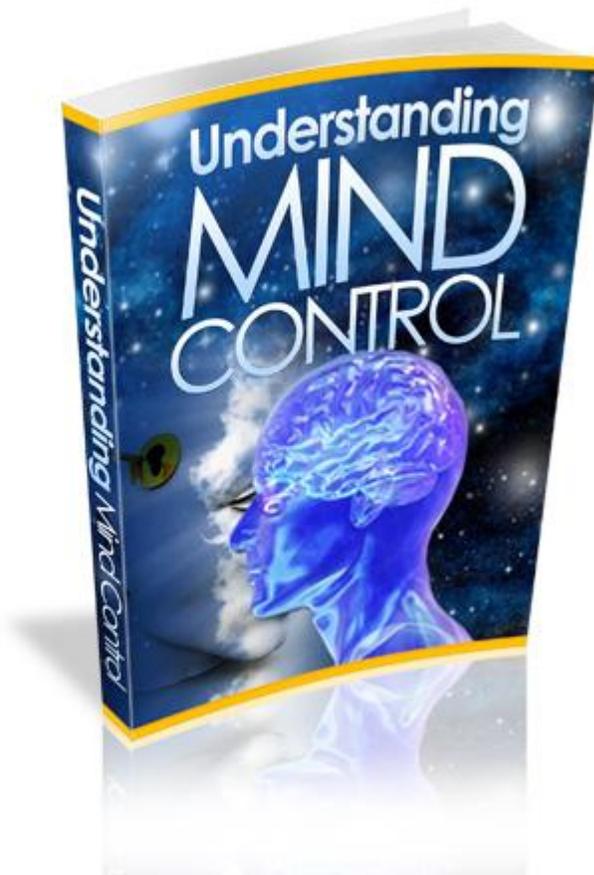


# Understanding Mind Control



## Table of Contents

|   |    |
|---|----|
| <b>Chapter 1:</b> Understanding the Relationship between the Mind and the Brain. .... | 2  |
| <b>Chapter 2:</b> The Brainwaves .....  | 10 |
| <b>Chapter 3:</b> Short History on Mind Control .....                                 | 14 |
| <b>Chapter 4:</b> What is Mind Control .....  | 18 |
| <b>Chapter 5:</b> Who is Susceptible to Mind Control .....                            | 25 |
| <b>Chapter 6:</b> It's All In The Eyes.....   | 32 |
| <b>Chapter 7:</b> Why Mind Control And Brain Washing Work On People.....              | 36 |
| <b>Chapter 8:</b> External Mind Control - A Popular Weapon Of Choice Used Today.....  | 42 |
| <b>Chapter 9:</b> The Subconscious Mind and Mind Control.....                         | 54 |
| <b>Chapter 10:</b> Mind Over Matter .....   | 62 |
| <b>Chapter 11:</b> How To Deal With Manipulative People .....                         | 68 |
| <b>Chapter 12:</b> Conclusion - Deprogramming The Controlled Mind .....               | 77 |

**Brought To You By: <http://www.PLRNicheClub.com>**

# **Chapter 1: Understanding the Relationship between the Mind and the Brain.**

We all have heard the terms “Use your Mind” or “Use your Brain”. These sayings are used interchangeably yet the mind and the brain are two different things. Our brains are part of our central nervous systems located in our skulls which are part of our heads. It includes two cerebral hemispheres which are two parallel masses of deeply furrowed tissue. Also part of the brain includes a brain stem and cerebellum. The functions of the brain include; muscle control and coordination of our bodies, sensory reception and integration, speech production, memory storage and the elaboration of thought and knowledge.

The mind is the term used for describing the higher functions of the brain. This includes those things we humans do that are subjectively conscious such as personality, thought, reason, memory, intelligence and emotion. Although other species have mental capacities it is the mind that is associated specifically with humans and their higher brain functions such as intelligence. However when there is damage to the brain it can affect our cognitive abilities as well as physical capabilities.

The term “mind” is however also ascribed to those people with super natural endowments such as esp. and telepathy. For some the mind is a reference to those things in the supernatural realm. It could be a supernatural being with human qualities. An example would be the expression “the mind of God” meaning those thoughts keeping in the vein with our perception of what “god” would think as he is represented to us.

In simple terms the brain is physical while the mind is not. The mind

is a non physical entity while the brain is a concrete physical piece of grey matter. The brain is the concrete matter and the mind is how it operates. There is a debate however, whether the electrical activity that occurs in the brain is the mind. Included in the debate also is the question "Does the brain give way to create the mind independently which is shown as electro biochemical activity?". This is a philosophical question that is grounded in the world of empirical science. The inference is that the mind can indeed be seen through the various machines that monitor the electro biochemical activity in which the brain waves are recorded as result of stimulation in the brain that is produced biochemically.

Brainwaves are patterns of electrical activity in the brain. They can be measured by a machine known as an EEG. EEG stands for electroencephalogram. An EEG is a graphical record of electrical activity of the brain; produced by an electroencephalograph. Electrodes are attached to the scalp in order to record the electrical activity that is produced by the brain. Brainwaves can be observed when a person is sleeping, having a seizure, in a coma, concentrating or even meditating. People can consciously learn to change their brain wave patterns through neurotherapy. Neurotherapy is much like an EEG scan except the activity recorded is filtered through a computer. Through the filtering process we can see areas of the brain that are affected in specific ways by measuring brainwaves that are fast and those that are slower than others. The slow brainwaves are then separated from the fast ones. Everyone needs a balance between the slow and fast brainwaves. Areas of the brain that are not in balance are then analyzed so they can be worked on with the therapist and the patient. I will discuss the brain waves in a separate chapter.

The brain is actually soft nervous tissue. What happens is that it responds to various stimuli which in turn activates sets of biochemical reactions in the brain. When the brain is stimulated biochemically, the reaction then spreads out through the rest of the central nervous system. The mind is the abstract non tangible part of a person that enables them to be aware of the world around them as they experience it. It is the faculty of consciousness and thought. The physical reactions of the brain and central nervous system cause the mind to work. Things that happen to us trigger responses that stimulate the mental capacity of the mind. The occurrences we experience are subjective based on the physical responses that happen in the brain to begin with.

Thanks to strides in neuroscience in the later part of the 20 century; science has learned how to actually see how thoughts play out in our brain through magnetic imaging. The magnetic imaging devices are able to show activity in different parts of the brain. Science knows what part of the brain does what function so they point to what is known as epiphenomenalism in regards to the mind.

Epiphenomenalism is the idea that human consciousness is actually the effects of neural activity in the brain. Scientists further hypothesize that if you can see the activity in the brain with magnetic imaging in regards to thoughts then thought must occur in the brain with that activity. Although it is a sound scientific answer it still does not address where the thoughts we have are formulated.

It appears from all the research that conscious thought is like a byproduct of the activity as it occurs in the brain. As the brain is stimulated and biochemical reactions occur; different thoughts and actions are released by us consciously. An analogy would be like the brain is letting off steam from the activity it physically produces and a thought is then released. There are however other points that

science still questions in regards to epiphenomenalism. It still doesn't accept completely that chain of activity occurring in the brain causes the thoughts to go firing off in the first place. Science still is trying to figure that point out. Because actual thought cannot be seen by the eye they still are not sure exactly from a scientific view point what a thought actually is.

The brain functions in simple terms by sending electrical signals from one place to another through the central nervous system down to other parts of the body. While the signals are being transmitted very small charges pass between nerve cells. What accompanies the nerve cells changes are electrical potential in voltages. The brain activity is both measured and displayed as a wave which comes from the brain. This is obviously called a brain wave or brain rhythm. The wave's height is the measure of potential difference and the frequency measures the rate at which the electrical impulses pass through a nerve cell or fiber. Depending on the wave activity determines our level of conscious or unconscious thought.

We can see from the brain waves that a person's brain is indeed active all the time. This includes when one is asleep and when one is awake. The brain waves are distinct based on the changes of conscious we experience and are grouped as such. Our mind is not uniform. It operates in two distinct modes. This is what is referred to as the Bipartite mind. Our thinking part of our minds called "*our thinking selves*" executes what is voluntary knowledge based ideas such as plans, goals and strategies. Our "*automatic selves*" acts like an internal robot for us. It drives our involuntary aspect of our mental makeup. This includes behaviors we display automatically.

Most of the times these two parts of our selves work harmoniously in parallel to one another. An example would be our thinking self would create a story to tell and the non verbal parts of

communication such as facial expressions, tone of voice, gestures and things of that nature will also be executed while telling the story which is automatic. Thus both parts of the mind are functioning at the same time in order for us to tell a story.

The human brain in and of itself weighs approximately 3 pounds. It is estimated to have 100 billion cells. To really understand the complexity of the brain we can look at it in comparison to this. If we took *“all”* the telephones on the planet and combine their wires; all the connections that those entail one day would not equal the complexity and activity of the human brain in a day. Keep in mind that there are 4 billion phones on this planet. Now let's look at what happens to the brain when there is brain interference or an injury based on the above analogy. Imagine every phone was broken in your home state and the wires were cut. This is how brain interference or an injury to it can be compared to. Because of the complex circuitry of the brain, if one is to recover from such interference or injury it takes years usually. Keep in mind the idea of the world and states in regard to the brain. This would mean any injury or interference to your brain may just be the size in comparison to one state. That part of the brain would be where the phones were broken and the wires were cut which is just one portion of your brain. The rest however still works fine. This happens when people are injured physically or go through processes of mind control. It takes years some times for healing and deprogramming to occur in the brain again. It's like all the severed connections are slowly repaired to work again.

Now that we get a picture of how complex the human brain actually is; how do we get information in and out of the brain? Well a lot of information actually comes through the spinal chord at the base of the brain. If we use a telephone analogy again, the spinal chord is like a thick wire made of many thousands of smaller ones that

connect to it as the central wire. If you cut the Main line which is the spinal chord the first thing that happens in the body is that we won't be able to feel anything or move. This is because information goes "OUT" of our brains to the spinal chord to the various body parts to make them move. This is how they do their job. Example; we move our arms and legs because of this communication that interacts through the spinal chord to those parts of the body.

Information in relationship to the spinal chord goes straight up the spinal chord to the middle section of the brain. The information branches out from the chord across the brain surface which is called the grey matter. It is called grey matter because the body cells in that area are grey. White matter is the color of the cells in the brains wires or axons.

Okay, so now this is how information goes out to the rest of our bodies; simultaneously information is being received and coming in. Examples of this would be experiencing hot, cold, joint pain etc. Vision and hearing do not go through the spinal chord. These processes go directly from the brain to and from those two areas. (the eye area and the ear area) This is why someone who is paralyzed can still hear and see.

Now just like there are two eyes, ears arms etc. there are two parts of the brain. They are called the left and right hemispheres. The right hemisphere of the brain has a different job than the left side. The right side deals more with visual activities and putting things together. The left side is more the analytical part. This side deals with analyzing information that is collected on the right side. The left side takes that information and applies language to it. An example of the right side of the brain and how it functions would be this; it would see an object and recognize that object. For instance you see a house and say to yourself, I know that's a house. So the

right side says: “ It's a house” and the left side says I know it's a house but “That's Uncle Bills house.” The right side identifies it and the left side personalizes it specifically as to who's house it is.

So now if the brain is injured or affected in some way what occurs then to our perceptions? What happens is; if the right side of the brain is bombarded until there is damage or injured, there is a failure to put things together as a result. One cannot process important information. As a result the person goes into denial and says there is nothing wrong with me. The brain may not realize that it is injured in some sort of way and that it is not collecting all the information it needs. An example would be someone who loses sight in one eye partially causing blindness. They still have sight in the other eye and partially in the damaged one but does not realize it and thinks they see perfectly well.

If the left side of your brain is overworked or injured then you may be aware that something is wrong but can't put your finger on it. That is because the left side deals with language and analysis. You will however be aware that the right part of the brain is doing its job. For instance you can see that a chair is a chair, but may not be able to solve complex problems or do a complex activity if there is left side interference or injury. People with injuries on this side of the brain tend to experience depression, have organization skill problems and have problems with language.

When there is an injury or bombardment as in a mind control to our brains; the brain faces impairment in the memory department. There are different types of memory. For example “music”. We all listen to music and one song may stir a distinct association in the brain. The brain processes the music and puts that information in the appropriate part of the brain. We also have memories for taste and smell. For instance we know what a particular food tastes like and

what a particular smell is. We also have physical memory. We can recall what something feels like. Each type of memory occurs in a particular part of the brain. Two more very important types of memory we have is vision and hearing. These are crucial parts of memory especially in terms of words or language. Visual memory enables us to know the things we see. It helps to identify something, someone or some place. We also have memory for language. This includes things we have heard or have read and things we read are translated into language. Verbal information is stored in the left hemisphere while visual information is stored on the right. Again the idea of both brain hemispheres functioning together in a parallel way is illustrated.

How information enters the brain is processed in several stages. Immediate memory lasts minutes, it doesn't last long. An example would be something like calling a telephone operator for a phone number, where you don't write it down. You have just enough time if your memory is good to redial the number. Short term memory can last up until 30 minutes or so. Long term memory is any memory that is over a day. People with injuries or brain manipulation have these parts of their brain tampered with or injured.

With mind control the information that a person is receiving is being selectively put into the person's brain. When we receive information in our memory it flows through the middle of the brain and then branches out. Before the information reaches the appropriate area in the brain it is filtered and channeled to an appropriate area first. This is the part of the brain that is dealt with in things like brainwashing or mind control. Information is being selectively bombarded on that part of the brain to affect a change.

## Chapter 2: The Brainwaves

Since one's state of consciousness is crucial in mind control then understanding brainwaves is important. It is the brain wave activity that lets us know what state of consciousness a person is in. There are 4 main types of brainwaves. They are called; Beta, Alpha, Theta, and Delta. "Beta" waves represent our conscious or awake state of mind.

The Beta mind does not respond to suggestion very well. The conscious mind is responsible for reasoning, logic, thinking and putting into action what it already knows. The Beta Waves are seen electrically at 14 cycles and up per second when they are imaged by an EEG. It is the Beta mind that is responsible also in higher cycles for ritual behavior that requires a lot of energy input. Things like "revenge" fall into this category. An illustration of beta wave function would be likened to a circle cone of power. The more excited a person becomes the higher the electrical cycles in the brain are activated are per second.

The "Alpha" brain waves work on a lower cycle. They work on a 7 to 14 per second cycle level. The Alpha wave cycle is a trace state. In this cycle the body can no longer be felt. Sounds can actually even be painful at this level of brain activity. Alpha brain wave cycles are sleep and mediation level of brain activity cycles. However when one goes into "deep" meditation one is then going into the Theta brain wave state. **It is in the Alpha state that people are opened to suggestion.** This is because the conscious mind is subdued. Those that use mind control on others aim to put their targets in an Alpha state when they work on them.

When we are in an Alpha state the conscious guard we have is down. Hypnosis takes place in this brain wave cycle. We can program

ourselves and others in the Alpha brain wave state. The deeper in an Alpha state one goes the closer to theta one becomes. People are influenced greater in the Alpha state or when they are actually sleeping. (For this reason many people who do magic and spell work prefer the night time to do so. They feel it hits their targets better.) This is also why people use things like subliminal programming such as tapes to help them with various things as they sleep. The premise is they play the tape while they sleep and the information for change goes directly to the brain from the ears.

When you talk to someone who is sleeping you can program their minds. This can be done even at a distance if the person doing the programming uses deep concentration, visualization of the target, and directing the thoughts into the targets head. The process may have to be repeated on the target several times to affect a change. The strength of the programmers mind set determines the success of the programming. The programmer many times sets their thoughts as commands to the target. They may tell the target in a clear, definite way what they want the target to do. The commands are firm and persistent. Psychic experiences can also happen in the Alpha brain wave state as does dreaming and day dreaming.

Now the “Theta” state is where all our emotional experiences are stored. These are put into our subconscious. The Theta state is where brain activity is at 4 to 7 cycles in this level of consciousness. It is the Theta mind state that opens the door to deeper psychic and astral worlds. Although it is possible to have psychic experiences in the Alpha state the more profound ones occur in the Theta state. It is at this level of consciousness that one can experience things like, astral traveling and psychic communication. What we call “enlightenment” is achieved in this state. One can also enter other dimensions at this level of consciousness as well as access their past lives.

The Delta state is when someone is totally out of consciousness as in a coma state. In this state brain activity ranges from 0 to 4. This is when people are called almost brain dead or a vegetable because of such little activity.

Mind control and hypnosis occur in the Alpha state. Self hypnosis can also be induced while a person is in the Alpha brain wave state. It is at this state that one's mind set can be changed. The subconscious is open to suggestion. It is recommended that if one is aware when they are in the alpha state to make use of it with positive affirmations and visualization to achieve what they want in their lives. When in the Alpha state if one visualizes their desires as if they are real it is possible that this is how we manifest them in reality. This is because the subconscious mind propels our conscious efforts. For this reason some people mediate and use positive mantras as a reinforcement of their desires. The main reason why this works is because the subconscious mind believes what it is told in the alpha state to be true. It is because of this reason hypnotists and those that use mind control state their demands in the present. The subconscious thinks in the here and now. It is also true that the subconscious mind does not register words like "will" and things of that nature because they are of an undefined futuristic nature. "Will" is never happening its conjecture.

When people are programmed either through self hypnosis, mind control or hypnosis, the wording to the target is crucial. What the programmer directs through his word must be clear, stating what is wanted and looked at from every aspect before the directive is planted. Not to do so can mean things can go wrong.

The more intense the target or the person experiences a visualization; the stronger the mind output will occur when the person is fully conscious. This is because the subconscious plants the action for the

conscious state. When a person output is strong they are more apt to succeed with what they have in their subconscious.

## Chapter 3: Short History on Mind Control

We have all seen spy, action and espionage movies at one time or another. Especially in the 60's and 70's there was always a mind control/brainwashing scene in a movie. The victim was usually captured by enemies and attached to a machine in a shed. In the shed head quarters the captured victim was both tortured and either reprogrammed or forced to talk. These images of mind control and brainwashing were conjured up as a result of the media and political climate of the cold war. Prior to that in the 1950's we had such strong anti communist sentiment in the United States the good old US government went on a “communist feeding frenzy”. Innocent people were railroaded, black listed and destroyed in an attempt to control what the US felt was anti United States. This included the death of a few individuals. Julius and Ethel Rosenberg were put to death when the US created a false case against two people who were decent and believed that many of the United States policies and practices against its Citizens were wrong. The campaign against the Rosenberg's was they were “communists” and guilty of being spies who gave information to the Russians. Just like in the movies, the United States found two “real communists” and decided to use them as examples of what not to be in the United States. It was the United States political response to anything they thought of as politically subversive. My father knew these people up close and personal. They were decent hard working people who wanted equality for everyone in this country. They felt the working man should have a better life. That was considered “communist propaganda” because the idea of the “working man” was considered communist by the Capitalists who controlled the United States Government at that time. This was blatant attempts as mind control on the United States Population. People who did not agree with the US government at that time were systematically targeted and victimized to show the

rest of the population what happens to those who want to change things.

In the 60's was anti war and civil right sentiment spreading through the United States like wild fire. There were anti war movements against the Vietnam War and also the Civil Rights Movement going on at the same time. Black Nationalism started to grab hold of the people as well. So, things like the spy movie brain washing scenes were messages put into movies for anyone who thought they would go against the "United States Government" at that time. Most of the time it was the other country or the bad guys doing the brain washing in the movies and the United States saving freedom.

Historically we know this is "NOT" the truth. But, it was used as a deterrent to hopefully make any one who doubted the USA think of what was in store for them if they strayed to the other or subversive side. Well, this was a form of subliminal mind control. It was an idea that permeated the movies and media at that time in an effort to keep the people who sought political change sometimes radically at bay. When that didn't work the next best thing was hiring hit people to do the job. The Kennedy brothers, Malcolm X and Martin Luther King were all assassinated in a final statement of manipulation by the CIA and the United States Government.

It doesn't stop there. The media and advertising all picked up the techniques uses by the United States government politically and incorporated these "mind stimulation" techniques subliminally. This means messages may be embedded in advertising to get us to buy things we don't want both on the TV and Radio as well as now in the computer through codes. All of these things which were originally implemented to fight politics that was believed to be subversive by Capitalist United States Standards is now employed in other things

in order to get people to comply.

After Water Gate and Nixon's impeachment, laws were put into place to try and protect people against invasion of privacy as in phone wire tapping and things of that nature. These laws however are very hard to enforce especially if you don't have the financial means to fight them. Today's mind control techniques are so advanced with the use of technology; at times its hard to even prove that you are a victim of such atrocities. In fact worldwide mind controlling is used in different countries for various reasons. It boils down to if you don't agree with an established idea that the “establishment” has put into action then you are susceptible to being victimized through technological mind manipulation. The United States government both nationally and on the local level knows full well that these things go on and turn their heads because they sanction a lot of it. The only thing we can do to protect ourselves against mind control is to know what it is and when we see the signs we can fight against it ourselves. In this case knowledge is power. When armed with this information you can fight to make sure you are not a victim of this occurring phenomenon. In conclusion it is safe to say that mind control is a technique that is used against anyone who disagrees with how a government implements its laws on the people. This includes the economic and socialization that takes place in a society as well. Anyone who fights for their rights no matter on how small a level is subject to becoming a victim of mind control. It even occurs in local neighborhoods where the person who has been living in an apartment for 40 and 50 years are suddenly mysteriously harassed by the landlord and cannot prove it because they do not have the money to fight the system. It is not uncommon for someone who has succession rights legally in an apartment to be made so uncomfortable though manipulation to force the person to leave that apartment. When they flee the landlord wins because they

do not have to buy the person out and the apartment can be sold at market value. The landlord will tap the persons phone, pay people to do mind control intimidation techniques such as “street dramas” (discussed in later chapters) and other things in this book. I write these things because I “KNOW” for a fact they occur. Anyone who is a “victim” of this type of harassment and abuse is hurt by extremely unfair means. The unfortunate thing is the technology is so sophisticated and the techniques are covered so well the person is deemed mentally unbalanced by their close friends and family to discredit their situation. This too is all part of the mind controllers goal. Once the victim has no allies and is considered mentally unstable they can continue to do their mind manipulation until they get their desired results. People who employ these techniques on innocent people for gain are criminals. They are violating personal rights period. This is especially true when the ones behind the mind control are politically and financially affluent. They have the connections and the money which enables them to employ mind control techniques against the poor and those who cannot defend themselves against it. Those who use mind control in cases as such are criminals and should be punished to the fullest extent of the law. They are criminals against humanity.

My hope is that people open their eyes so they begin to see how they are systematically railroaded and would not have questioned it otherwise. If this book opens one persons eyes to what's really happening around us today then I have done my job.

## Chapter 4: What is Mind Control

Mind Control is also known as brainwashing, coercive persuasion, thought control and thought reform. All these terms for mind control actually mean; a process that either a group or individual systematically use to force someone to do what they want through the persons thought processes. These systematic tracts are for the most part done without the persons conscious knowledge.

There are times when we can use mind control on ourselves for various reasons. Self Hypnosis falls under this category. When we use this kind of mind control which is willful on our parts; with our conscious knowledge, it's usually done to enforce a positive idea or change in our own minds ourselves. This however is not the same thing that the phrase referred to as "Mind control" or brainwashing implies. Those phrases really mean the persons mind is being systematically altered without either their knowledge, consent or even against their will. It is done through unethical manipulative tactics both psychologically and other wise all in an attempt to control someone's mind. In these cases it is done so a person or group can gain complete control over the thinking and actions of another. So, when terms "mind control" and "brainwashing" are used what it is saying is that specific tactics are employed to gain control of another at the expense of the person being manipulated. These terms foster the concept of taking the persons free thought and free will away. In cases like this it is the manipulator who works actively with the intention of controlling another's free will to serve their own agenda. They care nothing of what the victim believes, wants or feels. The manipulator wants to impose his agenda on the victim and get the results he desires. It's that simple. In brainwashing or mind control there is no room for free thought or will. Free will and thought are eradicated at the expense of the agenda implanted in the

victims mind.

It is interesting because the idea of "brainwashing" falls into the category of social influence. This is because the idea of brainwashing is used to induce thought reform on the victim. This means that brainwashing and mind control are used to totally change how one thinks and perceive things in relation to his beliefs in a particular societal setting. It's done by using various means to change a person's attitudes, beliefs and behaviors. It sets out to make the person like a puppet in which they do whatever the manipulator wants. Here are some basic examples of mind control techniques .

1. **Compliance Method** - The **“Compliance Method”** is where the manipulator is not concerned with beliefs of the victim. He is concerned with the victim doing what he says only. The compliance method is also considered a **“Do As I Say”** Tactic.
2. **Persuasion Tactic**- The **“Persuasion Tactic”** style attempts to change the persons attitude. The manipulator of persuasion sets out to make the person believe that what they are trying to force into the victims minds are good for them. They want the victim to believe that if they do what the persuader wants of them that they will be happy, good, successful and healthy.
3. **Education Method**- The **“Education Method”** which is also referred to as the **“Propaganda Method”** is also a social influence method. This focuses on reprogramming ideological, religious or political thoughts and replacing them with the manipulators agenda. It goes after the idea of **“don't believe what they tell you”** to affect a change; and **“do it”** because it's the right thing to do to get the victim to comply. Brainwashing as such is a severe form of social influence that utilizes **“all”** of the above methods to manipulate a victim. It sets out to change

the victims thoughts against their will and without their consent.

Mind control is an invasive approach. It sets out to isolate the victim. The reason is to make them dependent on the one inflicting the mind control who we will call the “agent”. The agent's target is called the victim who the agent sets out to brainwash. In order to be successful at taking control of a victim the agent must have complete control over the targeted victim. Things like sleep, daily patterns and even in severe cases going to the bathroom are all controlled by the agent to affect a particular change that is to be implemented in the victim. These things are controlled to give the agent total domination over the victim.

It is the agents determination to break the will of the victim. This is done systematically through taking and breaking the victims sense of self and identity. Once the agent accomplishes this they then replace all the previous thoughts and behaviors of the victim with what the agent wishes. The agent's wishes encompasses replaced thoughts, behaviors and attitudes that fit the agent's goal.

Most psychologists believe that in spite of the agent's eradication of the person's identity; who they really are is still hidden in the person's subconscious mind. They believe that mind control is really a short term effect because once the new identity is not enforced the person goes back to being themselves. The old ideas and behaviors of the victim will slowly start to return once they are no longer under the influence of the agent. This is because mind control is done by manipulating the subconscious mind. By implanting thoughts in the persons subconscious while suppressing others subconsciously the change during the mind control process occurs.

What happens in these type of abusive techniques is the victim is psychologically bombarded with intense personal psychological attack in order to force the victim into complying with the agent. It is done psychologically to destabilize the person to make them easier as a target of manipulation. The agent usually has an organization of peers to also reinforce the work the agent does on the victim. The organization reinforces the brainwashing process consciously on the victim so it is stabilized in the victim. It is those that work with the agent that also apply interpersonal pressure on the victim to reinforce the conformity of change in them. The person's environment is also manipulated in order to completely take over the person and make sure the changes implanted in the subconscious stay there.

Other tactics employed by an agent and his organization in an attempt to brain wash or mind control a victim or target would include things like:

1. **Control Communication-** Which includes controlling who the victim speaks to; today things like phone taps are used to monitor who an intended victim communicates with
2. **Emotional and Behavioral Manipulation-** Ex. May set out to induce fear and paranoia in the victim by doing things like following them to confine their movement
3. **Demands for absolute conformity** to the wishes of the agent
4. **The agent wants the victim to agree** that their wishes are faultless
5. **Obsessive demands on part of the agent** for the victim to comply

6. **Manipulation through language and media** to reinforce the agents wishes. An example would be a repetitive word or picture
7. **Instilling a re-indoctrination** in the victims perception of human experience and emotion
8. **Getting to make the victim believe** that any other beliefs or thoughts other than what the agent wishes are bad and inferior.

If we go a little further on the idea of what the agent sets uses as criteria to establish for mind control in their victims its:

1. **Milieu Control**-This involves the victim being social isolated. Social isolation is done primarily through limiting and controlling the victims communication and information within their environment including friends and loved ones. The agent controls the victims contact with these things and people that the victim has.
2. **Mystical Manipulation**- This is where things are done to appear spontaneous or natural but it is quite the opposite. It is calculated but the agent and the group to make it appear as if divine intervention is occurring in the victims situation. All this is done to make the victim feel that the agent has supernatural powers working for him. What this does in the case of the victim is; if he or she does not comply the supernatural power of the agent will take over. Thus the agent tries to instill his power as fear in the victim. Also the manipulator tries to enforce the idea that if the victim complies they will be bestowed with the same magical powers in time as the manipulator. This is only however if the victim fully complies according to the agent.

3. **Demand for Purity-** The victim is made to believe that the group and agent are the ultimate right. Everything is seen in terms of black or white. There are no grey areas of thought. Guilt and shame are the devices used here by the manipulator on the victim if independent thought and ideas are still present.
4. **Confession-** There is no right to free thought or privacy. Any difference in attitude can be seen as evil or even a sin. These are exploited at the manipulators will. For example the agent will encourage the victim to say they had an “evil” free thought or idea for themselves.
5. **Sacred Science-** The manipulator tries to instill the idea that theirs is the “ultimate truth” on the victim. There is no other truth except what the agent wants.
6. **Loading the Language-** The manipulator and their group uses words and language that only they understand. This is done to alter the victim's thought processes.
7. **Doctrine Over the Person-** The manipulator lords over the victim that any events in the victims life are subordinate compared to the agent. The agent also makes the victim's beliefs as nonexistent to the victim, only the agents doctrine is “sacred” and valid.
8. **Dispensing of Existence-** It's the agent and the group who decides who and what has the right to exist and who doesn't. This includes the ideas that anyone outside of the group is unenlightened, negative, and not worth saving. If the victim does not join with the agent; they will be rejected. This is all done in an attempt to make the outside world have no

credibility.

As we see mind control is the ultimate way one person tries to gain control of another against their will. In a study this past May in the *Diagnosics and Statistical Manual of Mental Disorders (DSM-IV)* published by the American Psychiatric Association cites thought reform as a contributing factor to "Dissociative Disorder Not Otherwise Specified. This means that the scientific community recognizes that mind control exists and creates mental damage on a person that needs attention.

## **Chapter 5: Who is Susceptible to Mind Control**

Mind Control exists. It is a technique used to control people for desired effects of the agent doing the mind controlling. It is a form of manipulation against free will. The manipulator is the agent and the target is the victim. Mind control is a mental state much like hypnosis. This is due to the fact that a set of attitudes and beliefs are inducted through suggestion and instruction on a subconscious level and reinforced on a conscious level. The victim usually bombarded both consciously and subconsciously until the effect of change occurs to suit the agent.

If we think of our minds like a computer program; and the brains wiring the hard ware, we can compare a mind control agent to a computer hacker. They get in and reprogram a mind to suit their agendas; much as a computer hacker gets in to your computer for their own purposes.

There are certain things a person who is an agent of mind control looks for in order to “brainwash” a person so to speak. They look for an opening or vulnerability in the person in which to get in so they can start the process. The systematic steps start first by breaking a person down. Once a person is broken down emotionally, morally and even physically; the agent can then remold them according to how they feel the person should be. The first opening thing they look for is someone who is mentally and morally weak or confused. People with problems that are overwhelming, are easier to manipulate. They look for someone who is easily persuaded. Hand in hand with mind control comes emotional shock treatment as part of the process. As the agent gains control over a victim; they emotionally shock the person into submissive behavior through emotions such as fear. These type of things promote cognitive

dissonance within the person. The agent needs cognitive dissonance which is a disorientation state of thoughts, feelings and actions to successfully control a person. When the victim starts to have a destabilized sense of self especially in their thoughts and feelings the agent moves in for the kill.

Many times in order to gain control of a person's mind things like name calling is utilized because the person focuses on the name as opposed to the agenda being inflicted on them. For example; if someone who is losing weight and feels good about themselves was a target the agent may be manipulate them by telling them they are fat. The agent would constantly tell them they are too fat and need procedures like liposuction. In actuality the target who is now becoming a victim starts to have self doubt which is an opening for the agent to get in to the victims mind. The agent now has found the victims weak point which is their weight. By lowering the targets resistance through their self esteem they can start implementing their agenda instead on the victim.

Demoralization is one of the primary tools an agent uses. So a person with low esteem is an easier target than those who feel very good about who they are. When you are totally confident about who and what you are both physically and emotionally this type of demoralization cannot effect your sense of self. The demoralization usually involves those subjects the agent feels hit a nerve in the victim. As a result when the nerve is hit it, it makes the victim feel bad or inadequate about themselves. Now the agent has created an opening to get into the persons subconscious with. If we use the computer analogy again the hacker now has a crack in the program so he can get into it.

There are two other purposes of using degrading and derogatory

names. One is to make the victim feel inadequate. The other is so that they can isolate themselves. That is because the next step in mind control is to alienate the victim from his environment including family and friends. If the victim does not feel good about themselves they will isolate themselves and stay away from people. The other purpose is that if a person tells others he is being victimized and no one sees this happening others will also stay away from the person. The agent themselves may go around to people that the victim knows and spread lies that appear credible so others will think the victim is mentally unstable. They will think something is mentally wrong with him or her because they cannot prove someone is doing this to them. So as a result the person is also discredited in his environment. This further isolates the person. For example a person who is being victimized might tell others, so the agent will say don't listen to that mental patient, they are mentally off, or make up a story about the person so they have no allies. This is part of the process, so the person who is a victim has no one to turn to.

The next part of the equation is to play on emotional manipulation. The agent will try to evoke, fear, paranoia, and irrational emotions from the victim to control him or her at their will. An example of this is the agent and his group will follow a person physically as in stalking in an aggressive way. They will also do certain things such as gestures while in aggressive mode. For instance while out in public they may all scratch their head making the victim feel he is being pointed out. They do it in such a way that only the victim may pick up this behavior from the agents because it's directed only at the victim. This can make the person afraid to frequent certain locations or afraid to go out. So the part of mind control that needs the isolation factor is now coming into play. It also makes the person look mentally unbalanced because no one sees the stalking out right. So in the end the emotional manipulation serves two purposes.

Another device that is used on susceptible people that are targeted for mind control are subliminal commands. These are things that are used to stimulate the subconscious. Sounds, words, even pictures can be used to invoke a calculated response from the victim at the expense of the victim. For instance they agent may use a bird sound or bell at various intervals to invoke certain reactions subconsciously on the victim. Another example of this would be a group who uses remote computer hacking to victimize their targets. They may use certain pictures as pop ups to trigger certain emotional responses on a regular bases in the victim. This is done in order to help expedite the desired mind control set they wish to establish on the victim. They may also filter in sound and words while the person is sleeping to affect the desired results. They may use lights to flash through the person windows while they are sleeping or even use radiation and sound waves to affect subconscious changes.

These are all forms of subliminal and subconscious control likened to hypnosis. Hypnosis is an attempt to put a person whether awake or not in an unconscious mind state in order to control them. Hypnosis is produced in a person through what is referred to as a subliminal command. Many times a person may not even know they are being hypnotized. Hypnosis puts the person in a relaxed state and then introduces suggestions to the victim's subconscious. Upon coming out of the hypnotic state the person will have the suggestion in their memory stored subconsciously. What happens is when a trigger is encountered the person will respond in kind based on the information that is related to that trigger.

If you feel you are a victim of mind control you need to evaluate for a perpetrator or agent first. There are three basic criteria to determine if the person is a perpetrator of mind control. They are:

1. The person/agent uses guilt
2. The person/agent will tell you to back off if you are getting too close to the truth (also used to shock the victim)
3. There are a lot of triggers that you see are being used in an effort to control your actions

All three things above entail a form of emotional manipulation and triggers for a desired response if the agent succeeds.

If the agent finds that the victim is responding to the techniques then they will reinforce them through repetition.

A person in order to be successfully dominated by mind control has to be open to giving into emotional manipulation. In order to set the mind control in full motion a campaign of fear is developed to put the victim in a frightened state of mind. This part of the mind control equation is called a “fear appeal”. The four elements used in what is called a “**fear appeal**” are:

1. **The Threat** - Threats can take many forms but have this element attached; “ If you don't (whatever the agent wants done) comply then I will” (the actual atrocity to invoke fear)
2. **A specific junction as to how the victim is to behave** – Example “You are going to” (and then what the behavior the agent wants is dictated to the victim)
3. **That the threat is real** that the agent is using against the victim
4. **The agent reinforces the ideas by saying** “you are capable of”(whatever it is they want done) and then say “if you do this” (whatever this is) “you will have to power to have others do it

under you” The agent will also stress that if what the agent wants isn't carried out some terrible fate will occur to the victim (usually based on the original threat)

Threats usually involve harming the victim or someone close to the victim. For example a mother who is fearful that the agent will hurt her child will be more likely to comply to protect her child. These kind of tactic works on a needy or desperate emotional based person. The person may feel guilty of what will happen to a loved one if they don't comply. (the susceptibility threat).

Those people who are susceptible to mind control are usually, socially isolated, have emotional issues, are sleep deprived and over worked in their lives. This opens them up to the power of suggestion for the agent to move in on their target. Subliminal messages and covert hypnosis work the same way actually. Both are tools to communicate with someone's subconscious. In this way the target is not consciously aware of the suggestions that are being put upon them. Covert hypnosis can occur during normal conversation. Subliminal messages are found in things that are electronically based like computers, television, telephone messages, audio devices and things of that nature. Sound waves and high frequencies only heard on the subconscious level in the human ear can also be employed. The last one is used during sleep periods to control people in dream states which has been proven occurs.

As far as covert hypnosis some say it works and some say it doesn't. I have witnessed a cult that tried to lure people in by crossing one eye when they made eye contact with them in attempts to hypnotize a particular target. The main point of covert hypnosis is that the target who is not aware of the agents purpose does not know they are indeed being worked on to be put in a hypnotic state.

The first thing that this type of mind control agent will do is try to

build a rapport with their victim. This generally occurs in a casual conversation between the agent and the victim. The conversation can occur anywhere. You can be at your local store when the agent approaches you. Rapport is an attempt to create a state of connectedness between the victim and the agent. It creates the feeling of synchronicity between the two parties. The agent who is aware of this tunes into the victims limbic system. It is our limbic systems that enable one person to feel another stemming from our brains. The act of rapport will unconsciously mirror the victim to the agent. The agent will in response match the body language and speech of the victim all while keeping eye contact with them. Expert agents can also sync themselves with the breathing and body rhythms of their victims. These all suck the victim into the agents energy and establishes trust through rapport.

If the agent is successful with the rapport between him and the victim then the conscious thoughts he wishes to transfer to the victim will ensue through conversation. The agent will use buzz language such as “If you don't” or “ you will miss out” as just examples of speech to make the victim feel the agent has something to offer them. The agent also uses body language to reinforce the message they are drilling into their targeted victim.

## Chapter 6: It's All In The Eyes

The eyes have been called the “mirror to the soul”. This is why agents use eye language to initially control their victims. The human eye has the habit of positioning itself in its orbital according to the idea and language you are expressing. This is how people can understand what you are conveying by looking at your eyes. From reading someone's eyes you can tell if they are lying, interested in what you are saying and the type of thought the person is having. This is also where the term poker face comes in. Because if the eyes and rest of the face are devoid of emotion you cannot read it. Many times people will wear dark glasses so you cannot see what they really are feeling emotionally or to keep people out of their personal space. Here are some basic eye patterns to let you know what a plausible agent is up to:

1. **Straight Eye Contact-** Consistent eye contact with a victim lets you know there is interest in the conversation. If the eye contact is prolonged it can mean two things. The person does not trust you or they are trying to intimidate you. Brief eye contact lets the agent know that that is not a good intended victim because they are not interested in the conversation, they are preoccupied or even anxious. If there is no eye contact the person has NO interest what so ever.
2. **Eyes Up-** This is when the eyes are looking straight up. Eyes that roll upward indicate contempt, sarcasm, boredom or annoyance. If the intended victim rolls their eyes at the agent they know they picked the wrong target. It is not a good sign. In some cases a person who looks upward with their eyes are referring to god but in most cases it means condescension.
3. **Eyes Up to the Right-** Eyes pointing to the upper right or

someone you see looking in that direction (actually up left from a 1<sup>st</sup> person point of view) is actually visualizing a remembered image. If you were to ask someone what someone looked like; their eyes would normally face right upward to give the description.

4. **Eyes Upward Left-** when you see a person's eyes move rapidly upward left(1<sup>st</sup> persons right) they are constructing images in their head. They are using their imaginations to put an image together in their minds. If you ask a person to imagine a red flower in a green vase they will normally look left.
5. **Eyes Right-** When people shift their eyes to the right (1<sup>st</sup> person left) they are recalling sounds from memory. If you were to ask someone to recall a song or melody or even a sound their eyes would shift to the right
6. **Eyes Left-** People construct sound when they look left (1<sup>st</sup> person right) When people hear a new voice or song for the first time they look left. If you ask someone to imagine what a sound of a songbird singing a song in your house would sound like their eyes would shift left.
7. **Eyes down to the right-** This person is having an internal dialog with themselves. If they appear happy then they are discussing what's making them happy to themselves. They may also be reciting a conversation to come or thinking about what they are going to say. If you were to ask someone how a conversation went they will look downright first before answering
8. **Eyes down to the left-** When a person looks left down they are thinking about how something makes them feel. If they are look visibly happy then they are thinking about the happiness they

feel as the feeling happens. If you were to ask a person about a happy event they would look left down before they describe it to you.

9. **Eyes straight down-** Means a person is either uncomfortable or submissive. People will look down when they are shy or don't wish to converse. Movement of the eyes straight down is also an indication of shame and embarrassment.

Most right handed people follow the above eye patterns. Left handed people follow the opposite. If a possible agent approaches you; they can read your eye language because this is one thing they do to assess a possible target. Just as an agent would look at a targets eyes, a target can do the same to access a person's motives. Ask them a simple question if their eyes move up right then you will have a base line to assess if they are lying or not. The surest way to spot a liar is to see how their eye movements change from when they told the truth. Here is an example. You may ask someone a question that you already know the answer to. They look right. You ask another they look right. Now you ask a question you know the answer, they shift left, then you know they just lied.

Agents are trained to maintain eye contact when lying. They learn to do this because many people actually believe that liars do not look dead in your eyes (which is not true). The premise is that how can someone look you dead in the eyes and lie. An example of a trained liar that looks directly at you is you may ask him what he does for a living. Ok...you believe him, now you ask him where he does this job, okay you believe him, now you ask him his income and it's an outrageous amount he is still looking right and direct. He lied you didn't believe him and he is looking dead at you to make you believe he is telling you the truth. However you play along with him. He doesn't know it however unless you state you caught him.

The main thing in understanding what makes a person a victim of mind control is their state of susceptibility based on their state of mind. The methods of mind control may vary but will only be effective as long as the person who is victimized believes that there is a power in what the agent is doing. Many times the agent is able to control a victim through fear of consequences for disobedience. This is done through positive and negative reinforcement on the part of the agent to maintain his position with the victim. It is when neither the positive or the negative reinforcement that the agent uses no longer has any effect of power on the victim that their techniques are useless. This is basically how mind control works. It creates an illusion that is backed up by fear based consequences if the victim doesn't comply to the agents demands.

## Chapter 7: Why Mind Control And Brain Washing Work On People

Mind Control/Brainwashing is an active hands on psychological manipulation of control inflicted on people to create a desired mindset and behaviors on the victim it is set out to change. If we look historically at Mind Control/Brainwashing is disguised by other terms. It's been a tactic used politically and religiously through the ages to gain and keep control over people.

The Russian Scientist Pavlov was the first to pin down an explanation of this phenomenon through his work. He was able to pinpoint three phases that the brain goes through in the process of mind control. He defined them as three distinct and progressive states of transmarginal inhibitions that allowed for mind control to take effect. These three phases are:

1. **The Equivalent Phase**-In this phase the brain gives the same response to both strong and weak stimuli.
2. **The Paradoxical Phase**-The brain now responds quicker to weak stimuli as opposed to strong
3. **The Ultra Paradoxical Phase**-In this phase naturally conditioned responses and behavior patterns are changed from positive to negative or negative to positive

In each phase the degree of conversion becomes more and more complete. Different agents employ different methods to achieve conversion on their victims but in all case the first step is to work on the emotions of the victim. The idea is to bring the victim to a state of an abnormal level of fear, anger, excitement or nervous tension. The purpose of this is to progressively impair the persons judgment

and susceptibility. If this can be successfully achieved on the victim then the more this state of mind can be reinforced, maintained and intensified by the agent. Once a victim is in this mindset the feelings created can be compounded. When brain catharsis occurs in the first phase then the complete mental takeover by the agent is easier. At this point existing mental programming can be replaced with new patterns of behavior and thought.

Mind control is also used with physiological weapons to reinforce the process of brainwashing. This is done to further modify brain function. Such things as fasting (food deprivation for the victim), radical or high sugar diets, physical discomforts, controlled breathing, mantra chanting in meditation, repetitive language, sleep deprivation, special lighting and sound effects, the disclosure of awesome mysteries and things like conditioning to respond to smells or using intoxicating drugs are all things that are found in the mind control conversion process. Interesting also is the fact that mind control can be obtained through electric shocking of the victim as well as doing things like purposely lowering the person's blood sugar level with insulin injections.

The point is that the psychological factor is reinforced with physical things to affect the persons brain activity as well. When brain activity is altered its easier to affect the change of mind control on a victim. Keep in mind that also hypnosis and mind conversion are not the same things but work in conjunction together to brainwash someone. If music is used in the conversion process; it is played repetitively as in the same song over and over again. The ideal musical beat that is used in the music choices resembles the human heart beat in that it has a repetitive beat as well. The ideal repetitive beat for this purpose is 45 to 72 beats per minute. This beat range is close to the human heart. It is also very hypnotic at that beat range and is known to cause open eyed altered states of consciousness in a

lot of people. This is called being in an alpha state. The technical definition is the state of relaxation and peaceful wakefulness, associated with prominent alpha brain wave activity. When you are in this state you are 25 times more susceptible to mind control than when you are in beta or normal consciousness. Using the alpha state is almost a given in mind control techniques to put the victim in a trance like state.

The agents voice also can induce a trance like state. This is called the voice roll technique. It is a patterned, paced style of speech that works on the person subconsciously to induce a trance. Hypnotists and even lawyers use this technique. A tip of that someone is using this technique would be the speech sounds like they are talking off of a metronome beat, as though the words were being emphasized in a monotonous drone. The words are actually delivered at 45 to 60 beats per minute enough to cause a hypnotic effect on the victim. This is how a lawyer who knows this trick may win a case when he pleads his cause to the jury. He incorporates the voice roll technique in his presentations.

One of the best weapons against being a victim of mind control is trusting your gut. The agent will try and make you doubt own sanity. The whole task the agent is going for is to break down the victim to the point where they no longer recognize their own identity. Today the level of sophistication in mind control reaches new levels with all the technology that is available. You can control someone remotely while they are in their home via their computer or telephone. They do not have to be taken to the woods or a shed like the earlier days of political mind control. Regardless of the location there are seven things that are done to insure that a person is being effectively brainwashed. These are the seven tactics used. You do not have to have all seven inflicted on a victim to have effective brainwashing, it depends on their susceptibility levels:

1. The person is prepared for the mind controlling called “**softening up**”. In this phase hypnotic and suggestibility techniques are employed. They include things like using visuals which can be pictures, or images on computers or monitor screens and things like holograms projected into the persons home. Sounds are also used. Sounds are directed to the victims environment. They can range from high frequency sound waves to every day sounds out the victims window like constant planes flying or birds chirping. They can send subliminal messages using sound, they can incorporate the victim's phone line, verbal repetitions. If the agent has contact with the victim physically they may even incorporate touch into the softening up process. Tactile stimulation and withdrawal (through touch) or any of the above are used as fixated drills where the sound or visual is constantly bombarding the victim to cause an effect.

In the softening up phase repetitive things are done to the victim in order to break their current patterns of thought and put them in an easier alpha state. These repetitive type of things also bombard their nervous system helping to cause emotional unbalance. Other things the agent will use in the softening up phase can include flashing lights at intervals through the persons home to cause sleep deprivation; or even making the victim repeat various activities such as answering a ringing phone at intervals. Things like encouraging nutritional deprivation is also welcomed ( An example would be stressing the person needs to lose weight rapidly, not in a healthy fashion. When a person is not healthy nutritionally their bodies and minds break down easier, than a healthy person).

2. **Tactic 2-** Using rewards and punishments in an attempt to control a person's environment. Social isolation is encouraged. Ex. Make the person afraid to leave their home. This can also

isolate them from friends and family as well. In extreme cases this is where the person is imprisoned. They are so afraid to leave their homes they become a prisoner of fear there.

3. **Tactic 3** -Controlling the persons communication and discrediting the information they receive. An example would be the agent taps the victims phone and the victim being of non importance in the world cannot get police intervention to stop the taps legally. The agents monitor who the victim talks to and drops their calls when they feel like it.
4. **Tactic 4**- The person is made to appear unstable to others and themselves by the tactics employed by the agent. This is done to discredit the victims claims that they are being manipulated. These are done through efforts to destabilize the victims sense of credibility by undermining their basic consciousness, reality awareness, world view, emotional control, and defense mechanisms. The agent does this to get the victim to reinterpret their life's history, and adopt a new version of causality. For instance if the victim tells someone they suspect they are being manipulated through mind control and the agent finds out and goes to the person the victim told and tells them that their friend is mentally challenged as a result. This is done to discredit the victim to those they are close to and to alienate them.
5. **Tactic 5**- Includes intense and frequent attempts to undermine a person's confidence in himself and his judgment, creating a sense of powerlessness. Many times the agent will pay off people to go along with the agents plan and this further isolates the victim and makes them feel helpless. This includes paying of people in the police and political arenas if their agenda meets those needs; as well as paying people to also harass the victim upon request.

6. **Tactic 6-** Nonphysical punishments are used such as intense humiliation, loss of privilege, social isolation, social status changes, intense guilt, anxiety, manipulation and other techniques for creating strong aversive emotional arousals, etc. An example of this would be if one works at home on the computer and their work is constantly sabotaged through remote access of the agent to anger them to the point of rage so others will view the victim as unstable as well.
7. **Tactic 7-**Certain secular psychological threats [force] are used or are present: That failure to adopt the approved attitude, belief, or consequent behavior will lead to severe punishment or dire consequence, (e.g. physical or mental illness, the reappearance of a prior physical illness, drug dependence, economic collapse, social failure, divorce, disintegration, failure to find a mate, etc.). Psychological threats also include the threat of harming someone's loved ones if they do not comply.

Mind control is a method by which a person is systematically stripped of their own sense of self and replaced with what an agent deems they should be instead. This is a violation of human rights. If you suspect that you or someone you know is a victim of this practice; awareness is the first step to combat the tricks of manipulation that an agent will use. Mind control is designed to get into one's head and use it to their full advantage.

## **Chapter 8: External Mind Control - A Popular Weapon Of Choice Used Today**

Mind control is used daily for a wide variety of things. Believe it when it is said that mind control indeed exists. The first thing that needs to be understood is the government practices a lot of these techniques on the population at random times to see its effectiveness on the population. The next thing is that we have been conditioned to view mind control as what the spy movies portray. You don't have to be tied up to a machine in a shed to be a victim of mind control; it is more sophisticated than that. It's used to control one's persons thoughts and behaviors to suit another's on a consistent basis. Mind Control aka "Brainwashing" is used by people who are smart enough to get away with it on unknowing victims. The range of people who use this techniques are from crooks, the media to even landlords who can't buy a tenant out; so they decide to use this tactic to get rid of tenants to resell an apartment. Why do most people that use mind control do so? Because they have the money, time and manpower to do so. Do poor people practice mind control in that case? Sure, many people who are desperate and engage in criminal activities for financial gain use mind control as one of their weapons. Mind control is also used in things like abusive relationships where one partner dominates the other. Every time we turn on the television, radio or computer there are advertisers using mind controlling techniques so we will buy their products. So, now that we understand that mind control is a fact; what we need to do is open our eyes to see if we ourselves are unwittingly being controlled that way.

Today there is a new component to affect mind control that is being used. It is commonly referred to as psycho-electric mind control.

Psycho-electric mind control grew out of the government's development of technology and war tactics particularly during the onset of the cold war. This type of mind control "is" being used wide spread by controlling interest groups that range from political organizations, to religious groups, to big business, to land lords who employ technologically literate individuals. "Psycho Electric Technological Mind Control" is a covert, finely crafted method . It is founded on around the clock harassment, perpetrated against people who at first don't realize it but later do. It occurs in their homes, immediate environments and in various communities. With this type of mind control the harassment is greatly enhanced by the use of advanced technology. That is because if done correctly, this kind of mind control can produce both painful and debilitating symptoms which are silently inflicted on the victim without a trace from a distance. This is the preferred method of mind control today because there is no apparent evidence left behind making it like a perfect crime. What happens is the victim will start to notice something is wrong. Many times they do not understand what is happening. There are however those that are aware and do know. What the agent hopes is that the victim isn't aware that it is technological harassment. They want the victim to complain of the symptoms but they won't have any hard evidence. This makes the victim look mentally disturbed to those he complains to. Once the victims credibility is shot no one will believe them or try to help them because they appear mentally unstable. If it is a victim who knows about this type of mind control; once aware of these symptoms the victim may then start to investigate where the source of this problem is coming from and why. The agent doesn't count in this happening. But, in cases like myself who was a victim of electro technological mind control harassment at the hands of a landlord I began to spread the word to others as my defense. Awareness is a powerful weapon.

The attack episodes inflicted by the agent on the victim are usually

perpetrated in five minute intervals. In addition to electrically derived pain, the agent attempts to mentally disorientate the victim with sleep deprivation first. This is because when a victim experiences fatigue its easier for the agent to create the dissolution of memory and other mind/body effects.

The reason this is done first is because if the victim is disoriented due to the “created” symptoms; they will lose credibility with those they complain to as being mentally unstable. Once the agent can break the victim down physically first, they move on to entering the home in stages. In my case they were bungled when they tried to enter my home because I was there. They miscalculated my schedule which I purposely kept changing. There are at least three other people who were attempted victims like myself whose homes were violated. My phone was and is still tapped. With computer pages that include routers and telephones it is easy for an agent to tap someone's phone especially if they are being paid off by a landlord. When they are paid by a landlord it gives them free range to tap the main lines in a building's basement and then use the routers by also employing hackers. Believe it or not they rather do these things then pair fair market value to get rid of a tenant because it is still “cheaper” to them and more cost effective. With Psycho Electrical Mind Control they can blanket their targets. Things like phone wire taps and remote controlling of their electronic devices such as victims computers is neither farfetched or hard to do. All it requires is getting into someone's computer remotely. This is done folks, unfortunately the local police department is not technologically literate and if you complain they don't have a clue even if you have IP addresses to prove it. Part of the corruption that ensues is that if you try and call the DA they railroad you and say you are not a large business and they do not address personal issues. The same is true about your local FBI. So in reality you do not get much help unless you are rich and can hire a private investigator. If you do have the

money for that you can then gather concrete evidence to pursue the agents. If the agent is backed by money which is 9 and a half times they are; the way technology is today enables them to actually control things like the persons television lines too. When the hit a victims TV they attempt to make the victim think their TV has paranormal activity in it like the movies to frighten them.

The next step the agent will try after they attempt to actually enter the persons home is attack things like the victims car and have them followed on their daily outdoor routines. I am followed on a regular basis. My friends however believe me and have seen the harassment first hand. When the harassment ensues the agent sets out to sabotage the persons property or their environment outside their immediate homes. (An example of this would be when they step out of their homes to run an errand the agent will step in). Depending on the situation, the agent may include destruction of the victims property as in vandalism, outright theft and actually setting devices or contraband in the home of the victim in order to frame the victim. Any means becomes a necessary evil when an agent is hired to destroy a victim.

It is not unheard of for people who are victims of electronic mind control to have frequent malfunctions of electronic devices in their homes. It is also not uncommon for the victim to experience noisy neighbors on a frequent basis who are actually sent in by the agent to live among the victims to increase the harassment. Keep in mind that because an attack is electronic the agent does still use non electrical tactics as well to reinforce the electronic destruction against the victim. The agent will set out to destroy the families and the other relationships of the victim by making them seem unstable. Agents will bribe, pay, lie, threaten or do whatever they need to in order to

get the victim to comply with their agenda. In almost all cases once the harassment starts it does “not” end. Many times lies are told to the friends and family or even neighbors about the victim in order to get them to participate in the harassment willingly against the victim. An example is a victim may be involved in bi racial relationship and the agent will tell the neighbors that the victim does not like members of his own race that's why he is in an interracial relationship. What this does is anger the neighbors against the victim to alienate them when that is not true at all. The victim happens to love someone of another race but it is used to the agents advantage. The victims work and job suffers many times due to the severity of the harassment. The agent also sets out to destroy the victims capacity for earning a living as well. This is especially true when a landlord is using covert tactics. The landlords logic is if the tenant cannot work they can't pay rent and that is grounds for eviction. Once the person is too tired to work they figure they will take any crumbs the landlord throws at them to get them out and then they don't have to pay a lawyer for a tedious eviction. Fatigue and signs of illness slow down the victim's ability to make a living for themselves. Can you work when you are both mentally and physically exhausted?

A survey was done in the United States where 12,000 people were acknowledged as being victims of this type of harassment for various reasons. Many were victimized due to things like landlords who could not get the apartments legally from their tenants. The landlords employed these tactics as well as religious groups to name a few of the established type of groups that utilize agents of this type of harassment. In New York State there are Agent Training that the State sanctions just for landlords to use against tenants. This is a fact folks. I spoke to a tenant leader and a lawyer who verified this information for me. Another survey nationwide showed that the figure in the United States is up to three million people who are

currently being harassed this way.

So if someone is a victim of this type of harassment and knows it; they have to know what to look for in order to gather their evidence against this abuse. This type of harassment is covert and designed so if the target complains he will “appear” mentally unstable as I keep stating so it is tricky. You have to be one step ahead of the perpetrators. The damage inflicted on the target is just enough so the police don't get involved because they leave no trace. The skill of the people who engineer type of abuse is so high that it is actually amazing. External mind control as such go hand in hand with mind and body techniques designed to totally destroy the victims life completely. It interferes with the targets ability to earn a living, maintain good relationships or just plain enjoy being alive. These external symptoms are made to appear like it's just life's annoying breaks that keep occurring to the victim on a daily regular basis. Come on, common sense would send up a red flag if you keep seeing and feeling the signs day in and day out. The perpetrators of this type of mind control are extremely successful; especially because the victim doesn't understand what's happening. Knowledge is power first and foremost. If you understand what is happening you can then start to fight back. Here are the common symptoms to look for if you suspect that you are a victim of external mind control.

1. **Telephone Tampering-** includes hearing noise on the line, wire tapping you can hear, frequent wrong numbers and strange behavior from the actual telephone in your home. You may pick it up and you hear a voice or the phone or your phone may be dead for no apparent reason, they can also control cell phones now with computer technology and good old telephone wires.
2. **Intrusion Of One's Home Or Work Place-**If they are able to get into your home, agents may move things around to let you

know they were there but you won't be able to prove it. They may also leave devices in your home. In severe cases they may ransack and destroy property.

3. **Remote Sabotaging of Equipment In Your Home-** Frequent break downs of things like computers, telephones, refrigerators, televisions things you have to keep paying for to fix. Some appliances may seem unfixable for months and suddenly work again.
4. **Ongoing theft and replacement of possessions**
5. **Computers act erratic and don't work how they should**
6. **Emails and post mails are blocked and delayed**
7. **If you need repairs in the home, the tradesmen** come late and make a lot of noise. They may botch the job up, charge too much for the job or trash the place as well. The tradesman may break things also
8. **The target is followed** when they leave their home.
9. **The transportation the target uses is tampered with.** Their car may be pinned in; or if they use a cab service one of the agents would end up being a driver. The person may be followed when in a car by another vehicle.
10. **The target may find that the things they normally buy either online or actually in the store are tampered with.** An example may be if they know you buy a particular item before you enter the location they may move it, just to unnerve you.
11. **Neighbors turn up at inconvenient times.** You can see people watching you and look like they are clocking your activities from their windows and when you go out. Neighbors may also be inexplicably either not friendly or too friendly, noisy or disturb you at weird times.

These are **NOT all of the tactics that an agent will use on a victim**. These are just the basic common ones that are used.

**Some of the other tactics uses by the agents are:**

1. **Infiltration by subtle means** to actually control the victim like they are befriending them
2. **Psychological warfare**, such as promoting low esteem and depression in the victim. Making them feel mentally unbalanced and not good enough.
3. **The agent will utilize the legal system to harass the victim**. They will falsify as much as they can get away with on things like taxes, and other documents to jam the victim up.
4. **Physical threats and attempts to physically frighten the victim** are used. Official assaults on victims are deem terrorism
5. **Complaining to the legal system seems futile** because the perpetrators abuse falls right just below the line of legality because of lack of evidence for actual legal intervention.

**“Street Theatre”** is the term used to describe the setups the agent uses to stage for harassment of the victim in public settings or in settings where others are present. They are designed to make the victim look foolish and paranoid. These “skits” are carefully orchestrated to appear as part of the normal events occurring in the victims life to others witnessing it. The perpetrator may just be viewed as someone slightly rude, aggressive or careless person but not an agent. These scenes are executed to make the target also appear paranoid and unreasonable to those watching.

Street theater usually occurs in places that the victim frequents or enjoys to go to. Grocery supermarkets and stores as well as local neighborhood frequents are the main attraction for these staged forms of harassment. For those that take public transportation those

are also keen places for street theatre.

Another type of theatre that may occur is if the victim has something to do in advanced it is sabotaged. For instance the victim expects an important call but they never receive it. These are all staged interventions to sabotage the victims life. Anything that sets out to make the victim's life uncomfortable or inconvenient you can bet is actually a staged setting if it's done on a daily ongoing basis. You have to understand that the difference between life's normal mishaps and staged scenarios. The reality of difference is the “FREQUENCY AT WHICH THESE MISHAPS OCCUR”!!!! What happens on an occasional basis for the general public happens to a victim on a DAILY ON GOING BASIS. Even though the skits may change the purpose and frequency are daily in order to maintain the mindset of fear and paranoia in on the targeted person.

You may ask yourself how is it these masters of mind control able to do this to people? They answer is “They lie and they have money”. The people who use these tactics can afford it so they can do it. It's that simple. They hire people to do what they want especially in the street scenes. For instance, the victim has a story spread around the neighborhood that they hate a specific group. It is an agent that was paid to specifically tells to that group that the victim hates them. What does this do: Well for starters it will enrage that group in a neighborhood to voluntarily try to take that person down. This is both cost effective for the agent because now the harassment is free and it alienates the victim further for that group being their ally. Included in street scene harassment, there is always intentional staring and stalking that the agent pays people to do around the clock as the person leaves their homes every day. If a group is angered against a victim because they believe for example they are a racist they will gladly join in the harassment for free.

It is the combination of street theater and the electronic attacks that leave the victim feeling helpless, alone and that their life isn't worth much. Also understand that the use of electronic waves can produce physical discomfort when directed at a target. Sleep deprivation can be caused through different wave frequency methods such as jolts to wake the victim every time they start to sleep. This can be done at a distance if the angle of the sound wave is conducive to reaching the victim. Another alternative is to use the victims heating or cooling system such as radiators and air ducts especially in a building to officiate this type of abuse. This can go on for months or even years. Pulsing pain directed at the victim's body parts can be accomplished through high level sound waves with microwave stimulation. In some cases it is so painful for the victim it induces vomiting and incontinence. Induced bleeding from orifices, and clots up to the size of oranges and unexplained rashes can also occur but the doctors have no medical explanation. The victim will have the sensation of being whipped or burned if the technology is strong enough. Sometimes because of the intensity of the radiation there are actual marks. All of this is to make the victim believe there is some supernatural attack occurring to them that they are helpless against. The agent through electronic sound wave and radiation waves can also direct them to the victim causing the feeling of physically being played with. Sometimes violently, sometimes sexually. The intent of all this activity is to render the victim so tired to the point they cannot take care of themselves or their homes.

The electronic attacks can affect the persons mind ability to reason and display logic. The senses can be attacked to repress smell, taste and touch. All these things are also made to be looked like paranormal activities like they are psychic or entities doing this type of thing.

Another component of the electronic attacks are voice to skull

transmissions which are usually around the clock. The agent in reality directs voice commands through electronic technology to the victim to make it appear as a psychic transmission. These include things like insults and threats that the person hears in their heads. The electronic shocks that are coming to the target can actually be very itchy to the point the person removes flesh from scratching. It doesn't have to necessarily induce pain. There can also be sudden attacks causing respiratory distress. All these are in an attempt to unnerve and put fear in the victim.

In some cases the agent will attack the person sexually through these type of electronic bombardments. They may set out to create a hypnotic state because of the persons break down physically and are fatigued. There may be bombardment to induce a change in the person's sexual preference. (The reversal of gender preference is also attempted to discredit the persons sense of normalcy). Powerfully induced sexual stimulation and organisms are produced while the person is sleeping or relaxed or applied at inappropriate times.

Understand that the frequency of these attacks are not random they are ongoing all the time on the victim. If you suspect that you are a victim these things will stand out and be quite a normal occurrence:

1. **The electronic breakdown of things** in your home on a regular basis that work as quickly as they malfunction
2. **Noise around your home that disrupts** your work
3. **You begin noticing ringing in your ears or picking up high frequency sounds** on a regular basis
4. **You have trouble sleeping;** you experience, twitches, itching or house hold things moving to keep you away, you may feel the bed vibrate or pain in certain body parts.
5. **Former friends avoid you as do new acquaintances** for no apparent reasons

## **6. You may find your memories and logic faulty with no medical cause**

The lists of things that are written about electronic mind control are really unbelievable if you were to look at all the written reports about this topic. The main thing is that awareness to the subject is crucial in order to fight against it. If you suspect you are a victim of this kind of assault start writing things down and gathering concrete evidence. Take pictures even carry a camera of the people in the street. Try and find out if others are going through the same things you are. There are strength in numbers. You will find that you are not alone. For example if you live in a building and you know for a fact that the landlord wants your apartment and are experiencing these type of things there are others going through it too; believe it. Like in my buildings case some of the tenants that are aware are too frightened to do anything about it. The agent always looks for the vulnerability of the victim. As I said before knowledge is power. Learn what you can first about the agents tactics to be able to take your life back.

## **Chapter 9: The Subconscious Mind and Mind Control**

There are many definitions for the subconscious mind. It is that part of the mind that we are not aware of. The subconscious mind is the mind that deals with intuition and imagination. It is the subconscious mind that stores our memories, organizes and processes experiences and is also defined by some as psychic activity just below the level of our awareness. So what does this all mean. It means several things. The subconscious mind is that part of our minds that is in touch with our feelings and desires. It is that part of ourselves that we both consciously express as well as our subconscious feelings and wants that we do not consciously make known. While the conscious mind is affected by what it sees and hears during the course of our day the subconscious mind holds on to those things that we really want and desire whether they are acknowledge openly when we are conscious.

Our conscious emotions are communicated to the subconscious mind through the experiences and emotions that we feel through our conscious minds. Our conscious minds may change on a stand we take; but our subconscious stays true to what we really want and desire in spite of our conscious selves. An example of this would be someone who says they are through with a person but subconsciously still wants that person in their lives. What happens with subconscious mind control is that techniques are directed at communication we have between our subconscious and conscious minds. It is the subconscious mind that guides us but the conscious mind through action that executes the thoughts we have.

There are those who say the subconscious mind is the creative mind. Those who believe that idea also believe that subconscious mind control can be used to strengthen our inner voice. The idea that the subconscious mind is our creative mind gives way to the notion that we can make our dreams a reality because it helps guide us into

conscious action. It is a strong subconscious voice that leads one to the experience what it speaks to us. Proponents of this theory use the example; that many people pick the same incompatible partners or do the same things that cause strife in their lives because they feed the wrong things to their subconscious over and over again. When they repeat these patterns of thought based actions and feelings consciously they all end up in the same situations or with the same types of people as a result. They end up changing faces and names but the same problems continue as a result.

Our subconscious mind has various channels so to speak that it communicates with us on. One is intuition. We use our subconscious intuition to guide us at times. It may give us a warning or a sudden urge. When we feel a hunch or sudden inspiration that is our subconscious at work as well. When we sleep and dream that is part of our subconscious mind at work also. Sometimes we find solutions to our problems in dreams or an image pops up in our minds. Both of these phenomena are the subconscious mind at work. Whether in a dream or just a message that pops up in our heads this is our subconscious mind we refer to as “intuition” speaking just to us. These are messages that are meant only for us from our subconscious.

The subconscious mind does not know how to differentiate between real experience and vivid images. This is how the idea of mind over matter works. The subconscious mind is tricked into thinking what is imagined is real. This is how an agent is able to control their victim. The desire is planted by the agent into the victims subconscious. Once firmly seated there the victim executes the desired results that the agent wants. Because it is subconsciously embedded in the victim; the victim is not aware of any changes of behavior or mind sets that are implanted. This type of phenomenon also happens in cases where people cure themselves of incurable illnesses. How it works is that once the belief system is affected; the subconscious

mind goes to work engaging all the healing powers in our beings that we didn't even know we had. It takes over and miraculous things can happen. An example of this would be a person who is told they are going to die in 6 months for a disease and end up living 5 years on top of that with a complete remission. So in affect we fool our subconscious mind into doing what we want. Remember, it is a fact that the subconscious is not concerned with reality from fantasy. It is an impartial participant. With this in mind how does the subconscious do things like heal a terminal person?

Since the subconscious mind stores all the information that the memory banks in our subconscious holds it also creates what it thinks we want from that information it has including self image. Remember the self conscious is the creative mind. It does not question; it believes what it is told and uses all of our abilities to give us what it thinks we want. For example if you believe you are a failure than the creative mind will keep creating ways for you to fit the bill of being a loser. You will lose no matter how hard you try to control the situation because that seed is planted in your subconscious. This is how mind control works on the subconscious level; by planting an idea that is carried out by the conscious level. When this happens the subconscious points the direction to which that idea is to be carried out. If it is something negative as with the loser idea then no matter how hard consciously you try to control that with your mind success doesn't manifest because the seed of being a "loser" was put in the subconscious. It has to be removed first in order for a different idea to be taken hold of. Likewise if you think you are lucky, your subconscious will exercise its control and you will manifest luck because your subconscious will point you in that direction. Hypnosis also works the same way as does other forms of mind control. This is also where we create our own reality stems from. This is because how we think subconsciously guides us consciously.

The subconscious mind communicates with us through symbolic language. It uses things like music, metaphoric language and images to communicate information to you. When we dream we see a lot of symbolic information given to us as it is released from our subconscious. Dreaming serves two purposes. One is that it is an outlet to release inner tension. The other reason we dream is that in a dream mind state, information that has been imprinted on the mind during the day is able to be processed by the subconscious. Dreams communicate a lot of information for us to filter through. We use our conscious minds when we wake up to interpret the subconscious messages. If the symbolism is unclear we then ask our subconscious minds for clarification. This clarification can come through contemplation or by being guided to talk to others that can interpret subconscious information better than we can. Each of us extracts information from our subconsciousnesses in a unique way. Some of us do it through visualizing, some through auditory experiences and others use their feelings. People who are considered “psychic” are able to tap into the subconscious state consciously. This is what makes them have “psychic” abilities. They are “aware” of the subconscious mind levels and use them consciously to receive and give information as it comes to them. We all have the capacity on some small level. Others are more in tune to this ability and are naturally adept at receiving the information while in a conscious state. This is what makes the difference with levels of psychic ability.

A lot of people normally get their messages from external events and internal voices in combination. An example would be you may see a person who rubs you the wrong way and your inner voice will respond “Watch out be careful of this person.” Your subconscious voice is telling you to be on alert, something about that person is causing your subconscious to kick in and warn you.

There are those people who can deliberately program their

subconscious in order to get solutions to things through their dreams or to get flashes of intuition when necessary. Meditation is one tool that is used to both communicate and get feedback from the subconscious to us consciously. The more someone is in a meditative state even while consciously doing things the more awake your intuition becomes.

It is suggested that the best way for you to receive communication from your subconscious is to be both sensitive and receptive to things around you. When you open your sense of awareness up you also call on your subconscious mind. Being both receptive and sensitive develops your inner voice and the faith in that inner voice through your intuition.

There are also those who feel that when one is in tune to their subconscious it creates a spiritual energy within a person as well. People who have trouble making decisions or ones that are not adequate are probably not utilizing the potential of their intuitions. These are people who do not listen nor trust their inner voices for the most part. Many times people do not trust their inner voices is because of how they process information. This is due also to the fact that information is not processed by the subconscious mind the same way that it is processed consciously. Neither is the communication of the subconscious and the conscious mind the same.

There are some things that we can do ourselves to strengthen and control our own subconscious mind. Some of the things you can use are designed to strengthen the communication between the conscious and unconscious mind to work together. Other things help you to listen to that inner voice in your head even while you go about your daily tasks.

***Self Hypnosis*** is a technique that helps the subconscious communicate with the conscious. This involves waking up the subconscious mind voluntarily ourselves. During a self induced

hypnotic state; one can allow the conscious mind to take a backseat and allow the subconscious mind occupy to dominate the whole mind. Upon awakening from a self induced hypnotic state one can then remember through the conscious mind the words that the subconscious mind spoke. Most people can induce a self hypnotic state through practice. Those who would find it difficult would be those people with concentration issues, those with low IQ's and those with thought disorders. It is difficult also for those people who do not want to be hypnotized in general to put themselves in a self hypnotic state. When a person undergoes self hypnosis they concentrate, feel relaxed and start to implement the techniques of their expectation. Here are some of the things one needs to do to enable a self hypnotic state:

1. **Decide a Strong Statement:** You have to have a strong statement for why you want to be hypnotized. You can plan a list of healthy thoughts or habits. You want to make sure you do not implement any negative thoughts during the self hypnosis process. (ALWAYS remember that what you plant in your subconscious becomes conscious. STAY AWAY FROM NEGATIVE MIND SETS THEY ARE POISION)
2. **Locate a Quiet Place:** You want a place that is both comfortable and quiet where you can relax. Make sure that it is at a time you will not be disturbed accomplish the goal. This includes not answering the phone or the door.
3. **Relax Completely and Use Suggestions-**The key to successful self hypnosis is a relaxed state of body and mind. Do deep breathing to reinforce the relaxed state. After you feel completely both in mind and body relaxed you then can start telling yourself the suggestion repeatedly. Use the list you planned out before. With each self hypnosis session you should plant a positive idea and specific thought. With regular sessions

you can obtain the goal you are striving for.

This is just a very basic type of self hypnosis. There are courses, even free, online that you can take if you wish to do so. If you prefer learning from a trained hypnotist than there are reputable ones that you can look up for classes as well on self hypnosis. Its suggested that before you begin to self hypnotize yourself you do some research on self hypnosis anyway. The more you know ; the better it will be for yourself hypnosis experience.

**Visualization** is another technique used for the subconscious mind. This technique is used for the person to visualize what they want for themselves and their lives. In this technique one sees themselves in their minds eye where, how and with who they want to be with in their lives. If they want money, they visualize themselves with money doing what they want with the money. This is also done in a relaxed state as in self hypnosis on a regular basis. The idea is the more you visualize yourself in a particular state the more your subconscious propels you to it.

**Meditation** is one of the oldest mind disciplines on the planet. Meditation calms us and strengthens our inner voices when we are in a calm state. It aligns us with our thoughts many times by getting us to be void of them. Meditation is premised on the idea that when one has peace within themselves; then they are less distracted with things around them and can tune into the subconscious better. There are many mediation styles available for people of all ages, religions and interests. If you are interested in meditation you can go to <http://www.buzzle.com/articles/meditations/> where there is a list of helpful information in relation to the subject of meditation.

Believe it or not when we use positive language by speaking positively out loud to our subconscious it also creates a positive programming in our subconscious minds. If you say out loud “ I can

do this” and state what it is you can do; it starts taking hold of your subconscious mind. These are just a few techniques you can incorporate in your life to get in better touch to control your own subconscious. These do not work magically overnight. Like everything else it is a process. It has to be done on consistent basis to affect a change.

## **Chapter 10: Mind Over Matter**

We have all heard the expression “Mind Over Matter” but what does it actually mean. By definition “Mind Over Matter” means that one's mind is stronger than their body. The mind is an abstract entity that all human beings possess. So whether it's an external source or from within ourselves we can control the mind through various means.

The first step in understanding the concept of Mind over Matter is to connect what bridges the gap between the body and the mind. Many people connect their spirituality and religious beliefs to the Mind Over Matter realm to answer this understanding. Mind Over Matter entails controlling the power the mind has.

In the early 60's and 70's the phrase was used in reference to paranormal activity that stems from the mind such as ESP, psychic abilities, telekinesis and psychokinesis to name a few. Science has come up for a niche to study these things called Parapsychology. Parapsychology sets out to find scientific reasons for these phenomenon to occur. It looks for the causes and existence of psychic and paranormal activity as well as life after death by using scientific approaches and technology to substantiate it.

If you think about it, everything we do and have originates from an idea; and execution of the ideas stem from the subconscious mind first to the conscious mind state. We don't see the mind yet it creates things all the time. So we can also say that the power of the mind and mind over matter is the ability for us to create what we want in this world which stems from the mind as well. Since the mind is abstract (we cannot touch it physically) what it creates is then transformed into the physical or tangible through our conscious state. With all this being said, in essence mind control is the ability to control the subconscious. It can be done for good purposes as well as negative. An idea is planted in the subconscious to take hold in the persons mind to make it a part of their existence. This is where

positive thought plays an important role in our own programming. If we instill positivity in our minds it helps generate positivity for us and around us. If we generate negativity in our minds it generates negativity around us as well. This also includes our state of health.

There is a new science branch being utilized today call “Epigenetics” which means above the genes. Epigenetics suggests that every cell in our bodies is controlled by a thought. This is interesting because ancient practices such as Yoga, Ayurveda Medicine, Palo Myombe and many other indigenous practices also believe that the bodies state of health is controlled by the mind. If the mind is in a sick frame of existence illness permeates it.

Scientific research has shown that negative thoughts actually cause parts of human DNA to shut down. When this happens the healthy cells in our bodies decrease thus affecting our immune system. So if one leaves in fear for instance or in a negative mind set; they are jeopardizing their immune systems by means of their DNA function.

Research has also shown that positive thought increases our white blood cell count. White blood cells, fight infection, fight depression and other mood disorders also. Positive thinking isn't a new thing in the world. Science just now acknowledges its importance now. This does not negate the need for doctors or medicine by any means.

Mind over matter shouldn't replace doctors or conventional diagnoses either. But, it means we can greatly affect our state of health with the power of our mind set.

Positive thinking is not an easy thing by any means. Look what the average person is faced with on a daily basis to survive. But, a positive outlook can help protect our minds and bodies against negative invasion so to speak. Our subconscious runs all of our thoughts and beliefs. It controls virtually all our conscious actions. It's easy to say that one is a positive person on the conscious level but unless the person makes the changes to support those words on

the subconscious level there is not true foundation for being as such. It's the subconscious that allows for us to have transformation in our conscious lives.

With all this being said the first step of implementing mind over matter is for us to control our own thought processes subconsciously. Many times negative thoughts in one's subconscious agenda draws energy of negativity to them like a magnet. For instance, if you do bad all the time you will in kind think bad is being done to you because you know how you think subconsciously and what your actions are consciously. This does not mean that if you are good that mean spirited people with evil intent won't try to harm you. That is not the case. It's quite the opposite. Negative energy likes to feed on positive energy so it can start to steep in. Once things like self doubt enter one's subconscious its easier for negativity to come creeping in to break a person down.

People who are considered psychic are seen as those with extra sensory perception. We are all born with intuition which is a part of the psychic phenomena that is inherit in our subconscious. It comes in different degrees and different levels. One person can maybe bend objects with their minds while another can read a person's thoughts. However some are born naturally with stronger psychic abilities than others. There are those who may have psychic inclinations that develop in them in lifetime consciously. People who connect with their subconscious self are more naturally inclined to tapping into their psychic abilities because it is again another form of mind over matter. Many philosophies and religious practices also believe in the use of the subconscious state as in trance or possession. This is particularly true in Eastern, African and Native American practices.

Many philosophical and religious practices include some kind of meditation for exercising the subconscious so to speak. The breath is also used in controlling the state of subconscious stimulation. Many

Yogi and Buddhist monks practice breathing to help them induce a state of consciousness that enables them to control their unconscious mind. Although mediation is practiced differently for different things; it involves emptying one's mind first of the conscious and mundane thoughts and either leaving it void of thought or putting the images one is seeking to envision as part of the conscious thoughts upon ending the meditative state. In many cases a person who meditates will see themselves as the third party witnessing the physical but not reacting.

In terms of mind control there are some easy forms of meditative thoughts one can employ themselves in their daily lives. One such exercise is to avoid all unwanted thoughts. It is suggested that this exercise isn't done for more than 10 minutes at a time. It is recommended that this is done before waking up or going to sleep.

**Here is the way to go about doing that exercise.**

1. The first step is to consciously pay attention to all the thoughts that are going through your mind. You will find that your feelings, rushes of emotion, images and sensations will try and take over your mind as you do this. You are not to react as they occur nor give in to the attention they are trying to demand of you. The purpose of this exercise is to discipline the thoughts that you are conscious of. These thoughts should not be at the center of consciousness when you are trying to void your mind to rid yourself of unwanted thoughts.
2. The next step in this process is to stop the thoughts deliberately, creating an empty state of mind. When the unwanted thoughts start to come you must deliberately remove them from your consciousness.

If you can train yourself to stay thought free for 10 minutes you can then gain control over your thoughts in order to direct and effect a change of mind when you want to. It can take months or years to

perfect this exercise.

Another exercise is to diminish extra thoughts and focus on just one thought. This exercise is good to increase one's concentration and focus to direct one's thought.

1. The same way as the first exercise you can lie or sit in a comfortable position and consciously focus on only one thought for 5 minutes. For example if you think of a rose only think of that rose and connect to it for the five minutes. Nothing else but the rose should be in your mind.
2. You can think of that rose and how it grows; and even other roses in different parts of the world, but only roses. Check for aimless thoughts as you focus on the rose. Even other flowers would constitute aimless thoughts because you are to focus on the rose only.

This helps train your mind to focus on one thought. It takes vigilance to control one's mind.

With fewer thoughts comes a stronger mind and greater control over it when you need to use it as such. For example if the average amount of thoughts we have in our minds in an hour are 100; if you can lower that number to 90 you have gained 10 percent increased concentration of your mind and you are controlling just 10 percent. The more you control your mind and direct the thoughts that emanate from it; the stronger your subconscious will to control the conscious becomes. Every thought that is reduced produces more strength and peace to the mind as it is freed from clutter.

Being able to control one's mind is not easy. It takes a lot of effort. Another exercise when working on controlling one's mind is that every time a negative thought pop's up you replace it with a positive or happy one. This is retraining the mind from a negative mind set into a positive one. The idea behind this is if you have evil and negative thoughts bombarding your mind all day they start to tax

your will and energy. For instance suppose 12 out of 24 hours your mind has evil or negative thoughts in it and it happens every three days without fail, if you use the above exercises you can reduce them maybe to 10 hours and once a week as a beginning improvement. If you incorporate the meditative exercises on a daily basis the positive thoughts will start to penetrate the subconscious and thus a shift in thoughts will start to become natural.

Thoughts gain strength by repetition. So the more you entertain a thought the more it stays in your mind and directs your conscious. This is where the ideas of affirmations and mantras are used by some to stimulate the idea of consciously putting in a positive saying or word while they are doing mind exercises to have them stick in the subconscious memory.

These are just a few simple things one can incorporate into their daily life to help gain control over their thoughts. The more control you have over what you think; the more you can direct where you want to those thoughts to take you in your life. Thought is what drives us from our subconsciousness to act in our life through conscious action based on that original thought or idea to begin with.

## Chapter 11: How To Deal With Manipulative People

Manipulative people use any technique they can to affect the result they want. The manipulator can act individually or as a member of a group/cult. Manipulation is a form of aggression. When one person manipulates another they are willfully and knowingly trying to enforce what they want on the person against the person's free will. This makes the person who is the object of the manipulation the victim. Again we will use the term Agent because of this fact in relation to people who manipulate and the person who is the thrust of the manipulation; the victim.

There are two basic types of aggression in association with manipulation. They are “**overt aggression and covert aggression.**” Both set out for the agent to get the results they want from the victim at the victim's expense. Overt aggression is when agent openly harasses and uses mind control techniques to dominate a victim. When the agent is out to win in a subtle, underhanded or deceptive way that hides their true intentions then the agent is using covertly aggressive techniques. In terms of manipulation which mind control is the way the aggression is carried out; avoiding overt aggression while using intimidation to get the results the agent wants is considered “the” powerful manipulation technique. When using covert means there is less chance for the manipulator to get caught because there is less apparent evidence. For this reason covert manipulation is the choice type of mind control abuse that an agent will utilize for interpersonal manipulation.

When it comes to personality types who use covert manipulation a covert aggressive personality is one who uses such behavior on a regular basis. Aggressive manipulators perceive this kind of behavior appropriate in dealing with others. They will lie, use deceit and any means of manipulative behavior in various ways to control others as a daily part of their life. They prefer to deal with people this way to

get what they want from them.

Now covert manipulators is a different story all together.

Unfortunately many people have trouble believing much less seeing really what a covert manipulator is capable of. This is for various reasons. Some of the obvious ones include:

1. **The manipulator or agents aggression is not overt.** It's not out in the open for others to witness. Its directed at the target or targets (if there is more than one) solely. The manipulator may treat those around the target completely different so as to discredit the targets gut feelings that they are being victimized. If the agent is proficient enough the victim may feel something is wrong on the gut level but may not be able to quite pin the problem on the manipulator. Being that the evidence is hidden it's hard for the victim to make decisive defense moves to show others what the manipulator is actually doing to them. In this case it is very hard to validate the feelings with facts by concrete evidence.
2. **One of the Manipulator/Agent tactics is to act as if they are concerned, hurting or even defending the victim just as not to appear they are fighting against them for control of them.** These are very clever tactics because they serve as alibis and ploys. This is to make the victim doubt their gut feelings. It also camouflages the manipulator from appearing to be an agent of mind control and manipulation in general. They also are designed to make the victim appear defensive and paranoid for no apparent reason. These are very strong psychological weapons to those who are vulnerable to them. It is hard for a victim to think clear when they are being victimized emotionally and that's what the manipulator/agent counts on.
3. **The manipulator/agent looks for weaknesses of the victim to exploit.** The manipulator will find what the victim is sensitive

or vulnerable to and milk it for all its worth. An example would be if the agent knows the victim is sensitive about their looks they may say you need to lose weight constantly to break the victims sense of esteem. Sometimes the manipulator/agent will look for a weakness that the victim doesn't even realize they have so when it is brought up its like striking a new wound on top of old ones. Manipulators and Agents love to push buttons. If the victim is not aware of self knowledge and their own weaknesses then this becomes a weapon for the manipulator/agent to use against the victim as well.

4. **We as potential victims must trust our guts and know** that manipulators and agents go against everything we learn is moral about human nature. It's important that if upon meeting someone you feel they are a ruthless conniver then you should go with that feeling unless they prove beyond a shadow of a doubt otherwise. People don't like to generally judge others so harshly but it is crucial if you feel something isn't right with a person in this regard. It's better to be safe than really sorry.

When it comes to a person who uses manipulation to get what they want you must understand the extent of underhanded mind control techniques these type of people will use to get it how they want it.

You need to learn to recognize what really aggressive subtle behavior is. Mind control, even subliminally is aggressive behavior because its inflicting something on a person against their conscious consent. If the victim does recognize it many times it's too late. Manipulators use slick and repetitious patterns of behavior on their victims to achieve their ends.

The only way to fight this type of mind control is to be aware of how subtle things affect you. If you see little things as signs don't ignore them, nine times out of ten that's a manipulator fishing for a way in.

If you can identify and label the subtle tricks the agents use then you can nip your vulnerability to them in the bud. It may take a fight. Many manipulators and agents don't like to lose. So you have to stay on top of your game to beat them. The main thing is that you cannot let them into your personal space on any level even if they tap your phone. That's where mind over matter becomes so crucial. This way they cannot get the reaction they want from you.

All human beings who are attacked use a defense mechanisms even victims. Defense mechanisms are automatic mental behavior responses we employ when we are sensing a threat. They go into effect as an attempt to defend and protect us from emotional or even at times physical pain or harm. Defense mechanisms of the “Ego” are those defense behaviors we use to defend our self image from things that make us feel either bad, guilty or ashamed about in regards to ourselves.

The manipulative personality views their behavior as a defense to what they are fighting for. Many times a manipulator/agent is fighting to maintain their position in an organization; or were paid by an organization that is trying to maintain its position and to gain what they deem is power. Their ultimate goal of an agent of manipulation is to remove any obstacle (victims are obstacles) from getting in the way of what they want. So in this regard to see a manipulator as being defensive is a sure fire way to ask for victimization. Their behavior is abuse and aggressive not defense.

The ways a manipulative agent will use the defense card is in behavior like:

1. **Denial-** This is classic for a manipulator/agent. Their defense is to deny that they have caused harm or harassed a victim in the first place. They will refuse to admit to what they have clearly done. If accused they will say with a poker face “ Who Me???” “I didn't do anything wrong” “It wasn't me” “I have no idea

what you are talking about” This invites the victim to appear unjustified when confronting the perpetrator of the victimization. This also gives the manipulator/agent in his mind the right to continue in the detrimental behavior. This is not the same denial a person has when they lose a loved one. This is a manipulation the aggressor uses as a defense maneuver to continue his mind controlling behavior. By denying the behavior the manipulator cleverly gets others off his back by making them feel bad for insinuating that he or she was capable of such anti humane behavior. Once freed of bother they can continue victimization of their targets.

2. **Selective Inattention**-Another maneuver that a manipulator/agent will employ is this one. They will “play dumb” or act oblivious when confronted with the possibility of aggressive or covert manipulative tactics. When the manipulator/agent engages in selective inattention they will totally ignore the wishes, pleas or wills of others when confronted. In short they will ignore anything that does not comply or meet their agenda to get what they want. They will not allow for distractions. What they will do however is go into the “ I don't want to hear it” behavior mode. By doing this the manipulator/ agent actively resists from submitting to any of the demands made on them by others. They are refraining from changing the behavior that is being addressed by doing this. Even if the manipulator/agent is given sound advice they will ignore it. This is because taking heed means submission as far as the manipulator is concerned to those weaker than themselves.
3. **Rationalization**- Another tactic used by manipulators and agents. They will rationalize why they engage in harmful behavior against others. It can actually be effective for them if their explanation makes just enough sense so that a reasonably

conscientious person would go for it. For the aggressor rationalization serves two purposes. One is that if the aggressor has “any” internal reservations or a moment of consciousness this puts it to rest. The second purpose they use rationalization is it keeps others off their backs. If he or she can convince you that they are justified in their actions then that gives them free reign to be monsters. They can then pursue their goals without interference.

4. **Diversion-** The idea behind this is that it's hard to hit a moving target. When trying to pin down a manipulator/agent; they will move and dodge the bullet. If you try and talk to them if they don't run off because they have something pending; they will change the subject, avoid the issue or even throw a curve ball in the conversation to get away. They will use any distraction or diversion to keep the focus off of their behavior. They love to keep people off track; this allows them the freedom to promote their agenda.
5. **Lying-** These types are notorious liars. There are times their stories are even obvious lies because they don't add up at all. Since they stop at nothing to get what they want lying is easy for them. Don't sell a manipulator short in relation to lying. They will use subtle covert lies to promote their agendas and you won't be able to tell sometimes. Another form of lying they use is to withhold the truth, important information or change the story to suit their needs. Manipulators and Agents are adept at giving vague answers also that seem like they are giving you information but are not. These are all slick ways of lying omissions.
6. **Covert Intimidation-** Manipulators/Agents will use subtle threats if they are covert such as veiled implications just to keep the victim anxious and apprehensive. Aggressors will use out

and out threats by any means necessary including violence. Two favorite intimidation tactics that a covert aggressor will use is shame and guilt trips for the victims. A guilt trip would include things that the victim are conscientious about as a means to instill self doubt, make them nervous and make them maintain a submissive position. An example is that a agent might tell the victim they are selfish if they don't comply because the agent might have to do something to hurt one of their loved ones if they don't. In this way the manipulator makes the victim feel both frightened and bad if they don't comply with the demand inflicted on them. The victim on the other hand may even try to reverse the tables and say that what the manipulator/agent is doing is wrong, bad whatever they can say but to no avail, because these type of things do not affect an agents motive. Shaming is a tactic that uses sarcasm and put downs as a way to increase self doubt and even fear in the victim. This fosters the continued idea of inadequacy of the victim allowing the agent or manipulator to maintain a dominant role over the victim.

7. **Playing the victim-** The agent or manipulator will actually try and make it appear that their behavior was a defense against the victim. They will try and make it look as if the victim was the abuser and they had to do whatever it took to defend themselves against the abuse. This is done for the agent's behalf in an effort to invoke compassion, sympathy and appear the opposite to others than how they actually are to others.
8. **Vilifying the Victim-**The aggressor/agent/manipulator makes the victim seem like the bad guy to others. This does two things. It rallies support for the agent and it makes the victim alienated because the agent will use lies to make the victim appear as a villain.

People who use mind control will stop at nothing to get what they

want at the expense of the person they are targeting. In order to succeed many times they use the tactic of **seduction**. Many covert aggressive agents will appear actually quite charming to suck their prey in. They will at first use praise, flattery and appear overly supportive. This is to make the victim lower their guard so they can come in for the kill so to speak. Seduction also makes the target feel like the agent is loyal and trustworthy when in reality they are not.

Mind controllers are adept at reading peoples personalities. They look for needy, weak and dependent types to do their stuff on.

Appearing to care for their victims at first is the way they get the green light to go. Look at Jim Jones and David Koresh who were charismatic personalities. These two men used religion as a guise to lure their victims as followers in. Once these people got into the religious follower position they became slaves to a cult that these two men headed. The one's that realized it were lucky enough to escape with their lives. The others weren't.

Once a manipulator gets their victims where they want them then they start in on them with the other things I mentioned earlier in the book. If for any reason a person who victimizes people by manipulation or mind control gets caught in the act they will project and blame other people and the victim for their behavior. They always look for others to shift the blame on for their behavior to. They live off of finding scapegoats. They will say a higher up person “made” them do it. In the case of cults it may even be a deity or God that told them to do what they do. The more skilled and covert the person is the more expert they are at getting out of being held accountable for their crimes against people. The agent/manipulator/mind controller will always minimize their behavior as being harmless or wasn't as bad as the victim claims. They will say the victim is making a mountain out of a molehill.

Mind control can be used on a person at any point. Nine times out of ten unless you are aware that it occurs you may not even know it when its being done to you. Many times its not until the attacks against you are full force; that a person even gets wind that they are a victim of manipulation. And when they become aware then sometimes it's too late or hard to get out of the predicament the manipulator created for the person who becomes a victim in the first place.

One of the best weapons we have against mind control is our own will powers. Keeping it strong is the way to fight against this phenomenon. If you are a strong willed person chances are you will not be as easily manipulated as by someone who doesn't have a strong will. Another defense is a strong sense of self awareness. Always be aware of your surroundings and your sense of self. Hold steadfast to your beliefs and do not let others sway you easily. People who target those for mind manipulation and control tend to be those who don't have confidence in themselves or their beliefs to begin with.

The two main weaknesses that agents of mind control look for are those who lack self awareness and self confidence. These are the two things that an agent will look for when they wish to target a victim for some sort of mind control or manipulation. The weaker these two things are the easier it is for you to become a victim. Knowing who you are and what you are about and not letting anyone create doubt about that is the best line of defense against manipulators.

## **Chapter 12: Conclusion - Deprogramming The Controlled Mind**

In today's world being programmed is quite a normal occurrence. Everywhere you look there is a programming tool used to catch us. Not all programming is bad as in the worse cases of manipulative mind control. If the truth be told our programming starts way back when we are babies with our parents as our first programmers.

As a parent teaches a baby they are programming that baby both consciously and unconsciously with all their beliefs and attitudes. This type of programming is the way of the world. All societies teach the babies the ways of that culture and society by how the parents program them. In and of its self it's not a bad thing. After all what a better pair of programmers can someone have than someone who loves and cares for you as you grow. On the other hand while a parent programs a child with their good parts they also include their bad as well. This includes passing on negative thinking, misfortune, mistakes and irrational thoughts as well as things that may not be true all in attempts to control how a child develops to suit the parent.

As we grow in a societal structure we also inherit the cultural aspects of that society. With this you also get the false, irrational and wrong beliefs of that entire society. What you are left with is the chore of figuring out which things you inherited are false; which ones are good, which ones bad and those that are crazy or stupid. While trying to figure these out for yourself you are then pressured from your peer group to conform to "their" beliefs, standards and behavior. This happens whether your peers are conscious of them doing this or not. Now, on top of being pressured by society; your peers; who are friends are joining in trying to control you too. What a lot for one human being to take in.

The idea of being programmed and de programmed is an ongoing process. As you may be trying to de clutter and clear you mind, there are always things that are going to bombard that clear slate. Case in point every time you turn on the television and watch a commercial someone is trying to convince you that their product is going to produce happiness for you if you buy it and use it. This also includes making you beautiful and sex which are rampant in the commercials also. All the keys of life are before you if you buy the things that they say to. You also get the politicians telling you that they are always right and have your best interest at heart in the media so you will be lulled into not criticizing them. After all they even tell you when it's your "patriotic duty" to comply to their state of the union addresses on the television.

With all this in mind it is important to know one of the best defenses against programming which is blind is to always want to know and seek the truth. You must learn to love the truth even if its unpleasant or inconvenient. After all, we have all heard the sayings "the truth hurts", "the ugly truth" and "the truth will set you free" Well these sayings came into existence for a reason. People stay trapped in mind control, cults and illusions because they do not seek the truth. The first thing for a free mind is to love the truth, respect the truth, and seek it first.

There are many reasons people stay brainwashed and are afraid to free themselves of mind control. First and foremost they may fear for their life if they leave a group or cult. This is a fact. In this case they must escape or get professional intervention. Look what happened in Jim Jones town in Guiana. People were killed because he knew the authorities were going to free them from the mind control he established with innocent people. Those that were in doubt and didn't want to drink the deadly cool aide still were made to. This unfortunately is one of the sad results of blind following.

In the case of Jim Jones and other cult tragedies many of the brainwashed cult members feared their world would collapse if they stopped believing in certain things or if the truth was admitted about other things. This in fact was the foundation of their programming.

Many of these type of cult followers were and are made to believe if they don't believe the "right" things namely those things the cult espouse they will end up in "HELL". This means both spiritually and in the real world. The victim would believe that they lose their ticket to heaven and/or something really bad would happen to them.

One thing that cults and agents who use mind control do is to implant phobias in their victims. The phobias are planted about leaving the cult or in reference to trying to learn the "truth" about the cult. As long as they are dutiful followers everything is fine. In some cases like in Guiana people who tried to escape were gunned down to stop them. If this doesn't put fear in a victim, I don't know what would. They showed by example that a victim could lose their life if they left.

Some of the other things that cult members who are in need of serious deprogramming fear things like; losing their status in the group, fear of being ostracized as an outcast or being shunned all together. The fear is founded on the idea that the person doesn't want to be alone. There is also fear that a victim has of actually leaving an organization, group or cult due to the idea of the idea; what will they do with their lives after they are de programmed? Many times a victim will feel they do not know any longer how to live among people who are not cult victims like them.

In other cases people just don't want to give up what they were told as being true. It discredits all that time they were in a particular group, organization or cult with a particular set of beliefs that they

trusted were set in stone. Their rationale may include: “if I leave the group I won't have any friends and be all alone. Other rationales may include; “ I have been in this organization a long time” and “If I quit I will be a no body”.

If for any reason you find yourself a victim of mind control or brainwashing and do not wish to remain a victim the first recommendation is not to condemn yourself. As a victim of mind programming you must remember that self criticism and self-condemnation is part of the brainwashing and indoctrination process. If you recognize that you were brainwashed or programmed to believe in some ridiculous idea then accept it as such. See it just as that. An irrational, illogical and goofy idea. Then reject it. But do not condemn yourself for believing in that idea for however long you did. That is counterproductive to freeing yourself of the brain washing program.

One illustration to de program one's self that is used as a visual help is thinking of the mind control as being in the Wild West with an arrow stuck in your back. The arrow in your back is all the brainwashing inflicted on you; and you turn around and pull it out. With the same analogy you then do not condemn yourself for getting shot with arrow in the first place. Do not wallow in self contempt or guilt for being stupid enough to get an arrow shot in your back. Also don't think of yourself as being all messed up as a person because you have gotten shot with an arrow. And just because you did get shot doesn't make you inferior. It happened you were able to free yourself of the arrow and now you can live again.

As silly as the analogy is, once the arrow is out of your back you need to move on with your life. You should examine the behavior that caused you to become brain washed in the first place so you can change it, if the tendency is still there. Don't look for excessive fault finding as part of the healing. Living through brainwashing makes

you a survivor and that you should be proud of. Mind control on the other hand teaches the victim that you should condemn yourself, criticize yourself and put yourself down. What this does is messes up your mind. It destroys both your self confidence and self respect. It makes you unable to think clearly or act in a decisive fashion.

While you are deprogramming yourself watch out for people who like to condemn. Those types like to control others through making someone feel stupid, inferior and flawed. By telling you what they think is wrong with you they will then tell you how they think you are supposed to be. The same goes for people who are trying to keep you down or from being your whole self. An example of this type of mind controlling that agents use is to try and control the victims feelings. They aren't allowed to experience their own emotions. They may for instance be told they must feel "bliss" or only feel "gratitude" or "must not feel sexual urges" or only feel "serene" or else risk not being spiritual or holy.

Many victims of mind control are programmed to repress their anger so the manipulator has free range to abuse them. Every time a person who is brainwashed or in a cult starts to feel anger towards the manipulator or group leaders they are bad. Something is wrong with them. Like wise to go against the natural feelings of attraction and sexual desire that our bodies are hard wired to feel since cave days is criminal according many times to agents unless they are programming the desire. A agent may want to suppress the victims natural urges and replace them with calculated sex urges as well as programming the type of sexual behavior the victim should enact. Sex is what keeps the human race going naturally Many times the agent will add in abusive perverse sexual behavior as part of the programming. They may make the victim feel that any type of normal sex behavior is not acceptable. This is horrible because normal sexual relationships between the sexes is healthy. If that was not truly the case the human race would indeed become extinct.

You have to re learn how to think for yourself once you have been programmed to do so otherwise. It's your mind so you have to watch out for it. This includes watch for unnatural thoughts, attitudes and slogans as well as fears and desires if you suspect someone is trying to manipulate your mind. Make sure what you think and feel are truly your own thoughts and feelings. Feel what you believe don't just repeat it as gospel. When people just repeat words with no feeling behind them; these can actually be programmed triggers to set you in mind control mode. If you feel a belief is irrational then question it. A good way to handle irrational beliefs and ideas being thrust upon you is to ask the following:

1. Who says?
2. Since when?
3. Is that really true?
4. Where is it written in stone
5. Where is the evidence for that?

If the person cannot answer these they too are blind followers and you need to get away from them as quickly as possible.

There are times when a loved one may be a victim of mind control or a cult. In cases like that you may have to do an intervention to forcibly remove the person from the cult. If you feel it is a safety issue then you can also get your local law enforcers involved. In case of an emergency where you **fear for the person's life you call 911** for immediate help. Understand that mind controllers and groups use covert tactics to keep a person under their thumb.

Brainwashing thrives on what is called cognitive dissonance. This is based on the idea that people like all their thoughts, beliefs and actions in harmony with one another. When these things are not

harmonized dissonance occurs and the person feels bad or out of balance. An agent will cause the person to purposely be thrown off balance and then reprogram their version of balance back into a person. The subconscious believes what the programmer is telling them as true just to have peace when the person is conscious.

Once you understand the dynamics of mind control you can free yourself from the vulnerability you have for being a victim. Just like anything else for a victim of mind control healing is a process and not everyone heals in the same way. Today there are many support groups and therapies available for those who are victims of severe mind control abuse. It can damage a person psychologically and they may need a lot of support both professionally and in their personal life to recover. If you or a loved one is a victim of mind control and are in need of help you can go on line to look for an intervention specialist or for a deprogramming therapist. You can also ask your local state mental health department where you can go for help too. The main thing to know is that there is help available and if it isn't too severe you can help yourself.