, all Seeing Eye,

F
Fields of flowers
Firewall
Forests
Fruit Tree
Fire walls,

G
Glass,
Glass coffin,

Golden Keys
Graveyards
Geometric figures
Green doors (OZ programming)

H
Hall of Illumination
Hourglass
Hallways with red doors,
Hell Pit or Hell Fire
Hour Glass (matrix),
House of David,
Horus:

I
Internal training rooms**:**
Internal walls
Ice town,
Invisible Countries,
Infinity loops
Internal armies,

J

K
Keys

L
Libraries,
Light side City,
Large jewels (Jewel programming)

M
Masonic chess design
Mirrors: used internally to reinforce other programming sequences, internal twinning, and distortion of reality programming. May create shadow systems of functional systems.
Mirrors or glass shattering
Masks
Monsters
Marshlands,
Mazes,
Mirrors
Moat,
Mountains,

N
Nursery (glass),

O
Ocean
One eye covered

P
Pyramids
Pool of Death may be called Lakes of Death, and Waters of Death.

Pillar of Power
Paper Trees,
Petra Secret City,
Playground
Poppy field,
Portals

Q

R

Ribbons
Rivers (Nile, Rio Grande, Shenandoah, etc.),
Robots (older systems)
Room behind a closet
Rubicon (outer space beyond the stars),
Rain
Ruby slippers (OZ programming)

S

Shattered glass
Stairwell.
Sun
Spider webs: represent linked programming
Seals: usually in a group of six or seven.
Stables
Snakes
Spider webs
Sea shells
Seeds,
Serpent tree,
Shafts,
Shifting sands,
Shoes (gold, silver, and ruby slippers),
Snake pits (traps),
Spider chambers,
Stairway,
Schematics of computer circuitry boards

T

Temples
Temple of Moloch
Training grids:
Trees.
Torpedo Town,
Tin Woodsman's Castle,
Trojan horse w/ armies,

Tunnels,

U

V
Valley of the Dry Bones,
Valley of Death
Volcano (to destroy & remake the system),
Vortex (see Black Holes),

W
Wasteland,
Water (Moats),
Waterfalls,
Wind,
Wires,
Worms,
Walls,
White rabbits

X

Y
Yellow Brick Road

Z

42 Electric Shock Torture (ECT)

Electrodes attached to parts of the subject's body: most typically, while wires are wound around the fingers, toes, or tongue; attached to the genitals; or inserted in the vagina to provide a return circuit; the voltage source.

Use of prod or taser of precisely controllable pressure is applied to other sensitive parts of the body, such as the genitals, breasts, or head. The received voltage and amperage can be controlled with precision and used to cause pain while avoiding obvious evidence on the subject's body
Electric shock may directly cause death in three ways: paralysis of the breathing centre in the brain, paralysis of the heart, or ventricle fibrillation.

Electroshock can be used to cause amnesia. Memories could be erased, and the subjects reprogrammed.

The application of electricity stimulates muscle activity to such an extent that involuntary and painful muscular contractions occur. Longer pulses of electricity produce successively greater debilitation. For example, a five-second discharge from a cattle prod can completely immobilize someone for up to 15 minutes.

It is the magnitude of current and the time duration that produces effect. That means a low value current for a long duration can also be fatal. The safe current/time limit for a subject to survive at 500mA is 0.2 seconds and at 50 mA is 2 seconds.

The voltage of the electric supply is only important as it ascertains the magnitude of the current. As Voltage = Current x Resistance, the bodily resistance is an important factor. Sweaty or wet subjects have a lower body resistance and so they can be fatally electrocuted at lower voltages.

Let-go current is the highest current at which subject can release a conductor. Above this limit, involuntary clasping of the conductor is present. It is 22 mA in AC and 88 mA in DC.

Apart from electric shock the other equally dangerous hazards of working with electricity are electrical arc flash and electrical arc blast.

Placing subjects hand in pocket may protect subject by preventing a current from travelling through the heart making a shock non-lethal.

The severity of the electric shock depends on the following factors: body resistance, circuit voltage, amplitude of current, path of the current, area of contact, and duration of contact.

Death may also occur from falling in case of electric shock.

Burn injury may occur at both the entrance and exit of the current.

Low frequency AC is more dangerous than high frequency AC.

AC and DC both kill.

Below 1 Milliampere Generally not perceptible
1 Milliampere Faint Tingle
5 Milliampere Slight shock felt. Not painful but disturbing. Average individual can let go. Strong involuntary reactions can lead to other injuries.
6 to 25 Milliampere (women) Painful shocks. Loss of muscle control.
9 to 30 Milliampere (men) The freezing current or “let go” range. If extensor muscles are excited by shock, the subject may be thrown away from the power source. Subjects cannot let go. Strong involuntary reactions can lead to other injuries.
50 to 150 Milliamperes Extreme pain, respiratory arrest, severe muscle reactions. Death is possible.
1.0 to 4.3 Amperes Rhythmic pumping action of the heart ceases. Muscular contraction and nerve damage occur; death is likely.
10 Amperes Cardiac arrest, severe burns, death is probable.

*Electromagnetic radiation can also be a means of torture. While not necessarily lethal, these effects are debilitating and can be painful. Electromagnetic stimulation can have other nonlethal effects on humans. Extreme emotions of rage, lust, and fatigue can be caused. A targeted individual may become depressed or even suicidal and you will almost certainly start to reap negative psychological and physical effects - fear, anxiety, fatigue, pains in your chest, headaches, lack of interest in activities, disease, cancer, etc.

43 Internal Base Systems

Systems of subjects are known to programmers to begin to break down by the age of 30. Dispensable Subjects are treated by programmers/handlers more severely throughout their lives; these are the ones who are 'used up' earlier on, doing variously more severe things: low-level prostitution/child sex-subjects/non-public severely abused long-term sex-subjects/ultra-hardcore BDSM porn/bestiality/black-op soldiers (including 'suicide bombers' and other such programmed individuals)/drug-trafficking/human-trafficking etc.

Cocaine is commonly used drug for controlling subjects as it keeps them addicted and totally reliant on their handler for their 'next fix'.

The childhood hobby of painting is part of keeping the child subject's mind creative and dissociative (this kind of repetitive/relaxing/long-term activity keeps the child in a mild trance while also encouraging their creativity which is important for programming. The mind becomes 'stale' and can cease to function adequately if they are constantly traumatized with no creative activity such as painting. The creative parts of the brain need to be stimulated in young subjects to ensure healthy development. This also assists with the double-bind levelled against the subject as the programmer/handler will praise the child for their work while also criticizing them and abusing them.

All systems must be set up in grids for easier mapping. The numbers, letters, symbols are up to the programmer to lie in. This will assist in keeping the codes undetectable.

Each system has an internal programmer which oversees the gatekeeper who grants or denies entry into the different rooms.

Alex System
Alex is used for high-level parallel programming.

One of the most important end time's communications systems is the ALEX system. This will operate on several levels. The electronic end of the ALEX system which stands for Amalgamated Logarithmic Encrypted Transmission (ALEX) is a method for encrypting electronic transmissions so a computer which could decode 5 Trillion codes a second would take 2,000 years to decipher one of these transmissions. In other words, when the ALEX system is operating--it cannot be decoded.

The ALEX system intersects with the programming. The ALEX (also called ALEXUS) is part of the tracking and Antichrist-Call-Back Programming. Outside computers are able to interconnect with the Monarch Mind Control slave and call them back for activities. The Council of 9 of the Illuminati has placed an alter by the name of Alex or a similar name in high level subjects and they have either via implants made these subjects available for programming via electronic communications that tie in with their ALEX computers.

Since the early 1960s, the Intelligence agencies have been putting two-way radio communication

implants into subjects. This is called telemetry or remote control. The radio wave enters the implant, the implant transmits it to the brain, and the brain's reaction is then picked up and relayed back to a computer which decodes what the brain waves show the brain was thinking.

Alex implants are used within subjects to communicate such thoughts as:
a. "murder your family"
b. "the government is to blame, murder the President"
c. "you cannot get legal redress for what has been done to you by the government"
d. "it is hopeless to fight us"
e. "you want to have sex with the opposite sex"
f. "you want to deal in drugs"
g. "you want to protect your country by being loyal to the CIA"

Atlantis system
This system is built after the mythology of Atlantis. This system is a military system for navel personal. This system takes three programmers to install due the command structure. The Atlantis system involves water torture, water endurance, and water 'games'.

Base Datum
This is a coordinate system. In the early years the systems were built with 3 hour glasses each spinning on a x,y, or z axis. The hour glasses could be turned and in so doing the entire system of alters could be turned.

The systems allow for the programmer or handler to rotate the system 180 degrees. This allows access to top front alters, and the bottom alters.

Beehive System
This system is used for lower beta subjects. The system has a "Brood Chamber" which is the deepest level of the system where the Queen Bee resides. Beehive systems aren't very deep but have many sections for each beta part. The part will be assigned to their section and when they are needed for their task they can be triggered/coded out.

Castle system
The Castle system involves internal imagery of a castle. A castle system will contain a moat, drawbridge, turrets, gargoyles, a torture dungeon filled with actual memories of torture, secret passages, lots of levels, and rooms including a library. Child alters are often hidden in the dungeon. Lots of programs can be contained within the castle, and many traps. Disobedient alters may also be locked up in the castle. The castle will house some alters and also some deadly programs. When castle alters get stirred up, the subject may internally see the castle lights go on. The castle walls may have a grid on them. The castle may be guarded by monsters.

Double Helix.
This is the most common programming system. The double helix pattern is used as an elevator shaft running up and down the worlds created for the alters. Each world lies at a trance level. The double-helix is put in at programming sites where they have full medical facilities, and is typically used in

military programming. The double Helix is a complicated system to place in, and for outsiders to breach.

The codes up and down the elevator are alpha-numeric. Because the way the double helix shape twists, one can ride the elevator and get off a level 1, 3, 5, 7, 9 but you have to ride it the other way to get off at 2, 4, 6, 8, 10, 12. Because the double helix is the centrepiece of how the different physiological states of the mind are being layered, taking the subject down to these different physiological states and levels is incredibly perilous.

The Caduceus is a double helix with snakes at the top. The Caduceus is an occult symbol used in occult programming of the double helix system.

The system is also used for dual programming.

Helix. This is a simplified version of the double helix.

The Carousel is usually found in the centre of the Double Helix. The Mensa system will often have the Double Helix system within it to assure no breach.

Hour glass system
Three hour glasses will be placed around the x-y-z axis in a quadrant. A quadrant consists of a section of alters in a world and their mirror images. 12 disciple alters will be placed within the hourglass. Each disciple has to memorize a disciple lesson. If something triggers them, they will begin to fall through the hour glass. If each of these 12 disciples falls through the hour glass like sand, then a sleeping giant will wake up. When the Giant awakes, he will kill the body. A mirror image of the Giant alter will be made also to help insure that the suicide program is accomplished.

Delta System
This system is used in military programming. The system is configured with the Delta symbol (Triangle) overlaid on its self creating the levels for the system. The system will be marked in levels as Delta A. Delta B. Ect.

Empire System
The Empire system is placed into the elite subjects. This system will oversee the initial system placed by programmers. If subjects of influential bloodlines and intelligence survive the programming of the Double Helix, the Empire system will be placed.

The Empire system is layered deep in, and over sees the Double Helix system. The Empire system can only be accessed by one individual. The individual will be the person who oversees the bloodline.

Epsilon system: this is often a hidden system and may hold CIA programming and high level governmental programming. Assassin programming may be held in this system. Covert operations, courier operations, learning to tail a subject, or “drop a tag”, disguises, getting out of difficult situations, may be handled by this system, which sees itself as chameleon-like. The system is a colour coded system with the Seed of Life design. This is formed from seven circles being placed with six fold symmetry, forming a pattern of circles and lenses, which act as a basic component of the Flower of Life's system design. The Flower Life System will be the design of the Epsilon system.

Flower system
The Flower system involves cross programming, i.e., three or four subjects may have been programmed together so one subject only has a piece of the programming. The Flower system utilizes the power of peer pressure and generational ties. In order to get to that piece, the programmer must have access to the other piece which resides in another subject.

The flowers will often be bright. Internally, the flower system may show up as flowers with numerous colours, with the bud representing one subject, the stem and flower representing other subjects.

This system might be connected to the Umbrella, the Trees, the Triangle and the Star. A flower can regenerate an internal tree because of its generational roots. Flowers are also used as elevator shafts, such as a sunflower. A part has to jump into the centre of the flower and go down the stem to reach a lower level. Flower fields such as the poppy field are used as a hypnotic trigger to place an alter into

deep trance.

Gem System
This system is found in subject's who have strong family lineage in programming. The system is used in subjects, whose family members are generational occult, children of programmers, and high ranking officials. The system is typically mapped after a diamond cut; Round, Princess, Emerald, Radiant, Oval, Pear etc. The cut of the diamond denotes rank of subject also.

Mensa System
This is a system put into subjects who have photographic memories. It involves the use of numbers and math. Its overall structure looks like a triangular-shaped fish net, with all the nodes or knots of the net containing a triangle. The core is place at the centre of the triangle and is surrounded by more triangles. There are circles of alters within circles of alters. Circles within circles. A circle can rotate and will never end. The programming is meant to be non-ending. There are also triangles within triangles. The effect of using a structure like this to house alters and as a result they feel trapped in endless circles and mazes of triangles within triangles.

The Mensa system (used in military and Illuminati programming) involves lots of numbers and sequences along with bar codes and union force codes.

The Mensa system will often have the Double Helix system within it. This system is connected with DNA; the subject has usually received several blood transfusions. Programming is done through medical abuse by hospitals and doctors. Several suicide programs are layered in.

The codes in a Mensa system will be equations (sometimes called union force codes), bar codes, and number sequences. Union force would have to do with a set of numbers that would equal another set to come up with yet another set: e.g., a+b=c, b+c=a, c+b=a. A subject could be programmed to respond to this very complex code. These codes are extremely difficult to discover in order to neutralize responses to the codes

Oneness system: (Spiritual Programming)
The oneness system exists in the formation of a Nonagon (which is nine sided polygon) 3 (total corners/vertices of one triangle) x 9 (total amount of triangles) equals 27 System Demons as each vertices of a triangle has a point that represents a System Demon. Within each triangular formation/geometrical shape of the Nonagon exists the statement: 'Two or more in my name and I am there'. Such System Demons form the entirety of the mind consciousness and the entirety of the subject as 'who they are' as a consciousness. There may exist 'more', as Systems exists as layers upon layers upon layers.

The programming code of the oneness system is 333 The reason for this is the following:

3 - (Two or more in my name and I am there)
3 - (Two or more in my name and I am there)
3 - (Two or more in my name and I am there)

Thus, 3 x (Two or more in my name) forming the trinity of the oneness system.
Thus - 3 + 3 + 3 forming nine (9) triangular shapes altogether forming the Nonagon as the formation of the oneness system.

The Pentagram (or star) System
This system is often connected to the Tornado system. One pentagram system has pentagrams within pentagrams. The geometric lines grow from pentagram to pentagram by lines running in opposite directions. This has the same effect as circles within circles. Rituals are tied to this system. There are many cult-created alters within this system.

The Scrabble system
This system contains letters, numbers, and mathematical exponents. The system will be set up like a Scrabble board. Across the top and bottom of the board will be the numbers A-O. The vertical sides of the system board will be numbered 1-15. The squares of the board may be colour coded also.

Solar System
This system is set up like the Solar System. Parts will be placed on the various planets and moons. As the system orbits the sun the parts will complete their assigned tasks throughout the year. This system is used in occult programming, and Alien programming.

Each planet will have a specific alter set up and hierarchy. The system parts will not be able to travel outside of their planets or stars without transportation. The can be Spaceships, teleporters and other inter-space travel methods.

Mercury
Venus
Earth
Mars
Jupiter
Saturn solar system in an orbit of 29.5 years around the sun. Death programming in some subjects at this orbit.
Uranus
Neptune
Pluto

Solemetric system
This is used in military and spiritual programming. This system is three dimensional and can rotate. The programmer will place into each section the desired number of parts. The parts will be easily pulled up through triggers, and codes. Subjects who must perform complex tasks and remain focused given this system. The tasks given to these parts are future programmers, strategists, and spiritual counsellors. The programmers need these subjects minds to be fragmented into fifty-60 alters. Because the divisions in the mind due to dissociation and programming are not as deeply structured, subjects who receive solemetric systems have demonic forces and ritual participation to insure the system remains in place.

Spider Web system (spiritual programming)
The Spider Web system is very complex. In this program, the clones will immediately spin new webs that are double connected if the system is tampered with. Communication between personalities proceeds through the strands. This system is for blackmail and destruction via entrapment of unsuspecting individuals who are perceived as threats to the cult/occult/institution. This system is into female subjects whose purpose is to infiltrate churches, or the hierarchy of an agency. The system has a web with connectors and silk strands. The targeted individual will be symbolically placed into the web and then the black widow alter(s) will entrap the individual. This is programming to take individuals with sexual entrapment. The spirit Viper found in ISA 59:5 is placed into this system to protect it. There will be egg alters which will devour the individual, and Gatekeepers are assigned to guard the system.

Telescoping system
This system is placed in to subject's who will be involved in covert operations.(Sleeper Agents)
Each seam of the telescope marks the end of one level and the beginning of another.
The levels will collapse upon one another as the subject completes their assigned task/mission. If the subject is caught the system will collapse down to the last level which has a termination code.

44 Games

Games are used to teach subject's lessons with their peer groups. These games are used as tools in programming to test for: Weaknesses, strengths, leadership skills, physical fitness, twinning, trauma bonding, betrayal, survival, psychological features, and other characteristics the programmer deems necessary for their subject.

Programmers are encouraged to tailor the games to the subjects, and desired outcome.

Programmers are encouraged to let teams build together and form bonds before dismantling the teams.

Programmers are encouraged to pair weaker subjects with stronger subjects as games continue.

Programmers are encouraged to pair enemy subjects as a two team to encourage distrust, anger, and betrayal.

Programmers cannot separate twining subjects.

All subjects must be bonded to a subject, if a subject is not bonded their mental and physical health will deteriorate drastically.

Note: betting is prohibited

Odd Man Out: This game consists of three subjects of the same age. The three subjects are advised they must fight one another. There can only be one winner. The programmers must assess how the three subjects navigate this game. 1.) Do the two weaker subjects 'gang up' on the perceived stronger subject? 2.) Does one weaker subject attempt to ally themselves with the stronger subject? 3.) Do they wait for one subject to be the first to fall before joining 'sides' against him?

When there are two remaining subjects: 1.) Have they discovered the others weakness 2.) How hard do they fight? 3.) How well did they bond against the first subject.

The Race: A field is chosen of subjects and a course set. The subjects must navigate the course and one another. Cheating is encouraged; there must be a clear winner. Those who finish in the bottom third must be re-evaluated, the last place finisher terminated. The race should be completed at night.

The Hunt 1: Subjects are broken into two squads; Red and Blue. An expendable subject is released and the two squads are sent to hunt down the subject. The squads must fight one another or evade. The hunted subject must be caught and terminated.

The Hunt 2: Subjects are set on a course and must complete the course. Dogs are sent to hunt the subjects. All subjects who complete the course are safe.

The Hunt 3: One on One hunt. Two subjects must hunt one another and fight until incapacitated.

Ring Fighting: Two subjects must fight. The dominate subject must beat the other into submission. The victor then must insure the loser is taken care of. This is done by the victor 'nursing' the loser back to health. Programmers must intervene if it appears the dominate subject is 'taking it easy'.

Chess: The subjects must learn to play chess. If they lose the game they are punished.

Tag: Male v Female subject. The male subject must hunt the female subject, catch her, subdue her, and rape her.

Tag: Female v Male Subject. The female subject is advised they must seduce an unknowing male subject have sex with them. *Note: Programmers cannot be chosen for this game*.

Kick the can: This game is a variation of tag and hide and seek. One subject or a team of subjects are designated as "it" and a can is placed in the middle of the playing area. The other subjects run and hide while the "it" covers their eyes and counts to a specified number. "It" then tries to find everyone. If a subject is tagged by "it", they go into a holding pen for captured subjects. If one of the un-captured subjects manages to kick the can, the captured subjects are released. The game is over once all the non-"it" subjects are in the holding pen.

Handkerchief game: Teams line up on opposite sides and a handkerchief is placed in the middle. The programmer will call out a number for the subjects to respond to. The subjects that have been assigned that number both run to the middle and try to be the first one to retrieve the handkerchief. The subject who wins the handkerchief first gets a point for their team.

It is suggested the team with the most points receives more food, sleep time, etc that will benefit them. This encourages more fighting, and the weak individual on the team being singled out.

Octopus: The octopus calls out " Come _____ in my ocean." (The blank is filled in by what the subjects must do as they are crossing the ocean. Hop, twirl, swim, run, run backwards, etc.) Then the subjects must follow the command and try and make it to the other side of the ocean without being tagged by the octopus. Any subject that is tagged has to stand in the spot where they were tagged. In the next round both the octopus and the tagged subjects try and tag the other subjects as they go by.

This game can be adjusted so subjects that are tagged can move. Fighting is encouraged. This game can be played on land or in water. During the water game, subjects are encouraged to attempt to drown those whom they catch. Programmers must decide if the first caught subject can be terminated.

Shadow Scout: Choose a subject and give them a 2 minute head start to find a place to hide. Two subjects are also chosen to be the shadow scouts and they both run with the chosen subject.
After 2 minutes of following the subject one of the shadow scouts returns to the waiting subjects. The second shadow scout continues to follow the subject who is to hide and places clues on where they have been by leaving pebbles, rocks, chalk directions or anything else they can think of that would lead the team to where the subject is hiding. As soon as the first shadow scout returns the subjects

follow them and try and pick up the clues left by the second shadow scout. If the subject who is hiding is not found within 5 minutes of the start of the game (or any amount of time set before the game starts) they win. Scouts cannot yell or point out in any way where the subject is hiding once all the subjects are in the area they are hiding.

***Strategy**:* The subject who is hiding should lose both of the shadow scouts so they don't know where they are hiding. The shadow scouts need to be creative on what signs they leave.

Sticks and Stones: divide the subjects into two teams -- the sticks and the stones. Line them up facing one another. Designate an area roughly 30 feet behind each team as that teams' safe zone. To start the game, yell out "sticks" or "stones." The team them call on must begin chasing the opposing team, which begins racing toward its safe zone. Any tagged subjects must switch teams, and the two new teams' line up to play again. The team to bring all the subjects to its side wins the game.

*Save the Egg**:*** Teams must work together to find a way to "save" the egg (Humpty Dumpty for young subjects) — in this case an egg dropped from a specific height. That could involve finding the perfect soft landing, or creating a device that guides the egg safely to the ground. Let their creativity work here.

Programmers are encouraged to have team member punish one another if the egg breaks.

*Minefield**:*** Another team game. Arrange an obstacle course and divide subjects into teams. Subjects take turns navigating the "mine field" while blindfolded, with only their teammates to guide them. One can also require subjects to only use certain words or clues to make it challenging or content-area specific.

A Shrinking Vessel: This game requires strategy in addition to team work. Its rules are: The entire group must find a way to occupy a space that shrinks over time, until they are packed into the space. One can form the boundary with an electrical wire, barb-wire, or some other harm causing boundary.

Three Way Tug-of-War: A variation, set up a multi-directional game by tying ropes in such a way that three or four teams tug at once. Some teams might choose to work together to eliminate the other groups before going head-to-head.

45 Trauma Bonding

Abandonment and trauma are at the core of programming. Abandonment causes deep shame and fear that it will occur again. Abandonment by betrayal is worse than neglect. Betrayal is purposeful and self-serving. If severe enough, it is traumatic. What moves betrayal into the realm of trauma is fear and terror. If the trauma wound is deep enough and the terror immense enough, the system will shut out healthy attempts to engage it. The system elevates into a distress state, never safe, waiting to be damage again.

What should occur during trauma bonding is a highly addictive attachment to the individuals who have traumatized the subjects. The subjects should blame themselves, their defects, their failed efforts. This bonding should cause the subjects to distrust their own judgment, to distort their own realities so much, the subjects can place themselves at more risk.

The programmer's relationship with the subject should create trauma bonds. The bonds should initially be created physically. Forced sex should be used with the subject. The programmer should ask the following questions of the subject during intercourse:

Do you like it?
Can I cum inside of you?
What do you like?
How does it feel?

The programmer should not be concerned if the subject does not respond, or responds with a negative answer. If the response is silence or in the negative the programmer should respect the subject's request.

The subject will eventually respond in the positive. The programmer is encouraged to give the subject power positions during forced sex. The programmer is not to kiss the subject on their lips during this time. Kissing should be limited to, neck, ears, shoulders and chest area.

Once subject responds in the positive to all of the above questions the subject can begin bonding with other subjects. (If Beta programming is occurring subject should be versed in the first 45 sexual positions after this bond)

All bonding must be on going.

A number of signs exist to note that a bond has been created. Programmers must note the presence of these bonds, date they were observed, how they were formed and subject response.

Listed below are some of the signs of successful trauma bonding.

Everyone around the subject is having negative reactions the subject is covering up, defending, or explaining the relationship. (Test for loyalty to programmer)

The subject obsesses about showing someone they are wrong about the abuse, their relationship, or their treatment of the subject. (Loyalty to programmer)

Subject obsess about individuals who have hurt them they are long gone. (Silence programming must be engaged)

Others are horrified by something that has happened to the subject and the subject isn't. (Denial programming must be engaged)

The subject feels loyal to the programmer even though the subject harbours secrets that are damaging to the programmer.

Subject continues to seek contact with individuals that will cause further pain. (Call back programming)

The subject is attracted to "dangerous" individuals.

Subject stay in a relationship longer than they should.

The subject moves closer to an individual who is destructive with the desire of converting them to a non-abuser.

Subject will go "overboard" to help individuals who have been destructive to them.

The subject cannot detach from an individual even though the subject does not trust, like or care for the individual.

Subject continues to be a team member when obviously things are becoming destructive.

The subject misses a relationship to the point of nostalgia and longing and the relationship was detrimental almost destroying the subject.

The subject keeps secret the individual's destructive behaviour because of all of the good they have done or the importance of their position or career.

Subject continues attempts to get individuals to like them who are clearly using them.

Subject trust individuals again and again who are proven to be unreliable.

Subject tries to be understood by those who clearly do not care.

Subject chooses to stay in conflict with others when it would cost them nothing to walk away.

Subject is loyal to individuals who have betrayed them.

Subject attracts untrustworthy individuals.

Subject continues contact with an abuser who acknowledges no responsibility.

When there is a constant pattern of non-performance in a relationship, subject continues to expect individual to follow through anyway.

Subjects feel loyal to programmer even though they harbour secrets that are damaging to others.

Does abuser’s talents, charisma, or contributions cause subject to overlook destructive, exploitive, or degrading acts.

The subject is attracted to "dangerous" individuals.

Subject stay in a relationship longer than they should.

46 Inside Parts

Parts, alters, insiders are names used for the created fragments of the programmed individual. Names and functions of parts vary from system to system. (Note: that depending upon what the System's occupation in life is, also determines some of the types of alters created.)

For example if a programmer builds a system using the planets of the solar system there will be Parts with planet names, and space terminology used.

The programming script for a system may use movies. As a result names of characters in those movies will be given to parts in the system.

The programmers will set up double-binds. Alters will be created and given negative spiritual roles with names to match. A part may be named Unforgiveness, or Hatred. For such a part to trust someone, makes the alter feel like it is giving up its name, and therefore its identity. By combining the name with an identity that the part doesn't want to lose, the programming intends to double bind the alter.

The programmers will give a part a history, and insure that shadow alters will provide a full range of accessible emotions. Sometimes the distinctions between alters and alter fragments is vague, but examples from the two ends of the spectrum are easy to tell apart.

Below is a list of parts that are found in systems. *This list does not note every part that is found in a programmed subject's system.*

A

Abberator Parts - insures the mirrors within the system reflect the appropriate distorted image
Abuser alter-Abuser alters are often introjects of the original abuser(s). These alters are trying to protect the subject and not trying to injure them. The abuse results because they feel that they are protecting the system of alters by preventing actions that, when the individual was a child, might have caused further harm from the original abuser.
Actulizer Parts- Part whose task is to keep the system on task towards the goals, potential and training the system was created for.
Accuser Parts - accuses the system of any possible wrongdoing. These Parts will also accuse outside individuals of wrong doings.
Agreement Parts–Assists in maintaining and making agreements/deals within the system. Will assist parts with how to make agreements with individuals on the outside.
Alien Parts for contact, bonding w/ aliens and acceptance of mock alien invasion.
Aligner Parts-Will insure the system stays aligned to the programming, cult, or occult teachings and clan.

Amnesic Parts: These can be known as the "front", the "clueless ones", "those who don't know anything". These Parts are scattered throughout the system to prevent memory recovery.
Angel (imitation) Parts for divine messages, these may be seen as angels
Angry Parts-Parts of the system that hold anger. These parts often appear to the outside person as angry for no reason. These Parts are often used under the defence structure of the system as they keep individuals away.
Animal Parts are meant to act like animals. Although a large share of programmed individual's system is dehumanized, there are certain Parts which will be created to actually hold the body and act like animals. The Parts may even be named "animal." A male or female slave may have dog Parts which bark like a dog. The programmers can create any animal, cats, dogs, foxes, pigeons, horses, monkeys and mice are some examples.
Animator Parts - Will bring 'life' to 'stand by' parts. Often the Animator will be a Dr. or spiritual Parts.
Assassination Parts (Deltas)
Aset Parts (Isis) (Maiden) -- The mother of the Anti-Christ figure of Horus.
Attitude Parts - makes up attitudes what is liked and disliked
Attractor Parts - causes the system to pull things in

B

Babysitter Parts to look after children Parts keep them from fronting inappropriately
Bastet Parts (Maiden)-The mother goddess of all cats. In the system she will look like a large black cat. Black cats were sacred to Bastet. Bastet corresponds to Yesod (the Foundation) on the Cabalistic Tree of Life.
Beam Stopper Parts-Part who interferes in spiritual growth of individual. This part protects the system from spiritual support.
Bear - a large angry part that makes everything go quiet. An internal monster of a system.
Benefactor Parts-gives the system rewards for obeying the programming
Between Lives Parts-placed in the spiritual systems that follow reincarnation programming.
Binder Parts - binds the system together with spiritual teachings, programming laws, threats and other means.
Bird Parts used for diverse internal purposes, including ravens for suicide, doves for peace (dove may be part of a false trinity.) hawks to fly over the internal mazes, owls for wisdom, etc.
Black Widow Parts, for espionage and blackmail.
Blocker Parts (Gatekeeper) - blocks the system from messing with other important system components (different from Body Blocker)
Bouncer Parts- (may be same as Misdirector)
Body Blocker Parts - keeps the system from modifying the body state by suggesting another theory
Body Generator Parts- insures that the system follows the programming loop when the system attempts to deviate from programming.
Body Locator Parts-will move the body to another location if necessary
Body Machine Parts - regulate body processes and report to the Dr. and any issues with the body.
Bravo 2 series models are men programmed to run the Beast computers.

C

Caillech Parts-Known as the black mother and was the Spirit of disease.
Caretaker alters (soother alter)-Caretaker alters are true protectors of the system. They act as caretakers both internally and externally, but are limited to care of others and are depleted easily, lacking awareness needed for self care. They are often introjects of caring adults.
Cellular Parts- Works at the basic structure of the system to help maintain its integrity.
Christian Front Parts. The Christian Parts will believe in God, and be active in churches.
Child Parts: these parts want praise from adults, and often come out for rewards, or sweets. They assist in balances the system.
Clone Parts- parts that a formed to represent outside programmers, trainers, and individuals of power. These parts help keep order in the system.
Clockmaker and Clock holder Parts -Parts that insure the inter clocks continue to function, and replace internal clocks should they be stopped or damaged.
Communicator Parts- interconnects the system and relays information to lead Parts, Dr.s and other high ranking parts.
Committee Parts (Universal Mind) -high ranking parts that make the decisions for the system.
Conflictor Parts- inspires conflict within the system and with outside individuals to protect the system.
Conscience Parts-will change the system from Beta state to another state of conscience.
Compeller Parts (Compulsive Parts) - Insures the system will continue on its designed course with disregard to rules.
Controller Parts-These are the system leaders. They know what is going on at all times in the system. This will vary from system to system. In a military system, it might be a General, in a metals system, the platinum's, or in a jewel system, the highest jewels, such as diamond, ruby, or emerald.
Cognitive Parts- Will manage process of knowing, including aspects such as awareness, perception, reasoning, and judgment
Computational Parts-operate internal computers and assist in passing on information.
Constrainer Parts - insures the system is following physical system law
Coach Parts- keep the system from either winning or loosing
Corrective Parts - fixes anything that comes undone (or repairer)
Confusion Parts- tries to keep the system confused if there is a truth introduced. These Parts will also attempt to confuse those who are introducing truth.
Craver Parts- Parts that craving food, drugs, things the programmers want to layer in as a distraction.
Creator Parts-part that believes they are a deity and can create worlds.
Crone Parts- Stays in the shadows and passes on advice and is a teacher. She contacts the Spirits and is an expert on demonology. Mother Parts and Goddess Parts are Crone parts. **The core**-the original child, the one who created all of the others inside.
Coven Parts-participate in coven rituals and activities and maintain the secrecy of the Coven. (Witchcraft)
Courier Parts-will bring messages to parts in the system. These parts are often small animal Parts.

Commander parts- keep the switching smooth, and to keep things orderly

Colours Parts:

CLEAR. Secret or shell alters who can take on any colour are coded clear. These are alters who serve as images or as a stage for other alters. This would include "Guardian of the Vail" alters.

GOLD. This colour is for the supreme leadership in the System, which includes the Grand Druid Council.

SILVER. This colour is for the Satanic alters who perform high level satanic rituals. The Mothers of Darkness have silver coding.

PURPLE. These alters see themselves as the abusers, rather than the Illuminati. These alters were involved with the programming. They have been taught to forget the abuse and to reframe it in their mind as training.

BLACK. These alters were born out of Satanic ritual, and are Moon children. The Delta and Beta alters are black coded. They do the dirty work for the cult, such as blackmail and assassination.

RED. These altars see themselves as witches. They were born out of witchcraft ritual, believe they have great spiritual power, and tend to deny that they have been abused.

GREEN or EMERALD GREEN. These are cat altars. They still see themselves as belonging to the cult family, and deny that they have been abused to protect their cult family.

DARK EMERALD GREEN. This colour is assigned to the Antichrist-Satan alter(s). Green is the occult colour for Satan and is the most sacred colour. Few people outside of Satanists know that Green is more sacred for them than any other colour.

LIGHT GREEN. The gods and goddess alters which are triads which function in sets of three.

BLUE ALTERS. Clones, armies and the ribbons have blue coding. These alters will go so far as to hurt the body to protect it from leaking information or deprogramming.

WHITE. 'These are Atlantean alters who have been given Aryan race teachings to think they are superior. They believe in genetic engineering, and a master race.

ORANGE. These special protector alters are scouts who warn of danger from internal or external threats.

YELLOW. These are the strong Christian alters of which there will only be a few in the System. They help serve as a balancing point to control the System as well as to hide what the System is all about.

PINK. These are core related alters. They maintain the true feelings of the true self apart from the cult programming and the cult family's programming. These alters are viewed as weak because they are emotional and often break down and weep. They are fragile emotionally. They are also vulnerable front alters, usually inducing depression or some other kind of trauma-based freeze

An alternative colour scheme that is used:

WHITE. The internal programmers who come around in white robes get this colour assigned to them, as if they are doctors or angels of light.

RED. Sexual alters are given the natural colour of sex and arousal red.

BLACK. Connecting alters that are Nexus alters between various system parts.

PINK. Reporting alters.

DARK BLUE. Non hierarchy cult alters.

LIGHT BLUE. Alters in charge of the way the system runs, such as the judges.

YELLOW. Alters which are ritually and sexually twinned with alters of other systems.

ORANGE. Guard alters which are heavily programmed for obedience.

VIOLET-PURPLE. Front alters and small child alters placed into boxes.

CLEAR. Shell alters to deceive the outside world.

GOLD. The traumatized alters upon which the programming is built on.
Cult Parts-participate in cult activities, and maintain the secrecy of the cult.

D

Damper Parts- keeps the system condensed to a point and in agreement, holds the system down
Data Parts to hold information this encompasses a wide range of Parts, including Parts who hold internal system information to Parts who hold information for their handlers.
Deaf and Dumb Parts to prevent the System from hearing the truth or discussing information within the system.
Death Parts to take near death traumas, and become unafraid of dying.
Denial Parts: these are intellectual, and are created to deny that anything bad ever happened.
Delta series are models for espionage and assassination.
Devil Parts (Demon) - makes trouble for the system. Believe they are a demon.
Degrader Parts - will demote parts that aren't following programming. These parts will also complete activities that affect the character of the body.
Delusion Parts – will hold to programming and beliefs when presented with evidence to the contrary. Task is to maintain the integrity of the system.
Deceiver Parts - deceives the system into believing what a truth is.
Deflector Parts-will fend off questions and other intrusions into the system. (Diffuser)
Decision Maker Parts-part who will make the decision in high stress situations.
Destroyer Parts - arranges accidents to keep the system from finding out it is programmed or gaining freedom.
Determiner Parts- value, judges potential futures to maximize dynamics
Depressor Parts- (Discourager)
Delta Parts -Parts within the systems which are programmed to be assassins.
Delta-Beta Parts -Parts that are trained in espionage. They will be trained to recognize a person's physical identifiers.
Discourager Parts - discourages any effort to do anything about changing the systems/parts circumstance. (Depressor)
Disabled alter-many alters are deaf, blind, missing limbs, sickly, dying, bloody, bruised and so on.
Disperser Parts - will disrupt and scatter a section of the system if the parts are gathering for unapproved reasons.
Double agent-Part that will act helpful to an outsider, only to be giving information to system watchers to maintain the integrity of the system.
Dramatizer Parts-Parts that are dramatic to throw attention away from what is really occurring in the system.

E

Egyptian Armies The Egyptian armies are hundreds of fragments which have been programmed to have uniforms and to function as parts of an army.
Element Parts (Air or Wind, Water, Earth, Fire) for magick and compliance

Emotional Parts- parts that hold the emotions of the body. The Parts may be the name of the emotion. (Cheerful, boredom, antagonism, rage, hostility, fear, grief, apathy)
Encourager Parts - encourages the system to stay here and live life
Enturbulator Parts- will harass parts and people to inflict fear, and agitation.
Equalizer Parts - insures the system stays balanced.
Espionage Parts-parts that gather information to undermine or bring down governments and individuals.
Executioner Parts - programmed to kill an individual quickly.
Exhilarator Parts-when triggered will return to the body to a state of happiness.

F

Fate Parts (Arranger) - arranges fates for the system
Feeling Parts (Emotional Parts):
File Clerk Parts-part will maintain a dossier on internal parts, and external individuals of interest.
Filter Parts -filter out perceptions of individuals.
Formulator Parts - inspires choices of strengths and weaknesses, likes and dislikes
Fire child or Bomb child Parts- to make body feel like its burning as a punishment or warning.
Flooding Parts Flooding Parts can be used as singles or as a group of Parts. They over whelm a part with memories or other feelings to stop the part from doing what they were doing.
Forgetter Parts-will not remember the information, or task they have been given after they have used the information or completed the task.
Foreign Language Parts-who speak languages of other countries, cults, or secret societies.
Front Parts -parts placed on the top level. These are the parts that interact with the 'world' and are often unaware of the rest of the system.
Fourier Parts - puts things into the future for the system, goals, wants, so the system will work towards those things.

G

Game Maker Parts - makes up games for the system. The outcome is the loser of the game is severely punished. The loser is often punished by the winner of the game.
Gatekeeper Parts (Blocker)-guard portals, gates, and important areas of the system.
The Gatekeeper protects the gates or portals to all System levels. The programmers may also call them "doorkeepers", or "toll men" and "toll women". The subject may refer to them as guards or blockers, although Gatekeepers are more than guards, they are an entrance or portal to something. Gatekeepers may often be the alter that was split to get a particular section. Each gatekeeper may be at a deeper level trance than the one before it. When a Gatekeeper is split it creates a natural link to the alters that are created from itself. Then the Gatekeepers are given programming not to see what they have created.

Gatekeeper parts will appear near the surface of a system, and then again deep in the System about level 10, and 12. Gatekeeper parts are parts that the programmer must go through to get to deeper levels. The Gatekeeper parts are very heavily programmed to keep them in place. They will receive intensive lies. Some of the access triggers which must accompany the verbal are things such as

needles, electro-shocks, or slaps to certain parts of the body to trigger deep parts to take the body.
Genie - a delta alter. In the bottle the part is harmless, when triggered out of the bottle to complete its task, this part becomes deadly.
Generator Parts- projects reality to parts of the system. The reality is interpreted in such a way to keep the system in its place
Gems Parts-occult parts that are advised they are important to Satan. These parts are used in rituals.
Genetic Parts- parts that maintain the double helix throughout the system.
Goal Maker Parts - makes up goals for the system to keep the system motivated and functioning.
Guider Parts- guides the system deeper into programming
Group Mind Parts - part that participates in group programming.
Guardian/Guardian Parts- guards the programming, fights against erasure of programs.

H

Hat-Hor Parts (Mother) -- She is the womb of Horus, Queen of the Dead, or Queen of the West
Helper Parts-part that will help inside parts by encouraging them, and explaining things to them.
Hidden Observer Parts-a hidden part of the subject that knows what things are occurring in the body while other parts don't. This part is inlayed during hypnotism.
Hider Parts-part that will hide programming from outside interference. 2) Part that will move the body to a hidden location if the system feels threatened.
Hierarchy Parts-take part in occult hierarchy ceremonies different ceremonies at different times have different Parts participating.
Host-Part that has the function of daily living.
Host Parts: there may be a "day host" a "night host" for the cult, or hosts for various systems or times in the person's life.
Holder Parts - holds entities in place by occult/cult practice.
Hunts Parts created for the handler's sport of being hunted
Hunter Parts—hunts down internal parts that have strayed, or participates in programming hunts.
Humanizer Parts-will work with cloned parts, puppets, dead and other mechanical parts to assist them with human characteristics.

I

Illuminati Doctor Parts Green, Black, White, Red and Blue-will continue with programming internal parts.
Intellectuals Parts: Parts who can observe, go between systems, learn information quickly and download it to handlers/programmers.
Invalidator Parts- part who will attempt to bring out the negative behaviours in others. This part will work to discredit individuals inside and outside of the system. 2) Part will weaken the effect of outside encouragement to get well.
Inner Guard Parts- keep the system from looking at its self and seeing the structure of entities, mirrors, mazes and other system blocks.
Inner Self Helper- the ISH is a dissociated part that is usually unable to communicate with other alters, yet has the ability to watch and hear everything going on inside a system. The ISH will usually display little emotion or affect. Because the ISH observed inner events, it has access to the memories of the individual as a whole, as well as to the memories of each alter individually. Other names

include: internal self helper, guidance, unconscious mind, observing ego, higher self, hidden observer and inner wisdom.
Instigator Parts-will escalates a situation to protect the system.
Interiorizer Parts – part who insures the inner values of the system continue to function.
Inverter Parts - will turn the system upside down if there is a perceived threat.
Inhibitor Parts- part that will interfere with and suppress specific memories.
Inspirational Parts- inspires belief that every part likes the system and they don't want to leave the system.
Initiator Parts- compel the system self to act on specific programming.
Individualizer Parts - limits the system to a single viewpoint.
Internal councils Parts-Groups of parts that make decisions for the system that falls under their domain. There may be a Christian council, occult council, cult council, military council, for each section of Parts.
Internal programmer Parts-will re-enforce programming by doctors, Mother's of Darkness, and other leading parts.
Introjects These alters are sometimes called as "copy alters" and are internal copies of another person, often they are an internal representation of an attachment figure such as a parent, abusive introjects alters are very common. An introject may be an internal "mother" or "father" alter which warns the child not to act in a way which would cause the child's real external mother or father to punish them, protecting the child from physical harm. Introjects can be calming and soothing if they are representations of caring people.
Ishtar Parts- Babylonian goddess of fertility, love, war, and sex. Her symbol is the eight pointed star.

J

Jailer Parts- parts who will imprison other parts that are rebelling against programming.
Jesus Parts- parts who say they are the Christian son of God, but behave contrary to what the bible states Jesus behaved.
Justifier Parts-part that will uphold the teachings of cult/occult/programming in the system.
Judge Parts - judges the system's conduct harshly, all the time
Justice Parts--Parts who dispense punishment for disobedient Parts
Juliet series are sexual mind controlled slaves.

K

Kali Parts- She will be deep in a System. She is the Goddess of Time and Change
Keeper Parts - keeps (holds) the system down in the programming
Keeper of the Keys Parts- part that holds the keys to doors, chests, and other locked parts of the system.
Keeper of the Spiritual Records Parts- part that records other parts spiritual progress, and deeds to be used against that part or the system.
Kilo 5 series- military espionage parts.

L

Lilith Parts- Female parts that believe they are monsters and are out at night. They have sex with demons, and seductresses.

Little alter A little, is a term often used by those with DID. This type of alter acts 7 years old or younger.

Locator Parts -parts that know where parts are in the system at all times. These parts will report to the rulers where parts are in the system.

Looking Glass Parts- parts that are created to confuse the system, and outside individuals. They appear identical to the original Parts, but backwards. This is what confuses inside parts. The mirror images are often hidden in mirror mazes as their reflection in the mirrors appear as the real part. Looking Glass People are similar to the mirror images. The Programmers may create a looking glass alter by having a drugged part(s) of the subject endure the trauma of seeing someone's face peeled. The subject's face is also hypnotically peeled. The dead individual's skin is placed over the subject being programmed. The Looking Glass People are charted on grids and contain numerous programs. They are confusing to the regular alters, because they appear internally like mirror images.

Loyalty Parts- parts that hold are devoted to the handler/cult/occult.

Lucifer Parts-part that offset the trinity in the system. This part is often kind, the opposite of Jesus in the system.

M

Manager alter A system manager might be seen as a leader to the other alters. They are involved inside and outside if needed - including acting as a temporary host, but mostly they operate inside. They direct what is going on in the system in many ways. Although the system managers usually know all parts of the system and have memory back to the beginning, they are not ISH's (Inner Self Helper).

Maat Parts-bring balance to the system through order, justice and the laws.

Maiden (B) Parts- parts that work closely with the Mother parts. She is the Guardian of the Balance (Maat Parts).

Martial Arts Parts- trained in various martial arts practices to protect the body.

Memory trace alters- One that has a more or less complete life, unlike how many alters which have a limited range of memories. System managers and ISH's often have this ability.

Middle alter-A term often used by those with DID to describe an alter that appears to be between the ages of 8 and 12

The Mother (A) Parts-actively works magick and leads specific rituals in the system.

Misdirector Parts-will send parts and outside individuals to the wrong place, and give wrong directions to protect the system.

Michael 1 series slaves are CIA agents under total mind-control. Operation Green star was the Mind-control project to create UFO abductions scenarios.

Mirror images-are task specific fragments whose job is to confuse both subject and outside individuals who are attempting to breach the system. Duplicate parts of most parts are created, so that even the parts themselves don't know if it is themselves or another alter. These duplicates are called mirrored images and looking glass people (LGPs). Some of the mirrored images may turn out to be demonic entities that have been placed using high level demonology

Misowner (Disowner) - says that this system isn't real and doesn't exist to prevent sharing of

information.
Monster Parts-parts used to scare the other Parts.
Mouse Parts- parts that wind clocks insure internal computers, and grids are working properly.
Mother of Darkness Parts- part that trains the children, and over see Doctors, and programmers.
Moralizer Parts - part preaches at parts and makes them feel guilty for choices they have made
Mood Parts- shift moods between serene/troubled, calm/nervous, pleasant/irritated can rapid cycle.
Moonchild –A part in the spiritual programmed system.

N

Narcotic Parts - keep the higher self feeling drugged, and lethargic when the system may be breached
Nexus Parts-Link parts to one another so they can function and complete a task.
Nothing Parts- Parts who believe they don't exist. They will state they are 'No one'.
Node Parts-Each node is assigned a numerical code. If three or more nodes are brought together by calling out their code names, they form a temporary alter. (The nodes do not have to be adjacent) The information on the Tinker Toy sticks that lead to each of those nodes, when put together, constitutes the instructions for that temporary alter. When the task is done, the temporary part dissipates, the nodes go back to their original place, and each node divides into five. The node that divided cannot be used again, but any of the five new ones can. The numerical code that calls the nodes together is made by dividing the sphere into sections using lines like longitude and latitude. When the nodes are latent, just sitting there doing nothing, no node on the surface layer is connected to any other node. They cannot communicate, they cannot exchange information. They only behave like an alter when they have been called together.

O

Objects In some systems there are objects with consciousness, so they're not normal objects. For example, talking objects, or a notebook that writes itself.
Observation (Watchers/Silent Observer) Parts-deep parts quietly observe all that goes on in a Parts system.
Opposer Parts-resistant to system goals, and values. Helps to maintain system balance.
Over Seer (Administrator) Parts- manages 128 splintered parts of the system

P

Papa Bear Parts- part who is cloned after an outside programming trainer who worked against showing anger.
Part of God (universal Mind) Parts - a part sent to be element of god the individuals contribution to the universal mind.
Perception Blocker Parts-parts who will distort how the system perceives experiences to strengthen the system's beliefs.
Perpetuator Parts-ensures the programming does not fail and will continue.
Persister Parts- parts hold steadfast to their task, often repeating the task over and over.
Pets- In some systems, there are different animals that are just that, animals. They are usually the pet of the system, and have to be taken care of just like a real animal
Persephone Parts- Queen of the Dead and underworld part in many systems. This parts task is to

ensure the poppies fields stay intact.
Planner Parts-plans the systems continued existence
Postulator Parts- part who works with the trinity to plea for other parts in the system.
Presenter Parts – parts that assist with the Parts who participate in social situations.
Programmer (Internalists) Parts- parts cloned after the original programmers to reprogram the System.
Protector Parts: protect the body if it is threatened. 2) Protect the integrity of programming and the system from perceived threats. 3) Protects the system from the system suggesting Alternatives to destructive programming. Part of balancing the system.
Provocateur Parts-Incites other parts or individuals to take part in or complete and illegal act.
Punisher Parts: part fashioned after an external trainer, punisher, or enforcer. Their job is to keep things in line, and will often try to sabotage therapy. Internal punishers will activate inter system punishment sequences. (Flood programming/ suicide programming, self harm programming)

Q

Queen of the Clones Parts- guides the conduct and actions of the clone parts of the system

R

Randomizer Parts- part that encodes messages, and decodes messages.
Recycler Parts- part that can cycle the system into a 'new' being
Restimulator Parts-part that will activate a dormant part of the system if the system is threatened or needs programming.
Resistor Parts resists change in the environment, or changes in the system. Can come across as defiant.
Reporting Parts- programmed to give the handler reports regularly. *Reporting parts* are often small children, that are hidden in each section, and may require slaps to the face or jabs with a needle to pull them up.
Reflector Parts-social Parts will reflect back to the individual what they perceive they are receiving
Relayer Parts- part will pass body perceptions to the system parts and ignore other body perceptions.
Representer Parts- part who will give optimum solution for a problem
Reactive Parts- part that will control the body's reactions to the environment
Recording Parts-will record specific interactions for recall. It may be sight, sound, touch or specific situation.
Restrictor Parts - limits the system to a located viewpoint
Ribbon Parts- These are parts of the programming matrix that monitor programming functions of Parts and then send messages from computers to System areas
Robot Parts-children who have been put into robot costumes and are trained to attack parts of the system which are not in compliance with the programming.
Ruby - sexual alters usually linked to beta programming
Ruling Parts-parts that have titles of royalty in systems.
Run/return to handler return home / Parts-parts that will return to the handler, or flee from the area

they are in.

S

Satanic hierarchy Parts, to insure the occult part of the system is controlled and follows occult teachings
Satan Parts- part feels they are on the victorious side in a spiritual war and are a part of Satan's army. (Different than Lucifer)
Scrambling Parts- to prevent other parts from hearing things that are being said to them that should not be heard.
Seer Parts- parts that gather information and predict the future of the system.
Separator Parts - keeps the system as an individual separate from the system's higher self.
Sexual Parts: created to have sex with individuals. Each Part is programmed in a specific genre of sex. Sexual Parts are also programmed for cult/occult specific sex for the exchange of entities.
Shifter Parts –assts with shifting between 7.83 Hz, 10.80 Hz, 6.6 Hz for programming.
Shell Parts-Hide Parts from being discovered by outside individuals who are not allowed to be aware of that part of the system.
Shell Focus Parts - surrounds the system and focuses things in on the system for programming
Shadow Parts- have shadow Parts created from themselves to take their pain.
Sin Parts - will purposely commit acts that are against the Christian Parts.
Sleep Centre Parts - parts that dream and have the system rebuild things while the system sleeps
Sleeping alter-Time passes for a sleeping alter without knowing.
Slider alter-An alter whose age varies
Social Parts- parts that present in social situations
Somatic Parts (Sickness Parts) - physical pains/sensations are triggered through programming in response to not following directions, rules, job or other instructions laid in by the programmer
Solidifier Parts-will unite the system against a common threat or enemy.
Spirit Guide Parts-part that believes they can spiritually guide other parts seeking spiritual awaking. (Universal mind)
Splitter Parts - continually makes parts split (divide)
Spinner kittens will be accessed via their mama cat, who acts like a Madam in a "cat house". Telephone tones are frequently used to be able to access or trigger parts of the computer program matrix.
Spiritual Parts: have a variety of beliefs that cover different spiritual paths internally.
Subconscious Parts- hides things and convinces the system to stay limited and obedient
Sublimating Parts- insure the sadistic parts behave in a publically acceptable manner.
Suppressor Parts - hides the programming from outside individuals if programming is detected.
Super being Parts– will take over a part by overwhelming them and control them.
Suicide Parts- programmed to stop the body from living. Each Part responds to a specific trigger.
Swindlers and fabricator parts- notoriously skilful timewaster parts. These parts are used to protect the system during therapy, and if caught interrogation.
System Parts – ensure life within the system is continued in a balanced fashion.
Symbolize Parts-maintains the internal symbols placed during programming

Sympathizer Parts- parts that will express compassion for a part that has just been traumatized.
System Holder Parts-parts who feel like they have received a section of the system to oversee and own.
System Coordinator Parts - co-ordinates the interrelationship of system
Synchronizer Parts - will insure that a task, trigger, event occurs across the system at the same time.

T

Teen alter-Teen alters appear to be between the ages of 13 and 18
Tempter Parts - tempts the system to do the opposite of what would lead to freedom, or a positive result for the system.
Terror/Fear Parts - makes the system afraid, especially of anything to do with the mind or spirits
Thinker Parts-closely related to the silent observer. This part will think of alternative actions that can be taken when something arises.
Tranced Parts- bring the body into semiconscious state, as between sleeping and waking and a detachment from one's physical surroundings to assist with pulling up parts for programming.
Travel Parts, sleep during travel or be oblivious to where they are going
Trickster Parts - is a god, goddess, spirit, man, woman, or anthropomorphic animal part who plays tricks or otherwise disobeys normal rules and conventional behaviour. Tricks the system in to insuring the other parts maintain their jobs to correct the error.
Twin alters-Twins appear the same in many ways, and may even have the same name. One twin can good while the other is bad.

U

Unifier/Joiner/Grouper Parts - pulls everything together to insure the system continues to work smoothly.
Universal Mind Parts (The Committee) created by the programming to manage the system these are not self aware Parts, but is a composite composed of a piece of everybody and programmed to run

V

Vacuum Parts -insures the system isn't affected by outside influences attempt to keep the system isolated.
Visual Parts- composes pictures of reality that the system will see. These pictures are often distorted to assist the programming.

W

Watcher Parts- watches the system and its functioning. Typically doesn't speak to individuals on the outside.
Workers Parts: do the jobs of daily life, and usually are part of the presenting systems. These parts

take care of the house, get married, and may hold a highly dependable job.
Wraith Parts -believes they are a ghost.

X

Y

Z

47 Internal Programs

Below is a list of internal programs for use. The programmers are advised to inlay all base programs, and then link the programs to their backups before continuing with individual programs.

Below is a partial list of programs.

4 Elements defensive programming --fire, wind, water, and air. When the programming is touched by any outside individual in an attempt to breach programming the elements of the earth come alive.
WATER--subject will freeze like ice, will suffocate like inhaling water, will boil like being placed in boiling water, will feel a drip drip drip on the head, and will flood with memories.
FIRE—Subject will burn inside and outside. The subject will remember fire torture, and their face melting.
EARTH--the subject will remember being dropped down a well, being buried alive in either hot sand, or a casket. Earth means "life or death". The earth "swallows subject's up." The subject may feel dehydrated from memories of being buried in hot sand (hot earth).
AIR or WIND--Vortexes suck the subject down and away, a strong wind takes the alter(s) out of their designated area and spins and separates them.

A

Abreaction programming- Gives the subject topics to talk about in therapy or with other outside individuals who may be attempting to assist the subject.
Access denied programming- Prevents unauthorized access both externally and internally, will often be reinforced by either or both suicidal/homicidal programming.
Access Programs- Allows access into the subject's internal system. These programs allow the handlers and programmers to access the subject's system through a specific part. Access is achieved through triggers, hand signals, electronic tones, spoken phrases, and touch. Once accessed, countless other programs may be triggered and/or reinforced by the handler or programmer.
Alex Programming- A recall and retry program.
Alice in Wonderland Programming- The programmer/handler uses the book written by Lewis Caroll to map the subject's System. The created parts are given names and rolls after characters in the book. The White Rabbit is a programming figure for Alice in Wonderland programming who has access to deeper parts of the system. The White Rabbit is an important figure to the subject as he represents the programmer/handler.
The Queen of Hearts is also an important figure for commands in the Looking Glass World which. When a deep subject alter is needed to perform they are sent into the looking glass world where a looking glass person carries out the command--but in a way that reality is thought to be a dream
The codes used in Wonderland programming are too vast to list them all. The programmer will chose quotes from the book *Alice in Wonderland* to use.
Alien Programming- Blue beams of light are used as a hypnotic induction for subjects who are given the cover story of being abducted by aliens. The subject during this experience seeks a god who is a

great being to control them. This is used to program in the evil and good aliens, or evil or good gods. The gods or the aliens during a programming session will not be so strange that the subject as a mote can't understand their purposes and activities.
The subject may perceive these aliens on the trip experimenting with us. This is a common easy-to-create psychotropic programming script.
Alpha Programming- Is total alignment with the Programmers' agenda. It is a prerequisite for other forms of programming and a base program. Regarded as general programming within the base control personality; characterized by extremely pronounced memory retention, along with substantially increased physical strength and visual acuity. Alpha programming is accomplished through deliberately subdividing the subject's personality which, in essence, causes a left brain-right brain division, allowing for a programmed union of L and R through neuron pathway stimulation.
Alpha Programming aims to install a mechanical paradigm, where all parts are instruments, vessels or puppets that can be made to do anything by those who hold the insights into the subjects mind. Young children have long periods of alpha activity and must be trained to enter other brain wave states for long periods. Access codes and sexual alters will often be placed in alpha, which may also be coded red in some systems.
Amnesia programming- The alters will be programmed with amnesia as a backup. Backup amnesia means the part doesn't remember that they lost time, or won't remember that they forgot what has occurred. They also won't remember that they don't remember. This is an example of hypnosis used internally by the programmer and the programmed parts to control other inside parts. This is used in Alice in Wonderland programming as Alice falling down a tree. In Oz programming it is used in the Poppy field, or as the Glenda the Good witch with her wand. Two-way amnesia can be used, where neither part knows about the others existence.
Anger Management Programming- Teaches the subject to redirect their anger away from the handler and programmer. The subject will be provoked by one of these figures until they are angry. The question is asked, "Are you angry?" When the subject replies, in the positive an electroshock is applied. The subject will be brought to a high level of anger allowed to 'cool off' for 30 minutes. The subject's and parts are taught to redirect their anger toward themselves. "When you (subject) are angry it is due to your inferiority. You must___ (cut, hit, burn) when you are angry. Do you understand?" This message will be repeated with the question "Do you understand?" The subject is traumatized until they are compliant. Suicide programming will be layered in at a specified brainwave state the programming begins with repetitious self-destruct messages. These messages debase the value of the subject to reinforce the suicidal destruct messages. This training will lead the subject will attach subconsciously a fear of pain to the concept of anger toward their programmers, handlers and authority figures.
Armageddon programming- Is activated in those who have Bible programming. The four horsemen on their different horses ride out and bring their different mental tortures to the subject's mind.
Assassination Programs- When an individual in the subject's environment is deemed to have become too much of a liability, the subject may be triggered to attempt to kill the individual. The programming will be placed against a supportive individual, situation, or environment in the subject's life. As is the case in self-injury programs, means (e.g., guns, knives, poison, etc.) of the assassination program are often "given" to the subject by the programmer.
The primary intent program may not be the actual death of the individual but to scare them away, and to set the subject up as an aggressive individual so other outside attempts to assist in recovery will not occur.

B

Backup Programming- One of the backup programs is designed to deal with an individual who has a good understanding of a system, and tries to take a system out via spiritual warfare. Other backup programs provide the deprogrammer with mirror images and sham alters to talk with. The deprogrammer never talks to the real human elements.

Baby Talk programming-_when the parent and child or two adults, baby talk to each other so it appears there is an intimate relationship and nurturing when it is not.

Bells of Destruction programming-The sound of bells tolling internally signalling to destroy a level of the programming, structures of programming, or a death knell. The program will have the bell toll a specified number of times for each object to be destroyed.

Behavioural sciences programming- Parts programmed to investigate human and animal behaviour through controlled and naturalistic observation, and disciplined scientific experimentation. These parts then learn to predict the behaviours of outside individuals to protect the system from compromise.

Beta programming- is sexual programming spanning from rigid gender stereotypes on one end of the spectrum (Princess Programming) to hyper-sexualized conduct at the opposite end (Porn/Sex Subject Programming). Beta Programming requires absolute submission from women/men in order for them to perform their tasks. An early sexual torture will be used to anchor this programming. These sexual subjects will develop sexual abilities that are for the pleasure of others and not the subject.

It is important for Beta subjects to be programmed to have charm, seductive skills, charisma, and creativity. This programming eliminates all learned moral convictions and stimulates the primitive sexual instinct, devoid of inhibitions. Kitten parts are created with this programming.

Betrayal programming-Parts are programmed not to trust one another so they cannot form alliances. This is done by having parts 'report' on one another's activities, and not assist each other outside of their tasks.

Black box programming- is self-destruct and shatter programming sealed off into a black box to protect system. Black boxes are not to be opened.

Brain Starvation Programming- is done by severely limiting sugar and proteins. Water deprivation is taught to caregivers to raise the brain's temperature, which happens when the brain swells from lack of water. The subject gets woozy, overheated and hallucinates so they can't remember clearly. Water deprivation combined with electroshock makes it difficult for the subject to remember anything. Heavy exercise along with long periods of little sleep 2 to 3 hours a day causes an overproduction of endorphins and victims begin to robotically respond to commands.

Brain wave programming-is a very complex form of programming which creates automatic amnesia and communication barriers between the different brain wave states. This will also be reinforced by shock and punishment to prevent its "degradation", or undoing. Internal system controllers and programmers will also work to reinforce the programming at night when the subject is asleep. (Physically).

Brain wave programming involves having a young subject placed in a deep trance, where they learn to dissociate into a specified brain wave state. Three programmers will work on one subject during the initial stages.

One will "prep" the subject, using a hypnotic drug to induce a trance state. They will have also

placed the electrodes on the head, using an abbreviated version of the method used in traditional hospital setting. If delta state is being induced, only the electrodes needed to pick up delta waves will be placed.

The number two programmer will advise the subject exactly what they expect: they will achieve a special state, called ____ the programmer tells the subject, while they are in trance state, they (the programmers) will know when they reach it, by the readings from the electrodes.

The third Programmer is the verbal or teaching programmer. They will immediately reward the subject, saying, "Good, you are in ___ state now." The programmer will touch the subject; tell them what a good job they are doing. If the subject jumps out of ____ state, the verbal programmer will immediately become harsh, and will shock the subject as punishment. The subject is told that it left the desired state (which is "good") and needs to go back in.

The average subject is about eight years old when this is begun, since the cerebral cortex and neurological development are not advanced enough in younger ages. The programmer will tell the part, who has been called up to be a "template", or building block for the new system, that ___state is "good". They will emphasize this over and over. The subject will be shocked to increase its receptivity to learning. This also arouses the subject from its drugged state and they will be more alert. The programmer will tell the subject that they are to execute mental exercises. The programmer will then give the subject backwards counting exercises, used to help the subject achieve deeper trance states. Other verbal cues to trance down will be given. When the prepping or technical programmer sees ____ waveforms, they will signal the verbal programmer with a hand signal. The induction, counting, will be repeated until ___ state is seen again. The subject is consistently rewarded for entering, then staying in this state for longer and longer periods of time. When the template part can stay in the specified brainwave pattern consistently, the part will be rewarded. This will occur over several months.

The programmers now have a template that stays in the desired state. They can begin splitting and using the part as a basis of forming a new system. The new system will record the desired brain waves on an EEG if done correctly. The new system will be taught what the brain wave state means. The programmers will flash a cue or symbol correlating with the state overhead, and brand the state into the system. The programmers will wear clothing with the symbols. The parts will be taught what to do, how they act, and how to view the world. They will reward them when they comply, and shock or otherwise traumatize them if they do not act as the brainwave state.

Body programs- will be put in for all parts. The same code will work for all alters when the internal programming parts want to trigger a body program. Many body programs are activated via trigger codes are memories of severe torture. The internal defences consist in part of body programs that are triggered if the subject attempts to break programming.

Some body programs are: Auditory problems, Blood flow/circulation, Coma, Digestive failure, Headaches-split brain, Heart failure, histamine production, Optic problems such as blindness, Respiratory failure, Sleep deprivation, Sleeping program, Temperature change, control the pulse rate and heart beat, control the body's temperature, Control the temperature of individual body parts or sides of the body, such as the right side of the body might get hot, and the left side of the body will be cold.

Some of the body programs are carried out by an alter fragment which feels as if they are burning or one that was created by ice torture. This part or this feeling of being hot or cold is then attached to something in the mind. If the subject moves toward the freedom, a cold alter or a cold feeling of a memory is hypnotically programmed to come up behind the alter holding the body.

Many feelings, body sensations, and drugged states are attached to body programs.
The heart is controlled by the mind and works with the emotions of a subject. Programmers have been taking advantage of the mind's ability to control the heart's beating. The three most frequent events that change heart beat are emotions, sicknesses, and muscle activity. Parts are programmed to trance out if anyone tries to prove to them that they have a heart.
Other body programs appear to be connected to the memories of alters. For instance, if the Programmer wants the body to burn--he has the System pull up an alter which was tortured with fire who comes up behind the alter holding the body, and the body then abreacts and feels like it is burning.
Burning Programs-Burning programs are linked to Silence programs, and self punishment programs. Common modes of burning include: cigarettes, lighters, hot metal implements (i.e., knives, rods, wands), and/or a variety of scalding (or flammable) liquids and caustic chemicals.
Boxes Programming-Subjects will be placed in a room and a cedar chest would be placed in front of a table. Two young subjects will be assigned to guard the chest, which is called the "Doctor's box". The box will have three seals on it that cannot be broken. The subjects will be weapons with which to guard the box. Expendable children will be sent in to try to break the seals and open the box. The subjects will be given directives to kill anyone who attempts to break the seals and open the box. If the subjects fail in their guard duty, they are tortured or depending on the failure terminated. Internally, the subjects have template alters who know nothing but their hypnotic commands to guard the doctor's boxes. Locked in the boxes would be self-mutilation, body programs, spin programs etc.

C

Carousal Programming- is a sequence designed to confuse alters and fragments inside. This program is linked to spin and confusion programming internally. This may also be used to punish internal parts by spinning them on the carousel if they disclose information or tell.
Chi Programming- or "return to cult" is programming installed in order to get subjects to reassemble a packaged ideology or religious belief. It is the equivalent of "calling in" or "coming in" in the language of secretive intelligence agencies, and it will make a sleeper subject return from any level of ideological digression or apathy to core beliefs they may not even be aware rules them.
On the cultural level it is an instrument of social engineering to make sure that one Programmers agenda, such as multi-culturalism, does not exceed certain boundaries.
Whenever Programmers deem it necessary, the Chi Programming is invoked and unfolded, dragging subject's in the opposite direction, for instance towards nationalism and racist positions.
Alternatively, the multi-cultural vision can be furthered, when it suits the Programmers agenda, overriding patriotism and ethnic-cultural loyalties.
Colour programming-a way to organize systems that allows the programmer to call alters up easily. With hundreds of fragments colours are a way of organizing them into an easily accessible group. Colour coding is one of the first methods that are inlayed over systems. An entire system may be colour coded with numerous colours, with each system controller being given a different colour over its part of the system
A box of coloured scarves and electroshock are used to program colour coding into subject's mind. Besides alters, other things in the system are colour coded.
Castle programming-Castles can be set throughout the landscape of the system. The script must

coincide with the placement of a castle so the subject's mind will accept it. Programmers should not place a castle if it does not fit the script. This will cause a system glitch. Castles are used for re-programming, placing parts in the dungeon, and for hierarchy parts to live. Names of the castle should reflect the programming script.

Cutting Programs-As children, subjects will be taught by programmers when and how to cut. These programs are a means of punishment, as well as to reinforce earlier obedience or shutdown commands. The cutting implements themselves may be gifts from the programmer used during the original programming session. The subject will keep these implements hidden and use only when the program to cut is triggered. Many cutting programs have been coded to progress to suicide programs.

Cocoon programming-Used with monarch butterfly images. The subject is wrapped in white cloth and reborn as a butterfly. The subject is under psychotropic medication to enhance the programming and images. The subject's legs are spread and folded like a butterflies wings. The programmer then has sex with the subject as the programming script for the butterfly is read.

Cover Programs - Similar to screen memories; these are programmed memories laid in by the cult/occult to distract from, or distort, the true ritual abuse memory. A secondary purpose of these programs is to discredit the subject's memories with unbelievable content. As a result portions of the memory will be true, other aspects will be false.

Cinderella Program-Occult program used for rituals. At midnight a young part will be called up to perform a task during the ritual. Other purposes of this program consist of falling asleep at midnight, completing a specific task at midnight, and amnesia programming triggered at midnight.

Cross Programming- Subjects will be programmed as teams. Each team will be given code words for each alter who is part of a 2-System team. Teams will be trauma and sexually bonded, as well as having mirror images with each other's names.

D

Daytime Abandonment programming- starts at birth for all subjects. The environment itself is programming. No matter how the infant behaves it is ignored and abused physically and emotionally in the daytime. Nurturing and caretaking by caregivers occur only at night.

Death programming- is completed by removing the fear of death from parts and advising the alter they must protect the secrets, family, clan, and system. The fear of death is removed by torture and advising the part they don't exist, they are passing through, and this life is a door way to another realm.

Torture programming for death parts consists of near death torture bringing the part near death by drowning, suffocation (by smothering or choking), electric shocks, drug induced death experiences, placed in pits to simulate being buried alive, and placed in coffins or witnessing horrific deaths of others.

Horrific deaths include made to feel helpless to help an individual who is dying. A subject of the same age is tortured to death by skinning, drowning, burning, hanging, burial, electrocution, gang rape, and other methods.

The final act in deaths programming is to participate in the death of an individual. The individual will be the approximate age of the part. The programmer and handler will decide the means of death. The individual's death must allow for the subject's part to directly witness the last breath.

Dehumanizing Programming- creates alters that are things or objects. Like, earth element, gemstone or rock to insure the part continues to believe they are not human.

Delta programming- This is known as "killer" programming, originally developed for training special agents or elite soldiers (i.e. Delta Force, First Earth Battalion, Mossad, etc.) in covert operations. Optimal adrenal output and controlled aggression is evident. Subjects are devoid of fear; very systematic in carrying out their assignment. Delta is employed to create a standing army of fearless subject's, who can be further groomed by army, police and the intelligence community through the legitimate process of recruitment and training, or by secretive handlers who can trigger Delta impulses and learned capabilities. The use of subjects crosses many organizational boundaries within the overall Network. If a subject is to be used as a Delta model (assassination), they may be selected for strength and dexterity.

Physical fitness sequences are often applied, with favourites being exercises that can be done in complete solitude, such as running on a track, raising the body from a bar and vertical sit-ups with the legs fixed.

Delta this is one of the more cognitive brain wave states, and will often be highly dissociated. A subject can be in waking delta if they are in an advanced state of programming. Delta alters are emotionless, flat with photographic memories. They may hold most of the cognitive memories for the other systems, especially if extensive amnesia programming has been completed.

Delta state may have up to three levels of training: Delta Tier 3, General solider training. Delta Tier 2, Sniper, special operations training. Delta Tier 1 T.S. NTK, Black ops training, clandestine operations, no acknowledgement of existence.

Another example is U.S. Navy SEAL Team Six (officially the Naval Special Warfare Development Group) are JSOC's (Joint Special Operations Command**)** elite tier-one forces. They conduct the nation's black operations, and work in absolute secrecy. When an operator from one of these units is killed in action, the Department of Defence generally releases their name with a cover story for the death. (A training accident, for example.)

Denial programming-begins with the first experiences the subject goes through in life. The subject has been traumatized, the next morning the programmers are acting normally, as if nothing has occurred. This is reinforced later by the subject being asked what happened. If the subject begins to state what has happened the previous night/day they are punished. Denial will be reinforced by the programmers by advising the subject they will never be believed if they disclose. There will be situations set up by the programmers where another subject will ask what has occurred. If the subject begins to disclose torture is implemented.

The subject will learn to deny any memories due to fear of punishment, no one will believe them, and they will lose anyone they are close to.

Alters will be created as the subject grows, whose purpose will be to deny the trauma. If any disclosure were to occur the alter will state it was a nightmare, a book the subject read, a movie they saw, etc.

Demonology programming- (spiritual programming) The subject's alters are to participate in rituals where demons are invoked. The demons are to act as 'Guardians' protecting the system. The alters are advised if the demon is 'cast out' they will return seven fold. Alters are also advised they are demons to prevent Christians from breaching the system.

Disney Programming-uses Disney movies and scripts for subject. The subject's parts will be given Disney character names. Mickey Mouse will be the lead programmer.

Dual Programming-Programming two or more subject's together with the identical scripts, colours, and mapping. The codes will differ, and the images will differ due to the differences in the subject's perspective. The programming is used with twinning.

Duel programming-Programming in systems that prevents alters from agreeing on a task, or goal. This programming prevents alters from fighting other programming because they cannot agree on outcome.
Don't talk; don't tell programming- Triggers flooding, body memories, spinning programs if the subject attempts to talk about programming. This programming is also used for Delta programming if subject were to be apprehended. Programming should be linked to any program the programmer deems necessary.
Distortion programming- The subject will see an individual's face as melting wax, with numerous overlays, double faces and other distorted images. This programming can also hold echoing, which is when an individual speaks their voice echoes. This leads to the subject believing they are losing their mind, outside diagnosis will lead to schizophrenia.
Doll programming- The subject is given a doll that is made to look like them. The subject is taught to project their feelings onto the doll. Due to the doll looking like the subject they are projecting on to themselves. The programmer will place the doll in positions and have the subject 'abuse' the doll. The subject is trained to assume the same positions so they can be abused.

E

Early milieu programming- The subject is abandoned by caregivers during this programming to inlay abandonment issues for trauma bonding. During this time programming is completed during the day in which the programmers are consistently apathetic towards the subject. The subject is to feel unlovable and must seek to please others during the day. During the night the subject is cared for and nurtured by family member, programmers and other subject's.
Epsilon programming-is the programming of animal alters into the subject. Epsilon programming is used to create animal alters, which is thought to be the key to paranormal or superhuman abilities Epsilon Programming elements are often added to other forms of programming to increase the effect in a specific direction. The Greek or Cyrillic symbol 3 will be found on the subliminal level. Epsilon programming is specific to the animal and its purpose and attributes. Epsilon programming is typically paired with another form of programming. Epsilon programming paired with beta programming for example. Some examples of Epsilon/Beta programming are: sex kittens. Epsilon programming is used widely in the sex industry for 'pony girls', 'puppy play' and other animal fetishes. The intent of programming a subject is to give them attributes their handler will want/need.
A fox would be the animal form the alter would assume. The subject for sexual purposes would be told they are a vixen. This would be done if they are male or female. The sexual programming would be layered in.
If the programmer wanted the fox alter to remain as a 'system protector'. The subject would be given the attributes of a 'hunted fox'. This means this part would flee if the system were threatened. Foxes are shy animals as a result this part would rarely be seen. They are also isolative animals and nocturnal. The fox alter would cover its tracks using tactics to throw individuals off.
If the subject were to be have a fox programmed as an 'active alter' the programming would be for 'sly fox'. This subject's task would be to 'out wit' therapists, clergy, friends, anyone who attempted to discover deeper parts of the system.
Any animal can be used in Epsilon programming. Just about every animal has been tried.
For Epsilon programming to effectively work the subject must be kept in a cage. When the subject is

in the cage they are treated like the animal the handler desires.
As another example the programmer wants a subject to be a dog. The programmer will treat the subject consistently as they would a dog. If the subject misbehaved; they would be told 'bad dog' and an electric shock will be administered through the cage.
The programmer would ask the subject if they wanted to be a dog. When the subject responds with 'no' another shock would be administered. The subject would be given choices; you can come out of your cage if you are a good dog. A good dog would give me oral sex; a bad dog would stay in its cage.
These things would continue, breaking down the subject's will. The programmer would tell the subject, you can eat if you bark. If the subject refuses, they don't eat. The subject is told to eat food out of a bowl. If they refuse they don't eat. If they try and use their hands they are shocked.
Dog programming is for sexualized aggression. The subject is aggressively raped from behind. The perpetrator of the rape will say things such as: 'good bitch', 'fucking dog', 'you're in heat', and will often growl or bark themselves.
As the programming progresses the subject will be trained to attack other kids, and programmers. They train the subject how to attack, how to have forced sex. They do this by if the subject restricts their arms correctly, and subdues them correctly. If the subject does not do these things correctly they are easily over powered and viciously raped.
The programmer will eventually take the subject and pit it against other young subjects who are training to be dogs. The two programmed subjects will fight, biting, at one another until they are broken up, or one is severely injured.
The part (alter) that has been trained does not think they are human. The programmers have insured telling this part, "You are human." won't work. During training, the part would be asked if they were human, if they answered, "Yes." they were tortured. If they answered, "No." they were rewarded. This would continue until they would say they were a dog.

The phrase: "Dogs of War"? from Shakespeare's Julius Caesar.
The phrase 'Dog days of summer' refers to the rising of the star Sirius. The Egyptians referred to this star as the 'Star of Isis.' Sirius is a member of the constellation Canis Major ('The Big Dog') this star is brighter and more powerful than the sun. Sirius is also called the 'Rainbow Star.'
The phrase: "Dog and pony show." In programming 'ponies' are also sex alters. To have a 'dog and pony show' means something completely different to a programmed individual.
Here are other uses for dog programming:
Black dog programming, Depression
Bitch programming, subject, sex subject
Brown Dog programming, used for experiments, medical programming
Cerberus programming, guards important doors/gates
Gabriel's Hounds, demonic layering, German
Pavlov's Dog, trained of one specific task

Key phrases of Dog programming:
NO or STOP – stop doing whatever they are doing right now.
SIT – sit at their current position.
DOWN – lie down at their current position.
STAND – stand up when it is in the Sit or down position.

OFF – get off the item they are currently on.
STAY – stay at their current position.
GO – start walking or running.
FOCUS – focus on you, and not be distracted.
SPEAK – bark.
QUIET – stop any whining or barking.
HEEL – walk next to you, on either side, at your pace.
BITE – bite into a given object.
OUT or DROP IT – free any item it has in their mouth.
HOLD – hold in their mouth whatever it is biting on.
Off Leash commands
COME – to come towards you.
GO OUT – leave the crate, kennel, room.
GO IN – enter the crate, kennel, room.
End time Programming- When activated the subject's alters will align with their designated sides. They will take a stance of who should be irradiated and who should survive. This will cause chaos within the subject.

F

Ferris wheel Programming- creates compartments shaped like pieces of pie. Each piece is a small part of the pie or a larger structure used to house alters, and fragments. The wheel can be turned to access alters, and to move them in the system.
Flood programming- A coded sequence put in place to punish a system if its internal programming is allowed to degrade or access to an unauthorized individuals, either internally or externally. Flood programming will involve the fragments who hold highly traumatic memories, both emotional and physical, being pushed to the front where the subject is "flooded" with wave after wave of memories. Suicide programming and shattered programming is often layered in with Flood programming. These programmes are triggered to interfere with therapeutic process by overwhelming the subject. This is achieved by triggering the subject to have a flood of painful and frightening cognitive and/or somatic memories enter consciousness simultaneously, thereby significantly increasing post-traumatic stress disorder (PTSD) symptomotology and suppressing the functionality of the subject.
Flowers Programming-Flowers are placed throughout the system as triggers. The flowers can be utilized from the script. The flowers can also be coded by type within the system to designated times for rituals and seasons.
Formation Programming- Parts are programmed to gather together when a specified code is given. The formations can be protective, ritual, soldiers, animals, spies, or what the programmer desires. The formations can be coded by colour pairing, number pairing, or direct outside trigger.

G

Gamma programming- hold cult loyal alters, and holds more emotion than the other states, except for alpha. Suicide programming will often be layered in, as these alters would rather die than leave their "family". Scholarship programming may be paired with Gamma programming, since they easily

memorize by repetition. Several languages may be spoken by different alters under this programming, both modern and ancient languages can being spoken
The system protection and deception aspect of this programming will provide misinformation to individuals, and attempt to redirect any outside intervention. Gamma parts are employed to sow doubt and confusion about the very existence of Programmers.
Gate Keeper Programming- Alters programmed to guard portals and gates throughout the system. The alters impose their reality on other parts within the system by using oppression, judgment, force and deception.
Gender role confusion- Female subjects are programmed with male attributes, and male subjects are programmed with female attributes. For males: (opposite for females) He wants to be a girl.
He desires to grow up to be a woman.
He has a marked interest in female activities, including playing with dolls or playing the roles of girls or women.
He has an intense interest in cosmetics, jewellery, or girls' clothes and enjoys dressing up in girls' apparel.
His favourite friends are girls.
On occasions, he may cross-dress and actually consider himself to be a girl.
Gethsemane Suicide Programming-If subject is captured, silence programming runs, the subject does not attempt to 'save themselves' but allows their death.
Governmental programming- the subject is trained to take leadership positions or administrative positions in the government. The subject is trained to network with others in governments, local, national, and international. The Programmers' stated goal is to infiltrate, and eventually cause the downfall of, all major governments in the world. Government operatives are taught to do this by: infiltrating local political parties running for leadership both locally and nationally working for top leaders, as administrators, financial advisors funding governmental races and backing the individual sympathetic to the programmers' agenda.
The subject's selected for governmental programming are usually highly intelligent with native charm, or charisma. They are also skilled in manipulation. These abilities may be enhanced through programming, encouraging the subject to project a personality that will draw subject's to them. They are also taught finances extensively. This programming is done by: hypnotizing the subject, whether subject, youth, or programmer (it is usually administered in late childhood in suitable candidates), and inducing deep trance with drugs. The subject is shocked, and given the script they are to follow.
They will learn any languages necessary for the position.
Go insane program-Defence programming. Subject my feel as if they are hearing voices, depression, echoing, high pitched frequencies, spiders and crawling sensation on skin, distorted vision, and other sensory distortion.
God Satan Programming- form of dual programming to insure system balance. The personalities of the deities are switched. Satan/Lucifer has the attributes of the Christian God. God/Jesus has the attributes of Lucifer/Satan.
Gumby Programming- is to make the subject think their body is like Gumby and is flexible to move into any position. The programming is used for sexual techniques paired with Beta programming. Programmers will have male instructors who teach female subjects about the power of seduction. The male and female sexual subjects usually are highly skilled technicians who don't have emotions

attached to what they do.

H

Halt Programming-When activated via code this program stops all activities within the system. The Halt programming can be used if there is a major system breach, the subject's job is cancelled and all alters need to stop immediately.
Hearts of Stone programming- The programmers make the alters believe they have surgically removed their hearts and replaced them with a stone(s) 3. The Programmers will remove the heart for a number of reasons: Black mail, remove fear of death, remove love, remove feelings etc. By removing the subject's hearts, it removes any chance the dark alters will have the capacity for compassion in their heart for anyone. They will be told that they are incapable of having friends or of loving others.
Programmers will promise to return the heart, if the subject obeys, returns home when called, and if they should die and need to be revived.
Programmers can give a part of the heart to a hierarchy alter for proof of safe keeping. The part may be hidden somewhere Temple of Molech, Valley of Death, or torture section of programming.
Honour/dishonour programming is common in military systems. In this, the military parts are told that an "honourable and courageous" soldier will take their life, rather than reveal secrets or leave their unit.
Hourglass programming-two triangles are placed in the system, one with its point upward the other with its point down. The triangles are put on a line so their points will meet forming an hourglass. When the points of the triangle meet the sand will begin to run through the top glass. The programmer can decide what will occur when the hour is up.
Hypno-sleep-suicide program placed in the system during the deepest level of hypnosis.

I

Iceman Programming-Programming that insures the balance of the system is maintained. An internal part must be selected for this programming. This part must have access to system codes and keys. They are programmed with a cold personality hidden deep within the system and placed under guard. Their task is to 'thaw' the system if the system tips too far out of balance in regards to depression, fear, and suicidal thoughts and attempts that aren't triggered.
Intelligence Spectrum Programming-Programming for parts that maintains age specific intelligence. This is to insure a younger part does not become higher functioning that an elder part.
Isolation Programs-Isolation programs are layered in for internal and external purposes. Within the system, alters may be walled-off (via amnesic barriers) from cooperative alters by cult-loyal alters. Beyond the system, subjects may be conditioned to withdraw socially, isolating themselves from helpful resources, etc.

J

Jacobs' ladder programming-A spiritual program that leads to the subject's higher understanding of spiritual beings.
Janus programming-Dual programming. This programming can work as a 'reset program' taking alters back to a previous point in programming. This programming can also be used to insure the subject does not trust others. The subject is programmed to believe in the dual nature of God, individuals and themselves. Individuals are good and bad, sane and insane, trustworthy and untrustworthy etc.
Janus programming can be used with hourglasses for the passage of time, future events and past events can be connected with Janus programming.
Janus 2 (two) programming is used in subjects for facial memory and recognition. This program assists with smoother transitions if there is a switch. The alter who is control may not know the individual they are speaking with but with Janus 2 they will have a sense of recognition.
Jewels programming- Children of programmers will go through either metals or jewels programming. Jewels are considered higher than metals. Which program is put in and when, is dependent on the subject's status, their parent's status, the location of birth, the group subject is born into, and the programmers that work with them. Jewel programming is used to reinforce cult or abuse - group commands such as recall
Rubies, emeralds and diamonds are considered powerful alters inside and are in leadership roles, both internally and externally. The subject's sense of identity, and status may be held in these alters.

The jewels are used as reward based programming.

Training for this program often begins between ages two and three. Each step of obedience is linked to receiving a jewel. To earn the designated jewel the subject must:
a.) show sexual adeptness
b.) Pass programming tests
c.) Be rewarded for special achievement (fighting, survival)
d.) be adept at games
e.) show heightened intelligence
f.) attributes of trauma bonding
g.) Show betrayal skills

Amethyst is usually the first jewel earned, and is linked to keeping secrets, never telling, and passing the first step of obedience.
Ruby sexual alters inside. As the subject is sexually traumatized and survives, or creates sexual alters to please adults, they are rewarded by being allowed to become a ruby.
Moon Stone given to subjects who achieve rank in ritual setting.
Emerald will often come later (ages 12 to 15). This is considered very precious, and is linked to family loyalty, witchcraft, and spiritual achievement.
Morganite Given to child alters who are skilled at their assigned job and hold the body well through training.
Sapphire- Given to subject when they have mastered not wanting anything, remain quiet when their needs are not met and when they are left alone for extended periods of time.

Paraiba Tourmaline-subject has mastered photographic response and memory.
Blood Stone Given when the subject has terminated another subject, participated in a ritual sacrifice without fear, remorse, or other negative emotion.
Melanite- given to subject when they have survived a hunt, and found the hunted.
Hackmanite-Subject shows ability to re-enact programming scenarios with minor subjects.
Cats Eye Aquamarine- Subject completes assigned task and responds to call back.
Diamond is the highest gemstone, and not all children will earn it. It is considered a high achievement may not be earned until adulthood, after passing rigorous tasks. It will be the controlling alters in a gemstone system. A diamond has passed all twelve steps of discipline, plus passed unusual tests and will have highest family loyalty.
Judas Programming.-protective programs. A subject who betrays the programmers is programmed to hang themselves.
Jolly Green Giant programming-(Green Giant)-occult programming to protect detection from outside individuals. The Green Giant protects occult inside territory by inflicting trauma on internal trespassers. The programming will trigger internal occult protectors to threaten and intimidate outside individuals.

K

Kaleidoscope programming-a distortion program that causes the subject to see many faces of one individual. The program will often spin.
Kerberos programming- Linked to Epsilon programming. This programming is a protection program. The dog parts will protect the area and become aggressive if it is tampered with.
Kosem programming-suicide program by hanging.

L

Lascivious programming-Sexually aggressive programming.
Lilith programming which is given alters who function within the Cabbalistic Tree of Life which is built in during Mengele's programming for the deeper sections (levels) of alters which are trained in Programmers black magic

M

The Man without a Country Programming-The subject is read the story. They are advised they will be rejected by everyone, enemy and friend, if they reveal any secrets of the programming. The subject is isolated for periods of time so they understand the severity of breaking secrets
Mask Programming-Subjects are given a mask as a replacement for their face. The mask could be made of porcelain, paint, or another material. If the subject removes the mask, or the mask is removed they are told they will die. Without the mask they don't exist and no one can see them.
Mensa Programming-Photographic memory programming. Reserved for subjects with exceptional I.Q.
Melting Pot Program-A program that melts the subject into their programmer. The subject will do anything for the programmer with this program. The melting is blissful feeling that anchors the subject to the programmer.
Metals programming- Metals programming is a type of programming that many Programmers' children are given. Metals can be from bronze (lowest) to platinum (highest). Metals a form of reward based programming.
Rhoduim-Highest level
Platinum –
Gold - second highest in the metals programming rank.
Ruthenium
Iridium
Osmium
Palladium
Rhenium
Silver
Gallium

Indium
Tellurium-Lowest Level
Military programming-Started by three years of age with simple exercises. The subjects are taught to march in time, stand in a straight line. They are punished by being kicked, shocked with a cattle prod, or beaten with a baton if they move out of place.
The programmers will have ranks, badges and insignia to indicating the subject's level of achievement in the cult hierarchy and military. Badges and medals are given out to indicate the subject's level of training and tests passed
Being killed is considered weakness; being a killer is considered strength.
Prisoner of war camps will be simulated. The "guards" are older subjects who have done well. The "prisoners" are younger subjects or those being punished for not performing well. There is intense pressure to become a guard as this is a power position.
Hunting and tracking games where the prisoners are given a half hour lead are frequent. These may also involve the use of trained dogs taught to knock the hunted down but not kill them. Older children are taught to handle the dogs, and use them. Youth are taught to help the programmers train the dogs.
Microwaves for Programming- a chip is placed in the auditory cortex of the brain. The chip allows someone to speak into a microphone, the microphone then has its sounds coded into microwave, which are sent to the receiver in the brain and the receiver device will transform the microwaves back so that the subject's mind hears the spoken message.
Mirror Programming- There exists a mirror world which is a reversal of the one internal world the subject lives in. The programming creates duplicate reflected images of parts, and internal structures. This causes confusion and parts to become lost if they attempt to leave their area. Mirrors can also be placed in the system as doors and traps. If the mirror is shattered a program can be triggered to protect the system.
Mote Programming-The subject is a mere mote, a small flash in infinite time. When an alter of a subject thinks or goes internally where it shouldn't, this programming is attached to the mind so that the subject loses sight of who they are and feels very insignificant and only a dot. It can also be used as a mass protective program where the mind spreads out like molecules and loses the ability to think

N

Naiad Programming-water programming. Areas of the system can be flooded with water if there is a breach. It can also be used to re-enforce outside water torture for internal parts.
Near Death Programming- Completed by drugging the subject at age 2 or 3. The subject is tortured by, beating, shocking and almost suffocating to create a near death state. While under this duress the subject is brought to consciousness and asked to choose, death or to invite a powerful demon inside. The demon enters; the subject becomes unconscious, and awakens later in clean clothing and a soft bed. The subject is weak and shaky, and is told by their handler in a very compassionate manner, that they died, but the demon brought them back to life. The subject told that if they ask the demonic entity to leave, that they will revert to the near death state they were in.
Another near death programming is the subjects arms, legs, waist and neck tied down. The subject is wrapped in a cocoon with soft gauze; they are fed intravenously, and undergo sensory deprivation. White light and loud noise are used to help disorient the subject then they are electric shocked and drugged. This occurs for approximately two days. The subject is advised they are dying. There

handler advises the subject they will not let them die, but their life is owed to them (handler). Recorded messages of being “reborn” into the “family group” are also played on a loop as the subject is brought out of unconsciousness.

A third version is placing the subject in a large recently killed animal large animal. The subject has been drugged and traumatised to heighten their fear. The subject will be told they have been placed in “the belly of the beast” and will die. The programmer or handler will ‘rescue’ the subject form this death.

Nightmare-Night Terror Programs- Similar to flooding programs, subjects are conditioned to become overwhelmed with terrifying images/memories while asleep. They serve to keep the subject run-down and fatigued. Often, nightmare programs are triggered or tripped automatically when processing forbidden material in therapy.

No-talk programming-subject is programmed to not talk about past events. The programming will trigger pain in the tongue, teeth and jaw.

Nursery Rhyme programming- Nursery rhymes are constructed to activate designated alters that are usually sleepers. A Tisket A Tasket, Baa, Baa, Black Sheep is used for money laundering scripts, and drug money or drug carrying scripts. Bye, Baby Bunting is used with where the subject child is placed within a skin, cocoon programming with a butterfly coming forth or near death experiences. Diddle, Diddle Dumpling, Ding, Dong Bell, Hickory Dickery Dock are used for internal clocks.

O

Omega programming- is designed to make subjects prone to self-destruction, which is both a general social engineering principle and an emergency brake in programming. The corresponding behaviours include suicidal tendencies and/or self-mutilation. The Omega programs prevent integrating the subject, they hold the body programs, and run the computers. If major tampering is done with the System, which threatens to totally wipe out the Omega programs, then one of the backup programs will be triggered.
Octopus suicide programming, an octopus suicide program chokes the subject if they are disobedient.

P

Phi/Theta programming -this represents negative spiritual programming. These are the “dark” ritual alters, who participate in blood rituals, sacrifices, and ceremonies. Internal witches, warlocks, seers, psychics, readers, and occult practitioners will undergo this programming, which has highly developed right brain and deep trance abilities. They will often be colour coded black.
Porcelain Face Programming- Fire torture and melted wax is used to make the subject believe their face has been burned. The programmer gives the traumatized parts a porcelain mask. The part getting the Porcelain face may be given a "gem" hypnotically like Jade and that becomes their secret name. Another use of porcelain masks is to place masks on Pawn alters which were used to guard places by scaring other alters with their fearful porcelain countenances. The alters are placed in mirror mazes so their reflections are scary to others entering the mazes.
Pain Programs-Subjects are conditioned to re-experience the physical pain portion of their abuse memories. Used as punishment, pain programs may also be enacted to "motivate" the subject to carry out other programmed functions.
Potter’s Wheel program-This is the equivalent to a computer utility program. The Programmer pulls the alter they want to work on up on the potter’s. When alters are placed on the potter’s wheel, they can be asked to stand in order. Then the alters will come to the front of the mind on top of each other in their prearranged sequence.
Princess Programming- The princess program which is a back up program functions, if the regular programming breaks down or if the handler loses control over the system. The programming is contained within a box, which is opened. The princess who is kept sleeping by spiders which bite her in a coffin, wakes up and looks for the prince to come. Darkness sets in on all the top sections of alters, and thick walls and pain come, then a webbing much like a body-suit-cocoon will envelope all alters but those loyal to the programmer. It becomes hard to breathe and the alters who had sought freedom from the programming, now find themselves being tranced out. Alters who are cold and in lots of pain are called up by code to torment the body. The Outer Darkness of a System (sometimes called the Rubicon) gets thicker
The system will re-establish its compass.
Prolog Programming- Logic programming for the subject. The programmer will set up scenarios that

to an outside individual cannot be true. Due to the subject experiencing the scenario it is true. When an outside individual attempts to logically state what has occurred cannot be true, the programming will state it is true reinforcing the belief.

Puppet programming- In the body feels totally disjointed and controlled by strings. The subject's body is paralyzed by drugs and then electronic shocks are administered to limbs. The programmer will tie ropes to the limbs, and the limb or body part is shocked the programmer will pull the ropes. This gives the programmer complete control over the subjects body. The subject when not being shocked will learn to respond to the ropes without fighting. Puppeteers can be placed internally to control these parts.

Paper doll programming Another is for the subject to think they have been turned into a fragile paper doll. The programming is put in by making the skin very sensitive to any touch, and then attaching that memory to the hypnotic suggestion of being a paper doll. The paper dolls may be burned by the programmer to re-enforce how fragile they are.

Q

Quiet Wind-The audio hallucination of a quiet wind is used to convince the subject that the Holy Spirit is visiting them.

R

Rapid Switching Programs- This program is a system defence, once enacted; a subject may not be able to finish a sentence without switching three to four times between alters. This creates for the subject an inability to function. Dizziness, fainting, aggression, and in extreme cases death may occur. Subject must be 'reset' or heavy sedation administered.

Re-birthing program-The re-birthing program is triggered to remind the subject they have been born for a purpose. The program can also be triggered so the subject can be 'born again' if there is a failed attempt at a task. The program will erase the memory of the failed attempt so the subject will not have self doubt.

Recycle Programs -These are programs which act to quickly re-dissociate memories which a therapist has worked to abreact and re-associate.

Reminder-Reinforcement Programs- Used as a reminder to the subject of vows to the larger group they have made. These programs often triggered by phone or touch (e.g., three series of three taps on shoulder or knee, a rapid series of six electronic tones, spoken phrases, etc.). Program triggers frequently include gifts from the cult given during childhood (e.g., stuffed animals, music boxes, etc.). Visually, specified colours also serve the same purpose. Cult-related colours (particularly red, purple and black) are commonly presented to the subject in the form(s) of a cult-contact's apparel, a letter or envelope, etc.

Re-programming- alters that are degrading in programming can be sent internally to programming sites. Parts can also be designed who perceive themselves as existing in the original sites of their torture within the internal landscape .Defiance of the programmer or wishes by any alters to defy the programmer or handler, can be sent to the internal programming site to experience themselves as being tortured once again.

Reporting Programs Subjects are programmed to routinely contact and report back to their handler. These programs may be time-triggered (every month, full moon, etc.), date-triggered (i.e., corresponding to cult "holidays", etc.), or situational triggered (i.e., host personality enters therapy, reveals cult "secrets," etc.). Such programs keep the handler updated on the subject's daily life.
Return Programs (Call Backs) Such programs are designed to manipulate subjects to return to the cult for rituals and/or further programming.
Religious Relevance and Convictions: The programmer implants posthypnotic suggestions that are clearly referenced in the Bible. The subject may be punished by anything that is referenced in the Bible to substantiate the validity of the Gospels. This process is to provide the subject with an increased sense of fear and intimidation resulting from God's presence and force.
Ribbon Programming Colour Programming-During E.C.T., coloured scarf's coming out of a box are shown to the subject. The alters are then advised they are a specific coloured ribbon using the same technique as colour programming. The ribbons have the ability to travel between the different levels and to transmit messages throughout the system. Ribbon programming consists of several things--where they reside, who they are and what they are to protect.
When a System is accessed by a programmer, one practice is to obtain a ribbon alter and then inform the ribbon what their task is.
Ribbons must protect the computers in order to protect their own life. The Ribbons will be programmed to believe that reversing the computer will reverse the Ribbons' life. The ribbons themselves operate with mechanical hearts (not human hearts).
It's a simple way to organize a subject's groups within. It also strengthens identification with other programming. It can also help with re-accessing the subject's system. They are taught if the trainer wears a specific colour those alters come forward.
River Runs Deep programming- Tells the subject that there is no escape, because the programming runs deep through every fibre of the subject.

S

Sacred Heart Programming- suicide program for spiritual parts.
Scramble programming- These are programs intended to confuse, disorganize and block the subject's alter system, emerging memories, thought processes, and/or incoming information. Often, there are specific alters designated by the cult programmer to perform this function. This programming reduces the subject's ability to switch, speak, write, draw, read, or remember previous sessions and work.
These programs target therapeutic language, and spiritual language. For example, the incoming words or visual images of the speaker may be scrambled or garbled. The effect will be the subject experiences the individual as looking and sounding threatening, abandoning, or incompetent.
Scholarship programming- Subject's with superior memories and natural intelligence undergo specific training and trauma with praise for accomplishment and punishment or being shocked for not doing well. Major areas of scholarship include the history of the Illuminati, especially the subject's particular branch and memorizing genealogies. Learning and becoming fluent in multiple languages modern and ancient, including but not limited to: English, French, German, Russian, Spanish, Arabic, Latin, Greek, Hebrew, Egyptian hieroglyphics; ancient Babylonian, ancient Chaldea and cuneiform

writings. They are skilled and knowledgeable debaters, and quite verbal about it.
Scorpion Programming- Is given to Monarch sex subjects both male and female. The Scorpion program frequency promotes hostility, aggression, suicide, pain, hurt and assassination. This programming is located at the root chakra and moves up into the reptilian brain. Sex is used as a method of survival with a great deal of trickery, treachery and deception. This vibration is frequently used in satanic rituals. Subjects are consistently belittled and unfavourably compared to others. The young subjects are available to be used sexually around the world as party favours and for blackmailing predators.
Self-Injury Programming Cutting Programs As children, subjects have been taught by the programmer when and how to cut. These programs tend to be triggered as a means of punishment, as well as to reinforce earlier compliance or shutdown. The cutting tools may be gifts from the programmer. Many cutting programs progress to suicide programs as needed.
Self programming-The subject carries out their own programming outside the surroundings of the handlers and programmers.
Shell programming- A form of programming used to create a shell on the outside, that other alters inside speak through. This is a designed to hide the subject's multiplicity from the outside world, and works extremely well with highly fragmented systems. It also takes a subject with the ability to dissociate to a great degree.
Others inside will then be directed to come next to the shell alters, and use their voice to cover their own. This allows greater fragmentation of the subject, while being able to hide from outside view, since the internal alters will learn to present through the shell. Shell alters always see themselves as "clear", and will have no colour if colour coding is present in the system.
Silence-Shutdown Programs-When enacted, such programs will cause the subject to "stop talking" and to cease revealing information. Though such programs may be triggered through a wide variety of modalities, enactment via self-touch triggers are particularly common. Some shutdown programs will be directed toward specific alters, while others are meant for the system in general.
Silence Programming- no talk programming.
Soul Transfer programming-The soul, energy and power are passed during the moment between life and death to the subject. This is done with young subjects during Epsilon programming. The subject is tied down, and an animal is bled to death on top of them so the departing soul and energy will "enter" the subject.
Spiritual Dilemma programming-creates Satanic and Christian alters. Having Satanic and Christian alters insures that if they discover each other they would reject wanting to learn about the other. The personality would move into denial and dissociation.
They are told the Christian god rejected them because he didn't rescue the 2-year-old victim that accepted the love of God. Rejection, retaliation and bondage are the tools used for the non-Christian alters. They are advised only the demon cared enough and was strong enough to rescue or resurrect the young subject part.
Spider web programming-is a linked program having a spider or internal programmer that continuously reweaves and reinforces internal programming and punishments. The web also communicates with other systems and can represent demonic linkages internally.
Spin programming-Designed to spread effects such as pain, painful emotions, and other feelings or urges globally throughout a subject's personality system for purposes of either designing and building a young subject's personality system, or harassing older subjects and disrupting psychotherapy. Spin programming appears to be based on a combination of physical spinning, cognitive and imagery

training, and repetition and practice aimed at creating an internal multi-alter spinning the pain or affective components of numerous traumatic memories simultaneously to large groups of targeted alters.

Signs and symptoms of Spin Programs are global effects, symptoms occurring like a "storm," pressure, dizziness, a sense of spinning inside, physical movements related to the internal experience of spinning, and spinning-related imagery and vocabulary. When a subject is affected by a specifically targeted program, she or he typically experiences one or a small number of alters having emotions or urges or manifesting behaviours, while most or all other alters remain unaffected.

Global effects, The flurries of pain, affect, or impulse tend to grow in intensity, build to a crescendo, maintain that peak for a time, and then gradually diminish before finally subsiding. Nearly every alter in the system is lashed by the "wind and rain" of the storm, often without understanding why these effects are occurring, and doing their best to minimize damages until the storm passes.

Pressure, When spin programs are active, the affected alters subjectively experience high levels of force or pressure, as if they aresitting at the outside edge of a rapidly rotating disc. They feel overwhelmed by this pressure, finding it impossible to resist, and they often complain of symptoms that would be caused by mounting internal pressure, such as headaches that feel like they are going to cause the head to explode from the inside, disruption of speech, vision problems, and similar phenomena.

Dizziness. As the internal spinning associated with spin programming increases in speed and force, subjects frequently complain of dizziness. At these times, they may be literally feeling the sensations caused by the original spinning, because they are experiencing a planned revivification or flashback of that event.

Sense of Spinning Internally. Along with the dizziness, subjects experiencing active spin programs often notice a sense of spinning internally.

Physical Movements. When the internal spinning is at its most intense, subjects often move in ways that a person might move while being physically spun. These movements tend to be rhythmic and repetitive, they may involve any part of the body, and they are subtle and may escape notice. The movements tend to be slower, smoother, more fluid, more subtle, and more regular and rhythmic than typical "nervous" movements.

Spinning-Related Imagery and Vocabulary. When describing their sensations during an active spin program, subjects often utilize imagery or words that are related to the experience of spinning. Typical words used include: vortex, whirlpool, whirlwind, tornado, cyclone, abyss, falling, drowning, sinking, being pulled or sucked down, being blown or shot or exploded out, tumbling, hurling, whirling, swirling, and twirling. Some alters have programmer-assigned names related to spinning (e.g., Spinner,).

Stringer programming- When the alter hits a stringer, they will go through a series of memories, false memories, hypnotic commands, and body sensations that have been attached together in links.

Subliminal Programming- Hidden suggestions that only the subject's subconscious perceives. They can be audio, hidden behind music, or visual, airbrushed into a picture, flashed on a screen so fast that they aren't consciously seen, or incorporated into a picture or design.

Suicidal programming- All suicidal programming is put in place to either ensure continued obedience to the programmers agenda; to ensure regular re-contact; or prevent the individual or an outside entity from accessing the subject's system without authorization .

Survival of the fittest programming- Used in Delta programming, and for system protect alters. The program is training for strength, lack of fear, and endurance, and to outlast your opponent.

System access programming-'Short cut' codes to the system are placed. *(not recommended)*
Systems layered programming-Numerous levels in a system are set to send out and respond to a code at the same time. This could be suicide programming, spin programming, fight/flight programming.
Serpent Programming-Used in conjunction with the Ouroboros. This programming has alters that are named after snakes. The snake parts will programmed to awaken the pineal gland, which again results in the opening of the third eye
Shatter Programming-Uses the images of mirrors, and glass shattering to assist in splitting the mind. The subject is advised to grab pieces of the shattered glass and put it back together. The subject will cut their hands, knees, and other parts of their bodies in an attempt to rebuild the glass. They will be advised this will happen to them if they attempt to rebuild themselves.

T

Theta Programming- "psychic" programming correlates with the development and use of extrasensory powers and extra physical abilities, including long-distance mind connection with other remote viewing where subject's could see what a person was doing in another location. It also implies the use of thought energy to kill someone at a distance. Since subjects cannot be consistently given Theta programming, a surgical implant of a sodium/lithium powered high frequency receiver/transducers coupled with a multi-range discharge capacitor is placed in the brains subjects. This gives the handlers the ability to send signals by remote to the subject's brain. When the receiver picks up the signals they electronically stimulate certain areas of the brain which in turn triggers pre-set programming.
Time programming-Used in conjunction with internal trees, clocks, flowers, hourglasses, and other symbols that show the passages of time. This programming insures the system is coordinated with holidays, call backs, and other designs the programmer desires.
Tinkerbelle programming-Programming makes alters think they are like Tinkerbelle in that they will never grow up or age.
Traps Programming- A trap is a place in a system for handling unexpected or unallowable conditions. These traps can catch parts if they wander too far, or be placed for internal programmers to activate. Traps can look like quick sand, fog, spider webs, or other items.
Twinning programming-The Programmers' will create twin bonds in child subjects. The subjects are allowed to play with, and become close to one another while being trained. The two are placed together at the beginning of training when they are young. They become twins, and are programmed to die if the other one dies. They are taught to be one in body, mind, and soul. They are bonded in many ways, including torturing each other, and sexual bonding. The trauma bonding that they undergo will consist of: a. being put in life or death situations together, b. given programming scripts which intertwine and fill in to complete each other to make a whole, c. are placed in jobs that require total compliance with the programming in order to survive, d. are bonded together to other subject's.
Time Travel Programming-for subjects involved in Project Pegasus.
Tin Man Programming The Tin Man programming is all purpose versatile program for whatever the Programmer wants completed. , it means that the subject is a well oiled machine.
Tin Man programming (2)-The subject is advised they are made of tin, have no heart and feelings.

They are programmed to not cry or they will rust.
Tumbleweed Program-where the subject feels like they have become tumbleweed and can't ground and get their bearings. They feel as if they are blown by the wind.
Thor Programming-Headache programme.
Therapy Interference Programs- programs designed to interfere with the therapeutic process which trigger the subject to: (1) not see, (2) not think for self, (3) stay distracted, and (4) become resistant, mistrustful, and/or obnoxious toward the therapist.
Tweedle Dee and Tweedle Dum programming-This can be used in twin programming so the twins don't contradict one another. The programming can also be layered into quadrants of the system to help maintain balance.
Tornado Program This is a free floating program that moves around areas that the programmers want protected. When it hits an alter(s) it causes confusion, spinning, and switching, as well as a feeling of losing control. It's part of the elemental back up programs.

U

Umbrella programming- protective shield for delta programming.
Upside down programming-The subject is hanging or being suspended upside down for one or two hours. That plays tricks on the mind along with dissociating pain and pleasure sensations get reversed. This is training for Beta programming to get the subject to think that sadistic rapeis pleasurable. With reversals you get 'pain is love' and the sadomasochistic kitten alters will beg for more abuse.
Utility Programs-low level programs that help maintain the systems function. For example if a subject has not slept in 5 days, the program will run to ensure the subject is able to receive rest.

V

Vagabond Programming- applied to teach the alter it doesn't belong to the inside world, nor to the outside world. It belongs nowhere.
Verbal Response Programs- These are programs designed to provide suitable answers to cult-related, system-related or alter-related inquiries which may be asked by outside individuals. Such responses will have been repeatedly rehearsed by the subject and reinforced by the programmer.
Vessel Programming-a subject is sexually opened at the base chakra, drugged and sanctified to receive the essence of a lower astral entity. Then those at the ritual have sex with "the vessel" to get the infused energy of the lower astral entity. Then "the vessel" or subject is sacrificed so ritual participants can drink the blood and hormones of the lower astral entity that entered the vessel. It is believed the energy will assist in specified programming.
Virtual reality programming- (VR) the subject is placed in VR headsets and suit while a disk is used to run the program. It can be used to create 3D and holographic images, and especially is useful in scripted programming, and subject practice sequences for assassin training. Virtually any scenario can be recreated. Images to be "burned in" will be shown on the VR disk, and reinforced repetitively during the programming sequence. Some programmers feel it removes the element of "human error" in

training, and use it quite extensively.
Volcano programming-used to restructure a system.

W

War in the Heavens suicide programming-spiritual suicide program.
Water programming-simulated drowning is completed with the subject and linked to silence programming and flooding.
Windsor Programming- A program that intercepts attempts to de-program the subject. The program and parts often live in a castle called Windsor.
Wolf, Bear, Crow, Lion programming-Developed after the meanings of the “Medicine Cards” that are used like tarot cards to discover subject’s power through the ways of animals. The programs are based on hunting modules and animal characteristics and symbols. The subject is shown many training films.During programming the subjects are broken into groups of their animals. The groups are all taught first what it feels like to be prey and then how to attack their prey or each other using mental and physical force so your prey doesn't get free or doesn't inform on the subject. Programming teaches subjects to compartmentalize learning and force the subjects to do. Programming relies heavily on drugs, electric shock and trauma. The same things are used to trigger the different stages of the programs and programming.
WOLF, basic training is to build future programs on. First the subject is the prey and learns to be aware of the environment and the target. They become the hunter and learn to hold down the prey or each other to take what they want from the prey. The subjects learn to hunt as a group.
BEAR, Subjects go through strength training. Learn to hunt and survive alone.
CROW, The subject goes through intelligence training and problem solving skills.
MOUNTAIN LIONS, encircle, terrorize, use intricate verbal calls to intimidate and scare making easy and clean kills. They will be attacked and terrorized to the point of death by other Mountain Lion level subjects to make sure they understand the fear and weakness of the prey. Subjects are taught they lead those below them by using fear, surprise, attack and terror. The subject must climb great distances, observe their prey and report back to their programmer. As "prince of the lions" the subject can demand and take whatever they choose from anyone who is in their group.

X

Y

Z

Zeta Programming typically presents a realistic or cynical view of the world in which unnatural death and human suffering is simply necessary for the system to survive. Zeta programming is used to dull or block empathy, producing "empathic blocks" against the suffering of other subject’s, which is necessary. Suicide pacts can be made with Zeta programming.
This programming is intended to make subjects willingly embrace their own death in a ritual.

Glossary

A

Abreaction- is a psychoanalytical term for reliving an experience in order to purge it of its emotional excesses; a type of catharsis.

Access Codes- Specialized codes, often coded into short messages, or numerical codes, that allows access into the subject's system. These codes may also depend and be set up on sight recognition and voice recognition of the Programmer giving the codes. The system will respond to the codes only if an individual who appears to be an authorized person, such as the subject's handler/Programmer, gives them. This is to prevent unauthorized access or using of the subject by others outside of the subject's defined group.

Ad hoc groups- Adults, who may or may not have had abusive childhoods, come together and form a new group with its own ideology and rituals.

Adjudication- The exercise in judging whether a person can have access to compartmentalized information.

Agent Provocateurs- Individuals who join groups with the purpose of leading the group to do things that will cause it harm.

Agent of influence- - These agents can be unwitting, under mind-control, or ideologically motivated to use their positions of influence to sway the minds of others.

Age Regression- The act of bringing back past memories in a subject though the use of hypnosis. The memories can be very vivid and real in the mind of the subject.

Alter- A dissociated part of the mind which has a separate identity and is given cue codes by Programmers to trigger that dissociated part of the mind to come to the front of the mind. The part's identity may be a gem, rock, a tape recorder, a poodle, a white kitten, a dove, a horse, or even think of itself as a person or a demon. It all depends on the programming.

Alter fragment- a dissociated part of the mind which serves only a single purpose.

Alpha - base-level programming reinforced by scripts. All MKs get alpha programming so that other kinds can be installed later.

Amethyst - part of jewel programming, its goal meant to create an alter that reinforces silence programming by keeping secrets or destroying evidence. See also chi or silence programming

A***naesthesia-*** is a temporary state that causes unconsciousness, loss of memory, lack of pain and muscle relaxation.

Anchor - a stimulus that influences someone's state of mind.

Anchoring - influencing how a particular stimulus will influence someone's state of mind.

Apotheosis - a central Masonic belief stating that one can become a God.

Assessment- the analysis and synthesis of information, usually about a person or persons, for the purpose of appraisal. The assessment of individuals is based upon the compilation and use of psychological as well as biographic detail.

Attitudinal inoculation- The process of making people immune to attempts to change their attitudes by initially exposing them to small doses of the arguments (opposition) against their position. This process gives explanations to behaviour, arguments, and beliefs of opponents. The explanations may be highly biased and inaccurate but depending on the source of the misinformation may significantly add to credibility of a belief system.
Aversive Conditioning is the use of something unpleasant, or a punishment, to stop an unwanted behaviour.
Axe - see woodcutter

B

B- Is often found doubled or reflected, forming the Monarch Butterfly, which is the signature and main trigger applied in Monarch Mind Control.
Backstopping- an intelligence term for setting up proof to support the cover stories the intelligence agencies give their agents and assets
The Bird- was a name for Fort Holabird, MD where intelligence operatives were trained as well as subjected to mind-control.
Beta--This is the second Greek letter, and it represents the sexual models and sexual alters that the Programmers are creating
Big - an MK mode, generally affecting the confidence level
Bigot- A list of names of those who have clearance to a particular set of information.
Black Angels- Psy-ops assassination team is composed of very intelligent African-American women.
Black - anarchy, destruction, chaos
Blackballing - the process of exclusion, deriving itself from a voting system which took place in the lodges whereby a member of the organization dislikes an applicant. One blackball vote is usually sufficient to exclude.
Black Envelope- A black-coloured envelope used by intelligence to hold the real name of an agent being used. In the case of programmed subjects, a chief of a station might have a blank envelope with the actual name of a programmed subject being used in their field of operations.
Bleep Boxes- Used to tap telephones and in other instances to make free-of-cost telephone calls
Blending- Arranging inside parts using mirroring so an individual cannot tell when a switch has occurred.
Boat - a car.
Bona Fides- Codes to allow two people to meet. Evidence or reliable information about identity, personal (including intelligence) history, and intentions or good faith.
Box - the slave-state of the MK
Bubble gum - an MK, “chewed up and spit out”. See pop.
Butterfly - the #1 symbol of MK/Monarch programming. Signifies an altered state

C

C- Can stand for Controller or Control, which means the individual(s) handling a programmed subject.

Cabman- a device to remotely activate a telephone with a radio beam.
Cage- Mental enslavement
Car - spook-speak for MK
Carotid artery technique- The technique of using pressure on the carotid for access to the mind. The pressure cuts off the flow of blood to the brain causing a rapid coma-like condition -- during this condition, hypnotic control can sometimes be obtained.
Cat - a pejorative term used to describe a female MK, usually associated with beta programming in the common usage, but possibly can contain any other level of programming as well.
Catfight - usually used to describe a fight between two women. Betas are usually female, and the fight between them is usually a breakdown between two high-ranking socialite types.
Che Guevara - Chi trigger, famous MK
Checkerboard - a tiled design of opposing colours, used on the floor or on cloth prints. See duality.
Chi - "return to cult" programming, usually activated when an MK has some type of breakdown or goes rogue. Internal mechanisms built to prevent "runaways".
Chop - a reference to the woodcutter, usually describing a wish to terminate a member
Cipher - symbols are used to represent letters
Clear Eyes-is a sleeper assassin who is capable of being triggered, i.e. activated. "Clear Eyes", i.e., a fully programmed sleeper assassin, who can commit crimes as serious as murder, and afterwards have no shame, guilt, or remorse.
Clean agents – Subjects that have never been used in intelligence work, so they have no record of use.
Co-bedding- can be when two or more traumatized children huddle together for support, andprotection ,
Co-conscious- When two alters are aware of what each other is thinking.
Code name- A word or phrase used to refer secretly to a specific person, group, project, or plan of action. A code word is any word or phrase that has been chosen to signify a specific message while keeping that message hidden from a third party. Functional codes may contain thousands of code words, some of which may also be code names; however, a code name need not be part of a larger code. It may, in effect, be a code unto itself, comprised of only one word.
Control- the capacity to generate, alter, or halt human behaviour by implying, citing, or using physical or psychological means to ensure compliance with direction. The compliance may be voluntary or involuntary. Control of a subject can rarely be established without control of their environment.
Core splits- intentional traumatic splits created from the core personality. Core splits can be created from severe and psychologically threatening very early childhood trauma. This is done intentionally to create larger and more dissociated systems
Command Codes-these are irreversible commands, put in at the limbic level of programming. The first code always put in is the "halt "command, which stops the person in their tracks, and is the first code any new Programmer learns. This will stop the subject from assassinating their Programmer, if they have Delta or other assassin training in place.
Control Signs-which allow them to indicate via a code that they are in trouble
Councils (Illuminati)--The Illuminati have frequent meetings. Some of these meetings are organized to appear "acephalous" and "accidental" in their meetings, when in reality they are structured and planned. The Councils have gone by the following names: MJ-12, the Group, the Special Study Group, the Wise Men, the Operations Coordinating Board (OCB), 5412 Committee, 303 Committee,

40 Committee, PI-40 Committee, and Policy Planning Group (PCG). The Council of 3, Council of 5, Council of 7, Council of 9, The Grand Druid Council, The Committee of 300, and the Committee of 500 (known as Fortune 500). Many of the meetings are conclaves without formal names.
Colours - used symbolically to train MK babies in the pre-verbal stages of development. See individual colours for details.
Creative personal situation interpretation- The process of subtly acquiring enough information to deliver a believable explanation of an individual's personal situation such that it is consistent with a belief system, thus adding to credibility of an individual and swaying others towards their belief system. The motive may be money rather than recruiting a cult member.
Co-presence- two alters can come on top of each other at the front of the mind and hold the body together. This produces some strange behaviour in the subject as different alters synthesize their thoughts.
Creative history interpretation- The act of interpreting history in such a way that it is consistent with the belief system, thus adding to the credibility of a belief system.
Cross Programming - (for instance, a mother and a daughter team)
Cryptonyms- which are two-letter digraphs such as the "MK" of MK-ULTRA.

D

Daddy-master
Datum- a reference point or surface against which position measurements are made. Vertical datums are used to measure elevations or depths.
Dangle-The used word for luring a subject into a provocation. A dangle operation would be an operation to provoke a group or individual into a particular action.
Day - the everyday "front alters out" existence. The public face.
Debriefing-obtaining information by questioning a controlled and witting source who is normally a willing one.
Deep Cover Agent--A programmed subject who has been a long term sleeper agent.
Delta-This is a Greek letter shaped like a triangle which symbolizes change in calculus. Delta teams are 4 person assassination teams which usually are secret teams. Delta Forces is an elite unit that operates under the Joint Chiefs of Staff that is made up of highly trained total programmed subjects. Delta models are subjects whose sole purpose is assassination.

Deliverance ministry- Refers to the activity of cleansing a person of demons and evil spirits in order to address problems manifesting in their life as a result of the presence of said entities and the root causes of their authority to oppress the person.
Delta - used most obviously in the US delta force, this has to do with soldier like skills, such as establishing a communications centre, avoiding detection, escape artist skills, martial arts, armed combat, et cetera.
Disinformation Agent--This is a highly placed agent who passes disinformation to other governments.
Dissociative Identity Disorder- or DID different dissociative parts of a single brain view

themselves as separate persons.
Dog - a pejorative term used to describe a male MK, having some ties to the Order, but not necessarily ones that would give him benefits. A dog would receive any combination of programming from alpha to zeta.
Dogfight – Two parts with Epsilon programming are made to fight for dominance.
Dollhouse - A symbol used to represent the compartmentalization of the Monarch subject

E

Eight - symbol of mind control. Turned on its side, the eight becomes an infinity symbol and represents the "thought loop" of a programmed subject that prevents resistance to the handlers.
Eliciting- obtaining information, without revealing intent or exceptional interest, through a verbal or written exchange with a person who may be willing or unwilling to provide what is sought and who may or may not be controlled.
Emerald - as in the Wizard of Oz, linked to family loyalty, sorcery, and spiritual achievement
Epsilon - a base-level obedience programme the individual is programmed to their primal components of food, shelter, and water. Its characteristics often change when paired with other types of programming.
Extra-familiar:- Adults who abuse non-related children. Children can be accessed at day care, schools, church, or through social groups

F

Family or Transgenerational- Adults, who were abused as children, in turn abuse and indoctrinate their own children.
Fear inoculation- The process of making people immune to attempts to change their attitudes by initially exposing them to the consequences (often fraudulently created consequences) of rejecting the initial belief system in favour of another.
Field subject, field operative, **field agent**- A subject who works in the field as opposed to one who works at the office or headquarters. A field subject can work alone or in a group but usually has a programmer who is in charge.
Fine Tuned- The child can function excellently at visualization, relaxation, concentration, projection, while in the alpha state and can work with their subconscious mind.
Fire Letters-represent fixed electromagnetic codes (patterns of sequentially arranged electromagnetic impulses) that can be arranged in many ways to form "words", or electromagnetic code patterns, that can potentially carry a wide variety of meaning when put together in specific ways.
Five - usually referring to the pentagram, assumed to be inverted (not upright), and referring to Lucifer
Flat State- a flat, non-thinking state. The brain quits thinking and withdraws into a state that it quits thinking except for what the programmers want it to think
Four - base-level animalistic call sign.
Four Faces- refers to pretexts used by agents to get interview.
Friend -- a user of subject/part approved by master
Function Codes- Programmers will place within the subject's systems codes as way to organize the

fragments that are related to the job they were trained to do. Often, several will be coded to link together to perform a task. These are usually a letter, such as a Greek alphabet letter, combined with a numeric sequence that corresponds to their place on the internal grid or landscape.
Funny Name- intelligence slang for a pseudonym

G

Gamma - used for disinformation purposes to disguise and mislead others as to the actual nature of the things at hand. Most front alters are gamma-type programming, and are therefore difficult to remove.
Gang stalking - a set of tactics used in counterintelligence operations involving the covert surveillance and harassment of a targeted individual.
Geomancies- used with Fire letters are the building blocks the God Mind uses as the processor of creation.
Ghost rider - a remote viewer
Goat - sacrificial MKs/disposables
Granny- a CIA asset used in the US which is not under their direct funding
Green - see Omega
Group think error- The tendency to accept or continue to accept a belief system due to the overall credibility of the members in a group. This is based on an erroneous faith that an entire group including those who you may trust implicitly cannot be deceived or wrong. This is the strongest influence on credibility of a belief system.

H

Half-life - MKs are supposed to be dead by their 30s or 40s.
Haptic technology- is a tactile feedback technology which takes advantage of the sense of touch by applying forces, vibrations, or motions to the subject.
Hot box – a small, hot room which, due to lack of ventilation, essentially functions as an oven
Hypnoamnesia- Temporary loss of memory due to a posthypnotic suggestion.
Hypnosis - Inducing a high state of suggestibility, often thinly disguised as relaxation or meditation.

I

Illuminati--The Illuminati are 13 elite bloodlines which have manoeuvred themselves into control over all countries. They lead double lives, one for society and a hidden one which is based on a Gnostic Luciferian philosophy which consists of blood rituals. Originally funded by the Rothschilds and run by Weishaupt, this was an attempt to infiltrate and disrupt the power structure through all the major social institutions during the 18th century. Today, the newer, revised definition now refers to the global elite and their agenda to build a transhumanist, eugenicist, and white supremacist society with a lowered and strictly controlled population.

J

K

K-lines-a habitual way of doing things
Kids - see goat

L

LCFLUTTER- Polygraph, sometimes supplemented by truth drugs: Sodium Amytal (amobarbital), Sodium Pentothal (thiopental),and Seconal (secobarbital) to induce regression in the subject.
Legend -The Intelligence term for the elaborate cover histories they give to programmed subjects to operate as an agent.

M

Malingering-the purposeful production of falsely or grossly exaggerated complaints with the goal of receiving a reward. One example is the case of Ganser syndrome, which is when a person tailors their answers to fake psychosis. This syndrome is also known as approximation, or nonsense syndrome.
May Day Book- exists for Illuminati and Intelligence subjects which allows them to call if they are about to be arrested. A telephone number is left open for just this purpose.
Mensa- The top surface of an altar. A southern constellation between Hydrus and Volans. An international society, membership of which is restricted to individuals whose intelligence test scores exceed those expected of 98 per cent of the population
Micronemes - Such things as a particular aroma, or a particular intonation for which it has no word, but for which it has a series of sensory clues.
Mind Control- The use of subliminal techniques to control a person's actions, mind state or thoughts. Subliminal techniques may include the use of words or language in a variety of fashions, visual stimuli, a combination of different stimuli, the intentional use or misuse or deprivation of information, electronic stimuli techniques, such as brain wave machines and e-weapons, the deprivation of basic human needs, such as sleep and food, the use of emotions to manipulate thoughts (such as guilt or fear), hypnotic techniques or suggestions, rituals or role plays meant to induce suggestible states, the use of certain drugs, other techniques to induce a meditative mind state (like meditation) or specific movements or motions (like spinning). A combination of these techniques may be used.
Mind machine -A device that uses pulsing rhythmic sound and/or flashing light to alter the frequency of the user's brainwaves.
Monarch Programming--A project carried out by secret elements of the U.S. government and intelligence groups a type of trauma-based mind-control.
Multiplexing- A technique where one signal or code will carry several messages simultaneously.

N

NETS- A group of subjects (agents) working under one handler
Neuralgias- A condition that causes brief episodes of stabbing pain between the eyes and ears.
Neuro-linguistic programming (NLP)- Encompasses the three most influential components involved

in producing human experience: neurology, language and programming. The neurological system regulates how our bodies function, language determines how we interface and communicate with other people and our programming determines the kinds of models of the world we create. Neuro-Linguistic Programming describes the fundamental dynamics between mind (neuro) and language (linguistic) and how their interplay affects our body and behaviour (programming).
The Network- It includes the anarchy level of the Illuminati, the various criminal syndicates, the various fraternities, new age institutions and people in power all over the globe. It is held together by fear, blackmail, and common bonds of lust and greed. The network includes atheists, self-made Satanists, opportunists, and many programmed subjects.
New World Order-- The global design for a One-World-Government One-World-Dictator and its constituents. Insiders call themselves the "network" and "the neighbourhood".
Night - the occult world, in contrast to the everyday world, where rituals, programming, and missions take place. Night alters are back, hidden alters.
Notional Agent --A fictitious non-existent "agent" which is created with a real-looking identity to mislead for the sake of an intelligence operation.

O

O - Slang for office, used by gang stalkers
Octo- - see eight
ODO- On-Duty Officer, or officer-on-duty
ODYOKE- Federal government of the United States
Old - the answer given by a mason when asked his or her age
Omicron programming—relates to programming of subjects for the Combination (between Intelligence- the Mafia and Government.)
Omega - self-destruct programming, including suicide, usually t resulting in drug abuse or general recklessness**.**
One-way amnesia- where A alter knows B alter, but B doesn't know A. This can be accomplished by setting in one-way mirrors.
Ouraboros- a snake swallowing its tail. A ring with Ouraboros signifies rank in the illuminate.
O**ur boy** - a gang stalking target
Our friend - a gang stalking target
Orange - protects the system by keeping all of the elements in check; a form of paralysis
Overwrite -is a new identity or personality

P

Polyfragmentation -The term comes from the root poly, meaning many, and fragments. In complex polyfragmenatation, the subject will have not only and alter system, but hundreds or even thousands of fragments, isolated parts of their mind created to do a job, and do it well and unthinkingly. The further away from core beliefs, the greater usually the dissociation and fragmentation that must occur.
Pop - Metaphor of bubble gum. The bubble gets larger and larger until it finally bursts, representing the sacrifice.
Posthypnotic Command- Same as Posthypnotic Suggestion. This term "Command" is more

commonly used when the hypnosis is forcibly given to the subject and when the subject's will has been broken down though the use of REM Sleep Deprivation and Suggestibility Index increasing drugs like CNS and Cardiovascular Stimulants. The exposure to extreme REM deprivation and select chemical stimulants cause the subject to have no ability to resist the "Suggestion" any longer thereby making it a "Command".

Posthypnotic Suggestion- A subconscious suggestion or command resident and potentially active in the subject following a hypnotic trance or period of direct access to the subconscious mind.

Posthypnotic Suggestibility Index- An index or rating of a subject's susceptibility and sensitivity to hypnosis.

Provocation Agent--An agent sent in to provoke and destabilize the target group to do foolish things

Prism - a device for splitting white light into its component colours.

Puppet Master -name of master for Marionette or Puppet program

Q

R

R – Gang stalker code for residence

Rainbow - the division between the everyday world and the occult world. Under the rainbow is normal life, over it is occult. The actual effect, which is white light split through refraction into the band of its component colours, represents the MPD state of an MK.

Rapport-is the mental and physiological state that a human enters when they let their social guard down, and it is generally achieved when a person comes to the conclusion that the person they're talking to is *like them.*

Recognition **signal**-allows two people to make contact

Recovered memory-memories of traumatic events that are now remembered but had previously been 'forgotten' or unknown, sometimes referred to a traumatic amnesia.

REM DEP-Abbreviation for REM sleep Deprivation or REM Deprivation. A subject deprived from REM Sleep has multiple symptoms i.e. reduced protein synthesis, black circles around eyes, loss of short term memory, confusion, impulsiveness, anger, frustration, diminished self-esteem, increased suggestibility, reduced productivity, apathy, and depression. Long term REM deprivation results in death.

Repetitive Music-Played with a beat close to the human heart 45 to 72 beats per minute. Used during programming sessions as the music helps in relaxation and anchoring.

Ritual Abuse-methodical abuse, often using indoctrination, aimed at breaking the will of another human being. This involves repeated abuse over an extended period of time. The physical abuse is severe, sometimes including torture and killing. The sexual abuse is usually painful, humiliating, intended as a means of gaining dominance over the subject.

Room "Feel" - The way a room feels is essential to hypnotizing unknowing subjects. The room will have special lighting, florescent lights are best because they aren't too dim, but aren't too harsh. Also, Room Temp usually cooler than normal room temperature.

S

Satanic Ritual Abuse (SRA)--This is used to represent all categories of spiritual ritual abuse which

would be inspired by the desire to rob, kill, or destroy something worthwhile in a person, especially their freedom of thought. Many groups carrying out SRA do not mention Satan by that name. They may make Pacts to Baphomet, and call upon Rex Mundi, or Belair, or Lucifer, or the Father of Light, God, or Kali or even "Jesus" or "Jesus Christ".

Script – The program placed into a subject to build internal worlds.

Script (2) - A carefully constructed series of words arranged in the form of a posthypnotic suggestion.

Self Programming- different personalities carry out system programming outside the environment of the Cult.

Selective vision- The tendency to acknowledge only those things that are consistent with one's belief system. Anything that contradicts or conflicts with the belief system are irrationally interpreted such that they are consistent with the belief system or entirely disregarded.

Service Facsimiles- computations that you use to make oneself right and others wrong.

Silver arrow - psychic attacks, usually directed at the circulatory system. Seldom lethal, but often debilitating.

Silver surfer - a thought-killer.

Six - black alter call sign, denotes destructive activity

Sleepers-Subjects who are placed in organizations unaware for a convert purpose.

Somnambulatory State- An abnormal condition of sleep in which motor acts (like walking, running) are performed. This state is typically achieved and a prerequisite to traditional hypnosis.

Spider – Placed inside the subject during spin programming.

Spinning - A type of trauma where the subject is spun at a high rate of speed to cause confusion, nausea, and blackouts. Spinning also causes a rapid switching of alters which can cause unconsciousness if done fast and long enough.

Spoon Feeder Agent--Someone who leaks out legitimate information, this is often done to build up a person's credentials (bona fides). The legitimate information is dusted with a measure of disinformation to mislead. Generally spoon-feeders increase their percentage of disinformation once they gain respectability

Starlight Consciousness- Starlight consciousness is the other way of knowing that which belongs to the right hemisphere and it allows the subject to make contact with the "DIVINE WITHIN". The Divine within the subject is actually the generational spirits, which are placed in during the Moon Child ceremonies

Starlight level-The programmers are using the subject's abilities with the 5 acute senses to develop the 6th sense which is the ability to work in the Starlight consciousness. This includes mental activity such as psychic and astral level. It takes specialized training for Programmers to access this level.

Subliminal Implant- A posthypnotic suggestion successfully delivered to the subject's subconscious mind.

Switching--This is when one part (fragment) of the mind takes over from another, or when one alter personality (or alter fragment) takes the body from the alter which is holding the body. Switching can occur via the Programmers' codes for calling up alters, or by external or internal stimuli that trigger an alter to come out. Switching will usually cause at least a flicker of the eyes, and for outside observers, who know the different personalities, they will observe another personality take the body.

System-- Used to refer to a subject of total mind control because the subject consists of alters, programming, implant(s), internal computers, and numerous dissociative states which function

together as a system.
System demons- exist as Mind Consciousness System Designs within Humans. It is these Systems that are programmed within subjects and directs their actions, thoughts and experiences. Some Designs programmed into from DNA. Other Designs we programmed into oneself from childhood, through participating in the system designs until they become fully manifested within the physical. Eventually as the systems take over – the subject will find themselves becoming possessed into the System, as it takes over and directs you.

T

Templates -Young internal subject alters who may be splits from core splits, as the basis for the programming.
Theta - psychic warrior programming, intended for anything paranormal. Usually includes remote viewing, telepathy, psycohtronic attacks, and empathy. Some subjects also indicate other abilities like precognition or remote influencing.
Theta Psychic warfare- Theta programming is a psychic warfare branch of Monarch programming commonly called ESPionage; Military terminology is 'psychotronics'. Theta programming is the synthesis of occult practices/state of the art science.
Three - trinity, usually the "good side" of the masons. Refers sometimes to front alters of an MK
Trance logic- Are those ploys and strategies to maintain a dissociative or hypnotic hallucination.
Transceivers (NSA)- Nearly microscopic electronic surveillance devices that collect and transmit encrypted audio, colour video, and location coordinates from a subject and sent to NSA Satellites that in turn forward it to NSA central intelligence operations. The devices also receive encrypted audio scripts from NSA central intelligence operations through the satellites and deliver it to a subject in the form of a subliminal posthypnotic suggestion. These devices are approximately the size of the head of a straight pin and can be concealed in houses, offices, automobiles, planes, and other places.
Trauma Bonding- One person intermittently harasses, beats, threatens, abuses, intimidates uses fear, excitement, sexual feelings, and sexual physiology to create strong emotional ties to develop.
Traumatology-This refers to the study, development and application of psychological impact of extreme events.
Trusted Contact-A person, who is neither a controller, nor a slave, nor asset, but who consciously advances the desires of the controller.
Tree - an MK
Twinning -Person, doll or puppet or that will be fixed to look exactly alike.
Two - duality, an often referred to indication of Masonic involvement. Refers to back alters of an MK

U

V

Vesper - Lucifer, the morning star
Vibrato - is the tremulous effect imparted in some vocal or instrumental music, and the cycle-per-second range causes people to go into an altered state of consciousness.

Virtual reality -a computer-simulated environment that can simulate physical presence in places in the real world or imagined worlds.
Voice Roll Technique- A "voice roll" is a patterned, paced style used by hypnotists when inducing a trance. A voice roll can sound as if the speaker were talking to the beat of a metronome or it may sound as though they were emphasizing every word in a monotonous, patterned style. The words will usually be delivered at the rate of 45 to 60 beats per minute, maximizing the hypnotic effect.

W

Walrus - masonry
White - high level, presidential
White Rabbit – master
Woodcutter - a reference to the Grimm's Fairy Tales, the woodcutter leaves his children in the forest in an attempt to dispose of them at the request of his despicable wife

X

Y

Z

ZETA- (snuff films) Zeta is the sixth letter, and its ancient meaning was a sacrifice.