

# PTSD:



# PTSD: Time to Heal

by Cathy O'Brien

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## DEDICATION:

To Mark Phillips for relentlessly shining his light of truth, integrity and strength of spirit in a world divided by secrecy, compartmentalized knowledge, and censorship. Thank you, Mark, for handing me the keys to unlock my compartmentalized memory, free my mind, and ultimately express my strength of spirit in light of truth and life's purpose. You have empowered me to peacefully live the love I am free of my traumatic past, share this inherent truth with others, and realize conscious awareness is key to inner peace, world peace, and abSOULute freedom.

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by Cathy O'Brien

Second Edition

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It is within you to heal.

You have, within you, the ability to heal from any level of trauma, abuse, Post Traumatic Stress Disorder (PTSD), torture and/or mind control. It is your birthright to consciously realize your own truth and know where you've been in order to know where you're going. It is **about time** for you to reclaim control over your own mind and life, and stop your past from intruding on your present.

Whether you experience intrusive memory, repressed memory, night terrors, or a subconscious undermining of your goals and intentions, today is the day to gain peace/piece of mind and ultimately the freedom to live true-to-soul on purpose!

I know abSOULute healing is possible based on personal experience after 3 decades of robotic MK Ultra mind control. Born into multi-generational sexual abuse, I became targeted, conditioned and programmed for TOP SECRET US Government White House/Pentagon level covert operations. I've written these memories out in detail in previous books:

(1) *TRANCE Formation of America* was written in 1995 from compiled testimony for the US Congressional Permanent Select Committees on Intelligence Oversight. It was released en masse when the 1947 National Security Act was invoked on our case. *TRANCE* is now in law libraries worldwide, is being taught in major universities, and is published in numerous languages. This graphic information details my experiences in MK Ultra mind control and was never intended for the public, particularly other victims whose memory can easily become contaminated due to their high suggestibility. [www.TRANCE-Formation.com](http://www.TRANCE-Formation.com)

(2) *ACCESS DENIED For Reasons Of National Security* was written for the public to raise awareness on mind control and healing from it. It details how government insider Mark Phillips rescued my daughter Kelly and me from our tortured mind control existence. Mark had eyes to see, ears to hear, and soul to know TOP SECRET information on mind control that needed to be brought to light for the sake of humanity's free thought. Knowledge is our best defense against mind control, and mass awareness is key to positive necessary change. [www.ForReasonsOfNationalSecurity.com](http://www.ForReasonsOfNationalSecurity.com)

*ACCESS DENIED* is a testament to the strength of the human spirit and the power of love. It details healing methods Mark taught me that he had

learned during his tenure in mind sciences. Healing from trauma and PTSD had been deliberately suppressed from mental health worldwide since it is an antidote to the military's ultimate weapon of mass destruction: mind control. Mind control is being used on and by the US military. Now military veterans are returning home from service suffering from PTSD and in need of healing information that is as slow to emerge as was their diagnosis.

For over 25 years, Mark and I have been raising awareness on the effects of trauma on the human mind and, ultimately, healing from it. When we first began speaking out, mind control and PTSD were unheard of in the general public domain. Now it has increasingly become common knowledge due to the vast numbers of our military veterans suffering from PTSD. The Veteran's Administration has finally--25 years later--acknowledged the reality of this emotionally debilitating affliction. It has been a long, hard journey for us as US Government Whistleblowers, and a much more difficult one for the numerous veterans seeking to reclaim control over their minds and lives. With our veterans suiciding at a rate of 22 per day as of this writing, we cannot wait another 25 years for release of this otherwise classified healing information.

Since the release of *ACCESS DENIED*, we continuously hear from people all over the world who report healing from varying levels of trauma by applying to themselves the methods Mark taught me that weave throughout our book.

This book you are reading now is yours. It is written in a concise manner to empower you to know your own truth without having to wade through mine. Within these pages are healing methods you can apply to your self just as I did. I am living proof that these otherwise secret intelligence methods of deprogramming do indeed work. It will occasionally be necessary for me to refer directly to my experience to illustrate a point and in keeping with the fine line of laws that Mark and I walk as US Government Whistleblowers. Still this book is yours. There is no level of PTSD that is insignificant. Whether you suffer from PTSD, torture, trauma, religious manipulation, social engineering or the kind of robotic mind control I endured, it is within you to heal your self. It is within you to know your own truth. This indeed is truth that makes us free!

## Time to Heal

A concept of time equates to a concept of awareness or consciousness.

I know from experience that trauma results in dissociation, which is professionally defined as "the mind's sane defense to trauma too horrible to comprehend." The neuron pathways of the brain actually shut down to repress or isolate the trauma so the rest of the mind can function normally. This repressed memory is shoved deep into the subconscious and is often consciously perceived as "missing time".

When repeated traumas occur, more and more neuron pathways shut down, sectioning off memory with less and less capacity for conscious thought. Dissociation is immobilizing and can appear as 'day dreaming' due to the sleep like state of the conscious mind. This in turn leaves a traumatized person highly suggestible to subconscious manipulation and thus easily led.

The reality of this brain reaction is known by those in positions of control who capitalize on lack of awareness. When 911 occurred in the US, the whole nation was traumatized and thus easily and deliberately led into war.

911 is a powerful example of mind control's sliding scale, which extends from social engineering of a whole population to the kind of robotic mind control I endured. A bombardment of military ads on television in conjunction with constant images of 911's terror and declarations of war by US 'leaders' resulted in unprecedented military recruitment.

Basic military training includes physical exhaustion often compounded by sleep, food, and water deprivation in conjunction with NLP (neuro linguistic programming), which is the language of the subconscious. The subconscious mind has no ability to question, reason or consciously comprehend and can be programmed to override basic instinct. Considering that killing is contrary to innate human morality, the conscious mechanism of compassion must be overridden in order for a soldier to point and shoot without hesitation.

Video games incorporating virtual reality are common methods for point and shoot conditioning. Once on the battlefield, the 'game' shoots back, which compounds the trauma of war.

Conscious realization of this imposed programming is the first step toward uprooting the subconscious driver to "not think and just do".

Remember, consciousness equates to a concept of time which is the opposite of dissociation or "missing time". So wear a watch. Watch your watch. Please appreciate that a cell phone is not a substitute for a wristwatch due to its multiple purposes. Stay aware of time all the time. This will keep you from slipping into the mind/brain rut of dissociation.

Our brains are amazing, yet they can be lazy if we are not mindful of driving them. Mind control program or dissociation is like a well worn rut or groove in the brain. Imagine rivers of thought so entrenched that thinking free of that pathway is akin to pushing the river in a new direction. It requires mental deliberateness and conscious determination.

The most effective way to reach that mental deliberateness and conscious determination is to re-establish free thought. Re-open neuron pathways that have closed due to the brain's response to trauma too horrible to comprehend. Remember, hypnotists are only as good as their education and integrity. You do not need someone outside yourself leading you within.

This can be done through writing out memory. The very act of moving a pen uses the logic function of the brain whereby shifting your "emotionally incomprehensible" trauma over to logic where it can be consciously dealt with. You already survived it once, and remembering it and writing it out will only free you from it.

Time to go get pen and paper. Be sure to strap on a watch while you're at it if you're not already wearing one. You are now well on your path to healing.

## NOTES

## Writing Wrongs

Writing out memory is key to reclaiming control over your own mind and life. How you write out memory is more important than what you write out. What you write out is for you--for your consciousness--and not for others to read. So you do not have to worry with grammar, penmanship, or fluidity of events. Your memory may be disjointed with side notes and varying appearances. Best of all, since no one else is going to read it, you are safe and free to write it all out. You can even write out secrets and the unspeakable. The pen is mightier than the sword!

All memory should be written out without verbalization. Memory can feel so close that it is as though you've never forgotten it or have already told it to someone. Write it out anyway. And do not verbalize.

Vocalizing memory is counterproductive to healing. When you verbalize your memory, it gives voice to compartmentalized repressed memory without lifting it from its rut or rerouting its current entrenchment. Verbalizing memory can further entrench it and even can re-traumatize you in the process. You may be inadvertently voicing your trauma to someone who was a part of it, or someone who is in need of remembering it from the inside out, rather than through outside input, in order to heal themselves.

Additionally, voicing memory could incite criticism or denial that may impair your healing path. As one victim of torturous mind control exclaimed, "no one would believe the things I can't remember." Beliefs do not change reality anyway, whether they are someone else's or your own. So put beliefs aside and write out your truth. For your self. After you've remembered everything, you can then *safely* make the choice whether or not to share your experience and with whom.

## NOTES

## Safety First

Our brains can react on their own as evidenced by that defense mechanism of shutting down neuron pathways in order to compartmentalize trauma. This is not an action we psychologically choose for ourselves since it can occur in infancy before moral judgments can even be made. It is an autogenic physical brain response. Likewise, our brains require a safe environment in order to re-open those neuron pathways.

You must be free of your abuse base. If, for example, your family was abusive and you are still in contact with them as society structures us to do, your brain will not heal. It will keep its defense mechanism firmly in place because it 'knows' what you have yet to consciously remember. If you are already on your healing path and encounter your identified abuse base (even if they are repentive), this can disrupt, scatter, and/or further repress memory. Stay aware and conscious of time, keep a notebook within reach, and wisely limit contact. Later, when you are safe, relaxed, and have consciously acknowledged the encounter, resume writing out your memories. Being around someone you were abused *with* can complicate your brain's defense mechanism just as much, or even more when vocalizing together. Memory is not likely to even flash/surface under such conditions. You must be in a safe environment.

How do you know if you're in a safe environment? Your brain will let you know.

When Mark first rescued my daughter and me from our mind controlled existence, I could not *think* to trust that we were safe. With no capacity for free thought, my senses had heightened much the way a blind person develops acute hearing. I sensed Mark could be trusted because his pets naturally showed me the way.

People who abuse children usually abuse animals, and I had never encountered someone like Mark whose animals displayed trust. Every pet Mark had, whether it was his fox, raccoons, or dogs, all eagerly and affectionately greeted him and lovingly stayed at his side.

Mark took us, animals and all, to the safety and serenity of Alaska where I began deprogramming by writing out my memory. Many government

secrets and personal reputations were on the line, and we literally were dodging bullets all the way to Alaska. Still, my brain knew I was safe with Mark since he was not abusing us and memory began intrusively flashing.

If you are in a safe and/or supportive environment you may already be experiencing memory flashes. It is the brain's way of drawing attention to repressed memory that demands to be consciously dealt with. Perhaps memory is leaking out through dreams or night terrors simply because the mind is relaxed. Or your brain may sense safety when an abuser dies, whether you have consciously identified this abuser or not.

Repressed memory is also known to leak through compartmentalization and begin intrusively flashing with brain chemistry changes, such as those that naturally occur around age 30.

A physical jolt to the brain can sometimes stimulate neuron pathway activity causing the brain to fire. This could potentially inspire memory flashes, or cause conscious realization of a need to leave a domestic violence situation. Even if memory is not repressed, as in some cases of rape or domestic violence, writing out details of the situation can help to logically address the issue. It is on this conscious, logical level that wise choices can be made to positively move forward with life.

Whatever causes brain electro-chemical changes and subsequent intrusive flashes of memory, make note of them immediately. It is easy to fool yourself into assuming you will remember it to write out later because, after all, it is your memory. Do not wait. Make note immediately. Always keep a notebook and pen within reach. Jot down a brief descriptive word or two of the intrusive flash for use to trigger your memory later when it can be written out in full.

## NOTES

## Triggers

Triggers are key to unlocking compartmentalized memory. They open the door of those neuron pathways in the brain that have shut down to repress trauma. Triggers are as individualistic as your personal traumatic experience whereby there is no "list" of codes, keys and triggers to unlocking the mind.

Harmonics are one form of vibrating neuron pathways in the brain, and thus triggering memory. When people hear a favorite song, for example, it can remind them of the moment they fell in love, graduated from school, or any number of personal experiences. There is an infinitely wide range of songs that can inspire recall of a memory.

Likewise, triggers to unlock repressed memory are just as vast.

In my life's experience, sexual abuse began at birth before I could even adjudge that what my father was doing was wrong. My brain automatically compartmentalized the trauma, which would trigger open each time my father sexually abused me again. So it was the sexual event itself that was the trigger.

The brain does not automatically assign a logical trigger to the trauma, which is why asking yourself, "was I abused?" may not produce further memory. Your brain may have filed it under 'pleasure' (repulsive as that thought may be to you now), or perhaps a reward such as money or candy.

It is not uncommon for the trigger to be deliberately instilled by an abuser with a bit of knowledge of NLP. For example, a "blow pop" sucker may literally be used as a reward/ trigger. Years later when you are safe and your brain is signaling you to consciously deal with repressed memory through memory flashes, that flash may include a "blow pop". Or you may crave a blow pop and suddenly flash on the abuse as you eat it.

Catch an image of the memory flash enough to make note of what you are seeing. This will be your best trigger to eventually writing out your memory in full.

Our brains photographically record events surrounding trauma as part of its defense mechanism. A good example of this would be knowing exactly

where you were and what you were doing when 911 occurred. People who experienced the trauma of the Kennedy assassination still to this day photographically remember where they were and what they were doing when they got word that he was shot. Likewise, your brain has photographically recorded events surrounding any trauma you experienced.

Even though the brain compartmentalizes memory of trauma so that it is not consciously present, the memory itself is photographic in detail. This is why you are able to write it out in photographic detail and bridge where you were before and after the event.

Repressed memory can be either deliberately triggered or inadvertently triggered. The subconscious can even illogically seek its own triggers. People who have endured occult trauma may seek their own truth through watching horror movies. Rather than triggering that memory open as the subconscious illogically intends, the horror movies usually only further traumatize and strengthen compartmentalization instead.

While you are in your healing process, be aware of the music, television, internet, video games, books, etc. to which you are subjecting your self. Understand that you are in a heightened state of suggestibility and choose wisely. And watch your watch! If/when outside stimulation does trigger memory flashes, make immediate note of them to write out in full later.

When it is time to write out your memory, make sure you are in a safe and quiet space. Turn off cell phones to prevent intrusion and/or, in some cases, harmonic tone calls. Do not use aroma therapy, incense, etc. Turn off music, television, etc. while reflecting on your past, writing out memory and/or while sleeping. Your brain is busy enough without adding to it!

If a song has triggered memory flashes, listening to it repeatedly does not set the memory free. Instead, make note of the trigger and in silence relax deeper into the memory in order to write it out in full.

All trauma, deliberately inflicted or not, results in heightened suggestibility. Mind control's sliding scale begins on the level of suggestibility heightened from fear. Social engineering has its strongest impact whenever people are fearful. Religious cults prey on those who fear, and are reputed for REprogramming those in need of DEprogramming.

Truth frees us from fear and empowers free thought. No need to fear your memory-write it out and know your own truth that makes you free!

Trauma such as torture heightens suggestibility to the extent that thoughts can be implanted to drive future actions when triggered. Torture can not be used to extract information as many of us were led to believe by controlled medias justifying mistreatment of prisoners at Guantanamo Bay. Torture is extreme trauma that leaves the subconscious wide open to robotic control, which peaks mind control's sliding scale.

At this peak of mind control, programming of a suggestible mind is deliberate and structured. Triggers may reflect commonly used fantasy themes such as Wizard of Oz, Disney, Alice in Wonderland, etc. Religious themes reach deep enough to program suicide bombers and wars. Occult and alien themes are also popular since humanity has been conditioned to believe aliens and demons are beyond our realm to affect. It only takes 3 generations of conditioning for a belief to become autogenically ingrained.

It is common for people to surround themselves with specific items or themes in their subconscious effort to trigger memory. People who know who they are need fewer things to remind them! Take a deep look at the decor in your house, and consider why you were drawn to surround yourself with it. If any of these objects trigger memory flash, make note of it. What prevailing theme are you obsessed with and why--holiday decor? knives and swords? Disney? aliens? butterflies?--religion? (Remember, religion is only a perception away from a cult, which preys on the suggestible wealthy, sexually abused, those who fear God, those who fear death, etc.)

It is also common for people to subconsciously hide triggers that stir traumatic memory. An example could be a particular kitchen knife that looks similar to one used in trauma that keeps getting shoved into out-of-the way places. If you find yourself looking for such an item over and over again, question your self. Make note of it.

One way to consciously recognize your own triggers may be to make a collage the way Mark taught me. As I leafed through magazines or newspapers, I clipped out any image or words that struck a deep response and saved it aside in a box. Over time, this box became full of clippings which I laid out in front of me and began assembling as compelled. Each collage could have a theme... or not. Once completed, I made note of what it

meant to me which resulted in triggering repressed memory. Always keep a notebook within reach, especially during a collage project.

Anything can be a trigger, and being aware of your attractions, reactions, home decor, impulses, music, etc. is a giant step toward identifying them and becoming aware of what inspires memory flashes.

You may also deliberately trigger your self by writing out a detailed time line of your life. Be sure to include calendar dates such as birthdays and holidays. Abuse is common during occasions involving relatives, religion, ritual, or politics. Is there any missing time? What is it that you don't want to remember? Post a calendar, which is another consciousness tool, where you can monitor it. Note days that are especially difficult for you, and determine if they are calendar dates of abuse. Our brains respond to calendar dates as though they are triggers.

## NOTES

## Food for Thought

Listening to your body is an easy way to re-attach to being present. Our bodies went through trauma with us, and need to be nurtured while we reclaim our minds and lives.

Sleep, food, and water deprivation are common components of mind control and contribute strongly to heightened suggestibility under any circumstances. Our brains electro-chemical activity is driven by nutrition, which can either accelerate healing or decelerate free thought.

Secret knowledge equals power, and those power-hungry sociopaths who adhere to mind controlling individuals and/or populations impose secrecy in many facets of our lives. Secrets such as the effects of artificial sweeteners on our brains. Chemical and pharmaceutical companies manufacture, genetically alter, and unnaturally treat our foods in order to affect our physical and mental health.

Follow the money and it becomes clear how pharmaceutical companies benefit by first creating ill health and then treating it.

Under MK Ultra mind control, I was fed copious quantities of aspartame in order to inhibit free thought and critical analysis. This same artificial sweetener was introduced into society en masse in a deliberate effort to impose mass mind control's social engineering. Rethink what chemicals you are putting into your body. Now that we have the internet at our fingertips we can research for ourselves and begin systematic reclamation of our society through making intelligent choices!

Read labels on your favorite foods, baby formula, bottled water, body lotions and even your toothpaste in order to eliminate imposed chemicals intended to dumb you down.

At the onset of my healing path, I chose not to ingest aspartame in order to free my mind of this adverse chemical hindrance. Through this first step toward reclaiming my physical and mental health chemically, I learned the importance of listening to my body and maintaining good nutrition.

After over a decade of having fats removed from my diet, it was a pleasure to experience the vast difference in my thinking and energy levels while maintaining a healthy diet. Meats and fish such as salmon were especially nutritious to my brain's need for certain cholesterols in order to fire properly again. Salt, natural sugars, magnesium and calcium also influence brain firing and are therefore needed in healthy quantities. Conscious eating helps to ensure that you do not mindlessly over-eat and thus create imbalance the other direction. The more I listened to my body, the healthier I became. Herbs and vitamins cleared my cloudy mind, which made retrieving repressed memory much easier and less exhausting.

Medical cannabis is one such helpful herb that was readily available in Alaska due to state legalization laws. Dr. Sanjay Gupta's "Weed III" documentary that aired on national tv 4-20 in 2015 scientifically details the healing benefits of medical cannabis/CBD for PTSD. Since it aired, the medical cannabis legalization movement is growing like a weed!

Even Wash.DC is now addressing the issue due to the voice of the people, especially as pertains to availability for our PTSDed military veterans. Like the diagnosis for PTSD itself, this herbal solution has been a long time in surpassing suppression of fact. The cannabis herb/CBD has numerous documented health benefits as well.

Pharmaceutical companies have a lot to lose by legalization of medical cannabis, as it gives control back to the people while usurping pharmaceutical profits. It hits them as hard in the money belt as alternative energies do to the oil mongers, and could even potentially disrupt their manufacture/manipulation of our food!

Cannabis usage is not conducive to mind control or keeping secrets, which is why it is strictly forbidden and its use reprimanded in the military as it was throughout my MK Ultra victimization. It is said the Viet Nam war was lost due to cannabis usage, as was intended by Vietnamese war captains who knew of its effects in disrupting military point-and-shoot programming.

Medical cannabis/CBD can bring you to a peaceful, non-violent *now* that helps keep the past from intruding on the present. It is a therapeutically safe way to balance brain work of writing out memory with re-associating with the present in an uplifting way. Because medical cannabis keeps you in the 'now' it is not beneficial while writing out memory. Do expect, however, to

be making note of memory flashes that naturally surface due to the herb's relaxation and reputed expansion of thought. Keep a notebook with you at all times. Make note of flashes to write out in full after a good night's sleep with a clear mind.

Memory work is naturally exhausting, so good nutrition and plenty of sleep are essential to well being and being well! The subconscious never sleeps, not even during surgeries. What is discussed during surgical procedures has been proven to impact the outcome. So while sleeping, wisely turn off television or music for optimum, healthy rejuvenation.

Since sleep, food and water deprivation are common components of mind control; getting plenty of sleep, eating well, and drinking water are conducive to free thought!

Likewise for medical cannabis/CBD. Its mind expanding properties stimulate free thought, healthy appetite, and restful sleep, while inspiring being well through a deep sense of well being.

Since our bodies are made primarily of water, drinking plenty of fresh water is a must for optimum health. Water deprivation was one of the most tortuously difficult experiences that was imposed on me for mind control purposes. Being free to satisfy my body's thirst will never be taken for granted! My brain feels energized by pure water. Listen to your body's need for water, and be mindful to not habitually attempt to satisfy it with a snack or substitute.

Nutrition has such a strong impact on our brains that it can immediately affect memory retrieval. Oftentimes when people have been horrifically abused, eating excessively becomes routine, addictive, and subconsciously driven. Stay aware of eating consciously and choose well. Food changes brain chemistry for good or bad, depending on its nutritional value. "Comfort foods" may stop memory from intrusively flashing, burying it under an avalanche of mind-numbing distraction.

Likewise, when you are writing out memory, avoid stopping to eat, even if it is a healthy snack, because it will change your brain chemistry enough to inhibit the flow of photographic memory recall. Drink water when you are thirsty, and hold off on caffeinated or sweetened drinks that can also change your brain chemistry from the mode you are currently in. Unlocking that

memory has been an elaborate electro-chemical process, and it is wise to just go with the flow and write it out in full.

When you are through writing it out, go ahead and eat that "blow pop" you may suddenly be craving. Or, better yet, understand the source of the craving and listen to your body rather than your past. Nutrition feels good and satisfies long after the eating experience itself.

## NOTES

## Deprogram the Program First

Just because you wrote out your memory in photographic detail does not necessarily mean it is all true. Factual memory can become intertwined deliberately with mind control programming, or inadvertently with television programs, movies, video games, books, other people's stories, etc. It is essential to deprogram the program first and untangle reality from fantasy. You can do this by questioning yourself as well as applying the 21 day rule.

Truth by its very nature never goes away, while lies and fantasy fade over time. Since writing out repressed memory automatically tears down its walls of compartmentalization, memory becomes normalized. Once the neuron pathways are open and memory is written out in the photographic detail in which it was stored, the compartment dissipates. It is like defragging your computer so information is relocated to where it belongs. With memory normalized, you can recall it at will. It no longer can intrude on your present, subconsciously undermine, or cause night terrors. Those intrusions are akin to alarm systems that are alerting you to consciously deal with your past. Once you've written your memory out, the alarm systems are no longer needed. Your memory becomes normal and does not re-compartmentalize.

Take your fully written out memory, date the top of the page, and safely store it out of sight for 21 days. Do not verbalize it during this time. Then re-read what you wrote. After 21 days, lies and fantasy fade while truth is as strong as ever. If any parts are unfamiliar to you or seem faded, they most likely are tangles that occurred from heightened suggestibility. You should experience clarity between your true memory and those tangles, being able to distinguish them with ease and thus unscramble them. This may trigger even more memory due to questions raised.

Ask yourself, "who told me that?" Or perhaps you recognize the television show that your brain filed as experience due to heightened suggestibility at the time. For example, were you really spinning around in a tornado on your way to Oz or was it your head spinning from trauma at the time you watched it?

The best way to unscramble memory is to question yourself throughout the process of writing it out. The 21 day rule is best used for confirming that *how* you wrote out your memory was accurate all along.

When you have an intrusive memory flash, slow it down and catch a thread. This only takes a moment's pause. If you are preoccupied when your past intrudes on your present with a flash of memory, acknowledge it by making a note. Always keep a notebook with you and within reach. When you make note of a word or two of that flash, your brain knows it has been consciously acknowledged and shuts off that flashing alarm. Then you can go about your business and wait for a convenient time to write out the memory in full.

When you are in a safe, quiet space, relax your self. Take a deep breath and systematically one by one relax your eyes, relax your nose, relax your cheeks, relax your mouth, relax your chin, relax your mind. You can quiet your conscious mind to allow for the flow of memory. This meditative state is not to be confused with dissociation. Dissociation shuts off memory. The kind of meditative trance state I'm referring to is that peaceful space where your subconscious is not overpowered by outside distraction. It is within you. And it is within you to remember.

To find that space where your memory has been stored, look at your note of the memory flash where you caught a thread. Consider that thread to be of the fabric of your memory that begins to unravel. Follow it in deeper and deeper into your subconscious mind and begin writing. As you write out your memory, it will seem very close. Yet you already lived it and do not have to re-live it when you watch it on your mind's screen. Your mind's screen is where you first saw memory flashes appear. No need for fear-you already survived it. Remembering it will only free you from its subconscious effects and allow you to reclaim that brain space that has been shut down through compartmentalization.

Relax. Take a deep breath, relax, and write. Follow that thread of memory that flashed leading you in to remember. What do you see? Begin asking yourself questions.

Who is that?

What is that voice telling me?

How old am I? What is my point of view: am I small, with my eyes at knee level? Am I tall?  
What am I wearing?  
What shoes am I wearing?  
What season is it?  
Am I warm or cold?  
Am I inside our outside?  
How did I get here?  
Where did I go after?  
Whose voice is that? Write out what you are being told.  
What are the background sounds?  
Who else is here? Anyone?  
What is that smell? What is that taste?

Television does not have smells or tastes. Pull back to expand your vision beyond pinpoint focus to see if your mind's screen is of a television. Or a video game. Or a story from a book. Or a computer monitor. This exercise of identifying smells or tastes will help you unscramble memory as you remember it in photographic detail.

In my experience, I had actually been programmed to smell a scent--a rose for example--to confuse memory. Olfactory senses are among the strongest triggers of memory, and this fact is well known amongst mind control programmers. My programmers failed to consider that I would photographically recall hearing them programming me to smell a rose. I heard the voice and deprogrammed the program first whereby untangling the scramble at the onset of writing out full photographic memory.

Be mindful not to make the mistake therapists often make by asking leading questions. A leading question would be, "is that a rose I smell?" You are already suggesting an answer to the question posed, when in fact the smell could be a complex combination of scents such as exist in the real world! Likewise, aroma therapy is akin to asking a leading question and should be avoided. "Is that daddy?" should be phrased "who is that?" This will help your memory to stay purely factual as photographically recorded rather than meandering off in other directions or supposed conclusions.

Asking yourself questions as you write out memory is key, and deprogramming the program first is always essential for healing.

## NOTES

## Well Being and Being Well

In my deprogramming process, I found that my body would occasionally respond to memory retrieval such as craving that blow pop. I learned the ins and outs of my brain, as well as how it interacts with my body. Occasionally this would result in temporary histamine over-production, a momentary body memory of a physical experience, photographically remembering the sensation of a drug I'd been exposed to, or even thirst. This is normal and common should you experience any slight, temporary physical reaction. Simply consciously acknowledge it, perhaps take an antihistamine or drink of water and move on. Understanding how your body interacts with your mind will be beneficial knowledge the rest of your life.

Medical cannabis can enable the mind and thus the body to readjust to the present, lifting it from being entrenched in any past memory of sensation. For example, this herb can alleviate any momentary craving inspired by photographically remembering the sensation of a drug. Cannabis leading to other drugs is a misnomer for those seeking association with life rather than running from it. The sense of well being it stimulates in the brain inspires being well in the body.

Another example of how our minds and bodies interact may be that people oftentimes come down with a cold during their vacation. It is as though working harder in order to prepare for time off has brought it on when in fact, it is simply having time off that does it. It is like the body finally has time to have a cold. Due to the reality of this phenomenon, I choose to not have time for a cold. Ever. And I rarely ever get one.

This is akin to the military special forces program of "No Time to bleed". It actually slows heart rate and blood flow in order that an assignment be completed before physical acknowledgment of a cut, bullet, or pain occurs. Understanding this brain mechanism can be a convenience and serve as instantaneous pain management! It is a martial arts maneuver as well.

Adrenal systems are naturally affected by torture and trauma. You might find yourself being ultra jumpy, on heightened alert unnecessarily, and even jerking as you fall asleep. Time will regulate this overactive response with conscious effort on your part as your body re-learns to relax. Medical

cannabis/CBD is especially helpful in regulating adrenal response so situations can calmly be dealt with in a practical manner.

In days gone by, spies were given a cyanide pill to swallow before telling secrets. The cyanide pill has now been replaced with mind control programming on a level that controls breathing and heartbeat. This sophisticated programming can still be overridden by deprogramming the program first, and having full knowledge that it is your body and your mind. You can now control how it reacts. Learning the ins and outs of your core mind/brain/body function can also benefit you the rest of your life. If outside input can influence brain body responses, imagine how those responses can be influenced with free will strength of spirit! I know from experience that programming, technological or otherwise, can be diffused. It is within us all to write the wrongs and reclaim full control over our minds, bodies, and lives.

Pain is an alarm system perceived by the brain to signal you something is wrong. When you know your body well enough, this alarm system can be shut down by taking care of the problem before the alarm goes off.

Similarly, our bodies may be signaling need for retrieving repressed memory. When people who have been traumatized and abused ignore memory flashes, intrusive flashes increase and become more pervasive in an effort to gain attention. If these alarm systems are still ignored, the body oftentimes amplifies the need through various illnesses, many of which can not be medically identified or diagnosed. Digestive issues usually surface first, with various phantom aches and pains, colds and flues becoming routine. Listen to your body before the alarm reaches this crescendo. Make note of flashes and write out your memory!

After 3 decades of mind control abuses, my body's digestive system alarms became as entrenched as programmed thought. I reclaimed free thought through writing out memory, and reclaimed control over my body with free thought. Again, medical cannabis is reputed for stimulating healthy appetite while easing digestion with relaxing physical comfort.

Heightened senses are another natural response to unnatural trauma. Tortures I endured seemed to blast me into other parts of my brain as though attempting to compensate for the lack of conscious thought. Peripheral vision expands, hearing becomes acute, and intuitive senses signal if danger

is approaching. These intuitive senses heighten as though our brains were once wired for such primal response, including telepathic communication before language was developed. Additionally, the timeless space I existed in on a subconscious level allowed me to seemingly forecast events before they happened. These heightened senses are common among DIDs, particularly in twins, as classified studies have shown.

Now that I am safe and have conscious thought, there is no survival need for these heightened senses. Nevertheless, my brain had been blasted into those parts, and I learned their ins and outs through the deprogramming process. Therefore, they are now mine to choose to use at will.

Telepathy is an understanding of thought that spans language barriers and extends to animals. Pets are noted for their unconditional love and ability to sense when we need comfort or play. Attuning to their telepathic vibe requires meeting that same wavelength, and it is best achieved through a peaceful, happy mindset. No wonder dogs are so helpful in healing from PTSD!

The phenomenon of 44x visual acuity often accompanies PTSD and DID. It is a defense mechanism that expands peripheral vision, as though a person develops eyes in the back of their head in order to see what is coming at them. This 44x visual acuity is highly regarded in the military for its capacity for pinpoint accuracy in shooting. Dilated pupils with whites around the eyes are clear indicators of trauma and possible 44x visual acuity ability.

Consider that if our brains are capable of improving vision to that extent, we can use this phenomena for our own good once we are aware of it. DID persons operating out of various memory compartments may need glasses one day, and none the next. Ocular pressure varies with different trauma needs as perceived through different compartments. Through learning the ins and outs of your brain while writing out memory, it is possible to learn to keep a healthy vision balance.

Learn to listen to your body. Pay attention to its intricacies and use them to your advantage. We all have it within ourselves to heal both mentally and physically. Realizing this fact is the first step towards well being and being well!

## NOTES

## Coping Skills

Focusing within yourself to write out memory can momentarily bring your past close to your present. Since this is deliberate rather than spontaneous intrusion, you are in control. This allows for you to consciously deal with your past experiences and peacefully resume daily living.

Mark helped me understand that what I was forced to do under mind control was not my fault. It was not my fault that my father sexually abused me, even if my body experienced pleasure while my brain recognized the trauma and compartmentalized it. With reintegration's awareness, I realize that I am now responsible for my actions. How I respond to this knowledge is my conscious choice.

Wow. Now that is a lot of responsibility!

Understanding got me over any guilt or shame, and I chose not to be bitter or vengeful because enough of my life was already taken by horrific experiences imposed on me. Negativity is immobilizing. I found that crying over what was done, especially to my daughter, only left me drowning in my tears. I chose to take that rage and use it to fuel my healing and help my daughter. Turning negatives into positives became important for fully healing. Love is the most powerful force in the universe, and I chose to move forward with love for my daughter rather than bitterness for my abusers.

Mark taught me at the onset of my healing process to "Voice no negatives without a SOULution." Think on that a moment and take in the depth of meaning. Thinking of a solution is a brain exercise in itself. It is far easier to complain than to think in terms of a solution. Thinking of a solution helped reroute my brain paths. It also taught me to choose my thoughts rather than go down the rabbit hole of negativity.

That rabbit hole of negativity can be like a black hole that starts sucking in every aspect of life. Choose not to think negatively. Rise above it before slipping down.

After applying these techniques to writing out your memory, it will be easier to understand that you, too, can choose and control your thoughts. The more

you practice choosing thoughts, the easier it will become. Experience will automatically teach you the ins, outs, and pathways of your mind from a personal inside perspective. Learning to choose your own thoughts can then expand to choosing not to have nightmares.

Since writing out memory, my brain has no need to send alarm signals through night terrors. Still an occasional nightmare might slip in from memory fragments or calendar dates. Even in my sleep, I choose to shut them off or wake myself up enough to make note of them. Making notes shuts nightmare alarms off so you can peacefully go back to sleep the same way it shuts off intrusive memory flashes so you can go about your daily business. Like all brain exercise, the more you practice, the easier it becomes.

Sleep deprivation for maintaining me under robotic mind control systematically disrupted sleep every 2 hours whereby I did not dream at all for over a decade. This external level of control when deprogrammed allowed me easy access into my dreams through knowing the ins and outs of my brain. Similar to the way my mind developed heightened senses to make up for lack of thought, much of my dream state is now heightened by intuition. This allows for profound insights that pleasantly enhance daily life along with conscious, logical choices.

Wisely avoid contact with abusers. Rather than confront my father like archaic counseling methods suggest, I chose to stay away from him. No letters or text, no phone calls, and certainly no contact. This allowed for my brain to continue its healing path, and made it much easier to stay lifted from entrenched pathways and ruts.

Posting reminders is very helpful. Take, for example, that phrase "Voice no negatives without a SOULution." Post it on your mirror, your refrigerator, or wherever you will see it often. Read it consciously. Leave it up for so long that you do not even read it anymore... or so you think! Your subconscious still sees it and takes it in deeply. It then becomes a subconscious driver and applied knowledge. It is like consciously choosing your own program.

"When in doubt, don't" is a helpful phrase that reverberates throughout during the healing process. It helps you to gain insight into your own inner fragments and structures. If you have a doubt, there is something inside that

disagrees and it may be the very thing to save you from making horrific mistakes. Such as contacting an abuser.

"Consider other perspectives".

When a compartment in the brain develops to deal with abuse again and again as needed, as was the case with my father's sexual abuse, all that compartment 'knows' is sexual abuse. When the neuron pathways open back up and the proverbial walls come down, that sexual knowledge is merged into the rest of the brain.

Imagine for a moment your brain as a pie graph. Each abuse creates a different compartment, a different slice of that pie. All each compartment knows is the trauma that created that "slice" to begin with. As more and more trauma occurs, more and more pieces of that pie are wedged. The common meeting point for all of those wedges is the pinpoint middle. You. Core You. As those neuron pathways open through writing out memory, more and more wedges merge back into the whole until it all is fully that pinpoint middle--You.

Not all compartments are written out at once, and therefore conscious consideration must be given to what may be pertinent, repressed perspectives and as yet unidentified abusers contained therein. In other words, proceed with extreme caution and consider that you may be operating on limited knowledge.

So "When in doubt, don't" and "Consider other perspectives". Learn to think further than what you think you know. Everyone should exercise their brain to think further. Perspectives change with one more piece of the puzzle, and it is not until all pieces are together that the full picture comes into focus.

## NOTES

## Break Routine

Breaking routines is a necessary safety measure while you are in your healing process, particularly for those who endured deliberate, high level trauma. Habitual routines can be a source of dissociation, or worse, a deep subconscious mode by which to keep in contact with as yet unidentified abusers. This inadvertently hinders the healing process.

Since you are rerouting the neuron pathways of your brain and lifting out of well worn ruts, breaking routine is a very effective brain exercise.

For example, if you usually "relax" by dissociating into video games, take a walk instead. Many video games are patterned after military training to desensitize anyway, as evidenced by their effect on society. Walking outdoors in nature opens the mind and can be healing on many levels. Walking uses both sides of the brain at once, which is very helpful to a healing process. Take a notebook with you! Always keep a notebook within reach.

Skip church for awhile if that is your routine. It is best to put beliefs aside through your healing process anyway. It is easier for people to believe in religion than in themselves, and it takes conscious effort to avoid the easy route. You are in the process of learning who *you* are. Surely any deity would allow for healing from trauma! Besides, you cannot cure a problem on the level of the problem, and religion cannot cure religious abuses whether they are cult or occult. Do not expect to remember according to learned judgments. It is easy to fall prey to reprogramming due to heightened suggestibility from PTSD/trauma/abuse.

Until you reintegrate, know your own truth, and neuron pathways are open for free thought, avoid looking outside yourself for answers or confirmation of answers.

When my 10 year old daughter, Kelly, was counseled that memories she had written out were "not real," she wisely told her therapist "your beliefs do not change reality." Know your own truth in abSOULute reality before sharing your memories with others.

It is wise to change your routine patterns for safety purposes, as well as to keep you consciously present and exercising your brain. Choose a different grocery store; read food labels and try something new; walk your dog the other way around the block; take the kids to a different park; wash clothes on a different day; park in a different parking space (you'll have to think to find your car!); drink your coffee after you comb your hair; exercise in the morning rather than at night; bathe instead of shower; pack your lunch rather than buy it; change anything that will make you *think* rather than go through routine motions.

Unplug your phone. Turn off your cell phone. Temporarily stop texting. This is your time to heal, and it is best to avoid allowing daily routine and interruptions to get in your way. You need to be writing out your memory, and avoiding routine conversations with others will help you to stay focused on your healing process. Besides, with your past so pervasive, talking on a phone may inspire you to talk about it. Remember, writing out memory removes walls of compartmentalization while talking before writing it out and observing the 21 day rule will entrench it further.

You should have quiet time to self-focus and filter what you wrote out and/or find ways to cope with it. Walking--especially with your dog--is very helpful toward filtering and coping.

#### *A note regarding technological harassment:*

Tone calls are the most important reason to turn off phones during the deprogramming process. Tone calls use harmonics to trigger programmed victims into action, thus keeping a phone on is akin to being in an abuse base. If you are in a safe environment with someone you trust, ask them to screen all calls while you write out memory. Personally, I still avoid answering the telephone until I know who it is. Remember, you may not yet consciously know who all abusers are and therefore should wisely avoid unscreened phone calls and texts until fully healed.

Technology continues to advance at such a rapid rate that there are newer and more modes of harmonic intrusion than I ever experienced. As US Government Whistleblowers bound by law from speaking outside of personal experience, I can publicly offer only personal inside information.

I do know from Kelly's and my experience that thoughts can be technologically implanted. If you are currently being targeted, the best advice I can offer is to learn coping skills that render activation inconsistent. Being aware is key. Think twice. Consider other perspectives. Think beyond your first response. Keep a journal. Apply all healing methods offered here from nutrition to wearing a watch, and coping will minimize effects of harassment.

Various frequencies are all around us, and some people are naturally highly sensitive to them. DIDs with heightened senses are more apt to attune to these frequencies and may feel as though they are being personally targeted, stalked, or watched. All of us are subject to being watched these days in view of advanced technologies, so it is helpful to remember that those who suppress truth and operate under a veil of secrecy are clearly the ones who have something to hide! Focus outside yourself rather than obsess over harassments in order to decrease their effectiveness.

Consider that our criminal justice system is literally that and know that it is counterproductive to use a court room as a forum. True justice comes in many forms. To me, the ultimate justice is positive change through public awareness. Court room justice in our case was never obtainable for so-called Reasons of National Security. I know from experience that technological intrusions can occur in a court room under a blanket of national security. Juries can and have been technologically manipulated, and witnesses silenced on the stand. Be aware that a court room is not an effective forum regardless of evidences.

Safety is first, and it comes with awareness.

## NOTES

## Perceptions and Semantics

Words cannot fully describe the incomprehensible. Words can even get in the way of expression or understanding, especially when dealing with previously undefined phenomena or heightened senses.

My daughter, Kelly, was bogged down in a quagmire of bureaucratic red tape in justice and mental health systems unequipped and uneducated to deal with matters of so-called National Security. Seeking help for the unspeakable quickly gave me insight into perceptual semantics and socially engineered ignorance. I felt like we'd emerged screaming out of a hell that no one knew exists.

"There is no such thing as mind control" we were told. We tried the word 'brainwashing'.

"You mean hypnosis?"

"Hypnosis to the extreme, combined with torture in order to program us for government black ops."

"No one can be hypnotized to do something they wouldn't usually do."

"Your mental health diagnostic manual was deliberately censored from mind control and healing from it, and you are quoting it verbatim. My daughter's life is on the line here--I'm talking about mind control--MK Ultra mind control."

"There is no such thing as mind control."

This is but one example of how words can get in the way. It is important to expand your own thinking beyond perceptions and semantics as you read this healing information. Understand meaning behind words so this knowledge can be internalized and applied to your circumstance and need.

Dissociative Identity Disorder is professionally defined as the mind's sane defense to trauma too horrible to comprehend. Because DID is a new term in the field of mental health, those suffering from it are often misdiagnosed, mislabeled and ultimately mistreated. What you have experienced is so

individualistic and beyond mental health's academic's censored vocabulary that understanding yourself is first and foremost.

We're all on our own learning path, and labels tend to box us in to a temporary point on our journey. 'Victim' may have been applicable to you back when abuse was occurring, whereas 'survivor' may be more applicable now!

DID was previously termed Multiple Personality Disorder (MPD). This is a misnomer because it is not "multiple personalities"--it is one persona divided into compartmentalized memory. Each compartment has its own perceptions limited to the traumatic experience contained within. When compartments are deliberately or inadvertently triggered, that perception presents and may appear very different from other projections until fully healed.

This phenomenon of compartmentalized perception projection usually includes facial changes. Consider how emotions like anger, happiness, and surprise affect facial expression, and compound it to the degree that even vision can change dramatically. Which muscles are tensed, and which muscles are relaxed create vastly different appearances. Trauma intermittently opens eyes wider with whites around dilated pupils, and micro muscle movements fail to coordinate. Smiles appear plastic and insincere, never shining through traumatized eyes.

Superstition begins where knowledge leaves off, and pertinent facts on trauma were suppressed from mental health and labeled TOP SECRET after Hitler's Nazi and Fascist scientists were brought to the US in Project Paperclip. Subsequently, superstition regarding effects of trauma flourished, with DID/MPD touted as "demonic possession."

The vast ignorance of the mental health and justice systems regarding trauma was so extreme that the first "help" offered my daughter was exorcism. She needed to gain piece/peace of mind, not cast memories out further!

Mark and I began speaking out on the reality of mind control for Kelly's sake, for the sake of our military veterans, and for people everywhere who have endured trauma. We began by educating mental health professionals, law enforcement, attorneys, congressman and anyone else who had ears to hear.

Speaking out to churches was akin to trying to help someone who was still in their abuse base. Religious indoctrination closed ears, eyes, and minds to re-evaluating beliefs regarding "possession" and "exorcism" as pertains to those suffering from the effects of trauma.

Likewise, mental health professionals struggled with the words *mind*, *brain*, *spirit*, and *soul* depending on what they were educated to think. Mark and I struggled to expand their thinking beyond words, focusing them on *how* to think, not *what* to think.

Be mindful not to assert perception before you heal and know how to think free again. Remember, there is more to consider than one memory compartment's limited experience. What a relief it is to know that the negativity brewing deep in that subconscious compartment is not all there is to this world! Once it is written out and removed from its subconscious confinement, it dissipates in light of truth. Writing out memory frees you from those negative subconscious drivers.

If it is not written out, that rabbit hole of perceptual negativity can leak into your everyday life. It can cause dangerous crossovers whereby you may, for example, suddenly perceptually view yourself negatively and accuse an innocent friend/lover of making you feel that way. It is easier to be mentally lazy and blame someone you are safe with than to face the repressed memory. Write it out! In worse case scenarios, crossovers can happen in the heat of love's passion where you suddenly feel violated due to subconscious perceptual intrusion. Heated arguments often result as a failure to communicate. It is difficult to see beyond the moment when operating from compartmentalization's limited perception, and far too easy to blame the very one closest to you.

If you find yourself in such a situation, "real-eyes" it is difficult to see beyond the mode you're in and re-evaluate your position. It is not about being right or wrong, it is about writing wrongs--write it out! Think further.

Make note of flashes when they happen, before they blind you to reality. It is wise to keep a pen and notebook by your bedside anyway. Always keep a pen and notebook within reach!

## NOTES

## Deep Listen

Focusing within in order to heal from trauma is positively necessary, yet may eventually lead to narcissistic attitudes if not deliberately balanced. Dissociatives often assert a need to tell whatever they are thinking in a long winded recitation, often interrupting others because they want to say it all before they forget. They are accustomed to forgetting, and this is a subconsciously driven attempt to override that phenomenon while in the course of healing.

Listen! Make it a conscious point to deep listen to others. Deep listening is when you stay quiet and hear what is being said to you. Pay attention to others and dare to care. Reaching outside yourself to give to others is a helpful balance to self focus, even if it is simply giving of your time. Time to listen!

I posted a note where it would be seen both consciously and subconsciously that simply said "Listen." When I *chose* to Listen, I learned to trust myself to not forget what I wanted to assert or mention.

Plus, I got to hear about and learn a few quirks I'd exhibited that needed to be noted. For example, "Where did you hide the knife this time?" Rather than deny or be defensive, I would think about it. "You mean I've done this before?" I'd reach for my notebook.

When people are traumatized to where memory becomes compartmentalized, it is due to the event's being emotionally incomprehensible. This means there is no emotion associated with that trauma at the time it occurred. It was beyond emotion. I know from experience that there is a point beyond pain where the brain cannot process any more "feeling," and it is the same with emotion.

When writing out memory, it may seem there should be emotion based on what society teaches is "normal." What you experienced certainly is not "normal"! Yet even therapists make the mistake of asking "how does that make you feel?" This is definitely counterproductive! There wasn't emotion then, and there is no need to apply emotion as you write it out. Moving a pen uses the logic part of the brain anyway. You can deal with your emotional response later when the memory is fully written out. Then it is best to consciously choose to turn any negative into a positive so it empowers rather than immobilizes.

This conflict of feeling results in an inability to feel compassion for others or even physical sensation. Deep listening will help you to reach out from within your self to hear and respond to what someone else is saying. That isn't to say you should assert the usual dissociative's response of "your dog died? well, let me tell you what happened to my dog.". It's not always all about you, and it is a healthy exercise to dare to care for others.

Be consciously aware in the process of listening that you are not taking on another person's experience due to heightened suggestibility. It is natural for a dissociative to mirror and match those they are with anyway. This is why group therapy is disastrous for DIDs! One needs to know their own truth before they can embrace someone else's, or false memory can result. Again, false memory is easily discernible by photographic details such as smell.

Dissociation can also result in a lack of physical sensation until healing reaches a point of conscious awareness. Since I was safe from torture, pain and pleasure receptors in my brain were learning to fire properly again. When Mark gave me the time of day and I became consciously aware for the first time in decades, I perceptually felt as though I'd landed in a real world 'dimension' of physical sensation. My brain began firing in directions of consciousness that allowed me to feel the ground beneath my feet and surfaces at my fingertips. The ground felt so close, and my clothes had texture.

How fortunate for me to move directly into the healing process from my robotic existence, with no interim in which to "try" to feel. Tattoos and piercing are often neon signs of abuse whereby dissociatives are subconsciously attempting to feel again. Even messages within tattoos can reflect traumas endured or a fantasy life. Before taking any drastic measures in an attempt to feel, deep listen to yourself!

What is driving you to make this statement outside yourself? Is it a message for others or for yourself? For what purpose? Free choice has time to wait. Think further. Expand perception. Write it out. So often people say or exhibit diversionary statements from what truly needs to be said. Even in the midst of a heated argument, diversionary issues are thrown at each other rather than getting to the heart of the matter.

Deep listen to others. Deep listen to your self. This is a giant step toward free thought and living true-to-soul.

## NOTES

## Dust Pieces and Reflections

When a persona is shattered from traumas and scattered into various memory compartments, there may still be what I refer to as 'dust pieces'. One can be fully integrated and still experience personality fragments or dust pieces. These are not like that "one more piece of the puzzle" that changes the picture. Instead, dust pieces can help bring the full picture into better clarity while cleaning out and organizing the deepest corners of your mind.

Deep listen to yourself in order to recognize signals and alarms for consciously acknowledging this subconscious clutter. Bring these fragments into consciousness.

In my case, a mirror was shattered in an effort to deliberately create dust pieces so a memory might never be remembered in full. In reality, the mirror was outside myself, so how could it shatter me or my memory?

It has been documented that people view extreme trauma as though from above. It is a safety phenomenon whereby someone who was in a horrific car accident, for example, sees their loved ones strewn about below while they float above the scene attached by a thread of light. When I was tortured, this is how I viewed my body below. It was as though my spirit were in a safe loving space where I did not have to feel the tortures. My brain could not perceive any more of the pain anyway, so my conscious mind took flight. This form of depersonalization is extreme, yet exemplifies another way our brain reacts to trauma.

Childhood abuse prior to age 5 can produce a similar depersonalization. It becomes difficult to relate to the image in the mirror as self. Add to that the phenomenon of facial changes that occur with compartmentalized expression, and it is easy to see how someone who is not consciously present may not relate to their mirror image.

This abnormal brain experience may have been the root of traumatic storybook accounts of vampires, werewolves, etc not having a mirror image!

Understanding these brain phenomena of mirror images makes it easier to sweep up the dust pieces of a shattered program. Understanding provides a logical place in which to file such memory after it is written out and consciously acknowledged. It merges back into the whole.

While these dust pieces are floating around, though, pay attention to any actions you may exhibit that are not consistent with living true-to-soul. Deep listen to your self, asking "is that really what I want to express?"

A lifetime of abuse and subsequent abusive relationships can result in a shattered self image. Children are what they hear while growing up, deliberate abuse or not. If they are constantly told they are bad, they become it because they are conditioned to believe it. Be mindful of words you choose with children, others, and yourself; especially if you've been abused.

Consider how a person responds with a smile and spring in their step when you sincerely compliment them. Then consider how vicious words can cause slumped shoulders and a frown. When you put yourself down, perhaps through negative self perception that sneaks in through dust pieces enhanced by comments from others, you may become that negative. Look at yourself in a mirror and consciously acknowledge that you've already endured too much imposed negative self image and choose positive perception. Stand tall and smile.

Deep listen to those who care about you--are you really hiding that knife or eating too many blow pops again? Do you consistently rub your eyes as though trying to erase an image every time you hear, smell, or see a certain something? Make note of it. Pay attention to memory flashes even though you are certain you've already written it out. If it is flashing, it is an alarm to catch your attention. What is that flash? Making note of it may be all it takes to sweep that dust piece into consciousness.

## **NOTES**

## Loving Support

If you are helping someone else heal from trauma--particularly a loved one--your biggest role will be one of support. Above all, know that you cannot help someone who will not help themselves. It is not up to you to deprogram the individual, it is up to them to deprogram themselves. Give them this *PTSD: Time to Heal* information. Support them through their process, always gently bringing them back to well being and peaceful relaxation through your own energy vibe.

Quietly observe, reminding the person healing to not verbalize even if they "know they've told you before." When memory is so close, it may feel as though it was never forgotten or repressed. In situations like this, Mark would smile and tell me, "No, you have not told me this before and you are not going to now" and hand me a pen. Once I began writing it out, photographic details became clear and I was grateful for the reminder.

Logically deep listen since understanding is key to being supportive. The subconscious is very literal, so be aware of your own choice of words while literally listening closely to what is being said. Put your own beliefs aside, and make certain that your motives are nurturing rather than as an offensive defense mechanism. When a traumatized individual is in the healing process of writing out memory, know that their suggestibility is heightened and perceptions may be momentarily off balance. Rather than point out annoying differences in their persona, for example, realize the source of that projection and deep listen to what is being said.

Be a source of safety in the present, and maintain your sense of humor. Laughter can be a delightful balance to stress. Help enlist support from others such as family and close friends. Help them understand the need for uninterrupted peace and quiet. Share this *PTSD: Time to Heal* information with them, and insist they do not criticize, demean, or ask questions--especially not leading questions. Consider anyone who is unsupportive to be a potential threat, and keep them away until repressed memory is written out fully and all abusers identified.

If a sibling or friend of the one you are helping was also victimized, encourage them to write out memory and never verbalize or discuss it until

healing is abSOULute. Healing must come from within, and not from outside input.

Do not be led down a rabbit hole of past negativity or entrenched poor self image. If you are accused of being responsible for their perceptual attitude, you might remind them that those are their words, not yours. Then ask, "who told you that and why? Write it out." Walk away. Arguments at this point are reflective of emotionally asserting rather than deep listening to what is really being said. It can blur their past with your present, so remind them to listen to themselves! Stay strong in your true-to-soul space in order to lift the one you are helping back into a peaceful present presence.

Help maintain good nutrition. Screen all phone calls if you are in such a position. Do not interrupt while memory is being written out, and make every effort to fend off potential outside interruptions as well. When the memory is written out, dated, and put away in keeping with the 21 day rule, do not ask questions that inspire verbalization. Above all, you may read what was written out only when/if invited after the 21 days have passed.

If you are in a loving relationship, physical pleasures are a nice balance after traumatic memory is written out. When drifting off to sleep at night, Mark would cradle the back of my head, inspiring a deep sense of safety and love.

## NOTES

## Brain Games

Once I completed writing out a lifetime of systematic abuses, tortures, and high level mind control programming, my brain was like a blank slate. I had written out *what* I'd been conditioned to think, now it was time to learn *how* to think.

It was difficult having to make the most basic decisions like what to buy at a grocery store for dinner. When I would push to think to make a decision, it felt like my thoughts fell into a black hole. My brain needed exercise in order to open new thought paths in consciousness.

Again, medical cannabis/CBD proved beneficial. Its mind expanding properties are notorious for inspiring profound realizations and the often humorously portrayed "wow, man" attitude. Neuron pathways are opening, and thinking in new, expanded ways becomes easier.

Everyone everywhere can use brain exercises to expand thinking beyond social engineering. Tools like National Geographic's Brain Games are fun and available to everyone.

You can continue exercising your brain long after expanded free thought becomes fluid and natural to you. I do!

Global education, now called Common Core, was originally designed to control the future by rewriting the text of history and "to increase our children's learning capacity while decreasing their ability to critically analyze."<sup>1</sup> As Kelly once said, "Programmed information is not knowledge." When information is internalized, it becomes knowledge--applicable knowledge complete with creativity and the capacity to question. Since Common Core only teaches *what* to think, our children need to re-learn *how* to think. They, too, can benefit from brain exercises!

Working math problems, even if it is simple addition, is helpful for staying out of those well worn trenches of the past or lazy thinking. It works the logic side of the brain, giving you a nice rest from the emotional.

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<sup>1</sup> Cathy O'Brien with Mark Phillips, *TRANCE Formation of America*, Chapters 19 and 21

Clean house. Organizing your house helps organize your thoughts on the deepest of levels. This is especially helpful when you are experiencing a perceptual 'straddling of dimensions' between past and present whereby it seems you are walking into walls and/or dropping things. Re-associate with your physical being through cleaning house, taking a walk, and exercising your brain.

Post notes that remind you to think in new ways. Post them on your mirror, refrigerator, computer, or anywhere you will routinely see them. This will eventually drive it into your subconscious mind as well as conscious, until it becomes autogenic, so choose your thoughts well!

Here are a few favorite thoughts that I've posted over the years for healing:

Voice No Negatives Without a SOULution (of course)

When in Doubt, Don't

When it is no longer a question, that is your answer

Think further

Let it Evolve

Healing is the best revenge

Consider other perspectives

Consider other angels/angles (this helped with religious abuse issues)

Listen!

Deep Listen

Take time for timing

Choose thoughts

Choose happiness (it is proven to be #1 for well being and being well!)

Uplifting thoughts are fun:

Breathe in the duality of the world, breathe out Oneness with life

Be the change you want to see in the world (Gandhi)

Inner peace creates global peace

World peace begins within

When the power of love overcomes the love of power, there will be peace  
(Jimi Hendrix)

Weight maintenance tips while my metabolism rebooted:

Eat Light at night

Why weight?

I am thinner (thinking 'I'm fat' self programs to be that... no negative labels!)

Consider getting a dog if you do not already have one. Dogs live in the now and help keep us present. They need us to care for them by giving them food, water, shelter, and affection. Take your dog for a walk, and bring your notebook! Dogs can remind us how to feel and love again through their unconditional love and loyalty. They do not judge us. Their telepathy brings us to that peaceful, happy mind where we can learn to trust again. Plus they guard and alert us, helping to keep us safe. It is no wonder there are so many organizations who are actively uniting dogs and PTSD military veterans. Pets can help us heal when we open our hearts to their unconditional love.

## NOTES

## Sexuality and Living Love True-to-Soul

Mark's and my love story is a powerful combination of espionage level action and passion equal to the odds against us. *ACCESS DENIED* shares enough insights into our love that people often comment that it should be a movie. Yet a movie of our love story remains censored for so-called Reasons of National Security since it weaves amongst those extreme experiences that thrust us together to begin with.

My sexuality had been heightened from childhood sexual abuse, and capitalized on throughout my mind control victimization. Mark was quick to separate himself from my past, and dodged my sexual advances saying, "You need to know who you are before you have something to give in a relationship. What you're offering is a small piece of who you really are. I don't want you a piece at a time, I want all of you at once."<sup>2</sup>

Mark's loving wisdom for me to integrate first, encouraged me to accelerate my deprogramming process! Love is the greatest motive and healer.

When sexuality is stimulated before the brain develops at age 5, it heightens without moral restraint. Once healed, you are responsible for your actions and can choose directions for your sexuality just as you can your thoughts! Best of all, you can freely enjoy your sexuality in light of love rather than abuse.

Once I had written out memory, reintegrated and began exercising free thought, I began exploring core philosophical questions.

"Who am I" and "Why am I alive when so many others I knew are not?"

Society teaches that you have to love your self in order to love others. It did not make sense for me to recite daily affirmations from outside myself in order to figure out how to love myself. Then I realized I'd have to know who I am first.

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<sup>2</sup> Cathy O'Brien with Mark Phillips, *ACCESS DENIED For Reasons of National Security*, Chapter 3  
[www.ForReasonsOfNationalSecurity.com](http://www.ForReasonsOfNationalSecurity.com)

I hadn't had enough free thought life experiences to use them to gauge figuring out who I am. That's when it occurred to me that ego must be a person's view of themselves based on outside input. I'd had enough outside input! So I looked deeper in order to find myself. I found myself on the level of base core energy. The energy of my being. And that energy is love.

I am love! What a powerful realization. Now I didn't have to try to "love myself" anymore. I simply live the love I am! That is so much easier and more pure than daily affirmations and outside input.

By the time Mark's and my love came together, it was not the usual 50-50 relationship. We each are so abSOULute, vital, and strong in ourselves that our relationship is 100-100! I married my knight in shining armor who not only saved my life, but gave me reason to live it. He is my best friend, and my first *lover* in the most literal sense! Everyone in my past had only taken from me, and could not taint what I was capable of giving in light of love. Love makes all the difference, and I can assure you it is worth waiting for!

## NOTES

## People Helping People

When I pulled my head out of my past, I took a look around me. A new day had dawned, yet I saw that others were taking their free thought for granted. Social engineering had a strong hold on society.

"The purpose of life is to deprogram it, " my new neighbor told me as we enjoyed a walk together in nature. She did not know what my life's experiences were, or even that *TRANCE* and *ACCESS DENIED* were books I'd written stemming from that very subject of deprogramming.

"The news is censored and controlled to divert us from truth and condition us to being ignorant slaves," she continued. "Politics is an illusion that keeps people from helping people and living their own lives the way they choose. When we deprogram all the rules and conditioning we've been subjected to throughout our lives, that is when we learn to think free."

I deep listened rather than asserted my inside knowledge on the benefits of deprogramming! She opened my mind to understanding the extent to which society was socially engineered.

Repressed memory can be entangled with social engineering that you can write out as well. As you reclaim control over your own mind and life, take a deep look into your socially engineered responses and actions to determine if this is what you freely choose. Consider that your past trauma heightened your suggestibility whereby it is healthy to re-evaluate your values and re-prioritize priorities. My neighbor taught me much about "normal" living, and that we are all on our own learning path.

Presidential elections were coming around, and it was obvious to me who was going to be put into the office of President. My experience inside the beltway of Washington, DC gave me exposure to politicians both Democrat and Republican. There was no difference between them, and they shared the same agenda of mind manipulation of the masses in order to achieve their self interests. No one I knew in DC worried about elections, and campaigns were illusions for justifying their predetermined political positions. Political parties divided people as intended to keep them from looking behind the electoral curtain to the pre-rigged electronic voting machines built by the very ones they purported to elect. Divided, the people fall for the ploy that

the other party is responsible for putting the same old dynasties in office. Limited perception with no inner communication among the people is akin to compartmentalized memory with no conscious thought.

It astounded me that people were literally buying into political illusion and subsequently following leaders they didn't elect! Did they not "real-eyes" that this same handful of criminals in control of u.s. were using NLP language techniques to manipulate their minds?

People were being lulled to sleep by repeated televised trauma; genetic alteration and pharmaceutical manipulation of our foods; government takeover of education through global ed/Common Core; use of harmonics, technology and NLP at every turn; and deliberate systematic suppression of truth. That is when it became clear to me that information control is mass mind control. Knowledge is our defense against mind control, whether it is of a society or individual.

There are so many laws governing truth such as the 1947 National Security Act that it is difficult for Whistleblowers like Mark and me to be heard. Maybe that is why we are called "whistleblowers" because we only have a tiny whistle to blow in the dark. Truth we are bringing to light should be amplified and broadcast for the sake of humanity's free thought and especially for the sake of our PTSD military veterans and all others in need of reclaiming control over their minds and lives.

Having written out the emotionally incomprehensible traumas I'd endured taught me the benefits that writing provided. When the world around me became outrageous, I began writing out my rage, and always with a SOULution. This helped me to cope and it can certainly help you, too. Writing keeps negativity from being immobilizing, and allows logical ease in turning those negatives into positives that empower.

I began writing poetry. Not the conventional kind of prose, but rather like venting and expressing perspectives on healing; adjusting to a society that took free thought for granted; and coping with issues like rigged elections, child abuse, our environment, and weather manipulation. These poems were for me, and it never occurred to me to share them.

In 1999, when Mark and I were whistleblowing to people in need of truth, our host read the following poem to a crowd of thousands from the UN and World Bank:

## reSOULutions by Cathy O'Brien 1999

[www.TRANCE-Formation.com](http://www.TRANCE-Formation.com)

As we begin the new millennium  
and the tide begins to turn  
its clear to see humanity  
has a world of truth to learn.  
The media spins our news and views  
distorting our knowledge base  
on which we form perceptions  
and ultimately our fate.  
Our children's education  
is spun by the global elite  
changing the text of history  
so its destined to repeat.  
Our moral Constitution  
is replaced with UNjustice  
funded by a "War on Drugs"  
the CIA has aimed at u.s.  
Society runs in circles  
trying to make ends meet  
closing their eyes to cruelty  
drugs and violence on the street.  
Cults spin our spiritual path  
to a dead end that's all wrong  
seeking soul outside ourselves  
when its been in us all along.  
Wobbling, rumbling our globe spins  
to HAARP's harmonic tune  
on a course to self destruction  
unless we wake up soon.  
Its time to stop the spinning  
and step back from revolutions  
to emerge into the light of truth  
and evolve with new SOULutions.  
Motivated by the force of love  
strengthened by our source of soul  
knowledge becomes wisdom  
and we will achieve our goal.

People helping people can rise above social engineering with truth that makes u.s. free. The voice of the people is inspiring change including legalization of medical cannabis, peaceful noncompliance with social engineering, boycotting of genetically modified foods, dismantling of HAARP and more. Find your voice. Heal from your past in order to gather your strength of spirit and freely move forward in harmony with life's purpose. Reclaim your birthright to live true-to-soul in light of truth that makes us free!

## NOTES

## ***PTSD: Time to Heal* quick review for writing out memory**

Never vocalize memory as it is counterproductive to healing-write it out. You can even write out secrets and the unspeakable. The pen is mightier than the sword!

Turn off phones, music, television, scent makers

Get your notepad(s) of memory flashes, triggers, collages

When you are in a safe, quiet space, relax your self. Take a deep breath and systematically one by one relax your eyes, relax your nose, relax your cheeks, relax your mouth, relax your chin, relax your mind. Relax. And write. Follow that thread of memory that flashed leading you in to remember. What do you see? Begin asking yourself any/all applicable questions. For instance...

Who is that?

What is that voice telling me?

How old am I? What is my point of view: am I small with my eyes at knee level? Am I tall?

What am I wearing?

What shoes am I wearing?

What season is it?

Am I warm or cold?

Am I inside or outside?

How did I get there?

Where did I go after?

Whose voice is that? Write out what you are being told.

What are the background sounds?

Who else is there? Anyone?

What is that smell? What is that taste?

When you have fully written out memory, date the top of the page, and safely store it out of sight for 21 days. Do not verbalize it during this time.

Re-associate with now. Look at your watch. Take a walk--with your notebook.

## NOTES

## LEGAL DISCLAIMER :

This healing information is from my inside perspective based on methods Mark taught me, which I applied to myself in order to regain control over my own mind and life after decades of MK Ultra mind control and resultant PTSD. Consider and, if you choose, utilize applicable aspects of this information with the full understanding that healing paths are as individualistic as each person's life experience. It is my fervent hope and intention that this knowledge will lead you to your own truth the way it did for me. Due to legal constraints imposed upon us as US Government Whistleblowers, we strictly adhere to the legal tenants of the US Whistleblower Protection Act whereby: **THIS INFORMATION IS NOT INTENDED TO REPLACE LICENSED MEDICAL, PROFESSIONAL, AND/OR EXPERT THERAPEUTIC ADVICE.** Moreover, although the author has expended every effort to make *PTSD: Time to Heal* inclusive of all available information and free of oversight, both in typography and in content/analysis, it should be used only as a general guide. Neither the author nor any person involved in the publication or distribution of *PTSD: Time to Heal* assumes or shall have either liability or responsibility to any individual, person, or entity with respect to any claim of any sort allegedly caused directly, indirectly, or consequentially by any individual's, person's, or entity's use of or reliance on information set out in this book.

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