Overcoming Monarch Mind Control
Feedback from Therapists & Survivors
BY KERTH BARKER

ANGELIC DEFENDERS & DEMONIC ABUSERS
MEMOIRS OF A SATANIC RITUAL ABUSE SURVIVOR

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OVERCOMING
MONARCH MIND CONTROL

FEEDBACK FROM
THERAPISTS & SURVIVORS

KERTH BARKER
Overcoming Monarch Mind Control: Feedback from Therapists and Survivors

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It is advised that persons below the age of eighteen should avoid reading this book because of explicit descriptions of child abuse. If you have children in your home, please make sure that they do not have access to it.

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Healing is a matter of time,
but it is sometimes also a matter of opportunity.

- Hippocrates
INTRODUCTION

First off, I need to express my respect for the survivors of Monarch mind control who seek therapy and the therapists who help them. It takes great courage to do this work, and such courage must be acknowledged.

I am a survivor of Satanic Ritual Abuse (SRA) and some MKULTRA mind-control techniques. I’ve talked about my past publicly – on the radio, in a TV interview with Jeanice Barcello – in internet postings and my books and videos. I am the author of the book *Angelic Defenders & Demonic Abusers, Memoirs of a Satanic Ritual Abuse Survivor*, which has enjoyed some modest success. Because of this, I’ve received feedback from many different people. I’ve received feedback from the victims of mind control, from their friends and their therapists. In this free ebook, it’s my intention to share what I’ve learned from that feedback. I’ve communicated with persons who use differing systems of therapy, and I’m not going describe all of these in detail. Instead I am presenting those concepts about therapy that everyone I’ve communicated with seems to agree upon.

This book is not a memoir. I’ve written about my personal experiences as an SRA survivor in other books. Some of these books are very graphic in their descriptions of violence, torture and sexual abuse, so they wouldn’t be appropriate for children. But if you’re an adult who has an interest in such materials, you can find out about them at the website, http://angelicdefenders.theshamecampaign.com/
In this book, which also is inappropriate for children, I’m simply going to publicly share information and stories that have been shared with me in private. It’s my hope that this information is useful in some way to Monarch mind control survivors, their friends and therapists. If nothing else, this book may give hope to the survivors of mind control abuse so that they know that complete recovery is always possible.

I don’t claim to be a therapist and I am not giving advice on therapy, I am merely sharing feedback from therapists and survivors who have communicated with me. Thus, you are solely responsible for what you do with this information in this book.

In the stories in this book, I’m not going to use the real names of the victims out of respect for their anonymity. Furthermore, because of ethical obligations, under no circumstances am I in a position to give out to anyone the names of victims or their therapists referred to here.
A STORY TOLD TO ME

I was told this story by a woman who wishes to remain anonymous. So I will call her by the name Betty. She has given me permission to repeat her story here. I believe in the verity of her story and have no doubts that all which she has told me is the truth.

Betty’s Story

After a bitter divorce, Betty felt depressed. So she sought the help of a psychiatrist. At first therapy with him seemed helpful. He was an attentive listener. And the sessions seemed to help her to cope. But then she began to notice strange events. She began to have periods of missing time. Sometimes she couldn’t recall what she had talked about with the psychiatrist during their sessions. But the psychiatrist always seemed dismissive when she brought up these issues, and often he seemed to talk to her with a familiarity that seemed inappropriate or disrespectful.

One morning Betty woke up with an intense pain in her genitals. The pain continued, so she visited a gynecologist. He told her that she had vaginal tearing consistent with that which would come from rape or exceptionally rough sex. According to her recollection, she hadn’t had a sexual relationship since her divorce, so this made no sense to her.

Not long after that, she noticed on her credit card bill that she had purchased fuel and beer at a gas station near the home of
her psychiatrist. But she had no memory of visiting his home and no memory of going to that gas station. Furthermore she never drank beer.

Although Betty didn’t understand what was going on, her instincts told her that her psychiatrist was a threat to her. She decided that she needed to get away from him. She had received a job offer in another state. And there was little reason for her to stay in the town where she was living. This was because, after her divorce she had virtually no friends there. So she made excuses to avoid the next few scheduled sessions with her psychiatrist. She hastily packed up her belongings, sublet her apartment and moved out of town. On the way out of town, without telling him where she was moving, she mailed the psychiatrist a letter in which she politely informed him that she was leaving therapy.

Betty started a new life in another state, and after a while her world seemed to return to normal. But she knew that something bad had happened between her and that psychiatrist. It eventually bothered her so much that she sought the help of a hypnotherapist to find out what had gone on during the missing time periods. With the help of her new therapist, Betty was able to eventually figure out what had happened.

This is what she recalled after experiencing hypnotherapy to recover her missing time. As well as having a normal office in town, this psychiatrist had an office in his home. He made up a pretext one day for Betty to come to his home office, supposedly for therapy. There he had subjected her to a Monarch mind-control technique. She had been programmed with a virtual-reality memory. A virtual-reality memory is one that mimics a real world experience but is based on a projected fantasy. This virtual-reality experience had been implanted into her mind during a drug-induced trance state.
While in a stupor, a combination of mind control commands and audio-video programming was used to construct a surrealistic experience of torture. She described this as being like a 3D movie that was projected into her mind. It also contained physical sensations, some of which were overwhelmingly painful. This traumatic experience created a type of selective amnesia in her mind which caused her to dissociate the memory of the event, so after this Monarch mind-control session, she remembered nothing of it.

The word *dissociate* means *to separate*. When a memory contains extreme pain, this can cause it to become separated from the other memories in the mind so that the victim no longer has the ability to recall that memory. However any suggestions or commands contained in that memory still exist on a subconscious level of mind and will be obeyed automatically.

This Monarch virtual-reality torture that had been inflicted upon Betty consisted of a sequence of nightmare images in which she experienced her body being cut into pieces. During this virtual-torture scenario, her torturer was perceived as being Jesus Christ. This imaginary torture was cruel and painful. After this experience of being cut apart, the severed pieces of her body were then miraculously restored by the virtual Jesus. This virtual-torture hadn’t been real, but it had felt real. The pain and terror had all been experienced by her.

(In a section toward the end of this book I will explain more about how this virtual pain was created in Betty.)

This trauma-based experience had been used to create a false Satanic sex-kitten personality named Sheila. So Sheila became Betty’s alternate personality. In other words, the Monarch mind control session had been used to create an
Sheila had been programmed to hate Jesus and to reject all Christian morality concerning sex. But Sheila had also been programmed to think of the psychiatrist as her rescuer, and she had been conditioned to worship him as if he were a god.

At the psychiatrist’s command, Betty would instantly turn into Sheila. These commands could be made over the telephone. Once the alternate personality was evoked, Sheila would drive to the psychiatrist’s home or office. The psychiatrist would have sex with Sheila whenever he wanted. Sometimes during scheduled psychiatric sessions with Betty, the psychiatrist would evoke Sheila, have her sexually service him, then bring back Betty and finish the so-called therapy session with her. Sheila had been programmed to always say yes to any demand her master made of her. The psychiatrist compelled Sheila to engage in perverse acts of sex to which Betty would have never consented. Furthermore, sometimes the psychiatrist pimped out Sheila to his friends. And Sheila was incapable of saying “no.”

One night, during a drunken party, the psychiatrist and his friends had gang-raped Sheila. The next day Betty woke up with painful vaginal tearing and a credit card bill that she couldn’t explain.

After Betty figured out all of this, she considered taking legal actions against this psychiatrist for malpractice. She thought of bringing rape charges against him. She contacted a trusted lawyer friend of hers whom she knew to have political connections. What this woman lawyer discovered through careful research was that this psychiatrist was a
high ranking Freemason. This psychiatrist had political connections and even a national security clearance. He was a technical advisor to the CIA and a friend to powerful and violent men. Eventually Betty concluded that she had been lucky to escape him with her life. She decided that it would be futile (and probably fatal) to take legal actions against this man.

Betty’s therapist had heard of me and my writings on Satanic Ritual Abuse. They decided that the best way that they could pursue justice was to help in the movement to increase public awareness concerning these issues. It’s because of Betty, her therapist and others that I felt compelled to write this book and to make it available for free. So if you want to do something to help Betty find justice, tell others about this free book, and send them the link to this book.
THE (D.I.D. OR DID) MANDATE

D.I.D. (or DID) stands for *Dissociative Identity Disorder*. Presently, it’s difficult to get mental healthcare professionals to recognize the problem of Monarch mind control. Therefore, a mandate to treat DID may be the first step in creating a wider acceptance.

To *dissociate* is to *separate*. The word *dissociative* describes the memory system of a person where there are separated areas of memory each of which is utilized by a different personality.

*Dissociative Identity Disorder* is also called *Multiple Personality Disorder*, and it’s diagnosed in patients who display at least two distinct personality states. These alternating personalities are called *alters*. These alters may display differing values, reactions, traits, emotions, mannerisms and body language.

Those of us who have recovered from DID have no doubts that this is a real condition, however I must acknowledge that there is disagreement among professionals about the validity of the diagnosis itself. Those therapists who do recognize its validity may disagree about its symptoms and treatments.

Two things that everyone agrees upon is that DID is diagnosed far more often in females than in males. Also, a history of severe abuse is almost always associated with it.

Symptoms of DID include memory lapses, blackouts, feeling
unreal or feeling lightheaded. In some cases, friends or family members may have observed a shift in personalities for which the primary personality has no recall. Sometimes victims find items in their home for which they have no recall of having acquired. Sometimes victims will wake up in the morning with bruises or physical injuries they have no memory of having received.

There is no official diagnostic test for DID. However, individuals suffering from this typically also suffer from post-traumatic stress disorder (PTSD) and sometimes conversion disorder. PTSD takes place in any number of situations where a person has been under unnatural levels of emotional or physical stress over a prolonged period of time. Conversion disorder is indicated when a person displays a physical illness for which there is no medical diagnosis; in other words, this takes place when there is the conversion of a mental disorder into a physical disease or pain. And you should know that health care professionals do have official diagnostic criteria for PTSD as well as conversion disorder.

Persons who have been subjected to Monarch mind control are sometimes diagnosed with conversion disorder, DID or PTSD. However, most therapists who treat patients with these conditions don’t openly talk about Monarch mind control. There are two reasons for this. The healthcare industry doesn’t officially recognize Monarch mind control as anything but a conspiracy theory. And, although Monarch mind control does actually take place, it’s an illegal activity usually performed by persons with political connections. So sensible therapists don’t want the troubles that might come from publicly acknowledging the existence of Monarch mind control. Therefore I understand why they avoid publicly talking about this issue. But privately many of them recognize the need to treat this problem. There is an epidemic of persons who suffer from Monarch mind control,
and they often do need the help of therapists.

One thing that has been shared with me in feedback is that both therapists and patients find that they have far fewer complications in life when they use the term “Dissociative Identity Disorder” or “D.I.D.” rather than “Monarch” mind control. Of course, what clients and their therapists talk about in private sessions is covered by the therapists’ promise of confidentiality. Therefore the clients should not try to be careful about what words they use in therapy.

But outside of the therapy session, it’s a lot less problematic for you if you avoid words like these: Satanism, CIA, SRA, Satanic Ritual Abuse, MKULTRA or Monarch mind control.

Instead it’s better to use words like these: abusers, conversion disorder, PTSD, Post-traumatic Stress Disorder, Dissociative Identity Disorder or DID.

This careful use of language is a type of standard operating procedure used by some professionals who treat Monarch mind control victims. And sometimes the treatment of such victims involves health insurance or disability, and it’s easier to deal with the officials involved with such agencies if you use words like conversion disorder rather than Satanic Ritual Abuse.

I emphasize this point because presently there does seem to be an organized effort to suppress the treatment for the victims of Monarch, SRA or MKULTRA mind control. So wise therapists and survivors who wish to avoid harassment are careful about the words they use in telephone calls, emails or on websites. When they do use words like SRA or Monarch they do so only in postal mailings or in person. This is not paranoia. This is simply a practical way to avoid
unnecessary difficulties during the therapy process.

Of course in my writings and public speaking I’m not careful at all about what words I use. Because of my public discussions of these subjects, I have been harassed in various ways and have received threats of all kinds. I don’t care, I have no intention of playing it safe. But then again I’m not a therapist treating patients, and my recovery from SRA is complete. During the time when I was in recovery, I did not publicly talk about Satanism at all. The fact that I am now willing to talk publicly about SRA or Monarch makes me useful to those patients and therapists who need to remain anonymous for safety purposes.

This is why some therapists and survivors have asked me to promote this book publicly. There needs to be an increase in public awareness. And talking about this publicly may stimulate private research to improve the therapy for those recovering from Monarch mind control.

A publicly accepted mandate needs to be created to help victims. Most persons who have been subjected to Monarch mind control techniques do suffer from DID. And virtually all Monarch mind control victims do at some point have some PTSD. Conversion disorder among Monarch victims is also common. And because conversion disorder does involve medical exams, it’s generally accepted as valid by healthcare professionals. So therapy and research done under the mandate of conversion disorder, DID and PTSD is safer.

But somebody needs to openly talk about what is really going on, and that’s my role in this movement. By actively disseminating copies of this free book, you can help also. So please help the victims of Monarch mind control by sharing the link to this free ebook with as many people as possible.
This ebook can be printed out on paper by using the password respect. If you want to share it with others without going on the internet, you have my permission to make complete copies of it through printouts that you can mail out or give out in person. But I ask that you respect my mandate that you only have permission to print out copies for free if you print out complete copies which have in no way been edited, censored or changed.

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Making paper printouts and using postal mailings is one way that you can stay under the radar of those who would suppress the treatment of Monarch mind control.
MONARCH MIND CONTROL DEFINED

The name Project Monarch was chosen for two reasons. The symbol of a Monarch Butterfly is a symbol of transformation. So this describes the birth of a new personality out of the old one. Also the victims of this technique often feel lightheaded, as if they were floating like a butterfly.

Monarch Programming is a technique of brainwashing utilized by different covert organizations. This practice is always kept secret because it isn’t recognized as a legitimate therapy. It’s the continuation of the CIA’s project MKULTRA. (The M = mind, the K = kontrolle which is German for control, and Ultra indicates a high level of security classification.) This mind-control program was developed by CIA front organizations, and it was tested on both military personnel and civilians. This research took place in the USA and Canada. You have to understand something of the MKULTRA program in order to understand the Monarch Project that evolved from it.

Project MKULTRA ran from the 1950s to the 1970s when it officially ended. Although, in fact, it ended in name only. It just increased its secrecy and stopped using the name MKULTRA.

Both American and Canadian citizens were exploited as MKULTRA test subjects. This program involved many institutions and researchers, and most of the research has never been made public. However, the published evidence clearly shows that Project MKULTRA involved
methodologies to control an individual’s mental states by altering brain functions. These methods included the administration of drugs, sensory deprivation, verbal abuse and physical torture. The victims were sometimes kept isolated for long periods of time.

These experiments often involved the administration of LSD to unsuspecting subjects. There was a cavalier attitude in the use of this drug. The unwitting victims included governmental personnel in the CIA and the military. Sometimes they dosed doctors and other researchers. Sometimes they drugged prisoners, prostitutes and mentally ill patients. Sometimes they gave LSD to the unknowing general public, just to study their reactions.

You should understand that these claims about MKULTRA are not a conspiracy theory but facts of history that can be proven with released government documents as well as recorded eye-witness testimony.

As well as LSD administration, experiments with electroshocks were often used. Some victims were forced to listen to tape-recorded messages played over and over on a loop. In the name of CIA research, this type of systematic torture was used on countless victims, some of whom were children.

Over time, the news media and the public became aware of all this, and public outrage finally took place. Eventually the US government was forced to officially end the MKULTRA program. It was then secretly renamed Project Monarch whereupon it continued on with greater security.

Some Monarch methods are disturbingly cruel. When most people use the word Monarch they are referring to a technique that traumatizes the victim for the purpose of the creation
of a mind-controlled slave. This slave can be triggered at anytime with special words, gestures or symbols. Once triggered, the victim will perform any action demanded by the handler.

The news media presently denies the very existence of Project Monarch. However, some credible researchers claim that on a worldwide basis, millions of innocent persons have been victimized by this secret program to varying degrees. Certain ideas from Project Monarch have been utilized in various types of educational systems, training seminars and mind-control disciplines. And there can be no doubt that many thousands of persons have been victimized by the more extreme brainwashing practices developed out of Project Monarch. What this book addresses is the most extreme applications of Project Monarch.

The techniques of Monarch mind-control often contain elements of Satanic Ritual Abuse. There’s a cultic mentality shared by those who use this technique. Monarch mind control is sometimes secretly administered in psychiatric hospitals by psychiatrists. And the use of this method is always covert. There’s a lot of security kept up around this practice. So it’s difficult to say who these abusers really are. However, whether or not the persons who administer this technique are all Satanists, they all seem to be interested in Satanic imagery.

The application of Monarch mind control can result in Multiple Personality Disorder (MPD). However, most contemporary therapists prefer the term Dissociative Identity Disorder (DID). The terms DID and MPD may not be completely interchangeable. For example, a person may have serious identity issues without necessarily having entirely separate personalities. So DID encompasses a wider spectrum of issues. In some cases, Monarch mind control
methods are used to simply adjust an attitude or behavior of the victim. So even if MPD does not always occur, the identity of the individual has in some way been permanently adjusted. But many victims are abused to the point where they do develop one or more alter personalities. And the intentional development of these alters does seem to be the purpose of most Monarch mind control.

Some persons have been subjected to Monarch mind control since childhood. So these persons are really imbedded into a subculture in which Monarch mind control is simply one aspect of social conditioning. Such victims can’t easily leave their programmers because the may live with them or be socially involved with them. Some victims have grown up being periodically subjected to this type of mind control since childhood. Such victims are very difficult to deprogram. It’s very difficult for them to escape this cultic environment in which they live. One person who did escape this was Cathy O’Brien. She has publicly talked about her experiences. But she seems to be one of the exceptions rather than the rule.

However, some victims have only been subjected to Monarch techniques a few times, and some have only been subjected to this as adults. I’m not trying to diminish the suffering that these victims have undergone, I’m merely pointing out that such victims may have an easier time in escaping the cult and becoming deprogrammed.

However, those who have received brain implants may be beyond any normal deprogramming technique. Microchips can be implanted into the brains of victims in order to reinforce the mind-control programming. The technology for doing this began back in the days of MKULTRA research and has become more sophisticated with the development of computer chips. At this point, most Monarch victims have not been implanted with these high-tech computer chips, but some have.
Monarch mind control is much more sophisticated than was the old fashioned MKULTRA research. Monarch was developed through a fusion of ideas coming from psychology, neuroscience and occultism. Monarch slaves are used by different organizations. You find the victims to be persons connected to politics, corporate leadership, Freemasonry, the military, the sex trade industry, the news media and the entertainment business. According to some estimates, approximately three fourths of the victims are women. This is because women can tolerate greater physical pain than men. Also, in general, the ego of a woman will dissociate or split off as an alter personality faster than a man. Whether male or female, the victims are used for different purposes, depending upon the organization and the handler.

There are also cases of psychiatrists using this technique to create an alter personality within one of their own patients so that they can use that patient for a sexual relationship. If the psychiatrist decides to end the relationship, he (or she) may break up with the alter personality of the victim. This would mean that he stops triggering the alter. And in such cases, the victim does not consciously know that such a relationship even took place. Some psychiatrists are known to have a number of patients with alter personalities so that they can have sex on demand with different persons.
HOW MONARCH TECHNIQUE WORKS

The victim is often referred to as a *slave* by the Monarch programmer. Such programmers often prefer to be addressed as *master* or even as *god*. Monarch programmers use trauma to create the compartmentalization of their slave’s psyche. This is the splitting off of a personality into multiple and separate alter personas.

In March of 2004, Ellen P. Lacter Ph. D. wrote the article, “Kinds of Torture Endured in Ritual Abuse and Trauma-Based Mind Control”. Some therapists I’ve known who treat Monarch victims use her research as a reference. One Monarch deprogrammer I met had used this research to create his own list of questions used in the diagnosis of Monarch victims. (see this list below) I should make it clear that the Monarch deprogrammer who created this list below is not an associate of Ellen Lacter, he simply used some of her research materials as a guide.

Monarch deprogrammers call this the *Torture Assessment List*. This list is used to survey a Monarch victim to find out what methods of torture may have been used on him or her. Later on in this book I will explain about how some therapists use this list.

I do have to warn you that if you have been subjected to Monarch mind control, simply reading this list might upset you. Each question starts off with this phrase, “Can you recall an incident when you were...?”
Torture Assessment List

Can you recall an incident when you were...

1. subjected to traumatic abuse or torture?
2. confined in a box, cage, coffin or other container?
3. buried alive?
4. restrained with ropes, chains, cuffs or other binders?
5. subjected to a near drowning experience?
6. deliberately subjected to extremes of heat or cold by a person or persons?
7. forcibly submersed by a person or persons into ice water?
8. submersed or subjected to burning chemicals?
9. skinned as a form of torture?
10. subjected to spinning that was painful or disorienting?
11. subjected to blinding light?
12. subjected to intentional electric shock?
13. forced to ingest offensive bodily substances such as blood, urine or feces?
14. forced to eat human flesh?
15. forced to ingest toxic chemicals which created pain or illness?
16. forced to take drugs which caused illusion, confusion or amnesia?
17. hung in painful positions or upside down?
18. subjected to someone pulling or dislocating your limbs?
19. deliberately forced to experience hunger or thirst?
20. subjected against your will to having physical contact with snakes, spiders, maggots, rats, or some other disgusting creature?
21. subjected to a near-death experience due to torture?
22. forced to perform or witness the abuse, torture and sacrifice of animals?
23. forced to perform or witness the abuse, torture and sacrifice of a human being?
24. sexually abused to become pregnant? (note: only ask this of a woman)
25. forced to witness an aborted fetus used in a ritual?
26. forced to witness a baby being taken away for sacrifice or enslavement?
27. forced into slavery?
28. forced to witness someone else being inducted into slavery?
29. ritualistically possessed, harassed or controlled by demonic spirits?
30. forced to witness the desecration of Judeo-Christian symbols, books or forms of worship?
31. ritualistically tricked into believing that God was evil?
32. subjected to surgery as a form of torture?
33. subjected to experimental surgery?
34. subjected to the implantation of something harmful into your body?
35. threatened with death?
36. told that someone you loved would be killed?
37. subjected to virtual reality to confuse you?

I’ve witnessed and been subjected to SRA and some MKULTRA techniques. I’ve personally experienced some of the things on that list and seen other things on that list done to others. So this list is very real and personal to me.

I’ve never personally witnessed Monarch mind control, but I have communicated with some persons who have witnessed this technique.

I’ve been told that in Monarch programming virtual torture may be used instead of actual physical torture. Techniques such as hypnotic suggestion, illusion and virtual reality can become a substitute for actual physical torture. Any of the techniques described above may be physically inflicted upon the Monarch victim, but it’s also possible that they were virtually inflicted upon the victim.

In SRA and MKULTRA, the tendency was to physically inflict the torture. But apparently in the more sophisticated forms of Monarch, the torture is done virtually. This leaves no physical scars. It’s faster and less difficult. However it traumatizes the victims every bit as much as actual physical torture. So Monarch is the modern, neat and streamlined form of trauma-based mind control.

In old fashioned SRA, traditional herbs found in witchcraft were often used, such as the mandrake root for example. These herbs, if used incorrectly, may become poisonous and can kill. However, with the advent of the psychedelic sixties, new drugs came on the scene. Although other drugs were experimented with, LSD seemed to be the drug of choice in MKULTRA research. Now in Monarch, the use of drugs is very exacting. With medical and psychiatric drugs, the patient
can easily be made receptive to mental programming.

Monarch represents the apex of the mind control experimentation which has gone on since ancient times. SRA was an art form. MKULTRA was a research project. Monarch is an exact technology for mind control. Monarch mind control is an applied science.

The master controller can make suggestions to the slave that he or she is being tortured in some specific way. Audio and visual materials can be used to reinforce this. The more sophisticated programmers may have sensory deprivation tanks with audio-visual display capacities. This can intensify the experience. The subconscious mind of the victim cannot tell the difference between the projected/mental torture and real/physical torture. The victim may even experience real feelings of pain.

The way that Monarch mind-control programming usually works is that different alter personas are created within the mind of an individual. These alter personas don’t know of each other, so they take turns operating the body at different times. So this is a form of conditioned amnesia. The walls that compartmentalize these alter personas are built with traumatic disassociation. It’s a natural function of the mind to protect the ego of the individual from traumatic memories by allowing the ego to selectively forget overwhelming trauma.

The original personality of the individual that existed prior to mind control may be referred to as the core personality. This core personality usually forms the basis for the primary personality of the victim even after the modification of that personality has taken place. So even following the experience of mind control, there is usually a primary personality which operates the body most of the time. This primary personality
may seem quite normal. However, the values of the primary personality don’t apply to the alter personas. An alter may be sexually promiscuous, extremely violent or criminal, whereas the primary personality is a decent, ethical, law-abiding citizen.

Disassociation helps to form a shield of secrecy. This serves two functions. It protects the Monarch programmers from being found out, and it prevents the primary personality from knowing how he or she is being exploited. This allows the primary personality to live a somewhat normal life.

However you should know that these different personalities are, in actuality, always connected. For example, the different personalities will often share abilities. They will all tend to have the same language skills. If one can drive a car, usually all of them can.

In some cases an alter won’t have an ability that the primary personality does because the programmer wanted to limit the alter’s behavior. For example, the programmer might make a sex slave alter incapable of driving a car in order to keep her from being able to escape him.

However, unless an ability has been specifically suppressed through programming, usually all of the alters will have that ability. This is because this sense of separation between personalities is a programmed separation.

In a way you could say that there are no multiple personalities per se, there are really only multiple memory systems. The differing alters are created from separations in the overall memory system. But on a subconscious level of mind this overall memory system is always complete. These separations in memory have been programmed into the mind. And anything that has been programmed can be deprogrammed.
During the MKULTRA experiments which took place in the past, the failures sometimes resulted in death. I knew of children who died, and in some cases I watched torture victims die during programming, even when death was not intended. But this usually doesn’t take place in Monarch unless the programmer is poorly trained. During the era of the MKULTRA research, years of experimentation went into finding out the optimal way to do this torture.

Project Monarch inherited all of this MKULTRA data. Professional Monarch programmers have charts that show how much torture can be given to a particular victim. The levels of trauma are measured using heart rate, blood pressure and breathing patterns. These can be evaluated according to the victim’s gender, body weight and age. Thus maximum trauma can be inflicted without resulting in death.

Dissociation is achieved by traumatizing the subject to cause a split in the core personality. An alternate world view is created within these alter personas. Once created, the alter is programmed using tools such as pornography, videos images and vivid suggestions. Sometimes movies are used in the programming process. A drugged victim may be shown a film such as The Wizard of Oz or a cartoon of a fairy tale. Disney films are often used for this. All of this internalizes a new alternate reality which displaces the natural reality of the core personality.

These visual and audio aids are used to program special triggers into the victim’s mind. These triggers are usually visual symbols which represent certain concepts. Certain words and phrases can also be programmed as triggers. The newly born alter persona can then be evoked at will by the master through the use of these programmed triggers. So these triggers may be thought of as special cues by which an alter can be awakened and instructed.
The trigger symbols have two functions. First, they can generally reinforce the mind-control programming so that the victims don’t resist it during their everyday lives. For example, most mind control victims have been commanded to forget the fact that they have been brainwashed. So the triggers may simply reinforce this command to forget what happened. Secondly, triggers can be used in an exacting way to call forth an alter persona or to reinstate the primary personality. In this way the master controller can switch on or off the alter persona of his choice.

Commonly used visual reinforcement triggers may be occult symbols such as the pentagram. There can also be infinity loops, dolls, spider webs, goats, mirrors, masks, skulls, mazes, monarch butterflies, devils and demons. The same secret societies that created Monarch mind control also influence the entertainment industry. These reinforcing visual trigger symbols are often placed into movies and music videos.

This use of visual symbols in movies isn’t really a random process, it’s very exacting. Popular movies and music are used to program the general public as well as to reinforce the programing of Monarch mind-control victims. Neuro-Linguistic Programing (NLP) and subliminal messages are also found in these movies and songs.

Some of the classic movies used in Monarch programming are *Pinocchio*, *Alice in Wonderland* and *Snow White*. Although these movies were first made prior to the development of Monarch techniques, earlier forms of mind control were being used back in those days. So these movies do fit very well into the modern Monarch programming. And many films made after the development of Monarch have been especially designed to fit into Monarch mind-control programs. *Harry Potter* is a perfect example of this.
The idea is that when these films are viewed by drugged Monarch victims, the plots and characters of these movies become a part of the new internal reality of the slave.

Consider Pinocchio, the wooden boy puppet who wants to become a real boy. This wooden boy puppet is prone to telling lies, just as an alter persona is programmed to tell lies. The wooden boy puppet is a symbol for the alter persona, who at the end of the movie is turned into a real boy. Thus the film represents the shift between the wooden boy who feels nothing (alter persona) and the real boy with human feelings (primary personality).

For each movie, the master/programmer implants into the slave a special interpretation of the story line. For example, a slave might be taught to escape the pain of torture by “going through the looking glass” as did Alice in Wonderland. The Monarch slaves are conditioned to dissociate from the unbearable pain of trauma by going into a fantasy world. The goal of all of this is to cause the victims to feel mentally disassociated from their physical bodies.

However, it’s important to know that this dissociation doesn’t free the victims from suffering, it merely makes them incapable of taking any action to end their suffering. In a word, this practice is evil.

There are basically four practical purposes for creating an alter persona:

1. An alter may be used as a courier to carry messages, drugs or money. A slave must obey his or her master and therefore can be trusted with any of these things. A spoken mind file can be created in the memory system of the slave to be delivered only to a certain person. And the slave can be can be programmed to forget any
message after he or she has delivered it. (Although this practice backfired on her controllers when Cathy O’Brien achieved a deprogrammed state.)

2. An alter persona may be used for violence such as assassination or enforcement. This can be useful for those who wish to keep secrets. If you want to know how these secret societies keep their secrets, this is how. As the saying goes, “Dead men tell no tales.” When members join one of these secret societies they make an oath of secrecy, knowing full well what the punishment is for breaking it.

3. The alter persona may be used as a sex worker of any kind. All moral considerations or repulsions can be programmed away.

4. And finally, an alter persona may be used for psychic practices involving the occult.
SYMPTOMS EXPERIENCED BY VICTIMS

Mental torture can be as emotionally traumatic as physical torture. Whether a victim was physically tortured or mentally tortured through a Monarch virtual-reality technique, the torture is always experienced as being real.

The victim of torture may experience symptoms of paranoia or psychosomatic illness as a result of the trauma. A therapist working with a Monarch victim might find clues to the torture techniques used in the past by looking at the symptoms which the victim is experiencing in the present time.

Monarch mind-control victims may have an irrational fear of things like heights, snakes, spiders, water, clowns, dolls, cameras or hypodermic needles.

They may have various sexual obsessions or phobias. They may be drawn to S&M relationships. They may fear being touched. They may feel both repulsed and attracted to some potential sex partner. They may respond to a pleasant romantic experience with a delayed fear response which comes on hours or days later.

It’s common for victims to have food aversions and eating disorders. It’s common for victims to have digestive problems. Some victims may become vegetarian as a reaction to witnessing cannibalistic rituals.

Monarch abuse survivors may feel plagued by unseen evil forces. They may experience anxiety when talking about
God or religion. They may go back and forth between having a resentment against God and being obsessively devout in their spiritual beliefs or practices.

Sleep disorders and nightmares are common for the victims of this type of abuse. Such persons may easily dissociate from their emotions during an ordinary conversation. They may suddenly look as if they are in a trance state, or they might stare through you as if not seeing really seeing you at all.

Psychosomatic pains and sensations may exist. They may have frequent headaches. They may experience pains or medical problems even when medical tests fail to show a cause. So conversion disorder is common.

Survivors of Monarch mind control may respond with anxiety to bright lighting. They may be easily startled by loud noises.

They may have obsessive ideas, such as believing that they are being continually watched. (Although in some cases this belief is actually rational.)

Monarch victims may make the same statements repeatedly even when such statements make no sense in the context of a conversation. For example a victim might repeatedly say, “I just want this all to end.”

It’s common for Monarch survivors to become obsessed with certain pop songs. They will hear the same pop song playing over and over again in their minds.

It’s common for victims to feel an irrational self loathing or guilt. Whether this took place in virtual reality or in the real world, many Monarch victims are led to believe that they have harmed others in some way. They may have a subconscious
memory (virtual or real) in which they performed human sacrifice or cannibalism. The forced participation in the victimization of others is a common theme in Monarch mind control programming.

And needless to say, Monarch victims often have a deep inability to trust others, or knowing who they can trust. They often feel as if they have been betrayed. They may not be able to say who betrayed them. But they know that they have been.
TREATMENT STRATEGY

Any therapist who is going to assist a survivor of Monarch mind control must come up with a strategy for helping that person. There must be an evaluation of the level of damage that has been inflicted upon the victim. If a survivor is highly dysfunctional in life, trying to confront the painful memories from the past is a bad idea.

The life of the Monarch survivor needs to be stabilized before attempting to confront these painful memories of abuse. The premature confrontation of abuse memories can re-traumatize the victim.

The first thing that the therapist has to assess is whether or not the abuse is still going on. Has the survivor disconnected completely from the Monarch mind controller? If the master/controller is still able to access and manipulate the Monarch victim, therapy is not going to be successful. So helping the victim to escape his or her controller may be what has to happen first.

Secondly, sometimes survivors are drawn to persons who remind them of their abusers. This is a phenomenon known as the *Stockholm Syndrome*. This is a phenomenon whereupon a victim becomes attracted to an abuser. I know this may seem illogical, but it’s nonetheless true. The Monarch victim, having escaped the programmer, may become involved with an abusive personality who reminds him or her of the programmer. So the survivor needs to be freed from any
Sometimes survivors self-medicate by using illegal drugs. This or any other destructive behaviors must be recovered from before the survivor can fully address the memories of abuse. And it must be pointed out that some researchers believe that psychiatric drugs can be considered to be worse than street drugs. I’ve read reports by a number of researchers who have said that psychiatric drugs are overprescribed and their usefulness in treating mental illness is questionable. However, some therapists have told me that the occasional use of sedatives is necessary in some patients to alleviate temporary anxiety until such patients become stable. So please understand that I’m not giving advice about medications, I’m just saying that this issue must be carefully considered.

Something needs to be pointed out about the CIA’s False Memory scam. Many therapists have been tricked into believing that any patient who talks of SRA, the CIA’s MKULTRA or Monarch mind-control programs is suffering from a delusion. A therapist treating abuse survivors can’t fall into the trap of denying the fact that the abuse took place. The recall of the abuse may at times seem bizarre or unlikely, but in some sense it is always real. Even Monarch mind control when based on virtual torture is nonetheless a real experience. The pain and terror that the victim feels is real. These memories are never false. They may be misinterpreted, but they are always based on a real experience. I will go into the CIA’s False Memory Syndrome Foundation later, but you should know that any therapist helping a Monarch survivor must acknowledge the reality of the abuse in order to be effective.

Once a survivor’s life has been stabilized, and he or she has found an appropriate therapist, the memories can be
addressed. This must be done in a way that does not create problems for the survivor but only enhances his or her recovery.

In my book *Mental Liberation in the Age of Thought Control*, I talk about a specific therapy system that was used to help me. I gave this system the name *Fabian Therapy*. This is because the therapists used what could be described as a Fabian strategy. This type of strategy is named for a Roman general who attacked his enemies in an indirect way in order to slowly wear them down over time. These therapists of mine believed that intense memories of painful trauma should not be directly addressed, but should be indirectly approached slowly over time. They had a very exacting system for doing this. But there are many other approaches. And the integrity of the therapist matters more than the approach or techniques that he or she uses. However, if you are interested in my experiences and what I can say about the Fabian therapists, you can find out more about this the *Mental Liberation* book at the website below.

http://angelicdefenders.theshamecampaign.com/
THE CIA’S FALSE MEMORY SCAM

The False Memory Syndrome Foundation (FMSF) is a CIA disinformation scam.

This Foundation claims,
“Some of our memories are true, some are a mixture of fact and fantasy, and some are false -- whether those memories seem to be continuous or seem to be recalled after a time of being forgotten or not thought about.”

This statement above is essentially a lie. All memories are true. Memory itself is not plastic. Sometimes a fantasy can become confused with a memory. And sometimes your perception of a memory may be altered by prejudiced ideas. But the memory itself is always a perpetual artifact of the mind.

Notice that the statement above suggests that even continuous memories may be false. That means that your memory of what happened ten minutes ago may be false. Or that your memory of waking up this morning may be false. In other words, you are not allowed to trust any memory you have of the past. They, the authorities of the False Memory Syndrome Foundation, will tell you which memories of yours are false or true.

There is such a thing as a pseudo-memory. The prefix pseudo means to imitate something. However, the word false comes from a Latin root word that means fraud. This suggests that
memories themselves can be fraudulent or deceitful. But that’s not really the case. Memories can be confused with fantasies, but they are always themselves true.

It may seem like I’m making a needless point of semantics, but the distinction between true memory and pseudo-memory is actually very important. A pseudo-memory is something that imitates a memory but isn’t one. A true memory may be confused for an imitation of a memory, but a true memory never contains false information. Therefore there is no such thing as a false memory.

When you understand how to discern between a true memory and a pseudo-memory, you can always have an accurate perception of your past experiences. And such discernment can be learned. This is a fact that the FMSF institute does not want you to know.

The real purpose of this FMSF institute is to trick you into believing that you should not trust even your own memory of your life’s experiences. The deceptive concept which this institute sells to the public is that governmental propaganda should be believed, whereas your own memories should not. In their twisted view of things, truth is therefore not to be defined by your own observations or memories, but by the official pronouncements of the federal government.

The CIA has a long history of lies and disinformation. When it wants to cover up some truth, it creates a deceptive foundation or a phony study group to deceive the public. It’s done this so many times that’s it’s amazing the general public hasn’t caught on to its tricks. FMSF is a group that was created by CIA mind-control experts and by persons accused of being pedophiles. And in one case, one of their advisors is a professional illusionist.
Below is a partial list of the FMSF’s leaders. This reads like a criminal lineup of the usual suspects:

**Executive Directors: Peter and Pamela Freyd (psychiatrists)**

Actually Peter was forced to resign because of offensive public statements he made as well as allegations of his pedophilia. These two were accused by their daughter, a psychology professor, Jennifer Freyd, of being highly abusive parents.

**Advisory Board Member: The Amazing Randi**

Randi is a Las Vegas stage magician and psychic-fraud debunker who has no degree in psychology or the sciences. You might wonder why this institute needs a professional illusionist on its advisory board.

**Founder: Ralph Underwager (psychiatrist)**

This so called authority on false memory often testified in the courtroom claiming that all childhood memory of sexual abuse is false. But the psychologist Anna Salter accused him of being a charlatan who made “systematic misrepresentations” of reputable research. Ralph Underwager also founded VOCAL, a group which seems to have been created to help child molesters escape justice. He was known to make bizarre claims such as his belief that 60% of women who were sexual abused in childhood have said that the experience was good for them.

**Original Board Member: Dr. Martin T. Orne (psychiatrist)**

Orne was a Senior CIA Mind-Control Researcher, often connected with MKULTRA, who experimented in hypnotic programming, memory dissociation and other brainwashing techniques.
**Board Member: Dr Harold Lief (psychiatrist)**

He was a CIA mind control researcher, experimenting in behavior modification and hypnosis.

The CIA has several other agents on the FMSF advisory board. The CIA and Pentagon have both been involved with the creation of cults. The Association of National Security Alumni was a public interest veterans group. They once said that it is a “primary issue of concern” that the Pentagon has a “role in satanic cult activities”. However, the news media refuses to honestly address what is happening with the government’s mind control agenda. This cover-up of the government’s cult connections is handled by well-paid disinformation experts who often have academic degrees.

Jennifer Freyd, the daughter of the FMSF Executive Director, is a professor of psychology at the University of Oregon. She made accusations of abuse against her parents at an August 1993 mental health conference in Ann Arbor, Michigan. In her statements it was clear that she did not have to recover memories of parental abuse through any mental process other than ordinary memory.

She said, “My family of origin was troubled in many observable ways. I refer to the things that were never ‘forgotten’ and ‘recovered’, but to things that we all knew about.”

Every informed person knows about the lies and deception of the CIA. Yet its disinformation scams, like FMSF, still go on as pathetic attempts to conceal the obvious mind control abuse that is so prevalent in our contemporary society.
MEMORY DEFINED

Memory is our ability to encode, store, retain and recall experiences. Through the very existence of memory, past experiences influence current behavior.

The brain/mind memory system contains the sum total of what we remember. This gives us the capability to learn from previous experiences.

Memory

1. Mental recordings of the individual’s experiences.
2. The ability to retrieve past experiences.
3. The power to process learned facts and recalled experiences to achieve goals.
4. The ability to memorize, store and retain information learned from experience or observation.

The modern English word memory comes originally from the Latin memoria and memor, meaning mindful or remembering.

A neurological definition of memory is that it is a set of encoded neural connections in the brain. It’s the reconstruction of past experiences created by the synchronous firing of those neurons that recorded the original experience. This is one reason why memory is never false. The synchronous
firing of the original set of memories is always the same. You may create a fantasy in your imagination, and then if confused, substitute that fantasy for a memory. But the original memory is always there, recorded in the encoded neural connections. And that memory doesn’t alter itself, so it is never false.

Where this mental confusion can arise is if the recall function of the brain is damaged. For example, memory association is one of the functions of the brain’s temporal lobe. Scientific studies have shown that extreme trauma can cause harm to the temporal lobe and other segments of the brain. Trauma can cause the temporal lobe to shrink in size. Certain stress hormones, such as cortisol, may be involved with this impairment of memory. But this impairment has to do with the ability to recall memory at will. The memories themselves are not destroyed, but the part of the brain that helps you to recall memory can become damaged. However, even if it is damaged, it can be rehabilitated.

But memory is more than just the functions of the brain. The most advanced theories indicate that memories are stored in an energy field that interacts with the brain and nervous system. Morphogenic energy fields are energy systems which are interconnected with the physical body. These morphogenic energy fields are within and around the body. These stable energy systems may be where memory is really stored, and the brain may just be the switchboard that allows energetic memory to interact with the physical body. Whether this is the case or not, memories are never really erased or lost. They may become inaccessible to varying degrees. But they always exist. And even when they seem beyond retrieval, advanced techniques of memory recall may make them accessible.

Monarch mind control uses trauma to create an impairment
of the brain which causes one area of memory to become walled off from another. But by rehabilitating the brain and mind of the victim, these restrictive walls can be bypassed or even ultimately removed.
The victim of any form of trauma-based mind control has experienced a type of specialized brain damage. Rehabilitation of memory function typically involves methods for retraining neural pathways. And there must be the training of new neural pathways to regain or improve neuro-mnemonic functioning that has been diminished because of the trauma. Here the term neuro-mnemonic refers to the memory functions of the brain.

In my book, *Mental Liberation in the Age of Thought Control*, I describe a rehabilitation technique which involves a highly structured analysis of happy memories. This was developed by some therapists who were memory experts. But less elaborate techniques can also help.

One simple neuro-mnemonic therapy is daily journaling. Simply having the recovering survivor write down his or her daily experiences in life in a journal can be useful for a number of reasons. One reason is that it forces the recovering person to focus on the act of remembering what has happened that day. This assists in that natural process which rehabilitates the brain’s functions following damage caused by trauma-based mind control.

Also, if a person has issues with MPD, this gives the individual a way to become centered in his or her primary personality. In this way, an alter is less likely to become triggered by the random events of life. Thereby the primary
personality feels more in control.

Furthermore, it turns the recovering survivor into an objective observer who is studying his or her own mind and memories. Just as a scientist keeps an exact record of an observable phenomenon, the recovering survivor learns to keep a record of his or her own memories of life. This allows the survivor to attain an objective point of view concerning these subjective observations.

When subjective (interior) mental aberrations become analyzed objectively, they cease to be aberrations.

This means that the recovering person becomes less introverted and more extroverted. Ultimately the recovering survivor and therapist become co-workers both of whom are taking responsibility for making sure that the recovery process takes place. And the daily journal becomes a kind of work duty that the recovering survivor completes every day.

If the therapist periodically reads the journal, he or she may notice at times that an alter personality may be asserting itself in the writings. There may be a kind of back and forth struggle between the alter and the primary personality. But there can also be a dialogue between the alter and the primary personality which can assist in the healing process.
ANOTHER STORY TOLD TO ME

The struggle between the alter persona and the primary personality is illustrated in another story told to me by a survivor of Monarch mind control. He gave me permission to tell this story, as long as I respect his anonymity, so I’ll call him “Ralph”.

Ralph’s story

Ralph was the son and grandson of high-ranking Freemasons. When he grew up, he became a master Mason. The members of this fellowship helped him with the investment of his inheritance, and he would come to live what he thought of as a “superficially comfortable lifestyle”.

In spite of his life of privilege, one thing that disturbed him was his memory of events that took place when he was young. After the death of his protective father, he was invited several times to small parties which took place at the mansion of a wealthy and high-ranking Freemason. He would show up at the party, have a drink, and wake up the next day in his bed remembering nothing. He would be told by a friend that he drank too much at the party and had probably blacked out. This happened a number of times. Then he stopped being invited to these parties at the mansion. Ralph presumed that the invitations had stopped because of his behavior of drinking too much, and he felt guilty about that. So he decided to quit drinking alcohol and accepted the fact that he had lost the friendship of this wealthy Freemason.
After that, his life took on a certain pattern. In some respects his life was good. He occasionally attended dinner parties with some of his wealthy friends. Although he never became close to anyone, he sometimes dated charming young women with “fashion model” looks. And sometimes he went on pleasant vacations to exotic locations.

But he still suffered from periods of missing time. Ralph was told by a friend that he still had his drinking problem. Ralph was told that the missing days and lost weekends were the result of his periodic relapses into drinking alcohol. His friend told Ralph that during those relapses he was basically harmless. It was suggested to Ralph that he would merely sit around watching TV while binge drinking. However, Ralph could remember nothing of these drinking binges. And he noticed that sometimes after these missing days, he would have bruises on his body. This fact disturbed him deeply.

Ralph went to a psychiatrist who had been recommended to him by his friend. The psychiatrist put him on psychiatric drugs. But this psychiatrist also advised him to not worry about the blackouts. He discouraged Ralph from seeking treatment for alcoholism. Instead he encouraged Ralph to adapt himself to his situation. This seemed like odd advice, but for some reason, Ralph accepted it.

But there was one other thing that bothered Ralph, and that was the mystery of the locked door in his house. Ralph’s inherited home was larger than what he actually needed. There were a number of rooms for which he had absolutely no use. The problem was that one of these rooms was locked, and Ralph couldn’t find the key. Whenever Ralph made up his mind to look for the key, he would become distracted and forget about what he was looking for. So he never quite got around to opening the door to that room. Both Ralph and his part-time housekeeper simply accepted the idea that
the door to that room was not to be opened. But sometimes when Ralph would walk down the hallway past that door, he would feel goosebumps raise up on his spine.

Ralph told me that during these years after the death of his father he was living a life of “comfortable existential angst” in which his needs were well met, but he felt he had no purpose in life.

This insipid pattern to his life would suddenly end one day when a distant relative arrived unexpectedly at his home. He hadn’t seen her since childhood, but he had fond memories of her. So when she asked to stay for a few days, he happily agreed. At first they just talked about their happy childhood memories. But then she begin to ask certain pointed questions about his life. It seemed to Ralph that she knew something about him that she wasn’t telling. These incisive questions and her presence began to disturb him. Finally she asked a question that really upset him.

“He do you have a door in your home that you never open and for which you have no key?”

When Ralph admitted to this fact, his relative wanted to see it. When he took her to this door of mystery, she instantly produced lock-picking tools, and surprisingly she seemed to know how to use them. She unlocked it quickly without even asking permission. With trembling anticipation, he opened the door. What he found inside the room shattered Ralph’s world.

The room contained a small arsenal of weapons. Also, in it was clothing, in styles he never wore, all of which fit him. The room had a collection of cell phones and other electronic gadgets. It had wigs, with different hair colors, all of which fit Ralph. It also had a safe. Ralph didn’t know
the safe’s combination, but his relative quickly produced some electronic tools that allowed her to open it as well. In it they found false IDs with Ralph’s picture, passports under different names and currency in different denominations.

Ralph told me that this revelation freaked him out so much that he ran out of the room, out of his house and into the backyard. There he jumped into his swimming pool, fully dressed, and swam laps until he was exhausted. Then he got out and curled up into a fetal position, crying hysterically.

After he calmed down, this woman then told Ralph the true story of his life. She said that Ralph’s father had been a loyal Freemason. But he had questioned the leadership of some high-ranking Freemasons. He had doubts about the political actions being taken by some of the Masonic organizations in America. He felt that with the help of some Freemasons, the United States was being systematically destroyed. And Ralph’s father believed that this destructive process should stop. So he was trying to persuade other Freemasons to accept his point of view and help put an end to the systematic destruction of the United States. Because of this, he had been murdered by a wealthy rival Freemason.

After killing his father, that wealthy man had then used Monarch mind control to program Ralph with an alter which was trained to become an assassin and violent enforcer. Whenever this Monarch controller wanted his services, he would “awaken” the alter persona. Ralph’s alter knew where the key to the room of mystery was hidden. Once activated, this alter would go to his locked room and retrieve what he needed to go on the mission that he had been commanded to perform.

As his relative revealed to Ralph this true story of his life, he felt overwhelmed with anxiety. Although Ralph could
remember nothing of these violent missions, he believed everything that she told him. His relative persuaded him to go away with her to escape this life of mind control. He liquidated as many of his assets as he could without drawing attention, and they left together. One day he simply walked out of his comfortable home with her, never to return.

She helped him to assume a new identity and to go into therapy. This therapy was designed to help deprogram the Monarch mind control to which he’d been subjected.

So this began a period of several years in which there was an internal struggle within Ralph’s psyche. This took place between his primary personality and his alter persona.

For one thing, he was somewhat upset about having suddenly gone from being comfortably wealthy to having to live a moderate lifestyle. He had escaped his Monarch controller to go into a circumstance where he had to live in a humble home and do humble work. He had a new identity, and so he had to change his appearance and habits. All of this was difficult. So he felt some resentment about how his life had changed. However when he had learned that he had an alter persona that could be evoked at any time to kill people, this fact had terrified him. So he accepted these changes in a begrudging way. His relative had set him up with an understanding therapist, and at first this had helped him with these life transitions.

But during the therapy sessions, his alter persona began to emerge in subtle ways. Although there was no master/controller to evoke the alter, the issues Ralph was dealing with seemed to trigger an expression of the alter persona for short periods of time. That is to say that this alter would sometimes spontaneously awaken. At times, Ralph’s body language, voice and facial expressions would suddenly
change. This alter persona didn’t like the therapist, and she began to feel threatened by him. Eventually she had Ralph switch over to another therapist.

This new therapist had a background in hypnosis, and he had read an article that I had published on the thoughtcrimeradio.net website. This was an article on therapy systems for treating trauma-based mind control. He had integrated some of the ideas from that article into his approach to treating persons suffering from Monarch mind control. He had a very structured approach to therapy which really didn’t invite the alter personality to emerge.

However, this therapist did recognize the need to give this subconscious, alter persona some type of an outlet. So he had Ralph do intensive journaling. In this journaling process a dialogue between Ralph’s primary personality and his alter began to take place. Ralph was well-educated and sensitive, and his writing was quite proper and thoughtful. But the alter wrote in a style that was direct, crude and at times profane. Their handwriting styles differed as well. The alter would write letters in the journal addressed to Ralph insulting him and accusing him of being a “wimp” and a “coward”. Ralph began to have a sense of this reptilian, predator personality that lived inside of his own skin.

The hypnotherapy sessions allowed Ralph to have access to memories that had once been dissociated. As Ralph began to have a recall of the times when his alter had taken over his life, he became horrified at the things he had done. He had murdered, tortured and brutalized people all at the command of his master/controller. He had been a criminal thug acting on a part-time basis. As a thug, he had felt dissociated from his human emotions of compassion and empathy. But his alter did have some feelings nonetheless. There had been the feelings of aggression and dominance when he stalked
and hurt his victims. His alter persona smoked cigarettes, drank alcohol and had rough sex with prostitutes. The alter was very robotic at times, but he also had enjoyed his life as a criminal enforcer. Through this journaling process, Ralph came to understand that his alter’s feelings were more demonically reptilian than human.

This internal conflict reached a turning point when Ralph had a confrontation with a neighbor. This man was a bully feared by all the people in the neighborhood. This bully and his friends would drink too much and throw loud parties. They sometimes got into fights late at night, waking up the whole neighborhood. Any neighbor who complained was threatened. One day the bully and two of his drunken friends attacked Ralph after he politely asked them to turn down their loud music. They came out into the street intending to “teach him a lesson” in front of all the neighbors. They attacked him with fists, and to his surprise, Ralph easily beat them. Apparently, Ralph had inherited the martial arts training of his alter. As he fought, Ralph could feel the alter persona start to awaken. There was a moment in the fight when this reptilian alter was about to take over and finish off the bully by breaking his neck. But Ralph’s primary personality asserted itself and took back control of his physical body in time. And so he spared the life of the bully. The bully and his friends backed off after this. This incident made Ralph realize that he could take full ownership of his own body. And although this was a positive breakthrough, this incident also made it real to Ralph that he had actually killed people.

Ralph began to have intense feelings of guilt over what he had been forced to do. Although he had never been a Christian before, he began to study the Bible and pray to Christ for forgiveness for his sins. But this created a number of internal conflicts within his psyche. Going to Church
would create a reaction from his alter, who would write long passages in the journal criticizing Christianity and Ralph’s growing belief in it. All of this forced Ralph to really think about what he believed in. When he was growing up, most of his friends had believed in either Freemasonry or some ineffectual form of Christianity. For most of his life, Ralph’s own beliefs had largely just conformed to the beliefs of the people around him. However, in his new life, Ralph realized that he could no longer merely believe what the people around him believed. All of this forced him to make a type of intense self evaluation of all of his beliefs. He came to take the philosophical mandate of “Know thyself” very seriously.

In the course of his therapy he came to realize that the mind control to which he been subjected hadn’t been limited to the Monarch mind control which he had received as an adult. He realized that his own father had experimented with placing him under hypnosis so they could participate in occult rituals. So the Monarch mind control to which he had been subjected had been built on a foundation which had first been created by these childhood occult practices. Ralph realized that the process of mind control had really started in his youth. Ralph had loved his father and had felt betrayed when he realized what his own father had done to him.

Eventually Ralph went even further into his hypnotic memory regressions. He discovered that the dissociation which he had experienced in Monarch programming actually had its earliest foundation in birth trauma. Through this therapeutic process, he recalled the unnecessarily painful treatment that he and his mother had experienced in the impersonal hospital birthing process. He realized that the Monarch mind-control sessions had all been designed to mimic the sensations and experiences of this birth trauma.
In my communications with him, we talked about how systematic birth trauma was being intentionally inflicted onto patients by medical leadership. This is not to say that the doctors and nurses themselves intend harm, but they have been trained to deliver babies in such a ways that it cannot help but to inflict trauma upon the mother and her infant. This is because the non-profit organizations that advise the obstetrical process of hospital birth have intentionally designed it to be traumatic. I know that many people will find this to be a radical idea, but the truth is that hospital birth has been covertly engineered to be a deliberate form of trauma-based mind control. And Monarch mind-control programmers take advantage of this fact.

Ralph told me that he had come to realize that the mind-control process which had been completed with Monarch programming had actually started with his toxic birthing process.

Eventually in therapy, Ralph reached a point where he realized that he had integrated his alter’s memories within his primary personality. His memory system had healed completely. This had changed him as a person. He had learned to channel his aggression into activities such as sports and game hunting. The murderous reptilian persona no longer existed, but aspects of its assertiveness were now a part of his primary personality. He was no longer the effete man of privilege that he had once been. He had become tougher and more down to earth.

Although he came to realize that he wasn’t actually morally responsible for the acts of violence which his Monarch controller had forced him to commit, Ralph still felt the need to perform some act of atonement to show defiance against the Monarch control system. So he and his therapist contacted me, and we communicated. Thus I learned of his
story. Hence, his story has been told.

I don’t know if his story is completely typical of the victims of Monarch mind control. For one thing, his escape from his controller seemed to arise from an internal conflict within the Masonic hierarchy. And someone in this hierarchy apparently wanted him freed. So I’m not suggesting that all Freemasons approve of Monarch mind control. Nor are all Freemasons the victims of this process.

Also Ralph’s recovery seemed to go more smoothly than that of many recovering Monarch victims. Perhaps this was because of a combination of the incompetence of his Monarch programmer as well as the competence of his deprogrammer.

This deprogrammer shared with me some of the attitudes and techniques that he found useful. I’ve known others who have had a similar approach to his. Some of these techniques are innovative, but some can be found in more traditional psychology.
TRANSACTIONAL ANALYSIS

There is a branch of psychology known as Transactional Analysis or TA. Here a transaction is considered to be a social interaction or communication between two people. Such transactions can be honest and emotionally mature, or they can be dishonest and immature. Without going into its entire philosophy, TA contains an attitudinal model which has been described in simple terms by the psychologist Eric Berne. This consists of four philosophical positions which a therapist and client may take in therapy. The optimum position is the first one, simply described in Eric Berne’s book *I’m OK, You’re OK*.

To quote Berne...

1. *I’m OK and you are OK.* This is the healthiest position about life and it means that I feel good about myself and that I feel good about others and their competence.

2. I’m OK and you are *not OK*. In this position I feel good about myself but I see others as damaged or less than and it is usually not healthy,

3. *I’m not OK* and you are OK. In this position the person sees him/herself as the weak partner in relationships as the others in life are definitely better than the self. The person who holds this position will unconsciously accept abuse as OK.

4. *I’m not OK and you are not OK*. This is the worst position to be in as it means that I believe that I am in a terrible
state and the rest of the world is as bad. Consequently there is no hope for any ultimate supports.

This attitudinal model may seem overly simplistic and you may wonder how it applies to Monarch mind control therapy, but actually it’s very essential. The victims of Monarch mind control often do feel very, very not OK. They often have low self esteem. If the therapist goes along with this estimation of a lack of self worth, he reinforces the worst attitude in the client. Furthermore, an alter persona may have an exaggerated sense of ego and delusions of grandeur. So the primary personality may be stuck in an attitude of feeling inferior while the alter feels irrationally superior. Therefore the stable attainment of reasonable self esteem as well as seeing others as equals can be a difficult goal to attain if a person is suffering from DID.

Although the victims of Monarch mind control have been subjected to some bizarre experiences, they must find normality in their life and therapy relationships. The therapist must not imply to his clients that they are damaged beyond repair. It’s best to take the attitude that the client is by nature a good person whose normality and functionality can be restored.

Implied in the attitudinal model is the idea that both the therapist and the client are adults. The therapist must not become like a parent who tries to take responsibility for the client’s life. And the client must not become childlike and dependent upon the therapist. It’s best to take the attitude that the therapist and the client are two adult partners who are working together to achieve the client’s agreed-upon therapy goals.

The #1 attitudinal position above (I’m OK and you are OK) is the ideal one. But any therapist is likely to see the
client slip at times into any of the other positions. And that may be a position that the client’s alter holds. For example, an assassin alter might definitely take the position of *I’m OK, you’re not OK*. It’s best that by the end of any therapy session, no matter what techniques are being used, that the client be centered in the *I’m OK, you’re OK* attitude before the therapist ends the session.
FINDING A NEW SOCIAL GESTALT

The word gestalt refers to a way of perceiving the reality of a situation or system. The gestalt would be the system viewed as a whole rather than as a collection of parts. For example, you might define a tree as roots, trunk, branches and leaves - but that’s just a description of its parts. If you view a tree as part of a gestalt that is the forest, you would also be aware of the air, the soil, the sunlight, the animals, the insects as well as the other plant life in the forest. A tree is never completely separate from its environment. As an individual, you are a part of a social gestalt. You are not psychologically isolated from other people. Your mind set is connected to the mind set of other people and to a social environment. A person who’s been subjected to Monarch mind control is usually a part of a social environment in which the mind-control procedure became inevitable. This Monarch social environment may be political, corporate or even military.

For example, if a woman wants to be a pop star and gets involved with the music industry, she may find herself subjected to Monarch mind control without specifically consenting to that. But when she got involved in the music business, at some point she was probably warned that she was making a deal with the devil. This is not always the case, but often times, before a victim has been subjected to Monarch mind control, he or she has first accepted a social gestalt in which Monarch mind control is inevitable.
So this is something to consider in determining if a victim really wants to deprogram his or her Monarch mind control. It isn’t just the Monarch mind control that needs to be deprogrammed, the victim must also desire to change his or her social environment, if such a change is even possible.

Before the treatment of Monarch mind control becomes possible, it may be that the victim needs to find a new social gestalt. If you are a victim of Monarch mind control, you might have to back away from being involved with the social environment that is dominated by your master or programmer. This would mean that you might have to leave your Masonic lodge or your corporate employer if you want to deprogram the mind control. This departure can be difficult if you are in the military or the intelligence community because they’re not going to just let you go. But even there, sometimes transfers are possible. Anyone who is involved in a mind control cult, or a social environment where mind control is acceptable, is going to have to come up with an exit strategy for leaving as well as an entrance strategy for finding a new social environment.

Only once a new social gestalt has been created is it possible to go into therapy work to deal with deprogramming the mind control.
HYPNOTHERAPY

Although there are other techniques for addressing disassociated memory, hypnotherapy is one approach that has worked for some people. I’m not a hypnotherapist and I’m not giving advice on this technique. And in my own therapy experiences, hypnotherapy wasn’t used. My therapists had techniques for rehabilitating the memory system so that in time I simply remembered the disassociated memories the way that I would remember anything else. But some persons recovering from trauma-based mind control do use hypnotherapy. I’ve communicated with some hypnotherapists and their clients. And I think that there are some basic understandings about this process which can be shared.

Hypnotherapy is a form of talk-therapy. It’s a therapeutic technique which uses the hypnotic state to identify the causes of problems and to provide a means of overcoming them. This is achieved by the therapist helping the client to enter into a hypnotic state. This is a state in which the client is relaxed and receptive to suggestions made by the hypnotherapist. Sometimes this is done by a means of progressive relaxation. An appropriate tone of voice is used to describe relaxing visualizations and to make suggestions that can gently bring the client into the proper mindset. This hypnotic mindset is sometimes described as an altered state of awareness.

In this relaxed state of heightened awareness, the
subconscious mind can be addressed. The goal is for the damaged conscious mind to temporarily become less active. This allows the subconscious mind to emerge. This emergence of the subconscious mind can allow for deeper changes to take place in the psyche of the recovering person. In terms of Monarch mind control, it’s the conscious ego state that has become dissociated. All memory of the trauma that has happened is still contained in the subconscious mind. So subconsciously, the entire memory system is still intact. Thereby it’s possible for the hypnotherapist to create a dialogue with the subconscious mind and to find out exactly what happened.

Hypnosis, when done correctly, is not a form of brainwashing. The therapist must not make any suggestions which go against the client’s moral beliefs. The hypnotist should not ask the client to do anything which he or she would not do in a normal waking state.

Not everyone is capable of deep hypnosis. But some persons can achieve the state of heightened suggestibility which makes it possible to achieve access to the subconscious mind.

Although hypnosis can be used to encourage positive changes in a person’s life (such as to quit the habit of smoking), in the case of trauma-based mind control, it’s used to help the patient to reclaim dissociated memories. This is used to help patients remember the perceptions and feelings caused by past traumas. These experiences have been used to program the thoughts and behaviors of the victim. During this hypnotic regression, the client is instructed to recall a specific event of missing time. The client may then proceed to recall or relive this event. A skilled hypnotherapist can suggest that the client not be re-traumatized by this recall, but to be emotionally protected while viewing this traumatic event.
In other words, a skilled hypnotherapist can have the client view the painful memory from an objective point of view. In this way, the client won’t re-experience the pain. Later, the hypnotherapist can have a dialogue with the client after he or she has returned to normal awareness. This allows for the client to reinterpret the event and to become released from any triggers or control commands contained in it.

The hypnotherapists I’ve talked with all recognize three different levels of hypnotic regression: light, medium and deep. In using such hypnotic regression, a memory can be analyzed to varying degrees of intensity.

**Light**

*The light hypnoidal level* is similar to the state one enters during light meditation. This is defined as a mild state of hypnosis. The client is still aware of the present time and knows what is going on. In this state the client is relaxed and focused. For many issues that are addressed through hypnotherapy, the light hypnoidal state is adequate. However, if a client has missing time due to trauma-based mind control, he or she is less likely to be able to reconnect with this dissociated memory while in this light hypnoidal level.

**Medium**

A deeper level of hypnosis is found in the pseudo regression level. This is the *medium state of hypnotic regression* which may seem to imitate deep sleep, but isn’t actually a sleep state. In this state of hypnosis, the client is in a very relaxed and is less physically aware. When in this state, clients can more easily recall trauma events. Some people have described this experience as being similar to watching a videotape of some past event. However, when persons are
in this state they still know that they are in in the present moment. So the client has not become fully emerged into the past experience. At this level of hypnotic regression, many clients are able to penetrate the mental blocks that hide disassociated memories.

**Deep**

However some clients can only find out what happened during missing time by going into *deeper regression*. The client does become fully emerged into the memory at the somnambulistic level of regression. Don’t become confused because this word is sometimes defined in different ways. Somnambulism is sometimes defined as sleepwalking, but in hypnotic regression, it’s defined the deepest level of regression. At this deep level, the client re-experiences the memory as if it were happening in the now. During this level of regression, the client’s facial expressions and voice will conform to what they were at the time to which they are regressed. So the client’s voice may reflect the pain and terror of the torture experience.

There is no such thing as a false memory, but memory can become confused with fantasy. And preconceived ideas may be imposed over a memory. So a fantasy may substitute for a memory or it may overlay a memory. This is called confabulation. This is a type of pseudo-memory that can be confused for a true memory. If the hypnotherapist is skillful and doesn’t try to lead the client through the experience, then confabulation is not as likely to occur. However, if a hypnotist suggests that some event did occur, when in fact it did not, then a fantasy may be created in the subconscious mind of the client. This fantasy may mimic a true memory and can cause confusion in the client.

The recovering survivors whom I’ve spoken with and their
therapists have often made use of a support person in therapy. This is someone who comes to the session with the client and silently gives emotional support. Most victims of Monarch mind control have deep trust issues, and they often don’t feel comfortable going into deep regression unless they have a trusted friend in the room. The hypnotherapists I’ve known who are skillful and competent don’t object to having this third person in the room during hypnotherapy.

Hypnotherapy has been around in varying forms for hundreds of years. And it is only one method for helping persons to reclaim access to dissociated memories. But competent therapists can be difficult to find. This is because, unfortunately, helpful techniques of psychology have been deliberately suppressed while harmful mind control methods have been covertly promoted. And all of this is according to a secretive toxic agenda.
In the movies, the CIA agents are portrayed as the heroic defenders of democracy and the USA. And I am certain that some persons working for the CIA are loyal patriots and well-meaning persons. But the CIA has also been a source of great harm, done both to the American people and to the world. For one thing, through covert intervention and disinformation campaigns, the CIA has played a role in keeping psychotherapy from achieving its full potential. You may think that the CIA has nothing to do with influencing psychotherapy in America, but just consider what its False Memory Syndrome Foundation has done to spread misinformation. The covert political-influencing of psychotherapy institutions is a very real phenomena. You can only fully understand how this has happened when you first understand about the CIA’s Project Paperclip.

Project Paperclip is an innocent sounding name for a notorious program of great evil. Its code name was chosen based on the mundane fact that the Nazi recruits’ dossiers were paper-clipped to their immigration forms. Project Paperclip was a Cold War operation conducted by the Joint Intelligence Objectives Agency (JIOA), which was an intelligence office comparable to the present day Joint Chiefs of Staff. So Project Paperclip was managed by one of the highest offices of government.

Depending upon how you analyze it, between 760 to 1,600 Nazis were “de-Nazified” and brought to the United
States through Project Paperclip and other programs. But actually it’s probable that this is a conservative estimate and that many more Nazis were actually involved. And no matter how many Nazis were brought over through Project Paperclip, the real significance of this program was that they were highly placed as advisors within the government and other influential American organizations. Many Americans associate Project Paperclip only with those Nazis brought into the NASA space program such as Werner Von Braun. But really it was far more widespread than that.

Although President Truman signed off on this program, he did so with the stipulation that no “ardent Nazis” be allowed into the program. However, virtually all of the Nazis brought in were dedicated to the Nazi philosophy and cause. So this project was in complete violation of US law.

The JIOA conducted background investigations of the scientists. In February 1947, they submitted the first set of the scientists’ dossiers to the State and Justice Departments. Their visa requests were at first denied. In response, the CIA had the scientists’ dossiers falsely rewritten, and then they all freely entered into the country. This opened a Pandora’s box of problems from which the people of America and the world now suffer.

MKULTRA was a Nazi/CIA joint project on mind control, as were the projects ARTICHOKE and OPERATION MIDNIGHT CLIMAX which dosed unknowing Americans with LSD.

Many of these CIA Nazis had been members in good standing in the Nazi party as well as the Gestapo. Many had tortured concentration camp victims and were guilty of numerous war crimes. Project Paperclip officially stopped in 1957, but its ramifications continued. The Paperclip Nazis became
leaders in the clandestine work of the Bush family, Henry Kissinger and even some Masonic lodges.

The Rockefeller Foundation has been a significant benefactor and protector of the Paperclip Nazis. Funded with billions of dollars, it has shaped society for more than a hundred years in America and around the world. Education, medicine and eugenics have been its main focal points. In 1946, the Rockefeller Foundation spent more than a hundred thousand dollars producing and promoting a book that whitewashed much the true nature of the Nazi party in World War II. For example, it ignored the influence of occultism in the Nazi Party and spun public opinion concerning the Post-War Nazi influence in America.

One reason the Rockefeller Foundation and the CIA have tampered with the institution of psychology has been to cover up their own culpability in creating MKULTRA and Monarch mind control. One reason that it’s difficult for the victims of Monarch mind control to find the help they need from mainstream therapists is because of this tampering with psychotherapeutic institutions by the CIA and the Rockefeller Foundation. The therapy systems in the US and elsewhere have been deliberately rendered ineffective and in some cases toxic. Instead of getting appropriate help, victims often find themselves being 1) inappropriately drugged with psychiatric medicines and 2) told that their experiences with mind control are based on false memories.

In response to this Nazified psychiatric system, a grassroots movement has grown up among recovering survivors, courageous therapists and covert political groups. Unfortunately the research into methods for healing Monarch mind control can’t be done in the Universities or through openly known professional organizations. These institutions have been compromised by the corruptive influence of the
powerful Nazified non-profit organizations. So it has been up to concerned individuals to organize help for victims. This grassroots movement to help Monarch programming victims must operate in ways that are low profile, decentralized and innovative.
INNOVATIVE TECHNIQUES DESCRIBED

I have heard of and experienced quite a few innovative methods for addressing trauma-based mind control, but I am going to only describe three of them in this ebook. These are Biofeedback Tracing (BT), Imaginary Past Life Therapy, and Birth Trauma & Medical Abuse Therapy. I am describing these following innovative techniques not as recommendations, but as a way to encourage the development of a reasonable system of treatment for trauma-based mind control.

Sooner or later, legitimate therapists are going to become involved in helping the victims of Monarch mind control. I would prefer that this be sooner rather than later. They may have to do this publicly under the mandate of DID and PTSD, but privately the therapists themselves and their clients must understand some things about the true nature of Monarch mind control.

And that’s one reason for the writing and distribution of this free book. I’m not giving advice on therapy, but I am sharing feedback that I’ve gotten from pioneering therapists who have been trying to figure out effective ways to treat this problem quickly and effectively. For practical reasons of security for themselves and their clients, these therapists feel the need to remain anonymous. I am a willing outlet for what they know. So here are some of the techniques that have been described to me by them.
Biofeedback Tracing (BT) is the use of a biofeedback machine to indicate and trace the cause of a psychosomatic illness.

A psychosomatic pain or illness is one which has been caused by a mental disturbance. If a person has been tortured in trauma-based mind control, the dissociated memory from that torture still exists in the subconscious mind. The victim can’t consciously remember what took place, but the incident still influences the health of the physical body. If you look at the *Torture Assessment List* on pages 19-21, what you will realize is that you are looking at a list of potential psychosomatic illnesses in the surviving victims.

For example, item 13 in the list is the forced ingestion of offensive bodily substances. If the victim was forced to eat feces for the amusement of the torturers, he or she may not consciously remember this being done, but months or even years later, digestive problems may arise due to this experience. The victim may experience stomach pains for which there is no medical explanation. The victim may have mysterious problems digesting food. You should understand that it’s the dissociated memory of the emotional trauma, and not some medical issue, that is causing these digestion problems.

Many Monarch programmers have sadistic personalities and take pleasure in forcing others to experience intense feelings
of humiliation and disgust. The victims of this torture may block out any conscious memory of such experiences, but they can’t block out the psychosomatic pains and illnesses.

All of these psychosomatic problems feel quite real to the victim, but standard medical tests will not indicate a treatable medical cause. So this is an example of conversion disorder. Sometimes doctors might come up with a way to medicate symptoms, but they won’t be able to find a medical solution that permanently cures the illness. These psychosomatically caused health problems will continue on until they are psychologically addressed in some way.

So there needs to be a therapy method for addressing these pains or health problems. There are methods in traditionally accepted therapy that may work. But sometimes these traditionally accepted methods take a long time and they often don’t seem to work with Monarch victims. I’ve talked with several therapists who have tried to make the recovery process work more effectively, so that they can better treat their Monarch victims. This is because a Monarch victim will often have a much more serious problem with recovery than the average client who goes to a psychologist. In the case of Monarch victims, the incidents of torture may have been performed repeatedly, and they often contain an unusually extreme intensity of pain.

Biofeedback Tracing was developed to make the Monarch treatment process more effective. BT can stand for Biofeedback Tracing or Biofeedback Therapy, whichever you prefer. This form of BT is done by therapists working from lists of questions, with biofeedback machines.

The word galvanic refers to electrical currents. In the latter half of the nineteenth century a researcher named Tarchinoff noticed that sweat gland activity could create electrical
resistance on the skin – the Galvanic Skin Response. Psychologists eventually figured out that a machine that measures GSR, a physiological response to fear, could be used to indicate an emotional change in a person’s psyche. In other words, when persons becomes upset, they automatically sweat more, and this can be measured with an electrical GSR meter.

In 1907, the famous psychoanalyst Carl Jung, published an article about this subject in the Journal of Abnormal Psychology. He explained how a biofeedback machine that measures emotional responses could be used to indicate subconscious mental conflicts.

And for more than a hundred years some subsequent psychoanalysts have experimented with this as well. So there is nothing new about this technique. However, it’s not a generally accepted therapy, so those therapists who do use it are on the fringe of progressive therapy methods.

The basic BT method is for the therapist to read from a word list, such as the Torture Assessment List, and to note the reactions on a biofeedback machine of some kind. GSR meters have tin cans connected to wires and the client holds the cans in his hands. Early applications of this technique used these GSR meters, however, since that time, other types of biofeedback machines have been developed. So GSR meters are no longer the only type of biofeedback machine that can be used. The idea is to use some type of biofeedback machine as a window into into the emotional landscape of a client suffering from dissociated memory.

So, for example, if a therapist asks a Monarch victim to recall a time when he was forced to ingest offensive bodily substances, the Monarch victim will likely deny the unremembered experience, but the biofeedback machine
will nonetheless note a strong reaction. The physical body remembers every incident of torture even when the conscious mind of the victim cannot. So when you use a biofeedback machine, you are consulting the memories contained in the physical body.

One therapist who treats Monarch victims described her approach to helping them in this way:

She indicated that this type of assessment technique doesn’t work with clients whose lives are highly unstable, but if her client’s life was reasonably stable enough, she would use BT as a way of assessing the client’s torture history. In a session with the client, she would read the Torture Assessment List one question at a time while observing his reactions on a GSR meter. The questions are to be answered with a “yes” or a “no.” She would not go into a dialogue with the client about the questions while reading the list, but would simply acknowledge each answer by saying, “I understand.” Then she would note the biofeedback reaction and the client’s verbal answer on a piece of paper before going on to the next question. She would go through the whole list this way.

After this assessment was complete, the responses of the client and the biofeedback reactions would be used to guide therapy. If the client answered yes to any question, she would use talk therapy to address the issue with her client. However, if the client answered no to a question which evoked a strong biofeedback response, she would use hypnotic regression in a session to find out if there was a dissociated memory which contained an incident of that type of torture.

The biofeedback responses are not always reliable; there are various reasons why a false reading can take place. So during the hypnotic regression, the therapist would not assume that any certain type of torture incident did in fact take place.
However, if such an incident did take place, she would come up with a therapy plan that would deal with these dissociated memories of torture.

Whether the client answers yes or no to a question, the stronger the biofeedback reaction, the more likely that a particular incident of torture should first be treated in therapy. In some cases, some of the torture can be remembered by some clients, so they may sometimes answer yes. But as I just explained, even if they say no to a question, if it has a strong biofeedback reaction, that indicates the probability that torture was performed. However, in such a case, that particular torture is unremembered because the memory of it was subsequently dissociated.

To give an example, let’s say that when she came to question #13 in the assessment she asked, “Can you recall an incident when you were forced to ingest offensive bodily substances such as blood, urine or feces?”

And the client calmly replied, “No.”

But let’s say that the biofeedback machine indicated a strong emotional response. This would mean that the client may have dissociated the memory of this type of torture. So that would mean that his negative reply was honest but also untruthful. He didn’t lie when he said no, he just didn’t consciously recall the truth.

However, the physical body always remembers the truth and the biofeedback machine indicates what really happened.

Having used biofeedback to discover an incident, the therapist would then use hypnotic regression to go into the incident and find out what happened. But she would not assume that this type of torture took place.
While he was deeply regressed she might ask the client something like, “Was there a time when somebody forced you to ingest blood, urine or feces?”

But when he was in the hypnotic state she would not ask, “Remember a time when someone forced you to ingest blood, urine or feces?”

A question like that isn’t really a question, it’s a hypnotic suggestion, and it would create confabulation in the mind of the client.

However, if she were to discover an authentic experience of torture, she would help the client to deal with his negative feelings associated with the incident as well as the painful or unpleasant sensations associated with this. If the client’s symptoms weren’t released by viewing this incident, she would have the client look earlier until they discovered the first time this happened. This would be the Source Incident. This is the original cause of the psychosomatic problem.

Until the Source Incident is discovered and addressed, the symptoms will persist. In this particular case involving item #13, when this process was performed correctly, it alleviated the client’s symptoms such as low self esteem, stomach pains and digestive problems.

However, both the negative symptoms experienced by the client and the Source Incident of torture tend to vary from client to client.

The therapists I’ve known who use this type of method usually have a very structured approach to therapy. They use exactly worded phrases whenever possible. Also they are very skillful in the use of the biofeedback machine. What they have told me is that whenever using BT, the
therapist must not make the mistake of ignoring what the client says while paying undue attention to the biofeedback machine. Everything the client says must be acknowledged and dealt with even when it contradicts the readings on the biofeedback machine. The client must never be made to feel that the machine is more important than he or she is.

The Torture Assessment List is a tool to indicate the direction that therapy should take. Everything which is brought up in the reading of that list and the asking of those questions must be eventually dealt with through some type of therapy process.

Even without a biofeedback machine, a therapist can simply carefully observe the client’s physical state. For example, a change in the client’s breathing pattern may indicate an increase in stressful feelings. And this type of observation may be adequate for normal therapy. However, in using the Torture Assessment List, biofeedback is almost essential. A GSR meter or some other biofeedback machine can give you a much more precise picture of the intensity and nature of the Monarch victim’s torture history.

I have to also point out that when using this Torture Assessment List, sometimes the client’s alter personality may be spontaneously triggered, and that is something that must be addressed by the therapist at the time it takes place.

As a final note, there is something else that this woman therapist told me. She was afraid that torture victims might be upset when she brought out her GSR meter. This is because it might trigger memories of electroshock machines used in torture or lie detector machines that were used for interrogations. So she painted her GSR meter pink and put flower decals on it to make it look more friendly and less threatening.
IMAGINARY PAST LIFE THERAPY

Here is a different approach to healing Monarch programming. Another therapist told me that she came into the treatment of Monarch mind control victims by accident. She had studied the work of the psychiatrist Brian Weiss who is the author of *Many Lives, Many Masters*. He is well known for his pioneering work in reincarnation-based therapy. She learned to do past-life regression in the manner that he described in his lessons and writings. For a number of years she utilized this therapy for those clients who didn’t seem to respond to other types of therapies. One of these clients was a woman who had a variety of problems such as PTSD and conversion disorder. Both the therapist and her client were unaware of the fact that the client had been subjected to Monarch mind control. They started to deal with incidents of torture which they thought had come from past lives. But eventually the client began to realize that these experiences of torture had actually taken place in this lifetime. Eventually the therapist was able to figure out what had really happened. What they had thought of as past life experiences had turned out to be Monarch programming experiences.

Monarch mind control victims are often given commands by their programmers that they never seek therapy to address their memories of the Monarch programming. That was the case with this particular client. And such commands had been given to this woman, but the Monarch programmer hadn’t commanded her to avoid therapy dealing with past lives. This client’s belief that she was dealing only with
previous incarnations allowed her to bypass these Monarch mind control commands. So this past-life therapy turned out to be a way to sneak around the restrictive triggers implanted into the mind of a Monarch victim. The past-life therapy deprogrammed her to the point where the implanted triggers became deactivated. Then she remembered everything that happened. This is analogous to defusing a bomb by coming at its trigger in an indirect way.

Over time, this therapist took on other clients whom she knew had been subjected to Monarch mind control. This first client, once recovered, eventually lead her to other victims. In some cases the clients started off knowing that they had been subjected to Monarch mind control, but in some cases they did not. And in some cases they never realized that they were dealing with anything other than past lives. This therapist indicated to me that in some cases she felt that it was better if the client believed that these things had happened in a past life or even on another planet. That way the client could emotionally distance himself or herself from the trauma.

This approach concerns me because it seems to require some deception on the part of the therapist. I’m not endorsing this method, I’m just saying that it’s interesting that this approach has seemed to help some clients. And another thing that’s interesting about this is that after the clients dealt with Monarch mind control, some of them seemed to actually go into authentic past lives. So it may indicate that reincarnation is a real phenomenon.
The Source Incident is the moment when the brain learns to protect itself by dissociating memory.

Let me give you an example. At the beginning of this book, I told the story of a woman I called Betty. But there’s something more to her story that you should know. The full story is this:

Several months before the Monarch mind control took place, Betty had a second-trimester abortion. She had not wanted to do this; it was at the insistence of her husband. He had harassed her and threatened her until she finally gave in. She felt that the embryo was quite alive and healthy. And the abortion experience was, for her, horrific. Although she was basically unconscious during the process, during its aftermath she felt deeply disturbed. After the abortion she came away from the experience feeling that she had allowed her baby to be murdered. She felt guilty and angry. She had been traumatized by the experience.

After this, her marriage fell apart and the divorce was bitter. Because she had moved to his hometown after their marriage, virtually all of her new friends there had first been her husband’s friends. So after the divorce, they rejected her in favor of him. None of them were understanding of her feelings about the abortion.

In the wake of all this she saw a psychiatrist. He knew
everything about what had happened with the abortion. He understood this type of procedure very well. I believe this is what is called a D&E (dilation and evacuation) procedure, and to put it bluntly, during this surgery the doctor cuts the baby into pieces in the womb. What this psychiatrist understood, which most doctors don’t seem to know, is that everything which the embryo feels is also experienced by the pregnant woman. Even when she is unconscious during the process, on a subconscious level of mind, she feels everything. The mother-to-be feels an intensive empathic connection to her embryonic child. So the cutting apart of her child was for Betty a form of terrible torture. And this was completely recorded in all of its horror on a subconscious level of mind. This psychiatrist knew all of this, but instead of helping Betty, he used this information against her.

So the psychiatrist took this subconscious pain created by the abortion and designed a Monarch virtual-reality torture based upon that pain. In this Monarch virtual-reality torture, Betty saw herself as being cut into pieces by Jesus. The subconscious pain of her abortion provided an experience which was converted into a virtual torture containing real trauma. And this was experienced during the Monarch session. This experience was so overwhelming that Betty shut off her core personality and went into a state of psychological dissociation. This made it possible for the psychiatrist to create an alter persona, one which he then used as his sex slave. But the virtual Monarch programming that made this possible was overwhelmingly powerful because it had been built on a real experience of pain.

When Betty was in recovery therapy, it wasn’t enough to have her only deal with the Monarch mind control experience. The therapy had to go earlier into her life to fully deal with her abortion experience.
One thing that Monarch mind-control programmers have learned is that they can build their virtual tortures on the painful experiences that the victim has undergone earlier in life. And it’s a fact that many medical procedures leave behind subconscious emotional scars that are never resolved.

In treating the victim of Monarch mind control, the therapist doesn’t have the option of finding out what the programmer did to the victim during the Monarch procedures. The deprogramming therapist can’t call up the Monarch programmer and ask for his records. All knowledge of this mind-control programming is kept secret.

But by contrast, when it comes to early trauma, usually there are medical records or other sources of information that indicate what kind of traumas have taken place in the life of the client. With some research, the therapist can find out about the early life traumas experienced by the client. So these traumas can be addressed in therapy.

And when those experiences happen to be the basis for Monarch mind control programming, as was the case with Betty, by directly treating those previous medical traumas, the Monarch programming appears to be released as well.

As explained before, the Source Incident of dissociation is the first incident in the individual’s memory system in which a memory becomes separated from the main memory system due to overwhelming trauma. There seems to be a principle of psychotherapy which concludes that the original Source Incident of dissociated trauma becomes the basis for all subsequent dissociated trauma incidents. And for many modern persons that Source Incident is found in prenatal trauma, birth trauma or circumcision.

There are many opportunities for trauma in the early existence
of a human life. By the fourth week, the formations that will make up the future midbrain and forebrain are observable in the embryo. At some point in the embryo’s existence, the brain begins to record memory. So the Source Incident may be prenatal. There are many types of traumas that can take place during prenatal growth, such as a failed abortion attempt or the pregnant woman becoming subjected to an accident. Even when the prenatal experience is free from trauma, a traumatic birthing experience may take place. And this can become the Source Incident. However, not all births are traumatic. Some women still have natural births. And not all hospital births contain trauma. But even then, male infants are frequently, and unfortunately, circumcised. Some women are victims of this as well. And in spite of what some people think, circumcision is overwhelmingly traumatic and is often the Source Incident of dissociation. However, the Source Incident may take place after infancy through violence or an accident in early life. Our present day world is a dangerous place for children. So for many victims, the Source Incident of trauma may precede the Monarch mind control procedure.

This is why some therapists become detectives who do an investigation to look for traumatic experiences that preceded the Monarch mind control. Often times, the Source Incident turns out to be birth trauma. In such a case, the therapist and client first go into birth trauma before even trying to address the Monarch mind control.

I have personally heard testimonials by Monarch victims who have had therapy to release their birth trauma, and in some cases they have had extraordinary results. In more than one case, when the birth trauma experience was released, it automatically released all of the pain from their Monarch mind control. And they instantly overcame all of the effects of their Monarch programming so that their programmer’s
triggers could no longer be used to control them. Whether or not this is true for every victim of Monarch programming, I can’t say, but it does seem that therapy to directly deal with birth trauma does have great potential.

I find none of this to be surprising. A few years ago I helped to co-produce a radio program called *Thought Crime Radio*. This was for a small radio station in Mid-Missouri. At the time I was first involved with this program, most of the shows were concerned with the subject of natural birth and the medical trauma which is often caused by hospital birth. The guests on the show were scientists, progressive obstetrical doctors and well-educated researchers. What was revealed during these shows was the fact that there is something very wrong with the birth practices in America.

For one thing, there is the influence of the Paperclip Nazis on the hospital child-birthing procedures. Also certain non-profit foundations have had a profound impact on obstetrical practices in America. The motivations of these “non-profit” organizations have more to do with maximizing profits for health-care corporations than with helping pregnant women and their children. Also there seems to be some dark agenda that is deliberately creating birth trauma as a method of social control. Childbirth has been turned into the front line of mind control. Secret societies with an oppressive political agenda have deliberately created a toxic environment in hospitals for childbirth. I don’t personally blame the hospital workers for this. I think that doctors and nurses are too close to the situation to see what’s really being done. However this phenomenon came about, it turns out that many of the obstetrical practices in this country do cause great pain to embryos, to pregnant women and to newborn children.

So any effective therapy system which deals with birth trauma can be very liberating. It appears that in most cases,
the trauma experienced by the victim during the birthing process forms the psychological foundation for Monarch mind control. Think of the image of the butterfly coming out of the cocoon. This is similar to the image of an infant being born. I personally have come to believe that intentional birth trauma and Monarch mind control are deliberately linked. The corruptive forces that have created deliberate birth trauma have also developed Monarch mind control which exploits the pain of birth trauma. And often times, the healing process of the Monarch mind control victim isn’t complete until the experience of birth trauma is also healed.

So some Monarch deprogrammers actually begin by regressing the client back to the trauma of their hospital birth before they attempt to deal with the Monarch torture experiences. And in some cases, simply dealing with this birth trauma releases everything else. And even if more therapy work is necessary to help the victim, sometimes it appears that dealing with birth trauma is a good starting place.

Many of us were born into a world of pain and deliberate trauma, but that is not the real world. The real world is a place of beauty and joy. This fact may be lost to a person who has been traumatized at birth and periodically re-traumatized throughout life. But the real world of beauty and joy is always there to be reclaimed.
There is a corruptive global system that has allowed Monarch programming to take place throughout the world. This system is a social caste of criminals with connections to governments, corporations and financial institutions. This corruptive system can best be brought down by helping to heal and deprogram its Monarch victims. *Deprogramming Therapy* is the first wave of the revolution that will liberate humanity. Therapy is a non-violent and legal means to fight this revolution. Those who practice Monarch programming are often politically connected and see themselves above the law. Before this corruptive system can be changed, many more victims of Monarch mind control must be healed. This mass healing could be expedited by a standardized and professional approach for healing Monarch victims. Many of those I have spoken with have said they believe that an acceptance of *Dissociative Identity Disorder* (DID) by the professional therapy community could be the starting point for accomplishing this.

**A Proposed Diagnosis Test for DID**

This was something that was described to me by a therapist who prefers to remain anonymous because she sometimes treats Monarch victims. I am not a therapist and I don’t make any claims to its validity, but I will say that some professionals who are concerned about DID may find my description of this technique to be of interest.
One reason that mental health care professionals are reluctant to recognize DID is because they believe that some persons may be faking this by pretending to have multiple personalities. A motivation for doing that might be to get disability money from the government.

However the therapist I spoke with had come up with a way to test for DID, and she thought it might work as a clinical test. It is similar to the process of BT used for the Torture Assessment List as described above, but with some important differences.

Although some of her clients are Monarch victims, most of this particular therapist’s clients who suffer from DID are not Monarch victims but rather the victims of childhood sexual abuse usually done by a parent or guardian. This is more common than many people understand. When clients report depression, often times they are merely given psychiatric drugs which prevent them from looking at root causes of their depression, so many victims of child sexual abuse never even acknowledge what happened. Furthermore, the sexual abuse of children has increased since the advent of the so-called “Sexual Revolution” of the 60s. Although this cultural shift in sexual values has had some positive results on society, some sex researchers, like Kinsey, tried to normalize the ideas that children are sexual beings and that pedophilia is a normal activity. Sexual child abuse has always taken place, but from the time Kinsey first started to deceive the modern world with his junk-science, abuse became much more common. So the adult survivors of childhood sexual abuse are not at all unusual. And this can result in cases of DID. And it is such persons who form the primary client base for this therapist. And therefore her test for DID is centered around questions that one might ask of an adult survivor of childhood sexual abuse.
Her clinical test requires a list of appropriate questions, a video camera and a polygraph machine. It should also be noted that persons under the influence of drugs (medical or recreational) do not give accurate polygraph readings. So her clinical test might be preceded by a drug test as well.

What she used for this test was a professional grade polygraph machine. This is commonly referred to as a lie detector machine. Such machines don’t actually detect lies, but they do measure physiological responses. The prefix poly comes from a root word that means many. And a polygraph machine measures many types of biofeedback responses. Specifically they may measure blood pressure, pulse, respiration, skin conductivity and possibly other biofeedback responses. By comparison, the GSR meter only measures skin conductivity. And professional quality polygraph machines also make ongoing records of these physiological responses. So there is a paper printout or digital display of the responses.

Some therapists have told me that the GSR meter is better than a polygraph for the Torture Assessment List because some torture victims feel intimidated by being strapped into a polygraph machine. But the average GSR meter only has you hold onto a couple of tin cans in your hands, so it’s less intimidating. Also because the polygraph machine is used for lie detection, some torture victims may feel that they’re being interrogated, whereas they are less likely to feel threatened by a friendly little GSR meter.

But for the DID clinical test, a professional polygraph machine seems to be more desirable. The polygraph machine is mislabeled as a “lie detector” because it can only indicate the telling of a lie under certain conditions. If the person feels guilty about lying, the machine will indicate a response when the liar gives a false answer. But all that the machine really measures is that an emotional reaction occurred. What
the therapist is looking for in this assessment test for DID isn’t the telling of lies, but rather an indication of a hidden alter personality. And for this purpose, a polygraph machine is better than the rather limited GSR meter.

It should be repeated that a client suffering from DID can be honest without being truthful because the physical body will indicate the stress felt from abuse even when the conscious mind has dissociated all memory of it.

This therapist told me that she would, in some cases, hook a client up to a polygraph machine as a way of looking for indications of an alter personality. During this type of clinical test, she would also have a video camera recording the client’s facial responses. This would give two types of records of the client’s responses.

This therapist had a list of about sixty questions she could read to the client during the test. Usually she didn’t make it through the full list. These questions were a bit different than the questions on the Torture Assessment List. These questions didn’t specifically describe acts of torture, but instead were designed to evoke an alter personality. The questions were designed to be directed to a childlike personality. And they were directed more toward the memory of pedophiliac abuse. I didn’t make a copy of her complete list, but I did take down some sample questions in my notes.

A sampling of questions used in the DID assessment:

- When you were a child, did someone touch you in a way that made you feel bad?
- Was somebody naked when they shouldn’t have been?
- Did a grown-up make you look at his pee pee?
- Did someone who was suppose to take care of you hurt
you instead?

- Were you forced to do something that you couldn’t talk about later?
- Did a grown-up tell you that you have to keep secrets?
- Did you trust someone who later betrayed you?
- Did a big person make you take off your underwear when you didn’t want to?
- Did you have a nightmare that was actually a memory of something real?
- Did a babysitter give you a bad scare?
- Did someone come into your bedroom at night when they weren’t supposed to?
- Was there something that you were never supposed to talk about?

The video recording of the assessment could be compared to the read out from the polygraph machine. So even if a client might answer no to all or most of the questions, the polygraph readings might tell a different story. And that could be an indication of a hidden, alter persona.

Sometimes as a therapist is reading the list, a client might manifest a full-blown alter persona. If this happens, this switch from the primary personality to the alter persona would be recorded by the video camera.

When a shift to an alter happens in real life, it isn’t like in the Hollywood movies such as The Three Faces of Eve. To see this transition is a dramatic experience. I once witnessed a woman change into her alter, and as she did so her eye color instantly changed. Although things like that don’t always happen, most people can discern the difference between a
shift to a real alter and somebody trying to fake it. Thus the video recording can be used to either prove or disprove the diagnosis of DID. Also if the alter suddenly appears, the polygraph readings will probably shift as well.

So if it turns out that a client is actually suffering from DID, the procedure described above would be a way to have a tangible proof of this. Either the polygraph record alone would indicate the presence of a hidden alter or the video camera would record the emergence of an alter. And when the video and polygraph records are compared to one another, this too could be revealing.

In some cases this test might eliminate the possibility that a client was abused sexually as a child. If a person answers no to the entire set of questions on the test, and if the polygraph machine shows no unusual readings, then that would indicate the likelihood that a client was not sexually abused as a child. This therapist explained to me that some clients who came to her had problems of sexual dysfunction which they believed might have been caused by repressed memories of childhood abuse. This clinical test would eliminate the possibility of childhood sexual abuse so that they could concentrate on other issues in dealing with the problem of sexual dysfunction. Also, the idea of MPD has been popularized in the media so that some people who aren’t suffering from this may think that they are. But DID is a real phenomenon, and this test was designed to discern the actual cases of it from the imaginary cases.

However, this therapist told me that most of the times that she did this type of test, it actually turned into an introduction to talk therapy. As she went through the process of asking her client these questions, eventually the client would answer yes. When that took place, she would ask the client what happened. Usually at that point the client would start to talk about the
childhood abuse. So at that point, she would disconnect the client from the polygraph machine, turn off the video camera and they would sit in chairs across from one another. Then they would proceed with typical talk therapy to address the issue of child abuse. So the diagnosis of DID would become unnecessary as the client could actually remember what happened, but was just afraid to talk about it.

The DID assessment can indicate the change in the social gestalt of the client. Some children are raised in a family environment where it is OK for an adult to sexually abuse them but it is not OK for them to talk about that abuse. In such cases, they have adapted their personalities to that twisted social environment. When they go into a therapy environment where it becomes clear to them that it was not OK for them to have been sexually abused as a child, but it is OK for them to talk about the abuse, that creates a shift in their thinking. It creates a new gestalt. And this makes it OK for them to talk about the abuse. The clinical test described above is a way to formally introduce clients into a therapeutic environment where they realize that they are supposed to talk about the abuse rather than to conceal it. So one of the assessment’s functions may be to get some clients to begin talking about something that they’ve been reluctant to talk about previously.

I can’t say whether or not this clinical test described to me would be appropriate. But a clinical test of some type needs to be developed for DID. And perhaps this description of this test will help to motivate some professional researchers to take action. Until the professional community acknowledges the fact that DID is a real phenomenon, progress in treatment systems will not take place. So this could be the first step in the revolution to take back the real world.

And something that you can do in this revolution is to
spread information. One way that you can do that is to learn more about what is going on, and share what you learn with others.
By Kerth Barker

Angelic Defenders & Demonic Abusers
Memoirs of a Satanic Ritual Abuse Survivor

Cannibalism, Blood Drinking
& High–Adept Satanism

Mental Liberation
Deprogramming Satanic Ritual Abuse, MKULTRA,
Monarch & Illuminati Mind Control

Psychic Development
for Prosperity, Self Defense & Political Influence

See http://angelicdefenders.theshamecampaign.com