

FABIAN THERAPY

to heal Satanic, MK Ultra and Monarch mind control

I first want to make it clear that I am not giving advice for mental health treatment. My only purpose here is to share information. What you choose to do with this information is your responsibility. My hope is that some of this information might somehow be used to help the victims of harmful brainwashing techniques.

I am assuming here that you are aware of mind control techniques such as MK Ultra, Monarch and Satanic Ritual Abuse. These types of mind control are used by the global cult known as the Illuminati. All of these techniques are really forms of brainwashing which I am going to refer to as *Illuminati mind control*. If you are the type of closed minded person who automatically dismisses the Illuminati as a conspiracy theory, you probably won't be interested in what I have to say. But if you are awakened to the point that you know this type of secret society is real, you may find my information useful.

My goal here is to share enough information that you might have some notion as to what it takes to heal someone suffering from Illuminati mind control; however, I believe that I am not sharing so much information that an unscrupulous amateur, acting alone, would be able to figure out how to use this information to brainwash someone. Nevertheless, covert brainwashing that is highly organized is already being done on a massive scale in society. The Illuminati by now, have plenty of people with psychiatric training who know perfectly well how to use mind control with disturbing skill.

The Illuminati is a Luciferian cult--secretive in its organization and dedicated to globalism. At the present time, the Illuminati is tolerated by those in power because it seems to operate for the ultimate benefit of the wealthiest persons in the world. And of course, not all of these wealthy people actually practice Luciferianism themselves. At this elite level of wealth, the most common belief is in some form of Social Darwinism. This means that they think of themselves as genetically superior to those less wealthy than themselves. This is the most popular belief system of those families who have inherited great wealth over generations. They imagine that their so-called superior breeding justifies their wealth. Such beliefs are ridiculous, and the truth is that these people are economic parasites who feed on society without really doing any meaningful work. Yet in spite of these irrational justifications for their greed, they are not all Satanists. However, knowingly or unknowingly, they are each connected in some way to this Luciferian cult that exists among the generationally wealthy. This Luciferian cult manipulates the most powerful persons in society. You find its slaves at the top of all important international organizations and governments. Such slaves may not openly refer to themselves as Illuminati; however, their belief system is nevertheless based on the Illuminati doctrine originated by Adam Weishaupt on May 1st, 1776. This Luciferian cult is served by a criminal organization made up of violent Satanists. Although in the past I have called for political actions against the Illuminati, my only motivation in sharing this information now is to promote psychological healing.

I should warn you that if you have been subjected to Illuminati mind control, my message here may trigger negative

feelings in you. You may feel lightheaded, or you may even feel angry or afraid. I would encourage you to remain sensitive to your feelings as you consider what I am communicating here.

What I am describing here is an approach to therapy that is probably different than what you've heard of before. Over the years I have had access to certain insider information which I am sharing with you. I was subjected to Satanic Ritual Abuse as a child, and some of my abusers had psychiatric training and were experimenting with the beginnings of what would lead to Monarch type mind control. I never completely fell under the influence of this type of mind control, but it created many problems for me. Later on I was helped by some people who had backgrounds in psychology and who had developed a technique for healing this type of mind control. I have received help from this type of therapy and I have known others who have been helped by it.

The scientists who actually developed this system had a rather technical name for it, but I simply call this technique Fabian Therapy. This is because the scientists who developed this therapy system realized that persons who have been brutalized with Illuminati mind control are best treated with what may be thought of as a Fabian-type strategy for therapy. This type of strategy is named for a Roman General. In this strategy you avoid a direct, frontal assault and instead you gradually wear down your opponent over time using indirect attacks. This type of military strategy was used by General Washington to defeat the British, by the Russians to defeat Napoleon and by Sam Houston to defeat Santa Anna. This strategy works only in situations where you have time on your side and the discipline to maintain a continual attack which

slowly weakens your opponent. It has also been used in non-military situations. Corporations sometimes use such approaches to defeat competitors. The British Fabian Society is attempting to use this type of strategy to promote their socialist agenda. The Illuminati itself is attempting to use a Fabian Strategy to conquer the world. Although the Illuminati's intentions are evil, a Fabian Strategy in itself is morally neutral--what you choose to do with it determines whether it is good or evil.

The scientists and psychologists who developed this Fabian Therapy system were Illuminati insiders who had become disillusioned with the Illuminati. The Illuminati likes to recruit persons who are idealistic and well-educated. It does this by telling them that when it takes over the world the Illuminati will create a utopian world government. Most who join the secretive Illuminati start off believing that they are going to change the world for the better. However as they learn what is really going on, some Illuminati members figure out that the leaders of their movement are really only interested in making themselves wealthier and more powerful. These disillusioned Illuminati members, who helped me, had come to realize that Illuminati mind control methods are insanely cruel and destructive. So they used their insider information to try to come up with a system for deprogramming Illuminati mind control.

The victims of Illuminati mind control are programmed with commands that are implanted into their subconscious minds. These implanted commands are designed to keep them under control. These commands are precisely worded statements that are given to the victim when he or she is in an altered state of mind. This altered state makes the victim highly receptive to suggestion. Implanted commands are given which instruct the

victim so that he or she is unable to consciously remember having been programmed. Sometimes implanted commands are given which instruct these mind control victims to attack anyone who tries to deprogram them. Implanted commands are also sometimes given which instruct them to commit suicide if they start to remember what happened. All of this makes therapy for such victims very difficult.

These implanted commands are a type of repressed memory, but they are harder to deal with than those repressed memories which the average therapist encounters. The mind has a type of defense mechanism, if an experience is too painful or upsetting, the individual represses it from conscious memory so that he can go on with life. This is a natural defense system allows the individual to continue to function in society even in the wake of a traumatic experience. Traditional therapy methods often try to confront such repressed memories by using hypnosis or other methods which encourage the patient to remember. This is like a direct, or frontal attack on repressed memories. Fabian Therapy is different.

Fabian Therapy avoids direct contact with painful memories. It does not try to expose repressed memories which might trigger implanted commands. It uses an indirect approach that works gradually over a long period of time. It is based on an advanced scientific understanding of the human mind.

Before I describe the details of Fabian Therapy I want to go over some other information related to Illuminati mind control. I was born into a family in which my grandfather was a member of the Illuminati. At the time of my birth, Satanic Mind Control and Ritual Abuse was really more of an art form than a science. Although this movement has ancient roots, the contemporary

forms of Luciferianism were first developed in Medieval Europe; and they were based on occultism and demonology. Demonic possession is the goal of traditional Satanic Ritual Abuse. The idea of these rituals is that the ordinary personality of a child is to be replaced with a demonic personality which has occultic powers. Satanists believe that they are magically empowering a child by subjecting him to demonic possession. The Luciferians who I knew when I was young would sometimes refer to non-Luciferians as being *mundane*. According to this special Luciferian definition of the word, a person who is mundane has no occultic power. Also a mundane person has no access to secret Luciferian knowledge. In this sense, although I am not a Luciferian, I am not entirely mundane because I do have some understanding of hidden Luciferian knowledge.

In Satanic Ritual Abuse a child is traumatized with rape and torture until the Mundane Personality disappears and a Demonic Personality can take over. MK Ultra and other similar programs were developed to turn Satanic Ritual Abuse into more of a science. The CIA is managed by Skull & Bones which is a branch of the Illuminati. After the second World War they recruited Nazi psychiatrists who were war criminals. These were brought into the U.S. with Operation Paperclip.

On a personal note, the woman who first subjected me to Satanic Ritual Abuse was named Shotzy. She spoke with a German accent and had long black hair that she wore in a bun on top of her head. She had psychiatric training and practiced a form of Satanism. I have reason to believe that she had once been a member of the Vrili society, that she had once dabbled in

Theosophy, but eventually she graduated to a form of hard core Satanism influenced by the writings of Aleister Crowley.

It was Satanists in the CIA who funded early scientific studies of mind control. The MK Ultra program began in the 50s and was officially disbanded in the 70s. It experimented with hypnosis and drugs such as LSD. Some persons were subjected to electroshock therapy for depatterning, which is to break up existing patterns of behavior in an individual. The idea of this is to make the individual's mind blank and open to suggestion. Then psychic driving technique would be used. This involved forcing a depatterned victim to listen to audio suggestions on a looped tape over and over again. This was often done when the victim was drugged. The basic process of all Illuminati mind control is to create a blank slate so that the programmer can write whatever he wants to on it.

The letters MK stand for Mind *Kontrolle*, using the German word for control. MK Ultra was only one such program. The truth about this program was that it failed in every respect. It never developed techniques for healing mental health, and it never was a successful method for mind control. It did cause brain damage to its subjects through its use of shock treatment and drugs. And it did ruin the mental and physical health of its victims.

Although it was disbanded, there are many MK Ultra-type mind control methods still in use. These contemporary mind control systems are sometimes administered by psychiatrists in hospital settings. They are much more effective than the earlier experimental programs such as MK Ultra. Monarch mind control is one such contemporary program. It is known to have been used on some Hollywood celebrities and music stars, as

well as many other victims. The Illuminati has psychiatrists specially trained in mind control, and their techniques are very successful in brainwashing people.

The victim of this Monarch programming is called a slave. He or she is controlled by a person who is known as an owner, handler or master. The *core personality* is the authentic personality that the victim had before being subjected to mind control. Monarch programming attacks this core personality so that a new personality can be programmed in. The slave is subjected to trauma which causes the core personality to disassociate.

Disassociation takes place when a person becomes disconnected from reality. In such a state the person can be reeducated with new values and motivations. The processes that Illuminati psychiatrists use to do this are very exact. A mischievous amateur experimenting with brainwashing would probably not be able to duplicate their results in some simple way. If you simply render someone unconscious and repeat commands in his presence, it's probable that those commands would never be obeyed. The procedure for implanting commands has other dynamics of psychology which I don't feel comfortable sharing with the general public. I can tell you that the contemporary forms of Illuminati mind control are very sophisticated. The procedures used by these Illuminati psychiatrists are an exacting form of psychic surgery where the individual's psyche is dissected. This creates a new personality that is compartmentalized from the core personality. And it is trauma-based disassociation that builds the walls of this compartmentalization.

Some forms of torture that are used to create this trauma necessary to disassociation are confinement, restraints, near drowning, hot and cold extremes, spinning, being hung upside down and being psychologically tormented. Most of these techniques are designed to avoid leaving physical bruises or scars. Shotzy was an expert at torturing children with techniques that didn't leave bruises. I remember a technique that Shotzy used on me and other children which simulated drowning. With the help of her assistants, she would wrap her victim up in a sheet and to repeatedly dunk his or her head into a bathtub filled with water. This was like an awkward form of water boarding. In trauma-based mind control, often family and friends are threatened as a form of psychological torment. As a child I was frequently told that my mother would be killed if I ever talked. That certainly gave me a motivation to keep my abuser's secrets.

It is common in Satanic abuse that bizarre visual elements are included in the sessions to give them a surrealistic feeling. This makes any disclosure by the victim seem non-credible. For example, when I was a child, one of my programmers would always wear a halloween Frankenstein mask. One morning, after a night of witnessing Satanic rituals, I told my mother that my nanny, Shotzy, had taken me away to see the Frankenstein monster. My mother convinced me that it had all just been a nightmare and that I should forget it. It was because of this type of deceptive techniques that my parents, who were not themselves in the Illuminati, were never aware of the fact that me and my siblings were being subjected to abuse.

As well as this, *control symbols* are used to keep victimized children in line. Mind control commands are associated with a visual symbol so that when the victim sees this symbol, the

implanted command with which it is associated will be reinforced. These elaborate methods of psychological manipulation keep anyone victimized by Illuminati mind control from disclosing or even remembering the traumatic experiences.

For example, when I was a child, to keep me from telling others about the abuse I was receiving, one thing that was done to me was that Shotzy took me to a remote location where she performed a Satanic ritual with a live cat and two teddy bears. All three were trussed up in exactly the same fashion on three crosses. The live cat was systematically tortured to death. Every thing that was done to the cat was subsequently done to one of the teddy bears. After a needle was stuck into the cat's arm, a needle was stuck into the arm of the teddy bear next to him. But the other teddy bear was always left alone. When Shotzy finally got around to tearing out the intestines of the living cat, she then in turn tore out some of the stuffing from in the stomach of the teddy bear. And Shotzy went on like this, going back and forth until the cat was dead. But the other teddy bear was left completely unharmed. After I endured this intimidating demonstration of torture techniques, suggestions were made to me that I would not remember this experience. Then when my nanny, Shotzy, brought me back home after our field trip (which my parents believed was a trip to the zoo) she made a point of giving me the unharmed teddy bear as a present. She did this in front of my unsuspecting parents who insisted that I thank her for the gift. The idea was that the teddy bear would act as a subconscious symbolic trigger to condition me so that I could not tell anyone what was being done to me.

My parents were very please to see that Shotzy, my nanny, had given me a teddy bear as a gift. They were very surprised

when two days later I burnt it up in the fireplace. Although I didn't ever find a way to tell my parents what was being done to me, I did find ways to rebel against Shotzy.

In many respects my own Satanic Ritual mind control was botched because this was back in the early 1960s when the Illuminati were still experimenting with new methodologies, and my Illuminati programers disagreed about how to program me--sometimes they would even argue about this in front of me. Some aristocratic Illuminati members were interested in my bloodlines. Some of these aristocrats thought I might have the potential to become a leader in their organization, and they didn't want me overly damaged. They ultimately decided that Shotzy's techniques were too experimental and not traditional enough--and so she was dismissed as my controller. This meant that some of these processes of mind control that had been used on me were left incomplete. Most victims of mind control come to believe that resistance is futile, and they give up trying. But I never completely gave up resisting because sometimes I was able to do so successfully.

In those days Illuminati mind control was half occultic art and half science; but contemporary Monarch mind control is really more like a precise technology. It's unlikely that a Monarch slave will come out of the mind control on his or her own. Monarch slaves are often used for prostitution, assassination, and as message couriers. They are also used in the Illuminati controlled mass media as celebrities or news personalities. The sexual orientation of the slave can be changed from strait to gay, or gay to strait, or whatever. The slave's owner or master has certain phrases by which he can trigger his slave's programming to control that person. The ultimate goal of

Illuminati mind control is to develop a psychiatric technology for destroying free will in humans. Free will is a God given gift, and as Satanists, they desire to rebel against God in all ways.

A lightheadedness is associated with Monarch mind control which is one reason that it is named for a butterfly. This process of mind control results in the deliberate creation of Multiple Personality Disorder (MPD) also known as Dissociative Identity Disorder (DID).

I knew a woman with this disorder who was successfully treated with Fabian Therapy. She had five distinct personalities-- a bisexual sex worker, a violent Illuminati enforcer, a Satanic Ritual priestess, a personality for managing all these other *sub-personalities* and there was also the *primary personality*. Each one of these personalities had a different name. Her primary personality was the one she assumed most of the time. Her core personality had been destroyed in her childhood through ritual abuse. Her primary personality was a constructed one that was designed to conceal her other personalities from Christian society. Through her primary personality, she fulfilled her role in life as an ordinary wife, mom, and part-time worker at a mundane job. Her primary personality was a Christian who had no awareness of her *alter-ego* personality as a Satanic priestess. Her brother, who was in the Illuminati, purchased her back from another Illuminati member and turned her over to a Fabian therapist. This therapist no longer allowed her sub-personalities to be triggered and worked only with her primary personality. After a long period in therapy she was able to recover enough of her memories so that she could no longer be triggered and controlled by anyone.

However, in the course of her treatment her primary personality was systematically transformed. As her sub-personalities became inactive, her primary personality began to take on some of the traits of these sub-personalities. For example, one sub-personality had been trained to fire a handgun and use techniques of karate. One day, to her surprise and the surprise of her husband, the primary personality discovered that she was an skilled marksman and martial arts expert. The story she told me was that her husband took her to a firing range to give her some basic self-defense training and was shocked when it turned out that she knew more than him. Another change in her personality had to do with her religious beliefs. Her primary personality had been a very narrow minded Christian with intolerant views of other faiths. But as her Satanic priestess personality memories became integrated into her primary personality, she became more open-minded in her beliefs and spiritual practices. Another thing that she had to deal with as she recovered from MPD was her feeling of guilt. Under the influence of Illuminati mind control she had been forced to do things which went against the values of her primary personality. This woman was a success story for Fabian Therapy, she was able to disconnect from the Illuminati and live a normal life. However, I know that she never completely got over all the deep emotional scars created from her abuse.

Although she was someone who suffered from MPD, not all persons who are subjected to Illuminati mind control have multiple personalities. Sometimes less extreme forms of mind control are used to make small adjustments in the personality of someone who's creating problems for the Illuminati. For example, I knew of a reporter who was going to expose the truth

about the Illuminati in a newspaper article back in the 60s when nobody publicly talked of such things. However, before the article came out, he was given a knockout drug in a drink at a bar then taken to a house where he was given suggestions in a structured way. This was done so that he would automatically dismiss anything he heard about the Illuminati as a conspiracy theory. He was given implanted commands so that he would not be able to remember having been programmed. He didn't develop multiple personalities, but he did drop his story and never investigated the Illuminati again.

It's difficult to estimate how many Americans have been subjected to some type of Illuminati mind control where implanted commands are made, but we are talking about many thousands of victims, most of whom have no idea that they have been programmed. High ranking Freemasons, military personnel, government officials and corporate leaders are often subjected to Illuminati mind control with implanted commands. Key persons throughout society have been subjected to Illuminati mind control, and most of them do not realize that they have been implanted with mind control commands.

The Illuminati have many methods for doing this. For example, I know that certain dentists have been recruited by the Illuminati, and when they put a client under with General Anesthesia, they implant commands into their victim's subconscious mind. Another practice is that wealthy Illuminati members have large parties where drugs and alcohol are used; at such parties it's easy to arrange to put knockout drugs in someone's drink, then have that person taken off to a room where implanted commands are made. This is one way that

billionaire Illuminati members ensure the loyalty of those who work for them.

The Illuminati controls the mass media and uses it to present visual symbolic triggers to the public. These symbolic triggers stimulate implanted commands. Some of these symbolic triggers are images of monarch butterflies, teddy bears, the single eye, the pyramid, the pentagram, the mask, the maze, the goat's head, and many others. These Illuminati symbols reinforce the implanted commands and keep the victims in line. Anyone who feels light headed when staring at any of these symbols may have been subjected to Illuminati mind control.

Anyone who has noticed that they have unexplained periods of missing time in their life may be a Monarch mind control slave. There are varying degrees to which Illuminati mind control victims have been afflicted. However, the mechanism through which all such mind control operates is--memory.

MEMORY

There are different types of memory. The terminology I am going to use is as follows. *Memory* is any mental record of an experience or of information; it is also the ability to retrieve these mental records. Memory is experienced subjectively in the mind. It may consist of words, symbols or images. *Long term memory* stores, manages and retrieves information or experiences. This memory may last for days or years. This is contrasted to *short term memory* which is the *working memory* that you use to decide whether or not you want to memorize something. For example, if you were listening to a lecture by a teacher--you would be judging the information presented in the

lecture; with your working memory you would decide what information you should forget, and what to memorize for a test. That's working memory. And the stuff you choose to forget is short term memory. The information that you choose to memorize becomes the *explicit memory* that you deliberately select for memorization. There is *subconscious memory* and *conscious memory*. Those memories that you can recall are conscious, and those memories that you can't recall are subconscious.

Your mind is always recording new memories whether you are conscious or unconscious. Even if you are drugged to unconsciousness, everything you hear or experience during the episode is still being recorded by the subconscious mind. And, under exactly the right conditions, carefully worded verbal commands which are contained in these subconscious memories can direct your thoughts and behavior. This is what the psychic driving of MK Ultra was trying to do, to program the subconscious mind with recorded messages while the victim was drugged unconscious. The old MK Ultra techniques tended to be unsuccessful at this, but later Illuminati brainwashing research was able to develop techniques for reliably creating this type of subconscious memories.

I refer to such memories as *occluded memories* because they have been deliberately blocked from the conscious mind. Occluded memories contain *implanted commands*. These implanted commands would be instructions made to a slave by an Illuminati controller. They are called implanted commands because they are placed methodically within a unit of memory that has been occluded. This occlusion of the slave's memory is

caused intentionally with trauma, pain or drugged unconsciousness.

But even in ordinary life, sometimes the repression of a memory comes about by accident rather than deliberate intention. *Repressed memories* are also subconscious. An individual may repress a memory if it contains overwhelming pain or negative emotions. A child witnessing his father beating his mother might repress the memory, but in doing so may grow up to batter his own wife at times when he's drunk. However, while in therapy, he might remember his repressed memories and change his behavior as a result. Such repressed memories differ from occluded memories in that the repressed memories aren't intentionally created, but rather they come about as an accident of life. They nonetheless can lead to mental illness, and sometimes they are successfully treated with the techniques of mundane psychology.

Both occluded memories and repressed memories are toxic memories which exist in the subconscious mind. In both cases they undermine the individual's ability to think rationally and express his or her free will. The therapeutic removal of these toxic, subconscious memories is essential to mental health.

But not all memory that is contained in the subconscious is toxic. Many childhood memories are subconscious. Such memories haven't always been repressed, sometimes they're just forgotten with time, but they are always there in the subconscious. Most of such subconscious memories are benign.

Conscious memories are of two types--*semantic* and *episodic*. Semantic memories are information that you've consciously memorized. This would be information such as your phone number or facts of history that you learned in school.

These semantic memories are made up of words or symbols. Episodic memories are those which consist of your experiences in life. These are specific personal events, like walking in the park or playing in a baseball game. These are of real events that take place in your waking life. These episodic memories are made up of recalled images, sounds, smells, tastes and feelings. Episodic memories are like movies in your mind containing full sensations and perceptions.

Then there are the memories of purely subjective events such as *dream memory*. This is your ability to recall some of your sleep dreams. Also there is the memory of imagination. For example if you were to close your eyes and day dream that you are sailing on a yacht--then later on when you remember this day dream--that would be *imagination memory*.

Confabulation is when imagination memory gets tangled up with or confused with episodic memory. For example if a hypnotist were to make a post-hypnotic suggestion that you were abducted by a UFO, and after you were awakened you had memories of the imaginary abduction, that would be an example of confabulation.

Illuminati mind controllers use deliberate confabulation to confuse the mind's of their victims. For example, if a man were drugged unconscious and raped by an Illuminati controller, a suggestion might be made so that he remembers the experience as a UFO abduction where he was anally probed. However, all the humiliating emotions and painful sensations of the memory would be real; only the context of the experience would be altered in the victim's mind through hypnotic suggestion. So a person recalling a confabulation of what he thinks is a UFO abduction might really be recalling Illuminati sexual abuse. I

should point out that in saying this, I am not trying to be humorous, because there really is nothing funny about this.

ADDRESSING MEMORY IN THERAPY

In conventional talk-therapy, the therapist might try to tease out a repressed memory so it can be analyzed in a session. But this doesn't work well with the victims of Illuminati mind control. Sometimes the occluded memories can't be reached. Or sometimes they are protected by implanted commands for the mind control slave to commit suicide or attack the therapist under any such circumstances.

Painful memories that have been repressed by a traumatized person can be difficult to reach. A hypnotist, in trying to help a patient, might place his patient into a trance state and make the suggestion that such repressed memories can be reached. With ordinary repressed memories this technique of hypnosis may sometimes work to transform the patient's subconscious memories into conscious memories.

But trying to reveal implanted commands within occluded memories is much more difficult. Sometimes a highly skilled hypnotist may be able to help a victim of Illuminati mind control to restore some memories. But even in careful hypnosis, the implanted commands to block memories, commit suicide or attack the therapist may be triggered. A hypnotist trying to recover occluded memories from a Monarch mind control victim is like a soldier trying to walk through a mine field without a metal detector.

Fabian Therapy is designed to avoid the triggering of implanted commands. Fabian Therapy only addresses conscious memories; these would be episodic memory, dream memory,

imagination memory and semantic memory. Fabian Therapy uses an indirect approach. It never, never, never directly confronts repressed memories, occluded memories or any painful memories. And yet, with this indirect approach--it frees the individual from the influence of repressed memories, occluded memories and painful memories. Fabian Therapy is a highly structured, disciplined approach that requires strong determination, patience and time.

To understand why it works, you have to understand the true nature of memory. The people who developed MK Ultra and Monarch type mind control operated on the idea that human memory is like computer memory. They wanted to program people in the way that they would a computer. They wanted human robots. But the human mind is not a machine mind. The human brain is a living, dynamic organism. The human mind is vastly more sophisticated than the artificial intelligence of computers.

The brain is often defined as the physical, tangible aspect of the mind, and the mind is thought of as the facility for thought and consciousness. The brain/mind has access to many levels of consciousness. Memories are more than just electrochemical recordings in the brain.

One advanced theory suggests the possibility that memories may be part of an energetic mental field that interacts with the brain--so that the memories themselves are not made up of neurons--they are actually made up of stable units of subatomic energy. The neurons would be the physical interface point for the mnemonic energies. In this brain/mind theory, memory would be conceived of as an energy field that interacts with the body through the brain and nervous system. Although this

particular brain/mind theory hasn't been generally accepted by mundane scientists, it does give you a different way of conceptualizing memory.

The mind is not completely dependent upon the brain, but does need the brain in order to interact with the living body. Brain damage does not necessarily get rid of all memory, but it can make memory harder to access. There is a plastic quality to the brain so that even if it is damaged, memories and brain functions may still be restored.

But I don't want to go too far into the scientific theories upon which Fabian Therapy is based. Wealthy Illuminati leaders recruit many of the world's best scientists. However, they often withhold important scientific breakthroughs from the general public. The scientists who developed this Fabian system had advanced degrees in neurology, physics and psychology. They also had access to scientific information that mundane scientists don't have. I'm not sure that I ever completely understood all their theories. But I do understand how their system works because the system itself is fairly simple.

Let me put it this way, you don't have to know everything about how its engine works in order to drive a car--but you do have to know a few things. In the same respect, you don't have to understand the advanced theories of brain/mind to understand how Fabian Therapy works, but you do have to understand a few basic principles.

You have to understand that on the deepest level of mind all memory is interconnected. Although conscious memory can be compartmentalized with trauma, on the deepest level of the subconscious--all memory remains intact and interconnected to all other memory.

The *memory field* is the entire system of all types of memories--conscious and unconscious. The memory field is a continuum of every type of memory that may influence your mind. And all of these memories are energetically connected to one another on the subatomic level of quantum energy. You don't have to really understand advanced physics however, but you do have to understand that every memory really is connected to every other memory in your memory field. The mechanism of connection is unimportant to know, but the fact of their connection is important.

What this means is that if you work intensively with one area of memory--it automatically influences every other area of memory. So if you intensely work with conscious episodic memories, you subtly bleed off the pain, trauma and unconsciousness contained in the repressed memories and the occluded memories. Occluded memories and repressed memories contain overwhelming negative emotions. This can be thought of as a powerful negative emotional charge. When you work with any area of memory, it influences all areas of memory. So when you work with conscious memories in a structured and intense way, you slowly release the *negative charge* from the occluded and repressed memories. This is why the indirect approach of Fabian Therapy works. When enough negative charge is released in this way, the implanted commands contained in occluded memories cease to have any power. This then releases the Illuminati slave from the control of his or her owner.

COMMAND WORDS

Another concept that you must understand is that the implanted commands are made up of words and pictures; however, the real meaning of the implanted commands is primarily expressed through words. And words are semantical. So by working with conscious semantical memory--explicit memory--you can subtly release the negative charge of the implanted commands contained in occluded memory.

Certain words are often found in implanted commands. The following list is an example of common *command words*: obey, control, submit, sex, sexual, identity, comply, forget, remember, owner, master, controller, slave.

The scientists who developed what I call Fabian Therapy did experiments where they took people who had been subjected to Illuminati mind control and hooked them up to a biofeedback machine that measured heart rate and breathing. The experimenters then slowly read out loud from word lists. These word lists were made up of a combination of neutral words as well as *command words* such as those listed above. For example the word list might go like this: oats, obey, october, odd, offer--and so forth like that.

When reading the list out loud to the subject, no special attention was paid to the command words. However, in this experiment, whenever a command word was read out loud, the biofeedback machine showed a reaction. But the mind control victims who were hooked up to the biofeedback machines did not have any conscious awareness that those words were actually command words.

Therefore it isn't just the occluded memories that are the problem, but also the command words contained in them.

The command words stimulate the slave into action. The slave cannot resist this stimulation because of the pain contained in the occluded memory. But the power of these command words can be destimulated by working with vocabulary in a structured way.

THE PROCESS OF FABIAN THERAPY

These ideas may not make complete sense to you unless you work with them in some way. Once I started to work with these techniques, the principles upon which they are based became clear to me.

With all that in mind, this is how the methodology of Fabian Therapy works. There are four basic aspects of Fabian Therapy. First there are a number of *journalling techniques*. These can be done by the patient when alone, but should be reviewed to some extent with the therapist. Second there is E.M.A., *Episodic Memory Analysis*. This is the systematic analysis of non-occluded episodic memories, which must be done with a therapist. This is a very powerful technique when used repeatedly over time. Third there are *extroversion techniques*. And finally there are *vocabulary exercises* to influence semantical memory. This process actually releases the negative charge contained in the words themselves which make up the instructions of the implanted commands.

Although there does have to be a therapist to manage this process, I have to say that the therapist's role in this process is so simple that some of the people I knew years ago who were doing Fabian Therapy did not have a degree in psychology or certification as a therapist. For the most part, a Fabian therapist

is more like an exercise coach who motivates the patient and provides some necessary guidance.

But the patient receiving such therapy must be highly motivated. None of the standard Fabian techniques are complex. But two of them require daily attention and all of them require some self-discipline and will power. The patient has to accept the fact that he or she will have to be in this for the long run to get tangible results.

Any therapist that would use Fabian Therapy would have to have commitment. There is an old saying, "Who rides a tiger does not dismount." This is not a process that you want to start with someone and leave undone. If you begin this with someone, you may be in it for years and ethically you can't abandon any patient. To start this process and abandon it uncompleted might cause the patient to collapse into depression or commit suicide.

How long they need to be in therapy really depends upon how extensively they have been subjected to Illuminati mind control. If they've been subjected to Monarch mind control to the point of having multiple personalities, they could be at this therapy for years. However, if they've just been subjected to one or two sessions of Illuminati mind control, they might recover fully in a few weeks.

JOURNALS

So first there are the journalling techniques. I have to say that even without the help of a therapist, a person could work with just these journalling techniques and get positive results. I had therapists when I first started to work with these techniques many years ago, and even after my therapists were killed by the Illuminati, I continued with the journalling techniques.

Eventually I was able to pull myself up by my own bootstraps, as we are apt to say in Missouri.

These journalling techniques are (1) the *daily episodic journal*, (2) the *daily dream journal* and (3) *an imagination/cathartic journal* that can be done at any time.

(1) The daily episodic journal works like this. Everyday you make an entry into this journal towards the end of the day. It doesn't take long. You always write down these three things in the entry. Your full legal name (this would be the name of your primary personality if you have MPD). The date. And a single episodic memory from that day. Preferably the episode will be something memorable. Perhaps you met an old friend, or saw a pretty bird. It should be a positive memory, not something with negative emotions in it.

The episodic memory should be something you experienced in the real world, not something you saw on TV or the internet; the reason that such are no good for this drill is because recorded images are dislocated in time. If you watch the same TV show at two different time periods, the memory of the show is virtually exactly the same in both memories. So this creates a duplication of a memory in two locations in the memory field. But real life experiences are located only once in the memory field.

To do this drill, simply write down and describe that episodic memory in a way that would make it easy to recall later. Then what you do is at the end of each week is that you review the episodic memories that you've written down for that week. Again, at the end of each month you do a review for that month, picturing in your mind each episodic memory in the

order you recorded it. I noticed that when I would do these monthly reviews I would often feel the negative charge being subtly released from my subconscious mind. It made me feel as if I was taking back control of my life and regaining my true self. If you do this journalling technique for at least a year, you can do a review at year's end. This review can feel very empowering.

Anyone who tries to use such journalling techniques should have a commitment of doing them for at least several months because it can take that long before you start to feel tangible results. I should point out that if a person has MPD and they notice that entries are missing on certain days it could indicate that an alter-ego personality had hijacked control during those days.

Some entries made in such a journal might be as follows:

John Smith--Sept 20, 2013--Took walk in park during lunch break. Saw girl in red dress playing frisbee with man in blue jean jacket. Laughed when I saw their dog steal the frisbee and run away.

John Smith--9/21/13--Ate breakfast at cafe and ran into my old friend Jane Jones. We reminisced about our days in college.

John Smith--9/22/13--During Sunday Service the children of the Church did an amusing puppet play where they dramatized the six days of creation in Genesis.

(2) There is the dream journal which is also done on a daily basis. For practical reasons you may not always be able to make entries into this on a daily basis. Some nights you might not have dreams, and some mornings you might have to get up in a hurry. But when circumstances allow, what you do is that

you simply write down what you remember of your dreams from the night before. In the evening, before going to sleep, put a notebook and pen next to your bed where it can be easily reached.

Not everybody remembers their dreams. But the funny thing is that many people discover that once they start doing the daily episodic memory journal, they start to have nightmares, and these nightmares are usually memorable. It's also true that if the patient is doing E.M.A. on a regular basis it will indirectly stimulate nightmares during sleep. And actually, if you do start to have nightmares, unpleasant as they may be, it's actually a good sign that the therapy is working. It's through these nightmares that the subconscious mind is releasing the negative charge contained in occluded memories.

However, you don't have to analyze the dreams in any way. Just write down the content of the dream--no matter whether it was happy or upsetting. If you dreamt you were flying--write down, "I was flying." If you had a dream you were being chased--write down, "I was chased." Keep it simple.

There are different systems for analyzing dream symbolism. Some of these systems are based on psychology and some are based on mysticism. For our purposes, you don't need to analyze the dreams for symbolic meanings.

By simply paying attention to your dreams and writing them down you eventually come to release negative charge from your memory field. This technique takes advantage of the mind's natural healing processes. Negative emotions and memories that have been repressed from the conscious mind automatically come out in dreams or nightmares. When you make a

commitment to write down your dreams on a regular basis, you automatically stimulate this natural mental process.

However, writing down dreams can get to be kind of boring after a while. Because it was helpful, I did dream journaling for years. To keep myself interested in this type of journaling, I got some books on dream symbolism from the library, and when I was doing this type of therapeutic journaling, I would analyze dream symbols just to make the practice more interesting and keep me doing it everyday. But the scientists who developed Fabian Therapy always insisted that such analysis isn't necessary.

Some entries for the dream journal might go as such:

"Ate lunch at a fast food restaurant on the moon. I decided that the food tasted bad, but the other patrons kept eating."

"Dreamed I was flying. Slowly arose above the trees and went up into the clouds."

"Nightmare that I was being chased by demons across a barren landscape. Woke up sweating."

(3) The third type of journal is the imagination/cathartic journal. This does not have to be done everyday, but only when you feel like it. Its purpose is to use your imagination to address and release negative emotions. What you're doing with this journal is that you're trying to purge negative feelings. You're not trying to figure out what happened to you. The purpose of this journal isn't investigative, it's cathartic. This journal can consist of written words and drawn pictures.

You don't have to show it to anyone else, it's really for yourself, but you can share it with someone else if you choose to. But you should only share it only when you feel it's

appropriate to do so. Most victims who have been subjected to Illuminati mind control have bad feelings that they carry with them. They don't really know where the feelings come from or why they are there. At times when you have these bad feelings, you can express them on paper with words and pictures. You might find that you write things or draw pictures that you would feel embarrassed to show somebody else. You should use your own judgement as to whether or not you share with others what you write down or draw. This journal is for you, not anyone else.

The idea here is to express these bad feelings in words and pictures. There is no right or wrong way to do this. You don't have to have artistic talent. Nothing you write or draw needs to make sense. This process isn't intellectual, it's emotional. This is just another outlet to release negative charge from the memory field.

During the more intense periods of recovery I wrote and drew volumes of materials. I had boxes filled with this stuff. Sometimes I put my musings into the form of fantasy stories to keep myself motivated. Years later when I looked at this material I realized that I had produced nothing of literary value, but the physical process of writing and drawing had been a tangible way for me to release negative emotions.

EPISODIC MEMORY ANALYSIS

EMA, Episodic Memory Analysis, is the systematic analysis of non-occluded episodic memories. EMA does requires a therapist. Non-occluded episodic memories are conscious memories which do not contain pain or negative emotions. These episodic memories are of happy experiences in life. What

the therapist does in this process is to ask a series of questions that help the patient to go into such memories intensely.

In this indirect, Fabian, approach to therapy you are indirectly influencing occluded memories by intensely focusing upon happy, non-occluded memories.

Envision the memory field as being like a spider web in which all memories are connected to one another through thin strings. If you poke any area of the web, it will wiggle all the other areas. So if you intensely emerge the consciousness of the patient into one area of memory, it will gently influence all the other memories in the memory field. This is not like mechanical memory, such as what a computer uses. But computer memory isn't based on consciousness the way that human memory is. What quantum physicists have realized is that consciousness is intrinsic to the universe. What advanced neurologists are beginning to see is that consciousness is the web that holds the memory field together.

The goal of this type of memory analysis is for the patient to emerge his or her consciousness into a memory so that it is re-experienced as much as possible. The role of the therapist is to use his intellect to guide the process, but the patient should not intellectualize at all--for the patient this process should be as experiential as possible.

This therapy doesn't require a hypnotic or altered state of mind, but the patient should close his or her eyes while recalling the memories. I have to emphasize that the patient should not intellectualize the process, for the patient it should be purely experiential. Any memory worked with in EMA should be a happy one which does not contain pain or unconsciousness. It also should not be a memory which one has dwelt upon a great

deal, that is, it should be a *fresh memory* that has not been analyzed or talked about very much. In order to avoid embarrassment, it should not be a sexual or romantic memory.

To help you understand this process, I've written down a dialogue below which I have reconstructed from one of my own therapy sessions.

Therapist: "Can you think of an appropriate memory for us to work with today?"

Patient: "I went to a baseball game the other day."

Therapist: "Great. To the best of your recall, what was the date and time that this episode began."

Patient: "I happened two days ago, I think from about one until four PM."

Therapist: "OK. Let's start with your olfactory recall, what smells do you recall?"

Patient: "I remember the smell of popcorn as I was standing in line to get a hot dog. There was the smell of the hot dogs cooking. Let's see. There was the smell of stale beer on the ground near the beer stand. When I went to the rest room I recall that it stank of urine. In the bleachers I was sitting next to a man wearing a heavy aftershave. I recall someone smoking a cigar. The day was pretty hot, I recall the smell of body odor."

Therapist: "Was this your body odor or someone else's?"

Patient: "Both. And there was something else, I'm not sure what it was. Oh yeah. My friend had sunscreen for his arms and he gave me some."

Therapist: "What did that smell like?"

Patient: "It had a slightly coconut smell, but mostly it had a chemical smell."

Therapist: "Good. Are there any other recall of smells?"

Patient: "No."

Therapist: "OK, then let's go on to an analysis of your recall of tastes in the episode."

In a systematical manner, each of the different category of perceptions contained in an episodic memory are analyzed in this way. The questions of the therapist are only intended to keep the patient's attention focused upon recalling and experiencing the memory. A session of this type should last from a half hour to forty-five minutes. The patient is not in an altered state. But he or she should be relaxed and comfortable. The patient is encouraged to close his or her eyes during the process of recall.

Furthermore, the therapist should avoid judging the patient or evaluating the reality of the patient. The mind of the Illuminati mind control victim has been tampered with. Therefore even the ordinary recall of episodic memories might contain distortions. If the therapist hears something that doesn't sound right, he should not question it. For example, if in describing a happy memory of a family picnic the patient were to say something like--"And then Mickey Mouse flew through the air killing a chicken."

The therapist should not question such a statement even though it doesn't sound rational. In such a case the therapist should just continue on with the process. It is also true the the morality of Illuminati mind control victims has been tampered with. The patient might, for example, recall a happy experience where he shoplifted something. The therapist should not pass judgement on the patient's lack of morality in enjoying shoplifting. The rule for the therapist is to not judge or evaluate but to just help the patient keep focused on the experience of recalling a happy memory.

There are a number of different types of perception contained in an episodic memory. The Fabian Therapist works with an eight category list which goes like this: 1. olfactory (smell), 2. gustatory (taste), 3. auditory (sound), 4. tactile (touch), 5. vision (sight), 6. kinetics (personal movement), 7. emotions and 8. linguistic (language). The therapist works through the list in the above order.

Frequently recalled memories have a plastic nature to them. The more you go over memories and talk about them the more likely you are to change them in your mind. But the therapist wants the patient to directly reexperience the memory as much as possible without personal alteration. This is why the recall of smell, taste and sound are started off with in the list, because the patient is not likely to evaluate them but to just reexperience them. Analysis of emotions and language is left to the end of the session because they are likely to be evaluated and altered by the ego of the patient in memory recall. But if the patient is first directed to a direct experiencing of memory by focusing on things like smell and taste--then he or she will continue with that throughout the entire session.

The eight categories are used sequentially and the therapist tries to direct the patient to follow this sequence. That is you start with category #1, move from there to category # 2, etc. etc., and end with category # 8. When you complete this last category, the session has ended.

As much as possible, try not to commingle the different categories of memory perception. For example when analyzing the # 3 category, which is the audio perception of a memory, the patient would be discouraged from focusing on the meaning contain in a conversation he heard because that is what is

analyzed in category # 8. In such a case, the therapist would direct the patient back to a pure perception of audio memory by asking how loud or soft the conversation was especially in comparison with other audio perceptions. For example the therapist might ask "How loud was the conversation as compared to the sound of the traffic in the background?"

When having the patient concentrate on tactile perceptions (# 4 category) within an episodic memory--questions would be made up such as "how hot or cold did it feel?" Tactile perceptions involve temperature, pressure, discomfort, comfort, wetness or dryness on skin, fullness or hunger-- and things like that.

Analysis of vision memory, category # 5, would involve things like colors, shapes, patterns, brightness and darkness. This would also be the visual perception of movement--such as the perception of a baseball flying through the air or people milling about in a crowd. But this type of visual perception of movement should be distinguished from personal movement that is felt within ones' own body.

Personal Movement or Kinetics, category # 6, involves the perception of physically experienced movement with the memory. This is both the individual's personal movement and the movement of objects which directly influence the individual. For example if you were in a car you would feel the automobile's movement in your own body as you bounced around. However, if you had recall of walking down the street there would only be the movement of your body, unless somebody else brushed into you. If you were playing touch football with friends, there would be your actions as well as the motions of the other people who are directly influencing you. In

this sense, there may be some overlapping of the perceptions in Categories # 5 and #6. Movement that you personally feel is category # 6, but a movement that you merely see--such as a bird flying--would be analyzed in category # 5. One way to deal with this overlapping in therapy is to make the visual perception of movement the last item you analyze in category # 5, and then to use that to dovetail into category # 6.

Emotions, category # 7, would be both the perception of other people's emotions and subjective perception of one's own emotions. The patient can know his or her own subjective emotional responses, but can't know the actual subjective experiences of others. To keep the patient from speculating about what other people are actually subjectively experiencing--perception of other people's emotions are limited to describing what emotions are expressed by the other person with facial expression, tone of voice and body language. With such physical indicators, the patient should be able to read basic emotional responses such as anger, disgust, fear, happiness, sadness, boredom, indifference and surprise. Studies have shown that these basic emotional responses to life are found in all human cultures and can be easily read through facial expression and body language. So the patient is asked not what other people were actually feeling inside but rather what emotions were communicated through their body language, facial expression and/or voice inflection.

However, the patient's own subjective emotional responses may be more complex. And the patient should be allowed to describe these personal emotional responses in whatever way he or she chooses. So in category # 7, the patient's perception of other people's emotions should be objective, focusing on the

perceived perception of their emotions as revealed through facial expression and such; however, the patient's perception of his or her own emotions is subjective. As such the patient's subjective emotions might be described in ways like melancholy, optimistic, perplexed, conflicted, euphoric, infuriated and so forth. But the description of other people's emotions would be simpler. Things like "He looked angry because his face turned red." or "Her facial express was one of disgust."

The final category # 8, deals with language and meaning, so therefore it is more intellectual. Here the patient would be focused on the meaning of any conversation that took place in the memory. Also the patient would focus on his or her recall of any written messages that were read in the memory and the meaning of any symbols recalled in the memory. For example a stop sign would be a symbol that has meaning. Also a cross on a church steeple would have symbolic meaning.

Generally speaking, the episodic memory that is chosen for this type of analysis should be a happy one. The patient might actually choose to create a happy experience in his or her life to be later used in Episodic Memory Analysis. For example, one time I intentionally went to a baseball game prior to a therapy session so I could analyze it in therapy.

Recent memories that are easy to recall tend to be a good choice, but older memories that are easy to recall will also work. In therapy it's best for the therapist to start out with sessions that address recent happy memories and then after the patient is comfortable with the process, older happy memories can be used in sessions.

As the therapist works more and more with the patient they will want to start working with memories from differing

locations on the memory field. That is, they will want to deal with memories that are recent, and memories of the more distant past. In one session you might analyze a happy memory from last week, and in the next session you might analyze a happy memory from two years ago. The EMA process can be applied to any memory which the patient can reasonably recall. The more you use this process, the more you will increase the patient's ability to remember episodes. With practice, the patient may find that he or she can contact memories from early childhood. The ability of the patient to be able to recall such memories should be the guide.

In doing EMA, it's vital that the patient not be doing drugs and alcohol during the weeks or months when EMA therapy is being practiced. It's also important the the patient get a good night's sleep the night before each session. It's also good that the patient avoid drinking caffeinated beverages prior to the session

There are always certain principles that must be followed in any Fabian approach to therapy using episodic memories. One is that all such episodic memories must be happy and without unconsciousness, overwhelming pain, or strong negative emotions. In this, indirect, Fabian process, the negative charge contained in occluded or repressed memories will be subtly but consistently released.

The EMA acts as a catalyst. What happens is that the feelings contained in occluded or repressed memories begins to surface in various ways. They may come out in dreams. They may come out in art work such as drawings. The patient may have the occasional flashback during waking hours. The point of this type of therapy is not to dwell on these negative feelings that surface but to simply allow them to happen and then get on

with life by extroverting your attention onto present time events and people.

EXTROVERSION EXERCISES

Sometimes in this process of Fabian Therapy, recovered memories of painful experiences will suddenly arise into the patient's consciousness. Rather than going into such memories, the patient is encouraged to retreat from them. That's what these extroversion exercises are intended to do. They help the patient to escape from memories from the past which contain pain and to focus on the present time environment where the patient can feel safe.

For example, in one session of Episodic Memory Analysis, we started to go into a memory that I originally thought was a true memory. I started to recall the time that my Nanny, Shotzy, took me to the zoo. But as we went on in the analysis, it turned out to be a *false memory* that had been implanted by Shotzy. After torturing a cat in front of me, Shotzy used my emotional trauma from that experience to put me into an altered state where suggestions were made to me. It was suggested to me that I not be able to remember the experience of seeing the cat tortured. It was also suggested to me that in place of that experience I should remember going to the zoo with Shotzy. The imaginary zoo trip was described in great detail to me. I received descriptions of all the animals we supposedly saw, the cotton candy I ate and so forth. After this I was returned to a normal state of mind. Then, as Shotzy drove me home, she talked with me about the imaginary trip to the zoo we had just made--as if we had actually gone to the zoo. She asked me what I thought about the lion who we saw roar at us, and so forth. I felt

compelled to go along with this game of hers until I actually started to believe it was true. So by the time I got home, I was describing the trip to the zoo as if it had really happened. Later I would recall it as if it had been one of the most happy memories of my childhood.

A few days after the imaginary field trip to the zoo, when I burnt up the teddy bear that Shotzy had given me, it had been an unconscious rebellion against her. I couldn't tell my parents why I had burnt it up.

But years later, when I had been in Fabian Therapy for a while, during a session of Episodic Memory Analysis, I choose that memory of my childhood trip to the zoo with my nanny, Shotzy. However, when we started to do the memory analysis, I couldn't remember any smells. So even at the start of the analysis something seemed to be not right. Then I remembered the malodorous smell of a cat's intestines being pulled out. Then I remembered the truth about Shotzy and what she did to me. At that point, the therapist used extroversion techniques to bring me out of the painful memory and back into the present time. Had he not done this, I might of collapsed into my negative memories of being repeatedly tortured as a child, and this could have triggered implanted commands to commit suicide.

When he became aware that we had encountered a false memory that was covering a memory of abuse, he quickly started to use extroversion techniques. He asked me what that present day's date was. I asked me to describe the location of where we were at that present time. He had me look around the therapy room and describe what I saw there. He asked me to walk around that room and touch things--feeling their textures.

Then when he was certain I was focused on the present time, we took a walk together and made small talk as we walked along.

All of this extroverted my attention away from my painful memories so that I could focus on the present time. But even as I walked along I felt more powerful. I could tangibly feel the negative charge being released from me. I remember that on that day my perceptions all seemed clearer, as if a fog had been lifted from me, and I took pleasure in extroverting my attention on my present time perceptions. This is the kind of thing that happens when subconscious memories are converted into conscious memories.

So when practicing EMA, the therapist would always keep the patient's attention on recalling a happy memory, but if a full blown negative memory of any kind comes up, then the therapist uses extroversion techniques to bring the patient back into the present time.

Any therapist practicing EMA should have good communication skills and emotional intelligence. The therapist should be professional, friendly and supportive--but not overly sympathetic. When working with a person who has been sexually abused and tortured, there might be a temptation to express deep sympathy--but this can be destructive to the process. Empathy is a better attitude than sympathy. The therapist is not a parental figure working with a child. The therapist and patient are adult equals. The good will of the therapist should be expressed in professionalism rather than sympathy.

Furthermore in EMA there may be unexplainable negative reactions. The patient may just get angry for no apparent reason. In such a case the therapist should respond by using extroversion

technique to get the attention of the patient upon the present time. The basic principle here is that all inappropriate negative emotions arise from a dislocation in time. Something in the past made the patient angry and so now he or she may get inappropriately angry with the therapist. In such a case, both the therapist and the patient must understand that they must locate the patient's attention back into the present time and environment. Another thing about negative emotions is that they are always based on fear, so it's important that the therapist help the patient to feel safe.

Extroversions exercises are a necessary part of Fabian Therapy. Extroversion can be thought of in two ways. First, it is simply any technique that brings a person into the present time when he or she has gotten stuck into painful memories of the past. Second, it is an attitude of living an extroverted lifestyle. This means the patient should have a goal of being socially extroverted. Being with other persons in safe, social situations keeps the patient from focusing on the past in a negative way. Furthermore extroversion also means having one's attention focused on activities taking place in the present time. This can be things like taking a walk, working in the garden or doing physical labor.

For the purposes of EMA therapy, extroversion exercises should be thought of as both social extroversion through conversation with the therapist, as well as perceptive extroversion by getting the patient to pay attention to the present time environment. During EMA the therapist is helping the patient to achieve a deep introversion into a happy, conscious memory. But when the process of EMA is over, the therapist must help the patient to extrovert.

The patient who is in Fabian Therapy is encouraged to not get stuck in painful memories as they spontaneously arise during journaling. This is also true of negative memories that arise in Episodic Memory Analysis, in nightmares or whenever they happen to arise. Although it's a good sign that occluded memories come back uninvited in flashbacks, when this does happen, the patient should understand that while in Fabian Therapy it's best to retreat from such memories. If there is a need for some emotional catharsis, the patient can use the cathartic journaling technique to release negative emotions. But after such cathartic journaling, the patient should extrovert.

If a session of EMA is interrupted with a strong negative reaction that the patient feels the need to express in some way, the patient should be allowed to write down words or draw pictures to whatever extent that he or she feels appropriate. This can be done for a cathartic purpose. But the therapist should avoid the temptation to analyze or dwell on the pictures or words. The idea is that once the negative feelings have been released, the patient should refocus on the present moment.

In a sense, what Fabian Therapy does is to heal the entire memory field through therapeutic memory exercises. In this way the individual takes back control of his or her ability to recall memories. There are two aspects to the memory field. There are the memories themselves and then there are the mental mechanisms which allow memory to be recalled. Traditional talk therapy attacks the painful memories contained in the memory field, but Fabian Therapy systematically heals the mind's ability to recall memory through indirect processes. In this way the individual takes back his or her life.

For years I didn't talk about my experiences with Satanic Ritual Abuse, but I continually did journaling and my ability to remember the abuse slowly came back. After decades of work, I can consciously recall everything that I was subjected to. The way I recall a memory of abuse and the memory of normal childhood life are exactly the same. For example, I can recall a time when my little league team won a baseball game. (My team wasn't very good, this only happened once.) I also recall a time when Shotzy sacrificed a rabbit to Ishtar on a white lace altar before a intricate silver pentacle as she insisted to me that the blood of the sacrifice was beautiful. At one time the baseball memory was conscious and the Satanic sacrifice memory was subconscious and repressed. Now both memories are conscious. But I never addressed the memory of the sacrifice of the rabbit in therapy. It's just that over time, as my memory field healed, that memory slowly emerged into conscious awareness.

When I first began with EMA as a teenager I had some conscious recall of the abuse that was done to me, but I did also have periods of missing time and some mental confusion. As a teenager I did experiment with the usual drugs of the 60s, and I did often drink to much. But during the time period when I was doing EMA therapy I did have the commitment to be clean and dry. There was a period of several years where I avoided my usual drinking buddies and lived a sober lifestyle. It was during that time in my life that I did most of my EMA work. Eventually I was able to recall the implanted commands contained in occluded memories, and in consciously recalling them I became released from them. For example, I do remember the implanted commands made to me that I should commit suicide if I ever start to recall the abuse, but in consciously recalling these

recovered memories, I don't feel any desire to commit suicide. These implanted commands have been slowly defused.

But there are still some residual negative emotions. In writing this article for example, some negative emotions are definitely being triggered. Writing this is difficult. But it is also possible. Someone who had not recovered from this type of abuse would not be able to do this.

Many victims of Illuminati mind control question whether or not they've been abused because they have no touchstone in reality--so it's tempting for them to think that the abuse was all just some type of fantasy or confabulation. I have certain advantages over many victims of mind control in that I have had feedback from the real world concerning my abuse. When I was young I had persons I knew in the Illuminati who I could talk with about the cult and its abusive practices. Now, many decades later, I have had some contact with Illuminati insiders who I've talked with about these issues.

When I was a child, I had great difficulty even being able to remember the abuse I received. Even after I got to the point where I could remember the abuse, I really had great difficulty talking about it. Eventually, after decades of work, I did get to a point where I could talk about it, even in public on a radio program. I got to this place where I can think about and talk about this abuse because put in many years of work in healing my memory field.

During those years of healing I deliberately avoided going into the painful memories and instead tried to keep my attention extroverted as much as possible. This was a lifestyle choice. I made a point of attending social events and doing volunteer work. I made a point of going on long hikes and doing things

outdoors like gardening. Illuminati mind control deeply wounds its victims. Fabian Therapy is a method of slowly healing those wounds. During the years I healed myself, I managed to live a normal life and I was not under the control of the Illuminati. Extroversion is more than a therapeutic technique, it is an attitude that makes a normal life possible.

SEMANTICAL DESTIMULATION TECHNIQUE

Here the term "semantical" refers to the meaning of words and symbols used in Illuminati mind control. To be *stimulated* is to be pushed or goaded toward an action. The words and symbols of Illuminati mind control unconsciously drive the victim toward an action or the repression of an action. Therefore the victim is enslaved to the stimulation of command words. To semantically *destimulate* the victim of Illuminati mind control is to lessen the power of those words to control.

All the implanted commands used in Illuminati mind control are based upon spoken words--the implanted commands are essentially semantical. Think about the power of language. A hypnotist can place a person into a trance state using words alone. While under hypnosis a person's heart rate may be increased or decreased. Other physiological responses can be invoked with hypnosis based on the spoken words of the hypnotist. A person may voluntarily submit to hypnosis, but the Illuminati mind control victim has no such choice. He or she is controlled robotically by the words contained in implanted commands. And all such implanted commands contain negative emotional charge.

Let's say a woman is programmed with Monarch mind control. She has been programmed with an implanted command

that says "You will sexually service whomever your owner instructs you to."

The words of that command contain negative emotional charge from the trauma induced mind control. And it is her inability to confront that negative charge that forces her to obey that command. But the negative charge contained in those words can be slowly discharged.

This is how it's done. Some of the key words in the command phrase from above are "sexually," "owner" and "instructs."

So the Fabian Therapist would create three word lists. Each word list would have only one of the key words from the implanted command in it. So there would be a list, for example, that consisted of the following words: angel, boat, coat, owner, porch, tree, waterfall.

The Fabian Therapist would take the patient and have him or her go through the list and define each word, and make up sentences with each word. The therapist would draw no special attention to key command words, but treat them the same as neutral words which do not stimulate reactions. In doing this, the process would influence the memory field. It would subtly discharge negative emotions from any occluded memory that contained any of those command words.

Semantical memory recall is the ability to understand and use words in communication. In a sense, the Illuminati mind control process hijacks the victim's semantical memory recall function so it can be used to control the victim. However, by having the patient do vocabulary word lists, the patient can slowly take back full conscious control of the ability of semantical memory recall. So the idea here is to strengthen the

mental function of semantical memory recall in the patient. This changes how the patient relates to language contained in the memory field. This ultimately brings in a greater conscious awareness of all that is within the memory field.

The therapist might not always know what the *key command words* are, he might have to guess. But consider this. There are certain words you always have to use in the construction of any group of sentences. Words like: the, and, or, of, a, an, in, this, that.

So by doing word lists that you put together with guess work, you still are likely to contact some key command words. And by working on any type of word list, you influence the semantical memory recall function. In doing this, you strengthen the mind's ability of recall. One principle of Fabian Therapy is that by increasing the mind's mnemonic abilities you decrease the power of occluded memories. So simply by working with vocabulary in general and having the patient make up sentences with words defined in a dictionary, you actually decrease the power of implanted commands.

A TYPICAL THERAPY SESSION

In a typical therapy session for Fabian Therapy I would show up at the office and the therapist and I would sit across from one another at a table. He would have a notebook and pen, and I would have some paper and a pen in case I, too, wanted to take notes. I would not go into an altered state of consciousness. Nor would there any hypnosis be used. The attitude would be of two adults meeting together as equals.

The therapist would first ask me if I had any ongoing concerns in my life that would keep me from focusing my

attention upon the therapy. One time I forgot to bring enough change for my return trip home on the bus, and he gave me some change. But more often than not, it would just be issues in my life that I needed to talk through a little with someone. Things like me not getting along with one of my girlfriends or something like that. This initial conversation would usually not take very long.

After that we would talk about my journaling. Sometime I would bring along my journals and he would look through them and encourage me to continue with my journaling practice.

Then we would do vocabulary work, that is Semantical Destimulation Technique. We would go over a word list. I would take each word, fully define it with a dictionary and then make up sentences using that word. The therapist would listen to me as I did this. When the list was complete we would take a break for ten to fifteen minutes.

Then we would go into the Episodic Memory Analysis. This would be the heart of the therapy session. We would usually spend from thirty to forty-five minutes on EMA. Because the focus of such episodic memories is on happy events, I would usually feel in a positive mood at the end of the session.

At the end of the session, the therapist would make sure that I was grounded in the present time. The attitude that I had to assume was to *be here now*. That is, that the main focus of my attention should be in the present time. Often we would go outside and take a walk around the block and make small talk before I took off to go back home.

It was usually during these walks that my therapist and I would plan together about when we would next be in session

together. The frequency of the sessions depended upon what I felt I could deal with emotionally. Most of the times we met once a week, every week. Sometimes we met as little as once a month. When therapy first started we were meeting every day. The therapy sessions tended to make me feel emotionally stabilized. The more I did them the more grounded I felt. Eventually we started to meet with less frequency. By the time therapy ended, I had been in therapy for more than two years and we were meeting less than once a month.

One important rule was that while I was in therapy I was to avoid talking with anybody else about the therapy. I mostly only talked about the therapy with my therapists. I did occasionally talk with some other patients that had been through this type of therapy. I never talked with outsiders about it. This was important for two reasons. The Fabian Therapy itself was a rebellion against the Illuminati, and the Illuminati don't like it when people rebel against them. Also it's easier to avoid painful memories if you don't talk with other people about the fact that you're in therapy--and Fabian Therapy is based on avoidance.

ADVANCED EMA TECHNIQUES

What I've described above is the typical approach to EMA that my therapists were using at that time, and that approach is relatively easy to understand and describe. But they did also have some other, more advanced techniques.

In using these advanced EMA techniques they had a diagram that they would make. Imagine a circle divided into eight different sections. This would look sort like a picture of a wheel with eight spokes. Think about the concentric circles in a tree ring--now imagine that what you have are a series of

concentric circles divided into eight equal sections. The eight sections represent the eight categories above--olfactory, gustatory, auditory, tactile, vision, kinetics, emotions, linguistics. The concentric circles are a representation of the time periods in the patient's life. The center circle is the subconscious memories of the patient from the prenatal period, birth and early childhood. The surrounding circles are subsequent time periods in the life of the patient so that the outer circle represents the most recent time. Each concentric circle would represent periods in the life of the patient such as prepuberty, puberty, young adult, and etc. etc..

This diagram was a chart of the patient's life that was used as a tool in helping the therapists move the patient's attention to different points in his memory field. They would also use a biofeedback machine in these more advanced techniques. The only purpose of it was to make sure that the patient remained calm, deeply relaxed and without internal conflict. Then they would go to different locations on this chart in a random fashion.

For example, they might ask the patient to recall a recent happy memory. Having done that, they would ask for a single perception of that memory from one of the eight categories. For example--"Recall a smell in that memory."

The patient would recall a smell--"I remember the scent of a flower."

Then they would go to to a different happy memory in a different time location and a different category of perception. Typical EMA intensely and systematically analyzes a single recalled episode--but advanced EMA is different. Instead of intensely analyzing the memory perceptions from one episode,

they would go from episode to episode and pick only one type of memory perception from each episode.

So the patient might recall the smell of a flower when working in the garden two weeks ago, then the taste of corn on the cob from a picnic ten years ago, then the feeling of cool rain coming down on a hot day during a hike two years ago, and so forth.

This would go on for about twenty minutes. I did this a few times toward the end of my therapy work. You had to have had a lot of typical EMA work before you could do this. Sometimes we would find that we could even recall happy sensations from early childhood that I had thought I had forgotten. My therapists claimed that some of the people they had worked with could recall prenatal memories. This type of therapy really made you feel good. It tended to leave you feeling uplifted. It also gave a change from the other type of work. But I don't know whether or not it really was more effective in releasing negative charge than typical EMA.

If the Illuminati hadn't killed my therapists, I think things might have gone better for me in my life. I have managed to survive and be somewhat functional. And I have had happy periods in my life. But I've always felt a certain sadness. If they had been able to complete their therapy system, I think it would have benefited me and been a substantial contribution to society. But I'm hoping that I'm able to reveal enough about their approach so that others who are doing research about Illuminati mind control may be able to figure out effective therapies for deprogramming its victims.

CONCORDANCE

The Illuminati tries to synchronize the mind control commands made to its individual victims with the propaganda slogans presented to the public with mass media. Concordance takes place when the control words contained in mind control command phrases also are used in propaganda slogans in the mass media. The Illuminati controls the mass media and coordinates command phrases that appear in the mass media with command phrases programmed into slaves during brainwashing sessions.

Consider the propaganda slogan "Too big to fail." This first appears through mass media into public consciousness in 1984. The slogan means that if a corporation is big enough, the government must guarantee its success because its failure would destroy society. It has been used to justify every type of financial scandal imaginable. But it really isn't a rational statement. Large corporations have failed before without destroying the entire economy. In fact, the failure of a large, incompetent and corrupt corporation is good for the health of the economy. But whenever the phrase "Too big to fail." is evoked, the politicians respond, like Pavlov's dog, and give that large corporation whatever it wants.

Many key politicians are the victims of Illuminati mind control. They've been programmed with implanted commands that say, "Too big to fail."

Whenever they hear that command phrase on the television, it evokes a conditioned response. They know then, on a subconscious level of mind, that they must give that corporation whatever it wants.

Some typical *concordant control phrases* are: war on terror, war on drugs, post 9/11 world, politically correct, New World

Order, global community, hidden hand of the market, and free market.

The coordination of an implanted mind control phrase along with a mass media propaganda control phrase prevents discordance within the mind of the brainwashed victim. The brainwashed politician must feel that he is part of a greater movement in society. The politician who has been brainwashed will believe that he is in the right in going along with his programming because that programming is also reflected through the mass media.

However, when mind control command phrases are challenged in life, this can cause the mind control victim to question his programming. This may cause him to feel anxiety, but it also has the potential of releasing him from his mind control, at least to some small extent. The more that the public challenges the lies told by the Illuminati controlled mass media, the more discordance takes place in the mind of brainwashed politicians.

If you were to hook up the average American politician to a biofeedback machine, and slowly read a word list that contained the words "fail," "too" and "big"--what you would see is reactions on the machine whenever any of those three words were read out loud.

I have to point out that in a sense, the entire population of the United States has been subjected to Illuminati mind control. The Illuminati has been taking over the United States a little at a time since before the Civil War. The Illuminati controls the economy of the United States by using the Federal Reserve. Wall Street is a center of Illuminati power. The Federal Government takes its orders from Wall Street and the Bilderberg

Group. The consolidation of all mass media corporations into a small group of corporations, controlled by the Illuminati, has already taken place.

If you get your news from mainstream newspapers or television outlets you are being subjected to Illuminati propaganda. Ever since 9/11/01 the entire country has been acting out an Illuminati mind control drama. The extent to which the average American is disconnected from reality is overwhelming.

Whenever a person watches television or spends long periods of time on the internet that person goes into a subtle altered state of mind. In this state of relaxation, the individual is less likely to be critical of any information received. When the Illuminati uses brainwashing techniques on politicians and other important leaders, they coordinate their mind control with the general propaganda that the public is being subjected to. This creates a mind control continuum which consists of both the propaganda control of the public psyche and the Illuminati's brainwashing control of society's leaders.

Those of us who actually tell the truth about what's going on are labeled as "conspiracy theorists." So if you are freed from propaganda and brainwashing, you are actually out of concordance with mainstream society. This is another issue that a person faces in recovering from Illuminati mind control. The more you attain freedom, the more discordance you feel with this society which is based on Illuminati mind control and propaganda. However, if enough people were to become deprogrammed, there would be a tipping point where society in general would awaken to the truth of what the Illuminati are doing.

Nevertheless, my goal in presenting this information at this time isn't political transformation. I simply believe that the information presented here may have some potential to benefit the mental health treatment of individuals.

OTHER USES OF FABIAN THERAPY

I know that the scientists who invented this type of therapy didn't just use it with the victims of mind control. Although their therapy techniques were never presented publicly, they did find people who they could quietly help. I heard the story of a Vietnam veteran who had been traumatized by his war experiences. Fabian Therapy was used to help him heal from his painful memories. It has been used to help persons with depression and other types of psychological problems. In some cases, the therapists would start out with a traditional talk-therapy approach and then switch over to using Fabian techniques. In other cases, they started out with Fabian Therapy and then when the person stabilized, they switched over to typical talk-therapy. The scientists who invented this approach believed it could be used as a substitute for psychiatric drugs.

And certain aspects of this therapy approach are commonly used. The Fabian Therapists drew ideas from mainstream therapists whenever possible. For example, it's not unusual for mundane therapists to encourage patients to use journaling. If they had been allowed to, the scientists who developed this technique would have shared some of their insights with mundane psychologists. However before they could do that, the research project that resulted in Fabian Therapy was shut down by order of the Committee that rules the Illuminati.

PROBLEMS WITH THE ILLUMINATI

The symbol of the Illuminati is a pyramid, and it is organized as a hierarchy with all the power at the top. The Illuminati is run by a Committee of three hundred people, but really all those persons are all connected to other powerful, wealthy interests. So realistically what we're talking about is a few thousand people who basically rule the world. However their control is not absolute. But they are powerful enough, and criminal enough, that if they really feel threatened by someone they might have that person killed. Supposedly all initiated members of the Illuminati are themselves protected from such punishments, but in reality if they offend the hierarchy, they can be executed. So if an Illuminati member offends anyone who is on the Committee or close to it, there is the possibility of harsh reprisals. The leaders of the Illuminati are very powerful people who are devoid of moral restraints.

The Committee did not initially object to the idea of a therapy system being developed to undo the damage caused by Illuminati mind control. Every now and then, after they destroy somebody's mind, they want to restore it again. I heard a story once of an important scientist who's mind was ruined with Illuminati mind control to the point where he couldn't work anymore. So they used these techniques which I've just described to restore his sanity--and he was able to go back to work for them. However, the group of people who helped me also helped many others. They started helping too many people who they hadn't been authorized to help. And some paranoid member of the Committee felt threatened. This is why my therapists were killed. This was back in the early 1980s.

I had two therapists. They were a husband and wife team. She had been one of the scientists that had developed the basic theories and protocols of what I call Fabian Therapy. When I was first in therapy, she explained to me the basic theory and practices of this type of therapy system. But she was very busy, and I felt a rapport with her husband. Although he had no degree in psychology and no certification as a therapist, his wife had trained him--and he knew what he was doing. So after a few sessions with her, most of my therapy was with him. However, in the sessions where we experimented with the more advanced forms of EMA, she had to conduct those herself.

I never developed multiple personalities as a result of my childhood abuse. But I was very close to being like that. Instead of developing multiple personalities, I had one very complex and conflicted personality. I always could remember some of the abuse, but there were originally some gaps in my memory. Sometimes I had periods of missing time in my life when I seemed to spontaneously disassociate. This usually happened when I was very upset. I was not very functional when I was a teenager. I struggled with life and felt suicidal until I was well into my twenties. However, I managed to stabilize my life. Part of this was from this type of therapy I received, and part of this was that I became more spiritual. Prayer and meditation became important parts of my life. And in truth I have never completely gotten over the emotional scars caused by the Satanic Ritual Abuse I experienced when I was a child. Emotional well being is something I've struggled throughout my life. I feel disturbed by the knowledge of all the evil things which the Illuminati are still doing to our world. However, I still consider myself fortunate when compared to what I've seen happen to other victims.

Without going into a long story about how I survived my relationship with the Illuminati, I can tell you that I never joined them but that I continued to have a relationship with some Illuminati members even after the death of my grandfather.

A friend of my grandfather, a man much younger than him, helped me out. He was a rare kind of Illuminati member who had become disillusioned with the cult in spite of all the wealth and power it gave him. He began to locate and organize other Illuminati insiders who were disillusioned with the cult. He was the one who introduced me to these people who helped me with this type of therapy. His sister was an Illuminati mind control slave, and after he rose in power within the Illuminati he was able to free her from her owner and have her deprogrammed. However, the Illuminati hierarchy did eventually kill him in some bad way. The Committee didn't want Fabian therapy to be known about by the public at all. However, I've had recent contact with some Illuminati insiders, and I have reason to believe that some people on the Committee recognize the need for change as regards this issue.

Anyone who joins the Illuminati makes an oath of secrecy so that they can't talk publicly about the Illuminati. But I never joined and never took the oath of secrecy. So I am not breaking any rule by talking about this information. The members of the Committee often don't really trust one another--for good reason. Most of them achieve and maintain power through betrayal. Some of them would like to see the Illuminati become less powerful and more decentralized. Their motivations in wanting this aren't out of kindness but out of a desire for personal survival. Some members of the Committee apparently have produced too many militarized mind control slaves and other

members of the Committee want to slow this down. The power struggles within this group are difficult for outsiders to understand. My perception of this situation is that some people on the Committee want this information about how to deprogram mind control slaves made public, but others don't. I'm not friends with anyone in the Illuminati, but I do have some feeling for how they operate. I'm taking a calculated risk in releasing this information at this time. Hopefully it may help some people.

Even those persons who are helped with Fabian Therapy still experience problems. The scars of this type of mind control are very deep. The goal of this therapy is to make its victims free from Illuminati control and able to function in life. I can't say that I've ever been able to completely recover from all the psychological scars of my own experiences, but I can function in life well enough to be able to speak out against the Illuminati--and that makes me better off than most Illuminati mind control victims. I was well along with my therapy when my therapists were killed, so I was able to continue on with it by using journaling techniques after their deaths. I took the attitude that I could best honor their sacrifice by continuing to heal myself.

I won't go into the details of their deaths, but I mention this because it points out the problems you might have in trying to help people who are the victims of Illuminati mind control. The Illuminati mind controllers don't want their slaves to be freed. Many victims of Illuminati mind control don't consciously know that they've been programmed. However, the Illuminati's control over their slaves is not absolute. There are slaves who have been highly programmed and who are monitored on a regular basis; these people would probably be very difficult to help. However,

there are a great many people who have only been subjected to a few session of Illuminati mind control, and some of those people may suspect that their minds have been tampered with. There are always some persons who can be helped, and the point is to help those people who can be.

In recent years, I have been involved with Thought Crime Radio, which is a radio program on KOPN--and it is also a website. (thoughtcrimeradio.net) I was a co-host on that radio program for a while where I openly talked about the Illuminati and their mind control methods. As the result of this, some people who are within the Illuminati, who have become disillusioned with the Illuminati, have contacted me in private and have been feeding me insider information. Apparently Fabian Therapy for deprogramming Illuminati mind control still exists and is still being secretly used. However, knowledge about this type of therapy is still being suppressed from public knowledge. I've told you here as much about this therapy approach as I feel safe in doing. If you are interested in healing the victims of Illuminati mind control, I hope you are successful.

Right now the Illuminati still seem all powerful. However, I have reason to believe that someday the Illuminati will fall. Although at the present time, the highest ranking members of the Illuminati all seem unified in their purpose and actions, it is known to many insiders that this can not last. Right now the Illuminati are continually increasing their wealth and power by systematically looting the middle class. But eventually they will have to turn against each other. This is more than just a hopeful theory, it is a mathematical certainty that the Illuminati will disassemble at some point. This is why the attitude of some Committee members is changing. However, for most people in

America, things will get worse before they get better. During the chaotic times that come, there may be an opportunities to help some of the victims of Illuminati mind control. Perhaps these ideas presented here will be helpful in doing that. I know that there are other people who are aware of Illuminati mind control and are trying to come up with psychological techniques for helping its victims.

On a personal note I feel the need to mention that prayer has been an important aspect of my healing. Without the strength given to me through prayer I don't think that I could have survived this far. May God bless all who seek freedom.