

The Mars Force: Pat's Story

Book 1

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

Version 2.0

With Biofeedback Meter Readings

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Changes

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

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Preface by Stephanie Relfe

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

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

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

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

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

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

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

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

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

Definitions of Healing Therapies Used

- **Deliverance** : The process of the removing or the “casting out” of demonic entities using the power and authority of the Lord Jesus Christ, as Jesus did in the bible. For more information please see the information, books and audio tapes available at www.hbcdelivers.org
- **Clearing** : A technology for finding truthⁱ by using a biofeedback meter. It works with a person’s mind and spirit while he is conscious. Clearing removes negative emotional charge and subconscious sabotage. It increases a person’s abilities and awareness.
- **Kinesiology**: A technology which improves a person’s health and wellbeing by working on the body’s electrical systems. It is different from all other technologies in its use of muscle testing. Muscle testing enables a kinesiologist to communicate directly with the body’s brain, which is like a super-powerful computer.

We believe from personal experience and from researching the work of others (such as Bill Schnoebelen and Fritz Springmeier) that the mind control technologies used in these government programs are **demonically** inspired and contain physical, metaphysical and spiritual components. Each component must be dealt with individually, using the three technologies of deliverance, clearing and kinesiology.

Without the help of GOD, it is highly doubtful that any person can be freed of these mind control effects, so constant prayer is a must.

If the mind control victim cannot bring themselves to call on God or the Lord Jesus Christ for help, ultimately they will find limited freedom using the other technologies. They will get a great deal of help from clearing and kinesiology but will only be able to proceed so far. Only deliverance will remove demonic entities. Technology and procedures will not. Deliverance clears the way for everything else. More detailed information concerning the deliverance ministry is provided in Appendix VI.

When reading these records, please take special note of the format of the sessions as well as the explanations of the technologies. With “The Mars Records” (www.themarsrecords.com) these records are unique in the field of alternative science (UFO, Paranormal Research, New World Order Expose, Government Coverup, etc) in that they contain the actual readings from the clearing biofeedback meter.

This biofeedback meter “truth detector” cannot be fooled. The contents of this book are not opinions or speculation. In addition hypnosis was never used in any form.

These sessions are compelling evidence that the effects of mind control can be reversed, and that those that use mind control can be defeated.

Clearing

Clearing is a method of discovering truth. It is vastly more efficient than other technologies for finding hidden truth because of its use of the following:

A) The Clearing Biofeedback Meter

The Clearing Biofeedback Meter is a simple Wheatstone Bridge² which measures the resistance of the body as influenced by the electric field around it. It is fairly simple electronically. However, it is what is done with it in the hands of an experienced Clearing Practitioner that gives it its power.

To some people the Clearing Biofeedback Meter looks like a lie-detector. But it is in fact a 'truth detector'. It is many, many times more efficient and reliable than a lie-detector. As you will learn, the needle on a biofeedback meter gives a wealth of information. It does not react to the amount of sweat on the hands of the person as some seem to think. The Clearing Biofeedback Meter compares to existing devices as the electron microscope compares to looking through a magnifying glass.

When a person (the 'client') contacts a memory with negative charge³, the electric field around his body is affected and causes a reaction (a 'read') on the meter's needle. The meter gives certain reads when the truth is being said. If a person makes up a story, or tells a false story which he believes to be true, the needle on the meter will read differently from when the person is telling the truth.

² Wheatstone Bridge: An instrument or circuit consisting of four resistors, or their equivalent, connected in a loop, with a galvanometer* linking the junction between one pair and the other. Used to determine the value of an unknown resistance when the other three resistances are known. (*A galvanometer is a device for detecting or measuring small electric currents by means of mechanical effects produced by the current to be measured).

³ Charge: Charge is a mental energy phenomenon felt by anyone who experiences something unpleasant, dangerous or lethal. Charge is manifested by negative emotions such as anger, fear, grief, apathy or death wishes.

B) Acknowledgements.

An acknowledgment is a word or words that lets the client know that what they have said has been UNDERSTOOD and that THE COMMUNICATION IS NOW COMPLETE. It puts a “full stop” on what has been said.

‘Thank you’ is a common acknowledgement. Other acknowledgements could be ‘I understand’, ‘well done’, ‘I get it’, ‘great’. It is not WHAT you say so much as HOW you say it.

This is an extremely powerful technique. It enables a person to finally drop what they have been carrying. They can then see the next ‘layer of the onion’ underneath.

Charge is a mental energy phenomenon felt by anyone who experiences something unpleasant, dangerous or lethal. Charge is manifested by negative emotions such as anger, fear, grief, apathy or death wishes.

Acknowledgments help to take emotional charge off a person. This gives them the strength to face the truth. Also, once a story has finally been told, acknowledgments enable the client to finally put the past behind them and begin to change their life.

Acknowledgments also help to give a client certainty. If a person has memories, and they are sufficiently acknowledged, eventually they will come to realise the truth about their memories. They will realise that either (1) they really are true or (2) they are false – and they will realise then what really happened.

A Clearing Practitioner answers EVERY question with an acknowledgement. And gives an acknowledgement every time the client does what they are commanded to do.

Traditional psychology, however, never uses acknowledgements. Instead, the psychologist answers each answer with ANOTHER question. The client is left with hundreds of open loops. This keeps him stuck with his problems – and keeps him coming back to the psychologist, as he hopes to finally get a “full stop” to his answers.

In these records, acknowledgements are not recorded. One merely assumes that an acknowledgement was made for every answer from Pat, or for anytime that Pat did as I told her to do.

C) The client is fully conscious throughout the session.

There is no hypnosis, or induced trances involved. A client is free to leave the session whenever she wishes. The success of the session depends on her full conscious support.

Personality change and improvement are not simply brought about by the practitioner acknowledging the client, but also by the CLIENT acknowledging whatever it was that she found in the depth of her mind.

More on the Biofeedback Meter

A battery inside the meter sends a very low voltage current (9 volts) through a wire which is attached to ordinary tin cans which the client holds in her hands. The current interacts with the body's electro-magnetic fields. Only two volts actually arrive at the client.

A gross simplification of how the meter works is that the meter measures the resistance of the body as it is influenced by the electromagnetic field around it. It does not react to the amount of sweat on the hands of the client (as some may think).

When a person locates a memory with charge on it, the electric field around his body is affected and causes a reaction which registers as an INSTANTANEOUS needle movement on the meter. The more painful the memory, the more resistance there will be to the client remembering what happened – and the more resistance there will be, which will show up on the meter.

The meter measures **one level below consciousness** (i.e. on a pre-cognitive level). When working with a skilled Clearing Practitioner, a client can locate a particular event, the nature of that event, the location of that event in space and time and the amount of force contained within it – and the meter gives feedback.

A person can recall ANYTHING, no matter how deep. However, it can be easier to remember memories with **charge**.^v

Volney Mathieson presented his ideas about a biofeedback meter to Ron Hubbard, the inventor of Dianetics in 1952. A version of the meter known as the E-Meter (Electro-psycho Meter) was later put into widespread use in Scientology and Dianetics.

The modern Clearing Biofeedback Meter is designed to measure mental state and changes of mental state accurately and quickly. It is a modern version of what is known to psychologists as the psycho-galvanometer.

Reading a biofeedback meter properly takes extensive training and experience. To start with, the Clearing Practitioner should have received a minimum of 40 hours of clearing themselves, before giving it to others.

The Clearing Practitioner must also be trained in the ability to stay 'Present', no matter what the client says or does. To "Be Present" means to "Be here, Be now, Do nothing". Have you ever talked with someone and you knew that while they were physically present, part of their mind and spirit was elsewhere? Or in another time? Many people are not present for at least some of the time. They particularly tend to not be present when they hear things which they don't like hearing – either because the things being discussed are too unpleasant, or are

outside the person's reality⁴. It is crucial for a successful clearing session that the Clearing Practitioner be 100% present at ALL times.

To the beginner the needle seems like a madly wiggling wild thing. But to the expert each needle motion allows exact conclusions regarding the client's attention. The meter does not tell the practitioner what picture the client sees. But it does tell him when the client is approaching a "hot area" (an area with a lot of charge), when he is backing off from it and when there is no charge left and no more information to be gained from the session.

Occasionally the client has memories which he has picked up from another source. He might have accidentally or intentionally gained false memories or memories belonging to someone else. When this happens, the meter reads in a different way. Therefore a good Clearing Practitioner will soon ask "Is it possible that these are not your memories?".

The client will then realise whether or not they are his. The truthⁱ of his answer will be confirmed by the meter. Further questioning soon finds the true source of where any false memories come from. The proof of this is again indicated by reads on the meter.

The validity of the truth of what is discovered during a session is confirmed by the client having many changes during the session. Sudden body movements may manifest. The client may go from feeling light and happy one minute to VERY heavy and tired the next. And later back again to feeling light and happy. The client may suddenly burst into tears, or shake. Often pains suddenly appear and then disappear in various parts of the body. And each of these physical changes is usually congruent with what has been said during the session.

The client usually makes changes for the better after a good session. Things that are discovered by the meter, and looked at and talked about thoroughly, will not trouble the client again. Often the client will have large positive improvements in their happiness, wellbeing and ability to "make things go right".

If memories are hidden from us, there is a reason for this. Sometimes the memories are too painful for a person to look at straight away. This is one problem with **hypnosis** - a person is dumped into painful memories, whether they are emotionally strong enough to face them or not.

In addition, hypnosis **does not remove** the electrical / emotional 'charge' on the memory. This can cause problems because the person now has activated memories with the charge fully intact and close to the surface – whereas previously the memories and charge were further away and less likely to affect the person as often.

⁴ Reality: Agreement to what is. For example, two people have the same reality if they both like dogs. They have different reality if one likes dogs, but the other dislikes them.

One of the many advantages of the biofeedback meter is that the Clearing Practitioner asks the client ONLY about things which are reading. Anything which does not read is either:

- 0. Not a problem
- 0. Not true
- 0. Too big for the client to look at, at that time. However, these things occur in layers, like an onion. Once we take off the outside layer, the next layer is smaller. Once a person has looked at the less painful things, they can go back to the other issues which were originally too big to be looked at, and they will find that they can then face them easily.

Another important aspect to getting results is that the person doing the talking must feel totally safe. They must feel that the person they are talking to will believe them, and not be threatened or upset by what they are saying.

The Mind

What is the mind?

The mind is an energy field. It is partly made up of what are called 'pictures'. Mental image 'pictures' are often visual. But they are not always visual. Mental image 'pictures' can **ALSO** be in the form of unwanted thoughts, emotions, physical sensations and pains.

The mind is not the brain. The brain is a physical 'switchboard' between the mind and the body.

We are not a body. We are a spirit (or soul) which lives in a body. We, (the spirit) communicate with the mind, which communicates with the brain, which communicates with the body.^{vi, ii}

Where is the mind? Part of it surrounds our body. It is not all 'in our head'. A simple experiment will prove this. Ask someone to close their eyes. Tell them not to open their eyes until you tell them to. Then tell them to visualize the dashboard on their car. Ask them to let you know when they have done that. Once they have done that, tell them to **physically touch the picture** of their dashboard **with their finger**.

Every single person who does this touches an area IN FRONT OF THEIR BODY. They do not try to touch their head. This shows that the pictures that form our mind are OUTSIDE us. We look at the outside world THROUGH our mind.

This is one reason why different people view the world differently from others at times - because their mind is full of pictures from their past, which can affect their view of the present **when the pictures are activated**.

We record EVERYTHING that happens to us. Even when we are asleep or unconscious. This has been shown many times, for example, by people remembering in Clearing sessions what happened to them during operations and at their birth.

The mind has different levels of activity. On a lower level people are controlled by the pictures in their mind. They are activated by these pictures which they experience energetically.

On a higher level is rational thinking.

But there is an even higher level than thinking. There is KNOWING. It is much more powerful to KNOW something than to THINK it. Ultimately, Clearing works to improve a person's knowingness.

The File Clerk

There is a part of each mind which has been called "the file clerk". When it is told to go and get a memory from the person's mind, it does so if the memory is there. If the person is told to remember their last birthday, the file clerk goes straight to the files and gets out the last birthday. If told to remember what the person was doing on a certain date, it will do that as well. People who have a clearing session are usually amazed at how quickly long-forgotten memories will resurface. They do so because the Clearing Practitioner gives **precise, carefully worded** commands to the File Clerk.

The File Clerk gives answers as long as the client has the power to confront what's comingⁱ. Otherwise it's hypnosis when the person is "switched off".

Sometimes the memories that are remembered are so unusual that the client may doubt the truth behind his memories. In that case, all he has to do is "make up" something that is equally strange. The "made-up" memories will not register on the meter. Only what is TRUE will read on the meter.

The Clearing Practitioner will then get the person to look deeper at areas that are registering on the meter, by commanding them to do so, which activates the file clerk. This will get to the whole truth extremely quickly. The meter measures one level below consciousness. It reacts to signals from the client that are so subtle that they aren't perceptible to the eye.

To “As is”: How Negative Thoughts and Emotions are Cleared

In the physical universe, two things cannot exist in the same space at the same time. This also applies to the invisible universe of mental charge.

A memory exists as an energy in a person's mind called a 'picture'⁵. It is not the memory that causes the problem, it is the **NEGATIVE CHARGE** associated with the pictures that causes negative emotions, thoughts and behaviour.

When we get a client to remember **EXACTLY** what happened to him, he creates a perfect copy of the original picture. When he creates the perfect copy this vanishes the charge on the memory. The person then knows what happened, but the pictures and charge which were affecting him negatively have now gone.

Ron Hubbard called this process to “as-is” something. The person looks at a memory exactly as it is, at which moment it vanishes and ceases to exist. The memory will remain as a gentle knowingness, but without the painful charge that caused him problems.

You yourself have probably “as-ised” things at times without realising it. Think of a time when you had an absolutely **BRILLIANT** idea. But a few moments later you couldn't remember what it was. No matter how much you thought, the memory never came back. You as-ised it. After creating the first thought, you then created another perfect copy. Two things cannot exist in the same place at the same time – and so your thought vanished.^{ii, iii}

⁵Mental image 'pictures' are often visual. But they are not always visual. Mental image 'pictures' can **ALSO** be in the form of unwanted thoughts, emotions, physical sensations and pains.

The Language of the Clearing Biofeedback Meter:

How To Understand the Notes from the Sessions

Tone Arm (TA)

As the current of the meter runs around the client's body, it meets resistance. When the client begins to remember painful past memories, the resistance of his body increases. The needle of the meter moves to the left. In order to keep the needle on the "set" position on the dial, the clearing practitioner has to move the needle to the right. To do this, he turns a knob on the face of the meter clockwise. This allows more current to flow out in order to match the increased resistance.

This knob is called the Tone Arm. It measures resistance in the following amounts:

Tone Arm (TA)	Ohms (resistance)
2	5,000
3	12,500
4	30-40,000
5	150,000
6.5	10,000,000

A person who is in a happy state of being would probably have a tone arm between 2 and 3.5. TA measures the mental tenseness of the client. TA of 5 and above is *very* high.

Note that TA goes up EXPONENTIALLY, not linearly. If a person gets TA of 5 and above, they will generally feel quite 'heavy'. I describe this sometimes as feeling like a block of concrete. When the needle is between 2 and 4, when they will generally feel light and happy.

TA is one of the two things to look out for when reading the records of the sessions. TA is recorded as numbers throughout the sessions, in the right hand column.

Notice when TA goes up.

This means that mass is being pulled in. This generally means that a memory is brought in which the client does not want to remember now. High TA can also be caused by other things such as drugs, tiredness or pain in the body. It can also be caused by looking at the wrong areas. Or by a person lying. Or for there being something the person does not want to tell the Clearing Practitioner.

Most importantly, notice when TA goes down.

Two things cannot exist in the same place at the same time. When the client remembers what happened, he creates a perfect copy – which cannot exist in the same place as the original memory. **He “as-ises” the pictures⁶ in his mind.** Therefore the tension of the memory vanishes, and the person becomes less dense. The TA then goes down.

This is why we say that he has seen the truth. Since TA and a read can occur **ONLY** by creating a PERFECT copy of an event, it therefore stands to reason that this is a TRUTHFUL copy of the event.

TA goes down when the client remembers at least part of the truth. This reduces the charge on the incident. A drop of even 0.1 is meaningful. A sudden drop of 0.5 – 1.5 is a major realisation of the truth.

↓ This symbol beside a number in the right hand side of the right hand column denotes when there is a sharp drop in Tone Arm.^{iv,vi}

⁶ Mental image 'pictures' are often visual. But they are not always visual. Mental image 'pictures' can **ALSO** be in the form of unwanted thoughts, emotions, physical sensations and pains.

READS: Short Falls, Falls and Long Falls

A **read** is a sudden movement to the right by the needle. Depending on the size of the movement of the needle, it is called a tick, a short fall, a fall or a long fall.

A read means a charged item was located and the charge reduced. The charge is on the words that were said IMMEDIATELY before the needle moved. This is called an 'instant read'. How does charge come about? By the client wishing to know something and not knowing it. The harder the client wants to know and the more difficult it is for him to find out, the more charge there will be.

Finding out and knowing brings relief. Anytime the client experiences relief there will be a read.

In the notes a symbol for a read is placed directly opposite the last word that it read on **instantly**, in the right hand column. If there is **any** time delay at all between the client speaking and a read, then the symbol for the read will be placed on the **next** line.

Floating Needle

A 'floating needle' occurs when the needle idly moves from side to side without any patterns or reactions in it. It just idly floats about. This is the most difficult needle characteristic to identify, because a series of falls could look like a floating needle.

A floating needle occurs when a major amount of mental mass has been erased. It means that there are no more painful or stressful memories, at least for a short while before the next lot of memories come in.

During a session, a floating needle may occur for only a second or two. Hopefully the session will end with a big floating needle. A big floating needle which lasts for a longer period of time indicates that all of the stress from the painful memory has been removed. It also indicates that all items of truth which are important to the client have been uncovered and talked about.

If the session does not end with a floating needle, then another session at a later date should remove the remainder of the charge.

Because a floating needle can be hard to identify, the best way to confirm it is to look at the client. If he is bright, light and happy, then that is a floating needle. If he is still tense, tired, sad or generally exhibiting negative characteristics then it is probably not a floating needle, but a series of falls and long falls.

A floating needle is identified in the notes as "F/N".^v

‘Yes’ and ‘No’

The language of the biofeedback meter is simple. If you ask a question and get a read (that is, any type of fall) that means ‘yes’ to the question.

If you get no read that may mean no or it may mean yes.

If the client answers ‘yes’ to a question and the needle reads on ‘yes’ then that verifies that the answer is yes.

If the client answers ‘no’ to a question, and the needle reads on ‘no’ then that verifies that the answer is no

The read confirms the practitioner’s question or the client’s statements as true. Why? Because two things cannot exist in the same place at the same time. We have seen something exactly as it is, even if only in part. Truth is the exact consideration: the exact time, place, form and event.ⁱ Once the client creates the exact duplicate of what happened, charge is released.

(Lying or creating a false truth would only ADD to the charge that is there. This would stop the needle from reading and cause TA to go up).^v

Rock Slam

R/S Denotes a rock slam

A Rock Slam occurs when the needle has a wild, erratic movement. It is quite amazing to see when it happens. The needle will take on a life of its own. This happens when either (1) there is a faulty connection in the wires or (2) there is an “evil purpose”. ‘Evil’ means destructive and / or negatively controlling. The evil purpose could belong to the client, or to anyone or anything in the incident.^{vi}

I had been told that Rock Slams were quite rare but they were encountered not infrequently during these sessions.

Underlined v. not underlined words

Words that are not underlined were said by the client – in this case, Pat.

Words that are underlined were said by the practitioner – in this case, Stephanie Relfe.

Other Abbreviations

C/L Denotes a communication lag.

This occurs when the client does not say anything for a period of time. He is in 'lag' with regards to an answer to the question.

VGI Denotes "Very good indicators" meaning that the client is bright, light and happy looking.

X An 'X' is sometimes written when there is NO read. This is usually written about an answer to a question, to record that there was in fact no read on the answer to the question. In this case, we do not know whether or not the answer was true, but suspect that it may not be absolutely true.

A summary of symbols used

Symbol	Stands For	Description
Tk	Tick	The smallest needle movement of all. Barely discernible.
SF	Small Fall	The needle moves 0.6 to 1.5 cm to the right
F	Fall	The needle moves 1.5 to 3 cm to the right
LF	Long Fall	The needle moves 3 to 4.5 cm to the right
↓	Sudden drop in Tone Arm	The most significant read is when there is a Long Fall at the same time that there is a sharp drop in Tone Arm. This is denoted by the symbol ↓ beside the tone arm number.
C/L	Communication Lag	The client has stopped talking before he has fully answered the question or completed the command given by the clearing practitioner.
F/N	Floating Needle	Means that there are no more painful or stressful memories activated, at least at this moment.
R/S	Rock Slam	Indicates the presence of an evil purpose
VGI	Very Good Indicators	The client is looking bright, light and happy
X	No read	The needle did not move at the instant end of the question or statement.
Numbers	Tone Arm	See chapter on Tone Arm (TA)

NOTE ON METER SENSITIVITY

Unless otherwise stated, the meter sensitivity was set at eight (8)

NOTE ON THE SESSIONS

Not every word is written here. Sometimes I wrote down just a few words to abbreviate what was going on. However, as much as possible, whenever what was said was reading or affecting TA or body movements, every word is recorded.

Metabolism

At the beginning of each session the amount of energy that the person has is measured. This is done by asking the person to take a deep breath and then let it out quickly. The needle will then fall a certain distance to the right, unless they have no reserves of energy when it will not fall at all.^v

The distance that the needle falls is recorded as “metabolism”. The basic rule is that a session can only be successful if the needle falls at least one inch to the right after the person lets their breath out. This is because doing a session requires quite a lot of energy on the behalf of the client, as well as the Clearing Practitioner.

Lack of metabolism is usually caused by lack of sleep or food.

Drugs

A session can be run successfully only if the client is not under the effect of alcohol or psycho-active drugs, (ie. Anything more powerful than aspirin).

The general rule is that alcohol should not be consumed 24 hours before a session and drugs not taken seven days before a session.

Repeating Technique

Our ideal state is to know everything.

The possibility of this can be better understood by reading "[The Holographic Universe](#)" (by Michael Talbot). In this book Talbot uses a hologram as a model with which to explain reality.

However, most of us don't know everything. At times we feel that we "don't know". Often the reason why we "don't know" is because we are being affected by things in our past which are still in our mind.

During a session, when someone says anything which denies that they know everything that happened in the incident being looked at, the clearing practitioner can get them to repeat what they just said. For example, if the client says "I don't know", "I can't see anything" or "I can't remember", they will be told to repeat that exact sentence. ("I don't know, I don't know, I don't know, etc.)

Usually, once the client has repeated this statement several times, the underlying truth will surface and they WILL be able to know, see and remember. This is because they as-is-ed at least part of the reason why they "didn't know" when repeating this statement.^{vii}

The Clearing Practitioner's Code of Ethics

The session will work only to the extent that the client feels that they are safe with the Clearing Practitioner. Therefore, a "Code of Ethics" was devised which has been found to be essential for successful sessions.

1. I agree not to evaluate a client, by word or thought. That is, I agree not to judge a client or to tell them what I think is the truth. I agree to simply question them according to how the meter is reading and to lead them to make their own discoveries.
1. I agree not to invalidate a client by word or thought, no matter what is discovered in a session. That is, I agree not to do anything that would put the client down in any way whatsoever.
1. I agree to keep all appointments once made. This is because once the appointment is made memories can begin to get stirred up, getting ready to be handed over in the session.
1. I agree not to work with a client later than 10 pm, unless an important action needs to be completed. I agree not to work with a client who is physically tired or has not had a meal before the session. This is because a session requires a considerable amount of energy on the part of the client as well as of the Clearing Practitioner.
1. I agree not to work with a client who has consumed alcohol within the last 24 hours, or drugs within the last week.
1. I agree not to sympathise with a client but to be effective and help them to be the very best they can be.
1. I agree to never get angry with a client.
1. I agree not to let a client end the session, no matter what may come up, but to complete what I have begun.
1. I agree to hold a safe space for the client during the session, and to be a safe person for the client to contact at any time in the future.
1. I agree to have no sexual relationship with a client.
1. I agree to maintain ABSOLUTE CONFIDENTIALITY of the data revealed in the session.⁷

⁷ This agreement was not broken in these sessions. It was **the client herself** who requested that I write up and later publish the sessions.

Kinesiology

The sessions in these records were even more successful than a normal Clearing Session because they included the use of Wholistic Kinesiology on occasion.

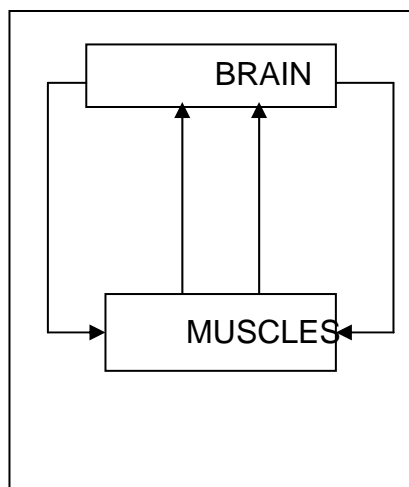
Kinesiology is a new technology which works directly on the body. It was developed by doctors, chiropractors and acupuncturists in the U.S.A. One of the most important people in this development was George Goodheart. They pooled their knowledge and added it to Chinese medicine to develop a technology which is amazingly efficient at balancing the body energetically so that it can return to excellent health, energy and emotional strength.^{viii}

Wholistic Kinesiology incorporates much of the best of different schools of kinesiology including Touch for Health^{ix}, Applied Kinesiology and Educational Kinesiology. It also includes new discoveries and newly developed corrections such as the Wernicke's Correction (described later in these notes).

Kinesiology differs from all other methods of healing by its use of muscle testing.

The basis of muscle testing is that the body is like an electrical piece of equipment, which is controlled by an incredibly complex **computer**, namely the brain. The brain is continually in communication with each of the 639 muscles in the body.

If a muscle is electrically in balance, it is possible to measure a constant electrical signal from the brain to that muscle and back again, much the same as two faxes 'talking' to each other.



However, when the body is overstressed (through a chemical, emotional, structural or electrical cause), the electrical signals in one or more muscles go weak. It is like a fuse in your fusebox blowing. The body figures that it is better to blow a fuse than the whole thing.

This is the basis of muscle testing. For example, if a person has a particular muscle in their arm 'out of balance' (as we say), then they will not be able to hold their arm in a certain position when the kinesiologist applies pressure to it.

This is particularly significant when you realise that many different parts of the body are in communication with many other parts of the body. That is,

Muscles (communicate with)	muscles
Muscles (communicate with)	organs
Organs (communicate with)	muscles
Organs (communicate with)	organs

In the above example, the muscle itself may have been weakened. However, if it is the particular muscle that communicates with the stomach the muscle may be weak because the stomach is out of balance. In another example, a person may have a weak bladder because their bladder is out of balance. However, the bladder communicates with the ankle muscles and therefore a weak bladder may have been caused by weak ankle muscles. It is virtually impossible to completely heal the body without taking the whole picture into account.

Once the weakness is located through muscle testing, the kinesiologist then 'talks' to the body. For example, by use of muscle testing the kinesiologist can ask the body any number of questions.

For example, what caused this muscle to go out of balance? If it was a chemical he can ask the body what specific food or other substance caused the body to go out of balance. If it was a deficiency, he can find out what food will re-strengthen the body.

A kinesiologist can also "balance out" a negative substance. This is a correction which enables the brain to energetically correct harm done to the body by a harmful substance.

If you wish to learn kinesiology, please visit www.tfhka.org and/or email stephanie@relfe.com for information on her training video.

Emotional Stress Release

If an imbalance is caused by a negative emotion, a kinesiologist can find out what specific emotion is involved. It is important to realise that emotions ("energy in motion") can be stored in the mind, but they can ALSO be stored in the body.

- Clearing removes negative emotions from the mind.
- Kinesiology removes negative emotions from the body.

A kinesiologist who locates an emotion or incident stored in the body can use muscle testing to find out any number of things, including WHEN it happened, and WHO was involved. It is crucial that the kinesiologist have a totally open mind when doing this.

Once the emotion is located, the kinesiologist can then do an extremely simple form of emotional stress relief.

He/she lightly places a few fingers on the other person's forehead, while the person 'looks at a video' of the emotion. When we are under stress, blood goes to the back of our brain (where the past is). But when a hand is placed on the forehead, blood moves to the front of the brain (which unfortunately most of us use only 5% of the time) where new choice is located. Within a very short period of time (often a few minutes) the person will be a lot less emotional about the particular incident, and therefore a lot less affected by it.

If you find at any time after reading these notes you experience negative emotions, it may be that something in the book has restimulated something in your own mind.

It would be a good idea for you to do Emotional Stress Release to yourself – put a hand on your forehead and close your eyes, while you look over (in your mind) what you have been reading, or doing that day.

'The Wernicke's Correction'

Removing sabotaging commands from the Wernicke's area of the Brain, using Kinesiology

The mind is an energy field. Clearing removes charge from the mind. But clearing does not necessarily remove negativity from the brain. The brain is a physical 'switchboard' between the mind and the body.

Research has shown that words are stored in a specific area on the left side of the brain. What is not so well known is that there is an equivalent area in the right half of the brain which is also involved with language. Both these areas are called the Wernicke's area.

According to Professor Julian Jaynes, lecturer in Psychology at Princeton University, up until around 3,000 years ago, mankind was basically not conscious as he is today. He did not think in terms of concepts, and he was not introspective (i.e. he did not 'turn inwards and think about himself').

Instead he operated with what is called a "bicameral mind". The bicameral mind was man's mind before he developed self consciousness. Early man did not make any decisions on his own. The concept of "self", of being independent and self-reliant, did not exist.

Whenever a decision had to be made, early man looked for a "sign" from an outside authority, such as a king or a god, to tell him what to do. For example, if he went along a road which divided into two roads, he might throw some stones into the air to see which way they fell, to tell him which road to take.

Other signs that early man used to determine what action he should take when he was faced with a decision were often "voices" which he heard in his head and which brought immediate obedience.

Experiments have shown that if the Wernicke's area in the left half of the brain is electrically stimulated during speech, it will interfere with the ability to talk properly, almost halting speech.

The same type of stimulation to the Wernicke's area in the right brain, however, causes a person to hear "voices" or "commands". These are usually of an authoritarian or dictatorial nature, and can be identified as the voice of one who was feared, admired or "looked up to" by the person being stimulated. We call these commands "Wernicke's commands", because they are commands stored in the Wernicke's area of the brain.

The two Wernicke's areas are connected to each other by a thin bridge of tissue. This is where the term "bicameral mind" comes from. It seems that the "voices of the gods" were in fact internal dialogue coming from the right half of the brain.

If mankind was to become civilised, this simple mind had to greatly improve and consciousness had to develop. However, the bicameral tendency is still present today! It is the bicameral mind, the right side of the Wernicke's area, which we "hear" when we hear those little words of self-invalidation and sabotage.

The 'authorities' who might have put commands into this mind are no longer "gods" - they are anyone that we might have looked up to at some time. These can include parents, teachers, peers, politicians, and doctors.

Have you have ever been told to "grow up", "shut up", "eat up", "forget that" or "give up"? Have you ever been told "you're mad", "you're bad", "you're stupid" or "you'll never make it"?

If somebody you thought was powerful said "you're too fat", "you'll never change", "you'll forget", "you're a slow learner", "eat ALL your food", "you're not good enough", "strong enough", "pretty enough", "clever enough" "you'll go to hell" etc. etc. **then they may have made an 'entry' in your right Wernicke's area, an implanted command, which is still influencing you to this day!**

When people do any work or therapy to get rid of negative beliefs, the beliefs they try to get rid of things are usually worded as "I ..." eg. "I'm not good enough" or "I'm too fat". But "find the truth, and it will set you free". **These beliefs are not filed in the brain (which is like a super powerful computer) under an "I" point of view.** The commands are entered as said by another person, as if the person is right there, talking to you! For example, the belief may be "I'm no good" but the original command (which is stored in the brain) was "**You're no good**".

Normal kinesiology has a correction called a Goal Balance which is designed to get rid of negative beliefs. However, it often does not seem to work.

However, in 1996 Australian kinesiologist David Bridgman made an astounding discovery. He realised how to remove negative beliefs from the brain!

The key to removing these beliefs is that they are stored in the brain as though another person said them e.g. "You won't remember". The brain then tries to make sense of a command and translates it, for example, as "**I** won't remember". This command then interferes with the person. To get rid of the command you must find the EXACT wording of the command, which in this case is "**You** won't remember".^x

This specific kinesiology procedure enables a person to REMOVE the sabotaging commands from the brain. Instant improvement is generally noted in the person who has done this.

These commands can be put in our brain either unintentionally (as by our parents) or intentionally (as by the mind controllers).

These commands are hidden in the brain a bit like the way that 'drop down menus' are hidden on the computer screen. Sometimes you can't see the menus, but they are still there. When you do the correct kinesiology procedure, the sabotaging commands "drop down" and then you can delete them. But they do not all appear at once. It can take a number of sessions to get rid of them.

This is a simple, revolutionary and very powerful procedure.

The key to doing these corrections successfully is to get the EXACT wording. Generally, throughout these sessions it would take up to seven attempts each time to get the precise wording. Mostly the correct wording would be found after two or three attempts. Throughout these sessions, I did not record our incorrect attempts to find the commands. Only the successful attempts were recorded.

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

Session 1: Violent Reaction

Sunday September 23 2001

Michael and I picked Pat up at the bus station. Although she had come a long way, I felt that I should give her a short kinesiology session that evening. The session was done in my home. It was lucky that God was looking after us and made sure that the first session was on a Sunday, because Michael was at home and he was definitely needed!. Pat lay on the massage table but almost as soon as I started to muscle test her I got a violent reaction. After doing sessions on hundreds of different people, I had never seen anything like this.

She was blocked, which is not unusual. What was unusual was that as soon as I tried to unblock her she began to scream. Plus her left arm started moving in circles all by itself. It would start at her side and then move in a jerky movement across her body. Then move back to her left side and then start off again. I felt that it was her body reliving a time when it was pulling against restraints. Pat thought it might have been her deflecting energy, possibly in some way connected to the “alters”⁸ that we later discovered she had.

I called in Michael to help me and it was only through the deliverance that he did, with the help of Jesus Christ, that I was able to continue at all. The first session was quite frenetic and I did not take many notes, although it was taped and we were able to later on hear again the screams that suddenly came out of Pat’s mouth – a lady who until then had appeared very gentle, soft spoken and ladylike.

I got that she had metaphysical alien circuitry on her and began to remove it, while Michael was praying for her. She also seemed to have metaphysical implants in her which I removed as best I could.

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

- “Don’t remember this”

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

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

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

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

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

Session 2: A Reptilian Attacks Pat's Heart

Monday September 24 2001

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

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

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

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

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

1. "Don't tell anyone about this"
1. "You will die if you remember this"
1. "Stab to death the person who helps you remember this"

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

Session 3: Interview

25th September 2001

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

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

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

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

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

Session 4: Remote Viewers Interfere

26th September 2001

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

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

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

Say "thank you"		A good acknowledgement has a lot of power in it to stop unwanted attention
Thank you		
We're still going down		We are back in the incident
How far do you go?		
Twenty four floors	F	Note the read
I begin to feel scared. One says to the other to do something to put me back into the state where I wasn't feeling or reacting. Something is pressed against my arm. I feel spaced. They move me forward out the door.	F	
I feel really as if I'm asleep.	3.6 3.7 3.8 body jerks	Note body reaction
I feel sick	F	
I may have gagged. It's in my throat or stomach. I feel cold, like it's air conditioned. I'm laid down.		
They want to wait till the drug wears off	SF	
Make this room sound proof and thought proof	3.5	I get this idea to tell Pat, to stop the remote viewer eavesdroppers
	LF laughs	Note the read & Pat's laugh. She is reacting to what she is 'seeing' the remote viewers do
They called you names		She is referring to the remote viewers
	Gasp!	
That makes so much sense! I've woven an energetic cocoon around us. It's thought proof and sound proof.		
When I was younger I watched "Bewitched" and "I Dream of Jeannie". I always felt inside that I could do that.	3.6	
When I was doing Polarity Therapy I felt I was destined to manipulate energy.		
I just wove that cocoon. I couldn't do that before. I didn't even think it.		
The remote viewers are very upset.		Pat is back to looking into what is going on right now with the remote viewers
They're planning what they'll do. "Will take other measures" "We can't let this happen" "I told you this would happen" "We can't let her develop" "Then think of something"		
(stop for ten minute break)		
(When we come back from the	5.2	TA has suddenly gone up, since we

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

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

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

We stopped and did kinesiology. I looked for wernicke's commands that were blocking the session. As so often happened when I worked on Michael, there

were ten commands. Some of these were the same that Michael has had. I guess there are only so many ways you can say "you won't remember this".

- 0. "You won't remember this"
- 0. "If you remember you will feel pain"
- 0. "Forget everything that you have seen"
- 0. "This didn't happen"
- 0. "You can't remember this"
- 0. "This is just your imagination"
- 0. "You remember nothing about this"
- 0. "This is all a dream"
- 0. "Forget all about this"
- 0. "You weren't here"

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

27th September 2001

Testing Pat with kinesiology, she was in balance today.

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

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

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

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

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

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

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

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

- 0. Very good indicators (client looking bright and happy)
- 0. Floating Needle
- 0. Realisations

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

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

Session 6: Mind Control on a Decommissioned Naval Ship

28th September 2001

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

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

Summary of session:

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

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

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

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

I stopped and did kinesiology to find wernicke's commands. I muscle tested and thought there was only five, but once again, ten showed up:

- 0. "You won't remember this"
- 0. "This is your imagination"
- 0. "Don't talk to Stephanie"
- 0. "Kill Stephanie" (Pat had some reluctance to tell me this one. After we got rid of this one she reported that she had noticed a fascination for a carving knife when she was in her motel room)
- 0. "Kill Michael" (She had even more reluctance to tell me this one)
- 0. "Kill yourself"
- 0. "You're not psychic"
- 0. "You remember nothing"
- 0. "Your programming holds firm"
- 0. "Don't do clearing"

Then we returned to the meter.

<u>Move to the incident from last night and tell me when you are there.</u>	5.6	
I'm there	SF	
<u>Move through the incident telling me about it as you go</u>	SF	
A man comes into my room. He's in a suit. Another comes in, also in a suit.	5.5	
	Shudder ↓5.2	Note body reaction and sudden drop in TA
They took me.		
I'm going out the door. Down the steps.		
Into a car	SF 5.1	Note the read
<u>Weave a cocoon to protect you from remote viewers</u>	5.0	
I've done it	SF	Note the read
(Back to the incident): I feel movement		
<u>How long do they drive for?</u>		
Half an hour		No read. I don't pursue this. Pat said later that it felt like ten minutes.

We're in an area that looks like a base, or a building.	4.9	
I'm inside. I'm in a room.		
They gave me something	SF	Note the read
<p>We stop and do kinesiology. I balance out one drug. After I did that, Pat felt a headache and really dizzy.</p> <p>Then we returned to the meter.</p>		
A part of me is tight.	5.5	
I'm aware on a level	5.3	
They leave me for a while for the drug to kick in	5.2	
They're coming in. Two men come in. They are the bosses of the remote viewer from the other day.	5.0	
Another guy is with them, a doctor.		
One monitor says, "Get to it"		
He says, "It will take some time. I have to check her out, see why it went"		
They are aware (of our sessions), but they said it shouldn't have gone so easily	4.6 belly laugh	Note her laughter
I'm in a drunken* stupor. I lean over and say "I know you" to one of the guys.		*She meant in this case a "drugged stupor"
He doesn't like it.	4.5	
He's putting it back in.		
"You're not psychic"		
"Pay attention"		
I'm not really paying attention.		
I said to them, "I'll remember this".		
They said, "No you won't".		
Now they're upset with the doctor. They ask, "why is she saying and doing this?"		
They say "Put in the lethal commands".		
I'm not very happy now	SF	
I feel it's becoming dangerous.		
I'm getting blanker	SF	
Each time he talks he touches me, on the head, on the top of the forehead. Sometimes it hurts. I feel too strange to do anything about it now.	4.4	
I say "I want to go back"		
They say, "Not yet".		
I'm seeing, they put something on my head	SF	
There's a current	SF	
Not a huge amount of current	SF 4.1	

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

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

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

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

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

Session 7: Transported to Mars

29th September 2001

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

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

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

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

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

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

- 0. "You die if you remember this"
- 0. "You go insane if you remember this"
- 0. "Kill yourself if you remember this"

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

- 0. "Remembering Mars terminates you"
- 0. "You have a stroke if you remember the program"
- 0. "Your kidneys fail if you remember the program"
- 0. "Die now if you remember the program"

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

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

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

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

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

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

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

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

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

LATER THAT NIGHT

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

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

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

This was about as weird as it gets. Note:

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

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

THE BUS TRIP HOME

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

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

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

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

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

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

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

LATER ON

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

A Personal Letter from Pat

Dear Reader:

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

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

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

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

I am *terrified* of being restrained. If someone grabbed my wrists and refused to let go, I would do to get free, including begging, cursing, threatening, screaming, and hurting the person who is doing the holding. The longer my wrists are held, the more my rational thought vanishes, and I begin to function on a primal level. In the sessions with Stephanie, I discovered that I had been restrained by military doctors many times while I was given drugs, tested, and programmed. Since I didn't come from a family who habitually tied me to a chair when I misbehaved as a child, there is no other explanation, in my mind, for my intense fear of restraint, except what surfaced in the sessions.

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

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

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

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

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

God bless and protect you,

Pat

Further information

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

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