

The Mars Force: Pat's Story

Book 2

Version 1.2

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

With Session Notes from Another Twenty Hours of Biofeedback Meter Sessions

Including:

- The discovery that alters can be activated by breath
- Evidence that reptilians have a base, or a tunnel leading to a base, under more than 90% of hospitals and some morgues. They use this to gain access to the bodies in the hospital for the purpose of harvesting hormones.

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Several typographical errors and underlines were corrected.

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Preface by Stephanie Relfe

This is book Two of the “The Mars Force – Pat’s Story”. *If you have not yet read Book One, please stop reading now and go and download Book One and read it, because Book Two will make little sense unless you have read Book One first.*

During the original biofeedback meter sessions with Pat, I 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.

After Pat completed the ten hours of biofeedback meter sessions that are recorded in Book One of “The Mars Force – Pat’s Story”, and returned home, she 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.**

“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 truth¹ 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 Bridge¹ 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 charge², 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.

¹ 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).

² 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 reality³. 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 truth¹ 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.

³ 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:

1. Not a problem
2. Not true
3. 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’⁴. 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}

⁴Mental 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 pictures⁵ 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}

⁵ 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".^y

'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.¹ 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.
2. 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.
3. 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.
4. 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.
5. I agree not to work with a client who has consumed alcohol within the last 24 hours, or drugs within the last week.
6. I agree not to sympathise with a client but to be effective and help them to be the very best they can be.
7. I agree to never get angry with a client.
8. I agree not to let a client end the session, no matter what may come up, but to complete what I have begun.
9. 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.
10. I agree to have no sexual relationship with a client.
11. I agree to maintain ABSOLUTE CONFIDENTIALITY of the data revealed in the session.⁶

⁶ 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.

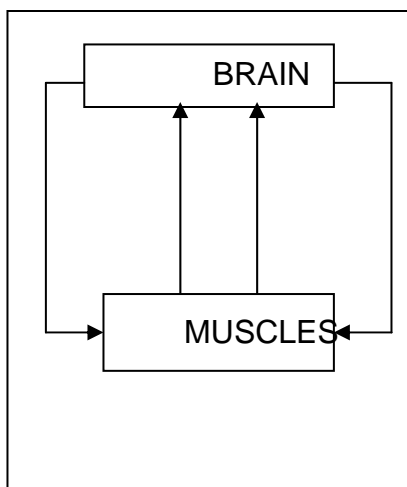
Kinesiology is a new technology which works directly on the body. It was developed by doctors, chiropractors and acupuncturists in the U.S.A. One of the most important people in this development was George Goodheart. They pooled their knowledge and added it to Chinese medicine to develop a technology 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 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 the website www.kinesiologist.us/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 8: Wernicke's to Kill Us

3rd September 2002 am

I did a kinesiology balance on Pat. As I hadn't seen her for a year, it was not surprising that she was quite out of balance.

Her gaits and cloacals were out of balance.

Then I was unable to muscle test accurately. The cause appeared to be interference from remote viewers. I tried doing deliverance against them but that didn't work. Then I brought Michael in. He also tried deliverance but that also didn't work until he prayed against principalities. This caused a lot of retching and other reactions in Pat.

With her eyes shut, her cloacals and spleen were out of balance. When I balanced these, her arm started moving by itself. Muscle testing indicated that the cause was three draconians who were interfering.

Muscle testing indicated that she had been abducted at least four times since we had last seen her. I then looked for booby traps. The following wernicke's commands were removed from Pat's alter called Anne.

- "Kill them in their sleep" (this referred to us, Michael and Stephanie Relfe, as Pat was staying with us during this visit and not at a hotel).
- "Give a floating strike to the Relfe's in their sleep" (this is a killing martial art technique, done to the throat).

Pat then went into a trance, and was unable to do the eye movements which are needed to remove wernicke's commands. I didn't write down what I did next, but some how managed to find and remove the last command:

- "Give a Dim Mak strike to the Relfe's in their sleep (this is another killing Martial arts technique)

Session 9: Wernicke's from Reptilians

3rd September 2002 pm

We removed many wernicke's commands from Pat given to her by reptilians:

1. "You remember nothing that we said"
2. "You remain ours" (from reptilians)
3. "Do not resist us"
4. "Do as we say"
5. "Resistance is futile"
6. "Don't think for yourself"
7. "We are your friends"
8. "Don't remember wernicke's"
9. "Stephanie and Michael are your enemy"
10. "Michael and Stephanie are your enemy" (This was tricky of them to use much the same command, only worded slightly differently)
11. "Your mind is a blank"
12. "You remember nothing of this"
13. "Don't pray"
14. "Don't practice psychic stuff" (Note: One reason why Pat came to see me was because she felt there were blockages to her using her psychic abilities. She would constantly put it off by finding other things to do. For example, sometimes she would get a sudden impulse to clean a closet or go shopping).
15. "Put off psychic practice"
16. "Don't believe in yourself"

The following commands were removed from her alter called Laurie:

1. "Remember this"
2. "Never forget your mission"
3. "You have perfect memory"
4. "You have photographic memory"
5. "You have eidetic⁷ memory"
6. "Tell only us"
7. "Your debriefing is only to us"
8. "Watch him"
9. "Watch Michael"
10. "Trust no one"
11. "You have no friends but us"
12. "We love you"

⁷ Eidetic: marked by or involving extraordinarily accurate and vivid recall especially of visual images

Session 10: Etheric Connection to a Machine on Mars

September 4th 2002

After many of her sessions, especially those that were emotional, Pat would feel very drained during the session. But once the session was over she would “feel fantastic, as though a weight was off her shoulders”.

	5.4 5.1	
<u>Start of Session</u>		
<u>Is anything interfering?</u>	F	The read indicates that we do have interference
Yes		
<u>Identify it</u>	F	
Principalities.		
<u>Do deliverance on them</u>	SF 5.0 SF	
Angels helping	F 4.8	
<u>Is it gone?</u>		
Yes		
<u>Is there anything else interfering?</u>		
Remote viewer		
<u>Do deliverance on them</u>	SF	
<u>Do you have an incident in restimulation?</u>		
No		
(We then went through various questions to check that Pat was in present time. I have not included this part here).		
<u>Is anything else happening?</u>		
Ever since the last sessions – I still think there’s a part of me that says this is not true.	4.7	
Things come up in between. I have a concern for safety. The killer part bothers me.	5.0	
<u>Is it just my imagination?</u>	SF	
I feel uncomfortable.	F	
Also a little afraid. This takes away some of my security.	F 4.9	
It’s like I found out I have another side I didn’t know about.	F	
I have a feeling	F, F	Note the reads and the feeling
Something is hooked into my head.		
<u>Say “Hello” to it till it answers</u>	F	
(she does so)	F	
<u>Command it – “Run out the incident that made you the way you are”.</u>		
NO	F 4.4	
Something came in that said “No, shut down”.	LF, gasp	Note the big read and bodily reaction

<u>Identify the thing that said "no"</u>		
It's a big, very strong, an authority.		
Not human	F	
<u>Say "hello"</u>	SF	
<u>to it till it answers</u>	4.3	
It gives me a pain in the chest		
<u>Keep saying "hello"</u>	F F	
It gave me a look, and turned it's back	F, Body jerks LF	Note the reads and body reaction
<u>Command it "Run out the incident that made you the way you are"</u>		
I get there are drugs involved – someone gave me drugs		
<p>We stopped doing clearing and switched to kinesiology. I balanced out the drugs.</p> <p>Muscle testing indicated there were radionic drugs being projected. We got Michael in to help and prayed them away.</p> <p>We then returned to the meter</p>		
	F	
<u>Is he still around?</u>	F	
<u>Command it "run out the incident that made you associate with me"</u>	SF,SF,F	
I got "Mars, hospital, abductions".		
<u>Command it "Run out the incident that mde you do whatever they tell you to do"</u>		
He's a watch dog		
<u>Let's go back to the thing in your head now. Command it "Run out the incident that made you the way you are"</u>	F,F	
I saw a flash	F	
They've been tortured		(that is, the beings used to control Pat have been tortured to ensure they obey their orders)
<u>Acknowledge it</u>		
<u>Command it "Run out the incident that made you stick to my body"</u>		
<u>Read it its rights "You have the right of all spirits to your own self determinism, to play any game or not and to leave any game or not. Now you are free to leave, what you do you want to do?"</u>		
The little one leaves. The other ones are gone.		
<u>What else is happening?</u>	4.7	
<u>How do you feel?</u>	F/N	

I feel like it's very difficult to do		
<u>Locate that feeling</u>		
It's outside	4.8	
<u>Where? In the world?</u>	LF	
Yes. Not far.		
<u>How far?</u>		
Within 100 miles. Between 60 and 80. Underground.		
<u>What is the source of the feeling?</u>	4.7 F,SF	
I see a remote viewer		
High boss. Two people.		
They broke it off		That is, they broke off the connection
<u>Weave a cocoon around us</u>		
It's a bit harder than last time	F,F	
<u>What else is happening?</u>		
Can I just say the images I get?		
<u>Sure. I want you to.</u>		
I see images of Montauk	F	Note the read. For more information, read the HIGHLY recommended book "Montauk" by Peter Moon.
A train	4.8	
A door		
A force field	Gasp F	
A doctor, has instruments. Something's done to my mind that wipes it out.		
<u>Right now, do we have an incident in restimulation?</u>		
I think so	F	
<u>Yes or no?</u>		
Yes	Gasp LF 4.6	Note the big read
<u>Move through the incident telling me about it as you go.</u>		
I'm on a table. It hurts on the top of my head, and the back of my head. I'm not conscious. Oh! The pressure – right in my third eye, and either temple. It feels like something clamped.		
<u>Is it clamped?</u>		
Yes, it's wiping something out. I feel blank.		
I can hear their voices	F	Note the read
Two people		
One's saying "This is the third time".	SF	
The other says "I hope this doesn't change her".		
"Well, we wouldn't have to keep putting it in, if she would just stop		

looking (for answers)".		
How old are you?		
Fifteen	F	Note the read
	F	
Something in my ears, down the throat, up the back	Gasp	Note the body reactions
Like an electrical charge	Gasp Gasp Gasp 4.5 4.6	
"We're ready for the program"		
My ears hurt. I hear sound, but it's really fast	F	
It's too fast to understand.		
What is the purpose of the sound?		
It's an overlay. It's programs put in, that when triggered over-ride the original personality.	F	Note the read
It's ...	F,F	
I feel it's training		
I 'm seeing fighter ships in space. Maybe that's the training	F	
Is it?		
Yes	F	Note the read
I'm being trained for the fighter ships.	4.5	
I'm being moved out of the room.	Gasp	
I feel sick (in the incident)	F	Note the read
It's the effect of the drug		
The woman I talked about, at the end of the last clearing session, just walked by. She nodded and walked on.	4.7	
Little micro flashes of memory.		
It's the end (of the incident)	F,F 4.6	
Move to the beginning of the incident (she does so). Move through the incident telling me about it as you go.		(She takes a while to do this)
There's resistance in my chest.		
Is there a thought form there we can talk to?	F	The read indicates that there is a thought form we can talk to
Yes		
Say "hello" to it till it answers.	F 4.7 4.6	
(she does so).		
Command it, "Run out the incident that made you the way you are"		
It said "Do you want to die"?		
Say to it, "I repeat the command: run out the incident that made you	LF	Note we get a read this time

<u>the way you are”.</u>		
I saw a connection from it to me		
<u>Acknowledge it.</u>		
<u>Command it “Run out the incident that made you stick to my body”</u>		
<u>Acknowledge it</u>		
It was connected to the thing connected to my head	5.0	
<u>Acknowledge it</u>		
<u>Read it it’s rights “You have the right of all spirits to your own self determinism, to play any game or not and to leave any game or not. Now you are free to leave, what you do you want to do?”</u>		
It has resistance to this		
<u>Command it: “Run out the incident that made you do what others tell you to do”.</u>	5.2	
It still has a lot of resistance but it’s showing me a force field. It was trapped in the force field. It’s connected to a machine.		
<u>Say to it, “I repeat the command, run out the incident that made you do what others tell you to do”.</u>		
<u>(We have to do this yet again).</u>	LF	Finally, we get a read
<u>Is there anything you can do to help him disconnect from the machine?</u>		
He says if he disconnects, they’ll just put him back	F 5.1 SF	Note the read
<u>(Now I, Stephanie, come in to encourage it to do this. Plus give it love which helps it get strength to do this)</u>	F 4.9	Note the read and drop in TA. It’s working
	Gasp	
<u>Read it it’s rights “You have the right of all spirits to your own self determinism, to play any game or not and to leave any game or not. Now you are free to leave, what you do you want to do?”</u>		
He’s leaving.	4.8	
Instead of just being me, it took on this global scenario – all those people are connected etherically. I was one of millions.		
<u>What planet is the machine on?</u>		
Not on earth. On Mars.		
<u>Move to the beginning of the incident</u>	F	
<u>(Pat ignores my command ...)</u>		
There was a big reaction in me to		Oops! It looks like I went too fast

what I just said		here and missed something
OH!	Tears LF 4.6	Note the tears and big read
I feel a very intense reaction to what I just said	4.8	
A thought came – it's not millions of people as such, it's people they've worked on.		
It could be people on Mars.		
<u>Have any of the people connected been only on earth?</u>		
No		
This is the Mars Force	SF	Note the read
This is the way they control the Mars Force	LF 4.5 Gasp	Note the big read and body reaction
There's a definite charge inside. Because I dissolved that connection.		
The repercussions can be felt all the way back on Mars.	Laugh	Note the body reaction
They know when one gets free	4.6	
I'm feeling as though they are trying to reconnect me. They're trying to fix it.		
<u>Pray to God to send angels to protect it.</u>	SF	
The best thing is just finding it's there – now I can disconnect it.	SF F/N 4.1	
I feel tired.		
I feel good.	4.0	Note that we started with a high TA of 5.1 and it is now down to an acceptable 4.0.

Session 11: Torture to Suppress Psychic Abilities I

September 5th 2002 am

Note from Stephanie Relfe: Some of the following will be very disturbing to many people. Note that it took a lot of bravery for Pat to confront and talk about these awful things. I repeat, Pat is a very gentle, ladylike, kind person and would normally never imagine even half of the horrible things that were done to her and which were removed from her conscious memory.

Start of Session	4.6	
<u>What's been happening?</u>		
I have Montauk on my mind.	F	
<u>Where were you yesterday, with things on your mind?</u>		
Mars	F	
<u>Do you have an incident in restimulation?</u>		
Yes	SF 4.1	
<u>Move through the incident telling me about it as you go.</u>		
It's easier to do this with eyes open Underground.	4.0	
I'm going down.		
I'm taken there in an abduction	SF 3.9	
I'm in a hallway	3.8	
	Grief-tears	Note body reactions
There are very few people in this hallway		
	Shudder	Note body reactions
I'm getting emotionally upset	F	
I see someone who made me upset – a doctor	F Tears	Note the read Note the body reaction
There's almost a hate to it	3.7	
It's something he did with his hands	SF	
Some kind of trigger	Body jerks again	Note body reaction
That's not from there (the jerks). We just got hit		(That is, Pat and I right now in the room got a psychic attack)
<u>By a remote viewer?</u>		
Yes		
Put up your shields		
	Laughs	
They're saying "no you're not" (Pat puts her shields up while I put up a rainbow coloured shield around the apartment. Then we ask for God to send angels to help out)		
<u>Move back to the incident</u>		
I'm on a table	F	Note the read
The doctor I dislike is there		

I'm angry because he's the one who keeps taking me for programming. This is after Mars.		
After I've been time shot back	F	Note the read
I get a feeling I've gotten rid of the connection to the machine before		
That is very right	F	
How old are you?		
Thirties		
Thirty-three comes in	F	
Where are you?		
Underground area of Montauk	F	
Exactly Montauk?		I ask this because I got a read on the previous statement, but it wasn't an instant read (as indicated by being on a different line). This indicates the read was on the thought she had after she made the statement.
Underground. Not right below Camp Hero. It's off a tunnel.		
I get an impression of water. We may be under water.		
What happens next?		
I'm on a table	F	Note the read
They take readings. Psychological profile as well. The doctor has stepped away.		
It's all so routine	F	Note the read
I'm in stasis	F	Note the read
I'm not unconscious. But not talking or moving.	3.5	Note that TA has come down even further, from 4.6 at the beginning of the session to a very good 3.5. If this was a lie, the TA would be going UP, not coming down.
I've been changed into a different state.		
This takes 20 minutes	SF	
Seems like some things are holding but others are not. They make adjustments.		
This is not the first time.		
How many times before?		
Just a couple of months before	F Body jerks F	Note the reads and body reaction
That might have been an injection	SF	
Now I feel a change in my head	3.5 SF	
The man with me is talking to the man I hate – into a listening device. Because he is afraid of me. They need heavy suppression		

because I hate what they did to me.		
I want to take them out.		
This is new.	SF	
They don't want to lose me.	3.4	
On Mars, something happened. I got free of ...	F Shudder Gasp F 3.3	Note the reads and body reactions
I'm total tingles now. I got free of their control. Something triggered me.		
It was a batch of new recruits.	F	Note the read
I was a trainer – I am a trainer		Pat is meant to speak in present time throughout the session.
I'm on Mars Now. <u>What year?</u>	SF,SF Jerk F	
1977	F	Note the read
I'm one of the psychic trainers.		
On Mars	SF	Note the read
I meet new recruits	3.3	
There's one recruit – he's a man.		
His name is David.	SF	
I'm very attracted to him. My job is to orient and train them. I'm one of many trainers. We have them in small groups. David is in my group.		
Something happens.		
<u>What happens to David?</u>		
He dies	SF	Note the read
<u>How?</u>		
From drugs	Tears	Note the body reaction – Pat is not the type to burst into tears like this! Note also that this did not get a read – remember this when you come to Session 23.
I am so upset. They forced him to take them. That's when I started to get ideas of my own. I hated them. I hated the doctor, but I didn't do anything then. I am going to take them down. I have the ability to, because I had all the training myself.		
I'm waiting	F	
until something comes through that I can use.		
Michael does	F,LF	Note the reads. She is referring here to Michael Relfe of "The Mars Records". When they first met it was

		as if they were old colleagues who had known each other for a time.
I notice his potential and his power. I decide to use him for my plan. I didn't approach him right away. I put him through some training, but not much. I wanted to see his potential.	3.4	
They found out about what I was going to do.		
I am put in stasis. I don't see Michael again. They're trying to decide what to do with me.		
It's a close decision.	F	Note the reads
Some say, just get rid of her.	F	
Others want to send me back, to get used. They just don't want me there.		
<u>Back to where?</u>		
A ship		
<u>Where?</u>		
First a ship.		
Then earth	F,F	
It's almost a relay.		
<u>How do you get back to earth?</u>		
Through a portal	SF 3.2	
It comes through to a hospital.		
<u>Where?</u>		
Outside (a major city)	F	Note the read
<u>What area?</u>		
(local area)	SF	
They did something to me before I come back	SF	
Torture		
Physical and mental torture, hooked to my psychic abilities		
<u>What do they do to you?</u>		
(not sure if I got an answer or not here – my next note is another question):		
<u>Move to the beginning of the torture incident and tell me when you are there.</u>		
I'm there	F	
<u>Move through the incident telling me about it as you go.</u>		
It's a debriefing room	SF	
It's done in a very abusive way. A man comes in. I don't look at this for some reason.	SF	
I can hear him screaming.	F 3.1	Note the read
They're trying to make me ...	F	
This is not done in an alter.		
They want me to remember this,		

and suppress it. One man is sitting there and he is screaming at me to make me forget, to completely intimidate me. It's to do with abilities on Mars. So I associate danger, abuse and torture with psychic abilities.	3.3	
<u>Move to the beginning of the torture incident. (she does so).</u> <u>Move through the incident telling me about it as you go.</u>		
This is on Mars, before they send me back.		
They find out about what I'm planning	SF	
Suddenly I have no access to Michael.	3.25 SF	
They come and ask me to go with them.	F Gasp	Note the reads and body reactions
I sense what it's about. There's resistance. But I'm cornered.		
I'm sitting in a room.	F 3.25	
A man comes in, not an officer	SF	
I get a flash back -	SF	
As the man walks in – how they found out – when he walked in – I could see he was there to do damage. Not interrogate. So they already knew. He was the conditioning agent. He comes in screaming. I'm sitting by myself. I think – that's to make me feel vulnerable.		
He charges at me	SF	
Shouts	F	Note the reads
"So you think you're powerful enough to do this?! You're nothing!" He reiterates how useless and vulnerable I am. How I don't have any ability to do ANYTHING to them. Anytime I try to talk, he shuts me up. He wants me to remember this.	Tk	
Not what he's doing, but the feeling I experience as he's screaming at me, threatening me. – the feeling of vulnerability.	F	
There are others coming in.	SF 3.35	
They Start pushing	F 3.3	
A jab here, a hit to the head there. They push my shoulder.		

They say nothing.	F	Note the read
They let me sweat. The (first) man is still shouting in a loud, abusive, demanding voice.		
There are a total of four of them. The three others say nothing.		
I feel a shove.	F	Note the read
A hit to the back of my head – not hard.	3.4 3.5	
The man talking to me tells me he is going to turn me over to them. I feel a panic in my stomach. He says over and over again “It’s too late” – to pull out, to try to get out of it.	SF Tears LF	Note the reads and body reactions
He ... turns me over to them.	Body jerks	
It’s physical abuse.		
I am being raped.		The lack of reads could be due to the fact that Pat cannot confront this part at this stage.
<u>Tell me about it</u>		I need Pat to really “as is” the whole thing and in order to do that she needs to confront it all and tell me about it so that I can acknowledge it and get rid of the charge
They are all men. They stand there. They poke me, and touch me, behind me. The man in front of me has a sadistic smile on his face	F	Note the read
He (the man who was yelling at me) enjoys this.		
There is no restraint. I’m just sitting in a chair. I know what the men are going to do.		
I feel “Please don’t go any further with this”.	F 3.5	Note the read
But he just turns and walks out of the room and says “she’s yours”.	SF Tears	Note the body reaction
They hurt me bad	F	
<u>What happens?</u>		
They pull me out of the chair.		
The men are not weak.	F	
They keep saying “Stop me from doing this. Use your abilities”.		
But I’m not in my psychic alter.		
They hit me.		

Where?		
They push me first. I go flying.		
They hit me across the face.	SF 3.5 SF	
They don't let me get up	SF	
They rape me. I feel sick to my stomach. I throw up. There's blood.		
I feel there - broken bones.	SF	
I go mentally away so I don't feel this.	F	
It's a repeat of that.	LF	
Until I'm unconscious.		
They rape me one after another, till I'm bloody there too.		
This is very unpleasant	F,F 3.4	Good! We are getting more reads now.
I don't want to look	F 3.3	
There is an electrical device. They shock me with that. They keep saying that I can't stop them, I can't do a thing with my psychic abilities. I'm crying. I'm throwing up. I'm spitting blood.		
I'm shrieking.	F	
I'm hating them more and more and what they stand for.		
I'm unconscious.	F	Note the read
I'm being moved out of the room. I'm on a table. Doctors step in. They assess me. A drug is given at this time.		
<u>Do we need to do kinesiology to get the drug out?</u>		
Yes	F	Note the read
We balance out the drug with kinesiology. Then return to the meter.		
<u>What happens next?</u>	4.4 SF,SF,F	
The injuries on me are being worked on by devices.		F
I'm unconscious.		
I can feel a heat scanning me.	F	
A whirring sound	F 4.0	
I can feel a heat traveling along my body.		
Now I'm sitting	F	
Now I'm in a debriefing room.		
It's small	F 3.9	
There's a man across from me.		
He's talking.	F	

He's placing or inserting all the physical conscious memories of what happened, and of my consciousness. He's using the alters to store them. The memories of pain, terror, hopelessness, he wants them to stay on an unconscious level in my normal personality, So I will react on an unconscious level with an aversion to psychic things.	4.0	
	SF	
He wants me to remember where, and by who	F	
I'm gone. I'm seeing that they ship me out.		
I go to that ship	SF	
More things are done, with lights	F 3.9	
They don't want me to completely lose my abilities.	SF	
The stop at the ship is to make sure that they are still intact.		
I've been moved in a stasis form.	SF	
It's a device put on my head, not a drug. They teleport me down.		
They had to make sure everything was workable, they needed it.	F	
They could have done it on Mars, but they didn't want to chance it.	SF	
I'm in a hospital bed.		
<u>Is that part of your conscious memory?</u>		
Yes	F	Note the read
<u>What where you supposed to be there for?</u>		
Asthma	F	Note the read
I really need a break	F	I am not surprised that she needs a break!!!!

Session 12: Torture to Suppress Psychic Abilities II

September 5th 2002 pm

<u>Start of session</u>	4.8	
<u>Move to the start of the torture incident and tell me when you are there. (she does so).</u>	F	
I'm there	SF,F	
<u>Move through the incident telling me about it as you go.</u>		
It's not my viewpoint.	F 4.3	
I'm seeing him – the man I hate	F	
<u>Are you seeing him or are you in his body?</u>	F	
In his body		This is one reason why so many people believe they were a particular famous person in a past life. For example, Cleopatra. From a certain point of view, it is easier to be the torturer than the person being tortured. So people sometimes take on the memories they prefer to have, rather than their own.
The recruits are brought up (Communication lag)	F	
I'm having trouble with this	F	
<u>Move to the incident from your point of view. (she does so). Move through the incident telling me about it as you go, from your point of view.</u>		
For a while I've been able to negate their control.	F	
I feel really weird (here, in present time)	F 4.0	
I don't feel good at all	Body jerks Yells 5.4 LF 5.0 SF,LF	Note body reactions Note big reads and drop in TA
<u>Is this the incident?</u>		
Yes		
I'm being scanned	4.9	
They're using another psychic to do it, when I'm under suspicion. They find out my plans.		
I'm aware of what they're doing	F	
I can't hide it – It's there in my mind. I can feel – I know that they	5.0	

know now. There's a real sinking feeling inside.	5.1	
I wonder what they'll do.		
I think of contacting Michael	SF.	
He doesn't know about this. I haven't had a chance to talk to him.	LF 4.8 4.7	
There's no time. They walk in. I'm asked to go with them.		
We're both playing the game.	F 4.6	
They're not giving away that they know. I'm looking for a way to get out. There's a feeling of being trapped.		
I'm in a chair with the man doing the yelling.	F	
Where?		
On Mars	F	Note the read
The doctor I hate ordered this man. I'm not feeling very good right now.	4.5 Tk	
I feel nauseated, hot. I'm sweating the situation.	4.4	
I feel really warm.	F	
I think it's emotional reaction.	F	
The three men come in	LF	
I'm wearing a jumpsuit.	LF	Note the big reads
There's something in the sternum area – like a regulator, for temperature.		Pat later commented that she craves a cooling wind all the time and keeps a fan blowing on her when one is available
I'm trying to adjust it	F	
The men are yelling at me, preventing me.		
I'm really hot	F	Note the read
He's still yelling	4.1	
The others are behind me.		
I'm so hot.	LF	Note the big read
What is the source of the heat?		
Energy		
The suit is a special suit for psychics.	F	Note the read
Normally they (psychics) produce a lot of heat. They're stopping me from regulating it.		
I'm not in my psychic alter though.	F	
It could be possible I'm starting to use it on my own.		
Are you?		
Yes	F	Note the read
That is why I'm starting to break away. The man yelling at me recognizes that fact. That is why		

he won't let me regulate it. It's damning evidence of me not staying in an alter. There's nothing I can do.		
There's a psychic tuned into the room as well. He's in with the doctor.	SF	
I feel psychic suppression, so I can't use any abilities.	F 4.1	
It's ...	SF,F 4.2	
He's turned me over to the other men. He got what he needed – confirmation that the alter psyche / psychic abilities are leaking through.	F 4.7 4.5	
I feel a smash to my nose.	LF	
And to the side of my head on the left.	LF	Note the reads
I'm jerked by my arm, my right arm.	LF	Note the read. We are starting to get into this incident now.
They hit me in the solar plexus.	F	
I'm jerked to the left now.	SF	
One holds my arms. I feel a crack.		
I hear a crack in my left arm.	F	Note the read
<u>Does that hurt?</u>		
Yes	F	
I don't have time to feel the pain. I get hit again.		
To the right side.	F	Note the read.
<u>How does your broken arm feel?</u>	F	
Pain shoots for a second.		
My left hand feels really weird.	SF	She is describing how she felt in present time
On being broken.		
<u>Which bone is broken?</u>		
Upper bone	F,F 4.1 F	Note the read
I don't want to do this	F	
The jerking is also because they're taking off my jumpsuit. They don't give a damn what is happening to me.	LF	
They keep saying – "You can't stop us. Try to stop us." They taunt me to try.	F	
And then they will use it as an example that I can't stop them.		

At one point one of them puts his hand over my mouth, with finger and thumb and blocks my nose	LF F	Note the read
I can't breath – I think he'll kill me. He holds till I almost lose consciousness, then he lets it go.		
I feel pressure to my head, as if he has his hand around my temple, crushing me.	F	
Telling me they'll kill me, that I can't stop them.	4.0	
I'm so hot	F	
<u>How is the broken arm feeling?</u>	F	
I can't feel my hand.		
It's burning where it's broken	SF,SF,F	
They're doing what they want – sexually.		
<u>Be explicit.</u>		
Pick an orifice.		
I can feel myself feeling sick while this is going on.	F	
I'm being raped and being hit at the same time. So much is going on at once.		
I can't deal with it.	F	
That's it.	F 3.9	
I'm on the table.	F	
I feel shitty. My head hurts, from a device that's put on my head. I'm still unconscious.		
On Mars	F	
This is odd – because I've had memores of being tortured and raped so many times, and there's a place on my left arm that will hurt for no reason.		
<u>Move to the beginning of the incident</u>	3.8	
There's a resistance.		
<u>I repeat, Move to the beginning of the incident (she does so). Move through the incident telling me about it as you go.</u>		At this point I explain to Pat that we have to go over this again and again until she doesn't care about it any more. That is, when the charge is gone.
When I was being tortured, I vomited and defaecated. And they used that as part of it. I was such a mess.		
They ... shouldn't do that to me!	LF Tears	Note read and body reaction
Every time they did something to me, they used it psychologically.	3.5	

They took away completely my control – of breathing, everything. The reduced me to a hideous ...	LF	
I hated them for it.	3.5 Tears	
They did perverse things	F	
They urinated on me	LF, F	
They made me eat my own shit. The rubbed it on me. All I wanted to do was destroy them.	Tears Grief	
They annihilated me – every respect.		
It was as if they were doing this, the real psychological thing – the taunts – the threats. They were going to kill me. One said “Let’s cut her clothes open – let’s cut her deep.” There was no safe haven. One was going to gouge out my eyes.	F	
Animals.	3.6	
At one point they said they were going to set me on fire. Anything that would make me afraid.		
Are you at the end?	F	
Yes. It explains a lot.		
<u>Move to the beginning of the incident.</u>		
I can’t do it.		
<u>I repeat, Move to the beginning of the incident (she does so). Move through the incident telling me about it as you go.</u>	SF,F	
Something may have happened: I hit back at one of them.	F	
It was earlier – I think that’s why they completely tore me apart.	F 4.0	Note the read
There was a psychic power when I was heating up – that’s when I hit back.	SF	Note the read
I see a man flying across the room – one to my right.	LF	Note the read
There was more of a battle than I thought. The psychic with the doctor, he immediately hit me back. The men in the room are not psychic. They are trained to be vicious. They weren’t able to defend against it. That’s another reason why they took off my outfit – because they were hoping I’d overload, with no way to cool down.		

I'm around 20 ... Around 28. Not 15. Older.	3.7 F,F,F	
One man's yelling at me.	SF	
There's more than just the one man flying.	F	
One went one way. The other man went flying the other way.		
Then the psychic stepped in. He stopped it.	LE	Note the read
<u>Is there anyone you know now?</u>	F	The read indicates that there may be someone she knows, but I accept her answer and move on.
This timeline	F,F,SF	
No		
The person who did it is still over there	F 3.7	
That psychic was my trainer	F	Note the read
That's why he won out. He totally dampened my psychic abilities.		
<u>Did he have a machine to enhance his abilities?</u>		
Yes		
When I got a sharp pain in my head, I thought that of a device.		
They were afraid of what I was planning to do.	F SF	
Raped	F	Finally we get a read on the rape
Tell me about being raped		
These were big men	F	
When they raped me, my face came just to their chest. I couldn't breathe. They did everything to make me think it was my last second of life. Like when raping me, they would press against me so I couldn't breathe.		
One choked me almost	F	
Right to the brink and then let go	F	
I couldn't connect to any of my abilities. Finally I couldn't take it all in.		
<u>When they were raping you, did it hurt?</u>		
Yes	3.8	
It felt like I was being torn apart.	SF	
They used all openings. They used the anus as well. And mouth. And when I went unconscious, they would hit and shake me till I woke.	F	Note the read
They also doused me – told me it was gasoline.	F	
I can feel the fear from that	F	Note the read
There wasn't anything left. There		

was no way I would touch psychic abilities. They wanted me to associated psychic abilities with such terror and endangerment of life, that I'd never do it, ever.	Tears Grief 3.8 SF	
<u>Is there anything else that you have not told me about?</u>	SF	
They started talking to me as if I was in the future.	F	
Like, "You use psychic abilities and we'll come and hurt your family". They wanted me to feel everyone else was in danger too.	F	
They made it very unsafe to even alter my consciousness.		
I'm feeling better.		
The last thing before they pulled me out, was the future thing.	Laugh 3.7	Laughter is a way of getting rid of charge, and indicates we are getting to the end of this.
I feel like there's a wrapping up	F	
Is this incident erased?	F	
I'm not completely clear.	SF	
I feel there was one thing more that was said -	F	
even though I was unconscious, by the doctor.	F	
He walked into the room.		
Oh my God!	LF 3.5	Note the big read
He's telling the man – "We might need you again". He's referring to the future.	Major grief Major gasps	
I think that's the one thing, even on an unconscious level, that completely stops me when I try to do something psychic. He couldn't have said anything worse – I feel like screaming. The anger is so		
I was unconscious when he said it.	F	But the mind records everything, whether or not we are conscious of it.
I didn't have a chance to react to it.	LF	
But I'm doing it now. Son of a bitch!!!!	3.3 3.4 Tears Grief F	
A thought -	F	
I'll still take you down. I have		

wanted for years, to overthrow them, to stop them. I interpreted it as the government, then I learned of the shadow government.		
I will stop you	F/N	
There's a lot of pain in my chest.	Good indicators	I continue because I need "Very good indicators" to before I can feel that we have got everything.
No. The pain is going through my body. It started at my chest. It's going through my arms and legs.	F Deep breathing 3.5	
I'm feeling better. I think they were moving me at that moment. I was unconscious but everything was hurting. I'm feeling better.		
And better emotionally too.	F,F F/N	
Pain is still there. Both wrists. Up to my arms. I can hear him say "Get her out of here". I'm in the other room now, with the other doctor. They could fix it all – I wouldn't have a bruise. He patched me up. They kept me out while doing the procedure – energy healing.		
I keep realizing I'm ...		
Something was inserted at that time	F	Note the read
An implant	F	
Back of my head		
How many inches long is it?	F,F	
One inch	F	Note the read
It's angled up	LF	
<u>Say hello to it till it answers (she does so). Ask it, what is your purpose in being here?</u>		
It's a tracker	SF	Note the read
It's also added insurance for psychic abilities.		
That's interesting – I get a lot of pain in the back of my head. It's usually if I'm trying to sit and meditate. My desire to constantly access my psychic abilities is – I will do what I want to do. I have written this into my prayer. It's almost on the revenge level.		
Do you still want to blow them up?	LF	

Yes		
No – Let me change that. I've learned a lot of the power of God. If I win, I can wipe out their system without injury to anyone.	F F/N 3.4 VGI Laugh 3.2	

Session 13: Pat Seeks Recruits & is Discovered

September 6th 2002 pm

Start of session	4.2	
(We run through a few things)	F/N 3.9	
<u>Do you remember the end of the last session we did last year? (I read out my notes, up to the part where the woman said of Pat "Keep her")</u>		
Yes		
<u>Move to the beginning of the incident (she does so). Move through the incident telling me about it as you go.</u>		
I'm taken to accommodations.	3.7	
<u>Where are you?</u>		
On Mars	F	
There's interference	SF	Note the read
<u>Put up your shields (we both do).</u>		
There's someone here	SF	
<u>Locate them</u>		
There (she indicates a place in the room)	SF	
<u>Who is it?</u>		
The monitor		
Ask him to leave.	3.7	
I got "I have always been with you".		
<u>Is this a part of you?</u>		
No		
<u>Ask it when did "always" start?</u>		
On the battlehip		
<u>Is it a person or an entity?</u>		
It's like a super person		
<u>Does it have a body somewhere?</u>		
Yes	SF	
<u>How do we get rid of him?</u> (no answer recorded)		
<u>Build a light. Also, pray to God to send angels to remove him.</u>		
<u>Say "hello" to it till it answers.</u> (she does so).		
Ask it it's purpose		
He says he was assigned.		
<u>Acknowledge him</u>		
<u>Command it, "Run out the incident that made you the way you are".</u> (Answer not recorded)		
<u>Say, "I repeat the command, run out the incident that made you the way you are"</u>	F,F	

I see someone who has been an agent for them, and now he's in a warp, where he serves as a monitor.	F	Note the read
<u>Command him "Run out the incident that made you do as they tell you"</u>		
He had no choice	F	
It was this or termination		
He says it's not as bad as you think	F	
<u>Give him information on Near-death experiences, (to educate him on the fact that many people feel MUCH better when they have dropped their body).</u>		
He's not upset about it.	F 3.4	
<u>What happens when he goes to sleep?</u>	F	
Let him stay		
What does that mean?		
He's out of phase so we can't see him		
Pray to God and remove him		<u>I am not interested in letting him stay</u>
Okay		
Is he gone?	F	Note the read
Yes	F	
<u>Move to the incident on Mars where the woman said "keep her".</u> (she does so)		
<u>What happens next?</u>	F/N F 3.2 Laugh	Now we get somewhere with some reads
I'm taking care of him a bit more. I blasted him till he's out of sight – it's just light – he's not being hurt.		
That's much better	F	
I could feel him start coming back	3.1	
<u>In the incident on Mars, what happens next?</u>	F	
I move out of the room.	F/N	
There looks like a guard walking beside me. I'm taken to another room. It looks like an accommodation room.	F/N	
I'm feeling sick to my stomach (in the incident, plus now as well).		
It's a drug. Pain in my chest.	4.5	
Now I'm standing with people in a line, next to each other.	4.1	
This is training.	4.0	
<u>How many times have you been to Mars?</u>	F	
Eight	F	Note the read
The first time, how long did you go		

for?		
Thirteen years	F	Note the read
<u>How many years in total?</u>		
Twenty-one years	F	Note the read
Now I see myself in a fighter ship.		
<u>Are there any drugs we need to balance out?</u>		
Yes	F	
We stop and do kinesiology and balance out two drugs. Then return to the meter.		
	F,F 4.5	
It's a quick excursion in space around Mars	F,F	Note the reads
The drug was used to increase my perception and reaction times.	4.1	
They are not big ships. They're very streamlined.		
<u>How big?</u>		
20-25 feet	F 4.0	Note the read
Now I'm in a classroom	F 3.9 SF	
People are doing different things on a psychic level	F	Note the read
They are pleased with my ability	F	
I'm used as a demonstration some times.	F 3.75	
I skip again to another time. Now I'm an adult.		
<u>What year is it?</u>	F	
1970		
	SF	
<u>1970?</u>	F,F,SF	
<u>(Answer not recorded. I continue on)</u>		
The situation is reversed now. Now I'm a teacher. This is after they've had the drugs.	F, SF,F,SF	
(communication lag)		
I'm going off Mars to earth on a regular basis.		
But I don't go any further than Montauk.	SF 3.7	
This is not coming very easily	F	
<u>Repeat "This is not coming very easily".</u>		
This is not coming very easily, this is not coming very easily	LF,SF,F	
I'm in charge of recruits	F	
<u>Where?</u>		
Mars		
I check that they transport up all		

right	F	
From Montauk to the ship. On the ship they're processed more, then sent on.	3.8	
I'm in one of my alters.	F	
<u>Which one?</u>		
Pat Three	F	Note the read
<u>Are you ever in Pat One?</u>		
Yes	3.9	
I'm not seeing anything		
<u>Repeat "I'm not seeing anything</u>	LF	
I'm not seeing anything, I'm not seeing anything	3.7	
	F	
<u>Keep repeating</u>		
I'm not seeing anything, I'm not seeing anything	F 3.8 F,F,F	
<u>What's that?</u> (meaning, the thought behind the last lot of reads)		
I'm feeling a pressure in my chest. Before I felt that I was with my trainer. I'm all over the place. I'm back on Mars.		
I'm being reamed out by him for some reason.	F	Note the read
It was my handling of some recruits	F,F	
I'm given a warning	LF	
I'm not really happy about it	F	
<u>What happened?</u>		
I'm just waiting	F	
<u>I repeat, what happened?</u>	F,F	
I have been doing some experiments with the recruits that they didn't know about	F,SF	Note the reads
Psychic stuff	3.7	
<u>Move to the period before that</u>		
<u>What were you teaching them?</u>	F	
My way		
<u>What is it about your way that upset them?</u>	F,SF	
My method is not as under control as their way. I feel like I'm starting to pull away from my superiors.		
I'm ... but I'm smart enough not to let them know this. I do it in secret. I have recruits there willing to follow me.	F	
<u>Move to the next incident</u>		
I have a confrontation with one of the other trainers	F	
Things are being discovered		

This was after David	F	
<u>Before the torture we looked at yesterday?</u>	F	
Yes, before	F	
The confrontation with the other trainer was that I'm trying to recruit his people	F	
I think I'm trying to recruit a group.		
It's getting too precarious		
<u>Is this a good place to end this session?</u>		
I feel terrible		So, it's not a good place to end the session
<u>What you're feeling, is it your feeling or someone else's?</u>		
It's mine	F	
<u>Describe what you are feeling</u>	F	
I'm really hot, like I'm using my psychic ability. I'm trying to keep track of what they're doing – counter intelligence.	3.5	
I feel that it might be good to increase my efforts	F	
I feel so hot now. I'm pouring energy out.	SF	
I have to stop trying to recruit people, it's way too dangerous.		
I decide to wait.	F 3.3 F	
Michael comes up	LF	Note the read
I change my plans	LF	
I don't do anything when I first see him	F	
But I recognize his ability.		
I make sure he's not with my group	F	
<u>Why?</u>		
So they won't become suspicious	F	
But I keep monitoring his processing	3.4	
I feel very awful inside right now.		
<u>Is that your feeling or someone else's?</u>	F	
Someone else's		
<u>Identify who the emotion is coming from</u>		
My trainer		
They've put him onto me to find out what I'm doing. I'm being probed	F	
<u>What was that?</u>		
I'm doing a lot of thinking of what's the best thing to do. I know I've		

been discovered.	F	
And that I'm in their battlefield	F	
I did not have a great deal of assignments. I was put to training very quickly, because I showed a lot of ability at that. I still feel the energy of that trainer.	LF	
	F,F 3.3	
They come for me	F	
I'm asked to go with them		
<u>How many total years have you been on Mars at this time?</u>		
Thirteen	F	Note the read
<u>Where do the other eight come from?</u>		
It's not for me to say – It's better I say nothing	F 3.3	
A man is yelling at me.	F	
I've been back to Mars since they sent me back after they tortured me.		
No way!	F,F,F	Note the reads – she has just obviously had a big realization
They re-tortured me. When they took me back, they had to re-torture me.		
<u>Did they re-torture you?</u>		I ask this since she said “no way”
Yes	F	Note the read
<u>Is this the incident we looked at yesterday incident or another incident?</u>		
Another	F	
<u>What year?</u>	LF,	
1983	F,SF 3.3	
<u>Move to the beginning of the incident (she does so). Move through the incident telling me about it as you go.</u>	SF,F	
I was taken at night	LF,SF,F	Note the reads
There's more devices in this one	F	
I can see myself hooked up to something	F,F 3.4	
Why do they keep torturing me?	F	
I possess something they just can't let go	F,LF 3.3	
	LF,F,F	Note the reads
I'm being tortured by devices	F	
<u>Where?</u>		
Mars	LF 3.8	Note the read
	SF	
They're still using me, in an alter.	3.7	

But I'm not safe when I'm not in the alters.		
There is an anomaly in my brain.	3.8	
Have you been given a drug? (not sure what was said here, because next I ask)	F	
Have you been given the energy of a drug?	F	Note the read
We stop and do kinesiology and balance out the energy of a drug. Then we return to the meter.		
	4.8	
I'm being programmed	F	
Someone decided it's safer to not let me totally go. So they continue to use me. But they have to keep reprogramming.	LF,F	
Are they still using you to the present day?		
Yes	F	Note the read
When was the last time?		
Last month	F	
Move back to the incident	SF	
Remote viewing is part of the reprogramming	F	
I'm in a chair. I'm doing remote viewing for them		
What is the year?		
1983	F 4.0	
I also did it last month as well.		
Go back to the 1983 incident	3.7	
The remote viewing part was after the torture		
How much time elapses?		
Six hours		
How do you feel now?		
Much better	F	
In last year, what is the time period between abductions?		
A couple of months	SF	
In your whole life, how many times have you been abducted?	F,F	
150	SF	An adage of clearing is that repetition leads to discovery.

Session 14: Pat Seeks Recruits & is Discovered

September 7th 2002 pm

<u>Start of session</u>	4.0	
<u>What's been happening?</u>		
Last night I had a brief image of someone completely blowing apart.	SF	
I have a tendency to go through books looking for information, because they took the memories away.	SF 3.9	Note the read
It's to do with energy and manipulation of energy.	SF	
The abductions are to make sure it's holding.	SF	
<u>Move to the beginning of the incident of the person blowing apart (she does so).</u>		
<u>Is this an incident?</u>		
Yes		
<u>Move through the incident telling me about it as you go.</u>	3.8	
It's on Mars	SF	
Is there any interference?	SF	
Yes		
There are two		
<u>Two?</u>		
<u>In or outside this room?</u>		
Maybe this guy told his superiors.		
<u>Do the same thing I got you to do yesterday.</u>		
They're gone		
It was so easy.	F	
<u>Move to the beginning of the incident.</u>		
I'm there.	SF	
<u>Move through the incident telling me about it as you go.</u>		
I'm part of security on Mars. I'm running through a hallway, chasing someone. I'm chasing a man.	F	
I stop. I'm receiving orders.	F	Note the read
The previous order was to retrieve him.		
I stop and do the order.		
He blows apart.	SF	Note the read
<u>Do you have a machine to help you?</u>		
Not that I know of	SF	
Have a look		
Something is near my chest area.	Tk	
Like a shiny piece of jewellery, but		

it's hooked to my outfit	SF,F	
Back in the debriefing room. They're talking about me.		
They're doing something to me.	F	
I'm shut down like a robot.		
They're concerned about something.	F	
I feel like when my trainer came into me -	SF	
They're checking me psychically	SF	Note the read
They've checked the device		
They're not happy by what they find		
	SF,SF	
One says, "This could cause problems"	SF	
I think they can't completely control me		
	F,F,LF	
There's a part where I'm extremely adaptable. Maybe I didn't use as much of the machine as they thought I would	F	
Is that what happened?		
Yes	F	Note the read
I'm marked for monitoring	F	
Move to the beginning of the incident (she does so).		
Is there a new beginning to this incident?		
Yes		
Move to the new beginning of the incident (she does so). Move through the incident telling me about it as you go.		
He came up with a batch. He's one of the new recruits. Somehow he got through our security. He's been sent by a warring faction to infiltrate.	Tk	
He was good enough to get there and into the program, but not good enough to make it through.	F	
What is the name of the faction?	F	
X		Pat said later that "X" could be a code to block her memory of the faction. I didn't pursue this further at the time.
We uncover him. He takes off.		
He's running towards something.	F	Note the read
I was sent to retrieve him		
What is he running to?		
A device that will transport him out.		
It's a co-ordinate – not a device.		

He took off too quick.	F	3.5	
They told me to terminate.			
I did.			
<u>What is the next viewpoint to be run?</u>			
The recruit's			
Be the recruit (she does so). Move through the incident from the recruit's point of view.			
I'm human, but I've got a lot of added things.			
I'm nervous.	SF		
They better know what they're doing.	SF		
Hope it works	SF,SF		
I'm seeing ...	F,SF	3.4	
There are recruits moving around. I'm in the midst of them. The trainers help them through the drug phase.	SF		
We haven't been divided up yet. There's an energy going through the room.			
I'm having trouble keeping a composed front.	F		
It's a sensing energy.			
They're looking for implants or additions to bodies.			
It passes through me.	SF		
They're dispersing – going out with various trainers.			
No one is taking me.	SF,SF		
I'm feeling really nervous about one trainer who's left in the room.	SF		
She says "come with me"	SF		
But we go off in a different direction.			
We're walking down a hallway	F		
I'm more nervous.			
This is not working	F		Note the read
I was a fool	LF Body shakes 3.4 F		Note the read and body reaction
(Interruption from Pat saying: I don't want to go through the feeling of being blown up. I tell her to continue).			
Various technicians are in the hallway. I'm looking for a way out. I know where I'm being taken. I			

don't dare hit the beacon while I'm in this area.	F Heavy breathing F	
She doesn't say a word (here he is referring to Pat)	F,F 3.3 F,F Looking around & very heavy breathing 3.4 3.5	Note the reads
I see a man approach a door. This is it. I'm running. The man ahead of me is not aware – I go through the door. I hit the beacon.		
She hit the beacon – she is right behind me.		
(Pat interrupts again saying: I don't want to go further)	Tears	
I'm looking behind to see where she is.		
I feel all around me this pressure	Gasp	
That's the end		
<u>Be yourself again</u>		
Good!	F	
I'm glad I'm not in that viewpoint any longer – I felt everything.	F	
<u>While on Mars how many did you kill?</u>	F	
That can't be right		
82	F	Note the read
<u>How many have you killed off Mars?</u>	F	
I'm not to know that	F	
Repeat "I'm not to know that"		
<u>I'm not to know that, I'm not to know that</u>		
Nothing's coming		
Repeat "Nothing's coming"		
Nothing's coming. Nothing's coming.		
<u>I repeat the question, how many have you killed off Mars?</u>		
34	F	Note the read
It's a heck of a lot.		
<u>Do you consider killing the recruit as an intentionally committed harmful act?</u>		I am here working to get all charge off. Our minds improve when we remove charge from things done TO us. But our lives get better when we

		get rid of the charge, accept responsibility, and ask God for forgiveness, for the things done BY us.
Yes		
<u>When was this?</u>	F	
<u>I repeat, when was this?</u>	F	
It's not there		
<u>Repeat "It's not there"</u>		
It's not there, It's not there	F,F	
1975	SF	
<u>Where?</u>		
Mars		
	F	
<u>What was the effect of this on others?</u>		
The people who sent him – it destroyed their chance of infiltrating Mars.		
There's a girl who was involved with him, and never saw him again. She always wondered.	SF	
<u>Did she know he'd gone?</u>	F	
Yes, he was in the military.		
<u>Did she know how he died?</u>		
No	SF	
His parents.		
They were told he died in an explosion.	SF 3.4	
<u>How did this affect them?</u>		
They were upset.		
<u>Did this affect anyone else?</u>		
It affected the people who told me. It made them glad I did it, but also disturbed them, because I did it more with me than with the machine.	SF	Note the read
<u>Anyone else?</u>	F	
His friends	F 3.3	
<u>How were they affected?</u>		
They were told he died on Mars, during a training accident.		
His faction.		
The girl.		
<u>If not on earth or Mars, where are they?</u>		
The moon	F	Note the read
<u>Are you willing to take responsibility?</u>		
Yes	F 3.3	
<u>And the effect on others?</u>		
Yes		
It seems to be a community were		

they are	F	
The girl wasn't an active agent for them	F F/N	
I feel that's done	VGI	

Session 15: Pat Abducted from our Home

September 7th 2002 pm

This was unusual because in this session Pat was abducted from our apartment in Arizona where she was staying – but we ourselves had not been abducted from this home.

This was due to Michael changing the Quantum Matrix not just in our home but also in ourselves every few days. (See “The Mars Records, Book 2” for instructions at www.themarsrecords.com).

Michael got the realization that one has to change the Quantum Matrix inside ONESELF to stop abductions after he got taken when we stopped in a car park while traveling from Virginia to Arizona around April 2002.

They did not do too much to him at that time as it was a new group, because it was in a new area. We assume they figured that the Virginia people had overstated the problem when the Virginia people said they couldn't get him, and that the Arizona people figured they could pick him up again when they wanted. They were wrong. Before that time Michael did not change the Quantum Matrix inside ourselves. After that time he did it every few days. We have not been taken between that time and time of writing, November 2003.

When he changed the Quantum Matrix in ourselves, he would always touch me so that we would move together to a new reality. (See www.realityshifters.com for information on changing realities). If you have children, you want to touch everyone in the family when you do this.

At the start of this session Pat looked pretty awful. Last night she had looked fine.

<u>Start of session</u>	4.0	
I'm seeing myself outside last night	F	
Pat felt that she had been abducted last night, and definitely looked out of balance, so I gave her a kinesiology balance. She was way out of balance: Her Central Nervous Sytem was out of balance, and wouldn't correct by the normal procedure. Muscle testing indicated that I had to remove wernicke's commands before the correction would take.		
The following wernicke's commands were removed:		
<ol style="list-style-type: none">1. "Forget this"2. "Don't remember this"3. "You weren't here"4. "This is a dream"5. "You don't know anything about this"6. "You won't remember this"7. "You are under our control"		

8. "Follow your programming"
9. "Your programming holds"
10. "Die if you remember"
11. "Fall if you remember"

Then I balanced out two drugs. Then we returned to the meter.

<u>Do you have an incident in restimulation?</u>	F	The read indicates that she does
Yes		
<u>When is it?</u>		
Last night		
<u>Move through the incident telling me about it as you go</u>		
I see myself walking out to the parking lot		We were in an apartment complex in among the woods at the time
<u>What time is it?</u>	F	
3 am		
<u>3 am?</u>	F	
Yes		
There are two men there	F,F	Note the reads
But they don't have a car	4.6 SF	
We're in some room		
<u>Where?</u>		
Montauk	F	
<u>Is this still last night?</u>		
Yes		
They turn me over to a man	SF	
The two here were to make sure I got out of the house. They turn me over to someone. They weren't wearing suits – some kind of jumpsuit.		
They walk away	F	
I'm feeling emotional at this point.		
I don't feel good	F 4.25 Shakes	
There's the main doctor and another man with him. They're discussing the fact that they can't seem to keep the programming in. It's something to do with my brain. The one says: "She's almost too much trouble for the worth of it"	F	
They're having this discussion right in front of me	SF	
One says "Let's do it again"	F	
The drug is given. They don't do anything physical to me.		
I'm seeing myself back in bed.	F	
Move to the beginning of the		

<u>incident (she does so). Move through the incident telling me about it as you go.</u>		
Two men		
<u>Move back to when you were in bed and move through the incident from there.</u>		I want to see how she got out of the house
I'm there (in bed)	SF	
I walk through the door without opening it.	SF F	Note the reads
It's by an increase of my vibration	F	
I'm slightly out of phase.		
I didn't even walk down the steps. I just move to where they are at.		
I'm not getting the door on the way back.	F	
I just go through the wall from above.		

Pat looked and felt a lot better after this session.

Session 16: Pat kills a General – on Four Different Time Lines

September 8th 2002 pm

<u>Start of session</u>	5.5	
<u>Is anyone interfering?</u>		
Yes		
<u>Remove them, weave a cocoon for protection etc. Also pray for a successful conclusion. (she does so)</u>		
<u>Do you have an incident in restimulation?</u>	F	The read indicates that, yes, we do.
Yes		
<u>Move through the incident telling me about it as you go.</u>		
I'm seeing a wall	5.2 SF,F	
The wall is there and it opens and there's a door. I go through it.	SF	
Into an installation.		
<u>When is this?</u>	F	
Two years ago.		
This is on Earth, nothing to do with Mars		
<u>Where are you?</u>		
Montauk	F	Note the read
I get a check-up. I normally go to Montauk because they know me the best, and they're keeping tabs on it.	SF	
It's not through Camp Hero	Tk	
It may be near Brookhaven.		
It is near Brookhaven	SF	
Outside entrance, but not in a complex of buildings. It's a wall, it just disappears. The wall is in a garden complex with walkways and curving border walls supporting higher walkways. The 'door' is in one such wall. They built a garden because the 'door' was in plain view.		
The wall is in a garden complex.		
Brookhaven Labs	F	
I feel water over me again – we're down deep, under a river.	5.1	
I walk in as though it's normal. Nobody is with me.		
I'm now in a room with a couple of technicians.	SF	
No physical type of machine I can		

see.		
Something says: "This isn't true, this is my imagination"		
<u>Is that from a wernicke's command?</u>		
No		
<u>From an entity?</u>		
No		
<u>From a demon?</u>		
No		
<u>From a person?</u>		
Yes		
Push him out		
There is machinery in my body so they know about this		
<u>Use your abilities to deactivate the machine.</u>		
There is pain in the top of my head, dead centre.		Note the onset of pain
<u>Did you have this machine in you yesterday?</u>		
Yes	5.0	
It's an interface, and it's used a lot when they want me to come.		
Whoever was interfacing did not like me knowing that one	F Deep breaths Gasp 5.0 F 4.9	Note the read And note the body reactions
Energy is being sent to me, giving me shocks	F	
<u>Pray for more protection</u>	5.0	
I've asked God to send legions of angels to protect me		
I can feel the irritation of the man.		
Oh!	F	
I thought there was only one!		
I see all kinds of relays in my head.		
<u>Locate the weakest link.</u>		
Destroy it	F	
I destroyed it	F	
I'm seeing a reaction with the others.		
<u>Move back to the incident</u>		
I'm being programmed	F	
It's a program to do something	SF,SF	
Time travel	F	
<u>What year is it now?</u>		
2000		

<u>What year do you go to?</u>		
Nothing's coming		
<u>Repeat "Nothing's coming"</u>		
Nothing's coming, nothing's coming		
<u>Have you been given a drug?</u>		I ask this since we have a high TA and the reads seem to have stopped
Yes	F	
We do kinesiology and balance out the drug, then return to the meter.		
<u>What happens next?</u>	F	
I'm out of there	F	
<u>Out of where?</u>		
It's the same incident. I leave. But it's like being sucked into something	5.0	
	SF	
I'm in an official place	SF	Note the reads
<u>When?</u>	SF,F,F 4.9	
<u>I repeat, when?</u>		
I know	F,SF	
<u>Is it still 2000?</u>		
No		
<u>I repeat, when?</u>	F	
2004	F	Note the read and that this session was one in 2002
I'm in a government area. There are guards. It's on the east coast.		
<u>Of America?</u>	SF	Note the read
Yes. Washington.		
<u>Have there been any earth changes?</u>		
Things look normal to me.	5.0	
	SF	
It's to terminate someone	SF	
It's a military general		
<u>At the base you go to?</u>		
No, in an office in a building.	SF	
This has to be an inside job – I walk into the building.		
<u>Can they see you?</u>		
No		
It's done by bending of the light.	SF	Note the read
If they could stare at me for a while, you'd see me.		
<u>Is there a machine helping you do that?</u>		
Yes, it's the interface		
The general is sitting at his desk. I enter the room.		
I feel someone is looking through		

me at him	F	Note the read
I'm used as a monitor. I stand and wait. They send me there so they could key into him	F	
What he's going to do, he hasn't done yet. They're deciding. They tell me to terminate him. I give him a stroke. That's it.		
<u>Was this a harmful act?</u>	F	
Not from me		
<u>What harm was done as a result of this act?</u>		
It upset the staff. His wife, his children.		
<u>What was he going to do?</u>	F	
There's nothing there	5.0	
Ask him, or his higher self		
Oh!		
He was planning on taking some new technology and using it to affect a shift in power.	SF	
<u>Was he more of a freedom fighter or more of a suppressive?</u>		
He was more of a freedom fighter. He's not alone. Others are spooked by what's available (that is, technology) and how it's being used.		
The stroke was to send a message to the others.		
I'd like to end this here.		Rule of clearing: Do not let the client decide when the session ends – if they want to end it, there is usually something they need to look at.
<u>How do you feel?</u>		
Like it's not complete	F	The read indicates that, yes, it is not complete.
<u>Move to the beginning of the incident (she does so). Move through the incident telling me about it as you go.</u>	5.3	
It's something else to do with the General.	LF 5.1	Note the read
The death of him makes it worse.		
<u>Worse for the good guys or worse for the bad guys?</u>		
Worse for the bad guys.	F	
If he lived, someone else would have taken over his job. That puts in motion these effects. It makes it worse for the people I'm working for.		
Humanity loses in the end.	4.9	Now we are getting conflicting statements: The reason will soon become clear

Now I'm confused – I'm trying to work it out.	SF	
Someone takes over.	F	
The situation gets worse.		
<u>Worse from whose point of view?</u>		
The guys I work for – they didn't get what they wanted.	F 4.6	I begin to get an idea of what is going on and why there is so much confusion, so I ask the following question:
<u>How many time lines are we looking at?</u>	F	Note the read – that indicates that this question was relevant. Remember, there are in infinite number of time lines, each one slightly different from the other. For more information see www.realityshifters.com
Four		
<u>How many times do they send you to kill the general?</u>		
Four	F,F 4.5	Note the reads
<u>Is there a different outcome each time you kill him?</u>		
Yes	F	Note the read
Somebody didn't like that (meaning, us finding this out)	LF	
They're very disturbed		
<u>Acknowledge them</u>		
Now I feel better	4.4 F/N	
I feel an anger at being sent to do this, four times!	F F	Note the reads
I got peeved off that they kept sending me back.		
<u>Be the general the first time you killed him (she does so)</u>	4.3	
Re-experience your death	F 4.4 Gasp LF 4.1	
Oh God! – that hurt!	4.3	
He realized something was going on, just before it happened – on the left side of his head.	4.5 Gasp	
Oh my God!	LF 4.0	
He half stood, and then went face first.		
I could feel him falling	SF 4.2	
It wasn't an instantaneous death. Now he's gone.		
<u>Be the General the second time you kill him (she does so)</u>	F	From memory, I think Pat was surprised I told her to do this, and was fairly unwilling to do so.

<u>Re-experience his death, the second time you killed him</u>	SF 4.3	
I'm not having a stroke	F	Note the reads
I'm choking	F	
<u>How?</u>	4.0	
There's no one around. I feel crushing in my throat.		
<u>Is the woman Pat doing this to you physically?</u>		Remember that although I am speaking to Pat, she is speaking for the point of view of the General. She is 'being' the General. So it is as if I am speaking to the General, not to Pat. Therefore, I ask the 'General' questions about Pat, even though it is really Pat who is doing the talking.
No	F	(Meaning not by physical means, but she is doing it psychically)
He's gone		
<u>Be the General the third time you killed him (she does so)</u>		
Re-experience his third death	4.2 Gasp LF	Note the body reaction and big reads
It's like a blow to the head	4.2	
That one's in the head again	F 4.3	
It's like a concussion	LF	Note the read
Like a cleavage right through the brain, in the third eye area. I've got a lot of pressure in my third eye.		
It's almost like a hole there.	F	
But not from a bullet		
It's ended	F	
<u>Be the General the fourth time you killed him (she does so).</u>		
<u>Re-experience his fourth death</u>	Gasp	Note the body reaction
This one's a fire	F	Note the read
<u>Spontaneous combustion? Or a normal fire?</u>		
It's just him	F	Note the read
<u>Will it look like spontaneous combustion to others?</u>		
No		
His desk is charred as well.		In spontaneous combustion, no furniture is ever damaged.
It doesn't start with him.	4.3	
It starts on top of his desk.	F	
Next – he's a total torch. The first part was to disguise it. The second part was spontaneous combustion.		Repetition leads to discovery.
<u>Is he hurt?</u>	F	
It's very brief		

There was more emotion when he was trying to put the fire out.		
<u>What was the effect on others when you killed him the first time?</u>		
The first time was when another guy took over.	F	
That did not happen with the others.		
The fourth time he became almost a martyr. That was not good for the dark forces.		
<u>What about the other two times?</u>		
The dark forces benefited on the third time.		
The light forces benefited on the second time.	F	
The first time was kind of up in the air.		
<u>Are you willing to accept responsibility for all four deaths?</u>		
Yes	F/N	
The general was watching us there (Pat indicated a place in the room)	F	
He said "It's about time you admitted it"		This was said with a lot of conviction, as though this was VERY important. There was an emotional release here
He kind of forgave me	F/N	Normally this would be the end of the session, but I had a few questions to ask about other things:
END OF SESSION. However, we then ran through a few questions that I wanted to ask and that Pat had asked me to ask her on the meter:		
<u>When you walked through the door in our apartment when you went off with the men the other night, did you have technology to help you?</u>		
Yes	F	Note the read
<u>Have you ever been taken at work?</u>	F	Pat works in a hospital
Yes		
<u>How many times?</u>		
24	F	Note the read
<u>Do you know anyone now that you knew on Mars, besides Michael?</u>		
No		That figures. We get the feeling that anyone who has been returned from Mars was sent to somewhere where they would be unlikely to meet other people from Mars who would trigger memories.
<u>Is your mother your biological parent?</u>		
No	LF	Note the read, indicating that, yes, the answer "no" is correct.
<u>Is your father your biological</u>		

<u>parent?</u>		
No	SF	This was not an instant read, so the answer may not be correct. There is probably more to this.
<u>Have you been targeted and pursued by government agents?</u>		
Yes	F 4.1	
<u>Is there a base beneath your hospital?</u>		
No		
There's a corridor to a shuttle		

Session 17: Abducted at the hospital

September 9th 2002 pm

<u>Start of session</u>	4.9	
<u>Do you have an incident in restimulation?</u>	F	
Yes	F 4.7	Note the reads
<u>Move through the incident telling me about it as you go</u>		
At the hospital, where I work, there's a locker room	SF	
I hear noises all day – bells ringing etc., so I like to go where it's quiet.	SF	Note the read
I feel that ...	F	
I'm not there all the time (in the locker room), but I feel as though I am because I don't have any break	SF	(in the sense of break in the passage of time)
Somebody comes for me. Somebody I know walks in.		
He says something to me.	F	Note the read
It's not something normal like "how are you"		
<u>What does he say?</u>	F	
(I can't get an answer to this so we move on):		
We walk down the hall. There's nothing unusual, till we get to the west building. It's the older building. I work in the east wing. The room is an area off of an underground tunnel. There's nothing secret about the tunnel. It connects the main hospital with two other buildings. I go through it often. The tunnel is off the west wing.	SF	
We ... go into an elevator.		
<u>Is the elevator hidden?</u>	F	
Yes		
<u>How?</u>		
It's behind some ... a storage area – the shelves just move.	F	
We're going down	SF	Note the read
I think I've been put into a hypnotic state – I'm not in an alter. I feel it's hypnotic.		
<u>Are you in a hypnotic trance?</u>	F	
Not a trance		
<u>Is it hypnotic control?</u>		

Yes	F	
It's not one of my alters. The elevator stops and opens. It looks like a subway station. There are people going back and forth.		
This is the shuttle	SF	Note the read. Interesting that she said "the" shuttle and not "a" shuttle.
This cannot be happening on my lunch break	F	
<u>When is this?</u>	F	
<u>What year?</u>	SF	
1999	SF	
<u>What month?</u>	SF	
February		
<u>What day of the week?</u>		
Tuesday	F	
<u>What happens next?</u>		
The man with me is talking to someone about me	SF 4.5 F 4.6 SF,SF	
They're still talking	F	
I was trying to make sense of what they're saying, but it doesn't make sense.		
One points to a room behind us. We go in there.		
They've decided against taking me anywhere due to the time element.	F	
This room has ... it's technological looking	F	
I get the sense it's literally hooked up to points all over the world.	F	Note the read
There are literally hundreds of these shuttle rooms	SF	Note the read
It's a monitoring area for the area		
<u>What is the radius it monitors?</u>	F	
About 80 miles radius	F	
It monitors electromagnetics, moods (of people). It's hooked to HAARP.	F	For information on HAARP, do a search at www.google.com
They sit me down	F	
In a round thing, it's concave.	4.7	
These machines have a psychic interface.		
A lot of data going out		
<u>Are you hooked in?</u>		
I'm not hooked in – it's around me.		
A lot of data is coming in on an unconscious level.		
<u>What is the data about?</u>		
Political	SF	

Military	SF	
Scientific. Research.	F	
I'm back in the locker room now. <u>Move to the beginning of the incident (she does so). Move through the incident telling me about it as you go.</u>		
I see the man <u>What is his name?</u>	SF,F	
He's (Pat names him). He is a highly placed executive. (Pat names him)	Tk 4.5	Note the read
His name is (name withheld) <u>What words does he say to you?</u>	SF	Note the read
"It's a beautiful day"	F	
<u>What else?</u>	F	
"Pat". "Let's go for a walk"	F	
Plus, it's a women's locker room. (He shouldn't be there). He said "Let's go for a walk" telepathically.		
I always thought he was creepy <u>Is he human?</u>	F	
Not completely. He's reptilian controlled. I'm there for their benefit.		
<u>Is somebody interfering with us right now?</u> Yes		
<u>Who's interfering?</u> Reptilian	F	
Both the men I saw earlier were reptilians		Pat is referring here to some stories she had told us earlier. They are pretty creepy. She remembers these consciously. In the first, she saw an extremely tall, very thin man wearing a dark suit come out of a HOUSEKEEPING CLOSET, which contained only cleaning articles. He looked at her and she had the thought "rep"(meaning reptilian) and he then immediately WENT BACK INTO THE CLOSET!!! On another occasion, she was in a basement of the hospital. She saw another extremely tall, thin (although not as thin as the previous man), black man wearing a dark suit walk towards her and look at her. Again, she had the thought "rep". The man then suddenly turned and around and walked quickly ahead of Pat and

		entered the tunnel.
They have received reports on me Report's on what's done and what I'm involved with.	F	
They're still using me on a regular basis	F	Note the read
They're implanting data. They're updating me all the time. So when they need me, I'm current. Sometime there is no time for briefing.		
I'm back in the room. They're updating the datalink with me.		
I think that may be why I'm constantly looking for information, but don't retain it.		
I always search for the big picture.	F,LF	
They've been doing this ever since I worked there.	LF	
I thought I got that job very easily. It's accessible to me, but not in this state.		
I have a great trouble keeping up with current events.		
They make sure it's on a hypnotic level.		
They return.		
<u>What time is it when you leave the locker room?</u>		
12.30-12.40		
<u>What time do you return to the locker room?</u>		
1.05		
<u>Do they change time or just use up your lunch break?</u>		
There is a bit of time expansion, in the room.	F	
<u>How much?</u>		
One hour	F	Note the read
That's sneaky. Sometimes I don't take a break to eat. Sometimes I miss out on lunch.	F	
A lot of times I don't get away for a morning break – I have a late morning break, and I'm not hungry at lunch. We get three breaks during the day.		
There's more going on than just the data input.		
They're checking systems	F,SF	
I'm not feeling good right now.		
I feel kind of sick	F	
<u>Is the feeling of being sick from this</u>		

<u>incident or another?</u>		
This one.		
I think it's a drug	F 3.9 F	
There's something associated with this drug	F 4.0	
Now I get a feeling on either side of my head, like a head-phone.		
They're programming me for an assignment	F	Note the read
The scene jumped to where I can see men. They're wearing black.	LF	
<u>Is this happening physically?</u> (answer not recorded)		
<u>Is this happening out-of-body?</u> (answer not recorded)	F	
<u>Is your body there?</u>		
If it isn't it's a heck of a hook up. It feels like my body is there.		
<u>Tell me what you see</u>	LF	
I'm doing some remote viewing. I'm looking inside an installation. This remote viewing, it's like a virtual reality.		
This is like a sci-fi book	F,SF	
I make doors appear where there are not doors. I don't go in with them. I'm holding the perimeter.	4.2	
But I follow them mentally.		
There's a lot of rapid change.	LF	
It's like the installation is constantly changing.		
This is hard to believe	F,F	
I think the resistance is my own	F	
<u>Is there a connection between these pictures and the headphones?</u>		
It's like a link up with the installation we're in.	4.0	
I get this is my imagination, so I'm doubting it.		
<u>Where is this?</u>	F,SF, F,SF,F	Note the reads. A lot of charge is being brought in for viewing.
<u>I repeat, where is this?</u>	F,LF 3.9	
When you ask that, I see my mind scanning the eastern coast (of the USA).		
<u>Move to the incident where you put on the head phones. Move through the incident telling me about it as you go.</u>		
	Head jerks	Note the body movements,

	LF 3.8 4.0	and large read
There's a portal involved in this	F,F	Note the reads
The men, when they go into the building, they come back with someone else.	4.0	
Is this real? (answer not recorded)		
Is this some kind of virtual reality training program?		
Oh – I never thought of that.		
I don't think it's virtual reality. I think they're real.		
Are you still on your lunch break?		
No		It appears that another incident is now kicking in. I ask this because the pictures are changing.
When is this?	F 3.9	
Two weeks after that	F	
Where are you?		
On the east coast. Virginia. Mountainous area.		
Move to the beginning of the new incident involving the portal (she does so). Move to the part of the incident before the portal.		
Where are you?		
On my bed		
What time is it?	F	
2.00 am	LF 4.2	
What happens next?		
I get up and go downstairs to the living room area	F,F,F	
I'm getting all kinds of pictures		
Stick to the one incident that we are on		
I walk through the portal.		
It's a mountainous area. It's at night. They have clothes for me at that end.	F 4.5 F	
Why do I have such resistance to this?	F	
Are you under attack?		
No, it's programming in me. There's a lot of energy coming from my third eye (in the incident)	F 4.4	
I'm scanning, remote viewing. It's very detailed.	4.5	
They were waiting!	LF 4.3	
This kind of 'op' is not that unusual – they use me for an instrument. They called me a psy-op. This is to combat security. It's an extraction program. To get		

someone out. I never go in.		
I hold their space	F	
I make the entrances.		
<u>Do you have machinery to help you?</u>		
There's an interface, in the center of my chest.		
There's also something internal in my head.		
I scan	F	
I find a job to penetrate. I remote view for them, and get them out.		
They go in where a door is created. I also locate their target. I sense what's happening as they do this.		
I try to stop tripping the security.		
I'm standing there like a statue – following them mentally, psychically.	F	
They find the man, in a small cell.		
This is not just a human base.		
<u>Who is it owned by?</u>		
Reptilians	F	
Also, higher elite – demonic.		
The people I work for are an intelligence group	F	
They had a man in there	F,F	
Where I entered them was the closest to the cell	F	
They're coming back out	F 4.3	
That's the end	F	
I feel okay.		
I was just returned.		
That was one of numerous jobs I've done. They're not all the same. But they always data-link me.		
I feel good that it came to a successful end.	VGI F/N 4.0	
They don't always end up like that. Sometimes they end in a confrontation.		
There are some jobs I've been hurt on	F	Since we are at the end, and have a floating needle, I feel that here is a good place to ask Pat some questions she has wanted the answer to:
<u>How many times have you negatively hallucinated?</u>		"Negative hallucination" is when you can't see something that is there
Innumerable		
<u>In the last month?</u>		

(answer not recorded)		
<u>In the week before now, how many times did you negatively hallucinate?</u>	SF	
All the time	F	Note the read
<u>Who or what do you negatively hallucinate about?</u>	F	
Handler		
<u>Describe them</u>		
It's a man	F LF	
Oh!		
They can walk in and out and I don't see them.		
Sometimes I feel actual touches.		Note from Stephanie Relfe: Michael and I were at a body/mind fair once and met a woman who seemed to have had some similar experiences to Michael and Pat. During conversation and questions, it came up that she sometimes sees binoculars appear in her room!
<u>How long have they been there?</u>		
Since the beginning		
<u>How do you decide whether to see them or not?</u>		That is, how do they program her to not see a particular thing.
It's something they wear – a device on the chest -		
A triangle, greenish gold.		
<u>What is the background?</u>		
There is none. It's solid greenish gold.		Note that we don't get a read.
<u>What else is with the triangle?</u>		
There's a blackness to it – although there is no black ON it. It's non-reflective.		
<u>How tall is the triangle? In inches?</u>		
	F	
2 ½" inches		
2 inches	F	Note the read
<u>Where is it worn?</u>		
On the chest area, over the sternum.		
<u>How many people have you negatively hallucinated that were wearing the triangle?</u>	F	
200+		
<u>How many near (town where she lives)?</u>		
At least 150	F	
<u>Have you ever negatively hallucinated anyone who was not wearing the triangle?</u>		

Yes, but that was hypnotic control.		
<u>Do you have a password?</u>	F	
<u>If you had a code, what words would I say?</u>		
I'm feeling very agitated.		
That's not going to do it		Meaning, my question is not enough to get an answer.
<u>Repeat "That's not going to do it"</u>		
That's not going to do it, That's not going to do it.	Gasp	Note the body reaction

We then stopped and removed wernicke's commands against remembering the codes that activate her. Pat had TONS of resistance to getting rid of these – crying, back arching, gagging, deep breathing etc.. She kept stopping what I told her to do, and started gasping, saying she was afraid they would come true etc.

Throughout these wernicke's commands, Michael was doing deliverance. He said there was a demon attached to each command, which was why Pat was reacting so much to each one.

Once they were all removed, she was fine.

The commands were:

1. "Die if you remember your codes"
2. "Have heart failure if you remember your codes"
3. "Stop your heart if you remember your codes"
4. "Have a stroke if you remember your codes"
5. "Burn if you remember your codes"
6. "Have a brain hemorrhage if you remember your codes"

Session 18: Wernicke's to keep her at Work

September 9th 2002 pm, pm

The following wernicke's commands were removed, all to do with keeping her at the hospital she worked at:

1. "Stay here"
2. "You can't make it at any other job"
3. "You need to go to work"
4. "You can't be self employed"
5. "You need this job"
6. "Never quit"

Session 19: Wernicke's for Negative Hallucinations

September 9th 2002 pm

The following wernicke's commands were removed:

1. "Do not see anyone who wears this badge"
2. "You don't see me when I wear this badge"
3. "I'm invisible when I wear this badge"
4. "We are invisible to you when we wear this badge"
5. "Whoever wears this badge is invisible"
6. "A person wearing this badge does not exist"
7. "We do not exist when we wear this badge"
8. "Anyone wearing this badge will not be seen"
9. "You can never see your handler"
10. "Your handler is always invisible"

Session 20: Wernicke's for Maintaining Control

September 10th 2002

The following wernicke's commands were removed. They had been given to Pat when she was abducted from our house:

1. "Don't publish"
2. "Publishing this is dangerous"
3. "Never publish this"
4. "Don't do clearing"
5. "Don't do kinesiology"
6. "Don't tell anyone about this"
7. "Keep this to yourself"
8. "Don't publish "The Mars Force Part 2"
9. "It's not safe to publish"
10. "You'll never be famous"

The following wernicke's commands were also removed. We found these when looking for a reason as to why Pat would not remember to use the portable door lock.

- "Don't use the portable door lock"
- "The door is always open to us"

We also removed these commands:

- "Strangle the Relfes"
- "Kill the Relfes"

Results Reported by Pat After the Second Series of Sessions

This ended the second lot of 10 hours of sessions, making a total of about 20 hours of session that Pat had received.

Pat wrote: "When I got home, people noticed that I could look at them directly for a length of time (which I had not previously done so), and some said that I had more sparkle in my eyes.

I seemed more alive and happier. I also felt calmer and at peace. I had a lighter feeling in my body, and handled stress much easier than I did before."

Session 21: Wernicke's to stop removal of Wernicke's

October 23rd, 2003

Pat got the courage and commitment to come back for a third series of ten hours of sessions a year later.

This time she wanted particularly to deal with things that had been happening to her recently. In particular, she found it hard to believe that there were really things going on at her hospital where she worked. She also wanted to resolve issues related to relationships, as she was single. She had been married, but said that she had been the main cause for the breaking up of the marriage. (The controllers do not want their subjects to have outside support from anyone and program their subjects to always be single).

First, I did kinesiology on Pat. Her body was blocked electrically. As with the first time I ever worked on Pat, when I unblocked her, we got a major reaction – lots of gagging, crying, some screaming, back arching, heavy breathing etc. etc. Luckily, this time it wasn't as bad as the first time.

Her cloacals were out of balance.

She had lots of invisible technology on her, mainly on her back and head, which I pulled off.

There was also demonic interference. Muscle testing indicated that she was being attacked by 300 fallen angels. Michael helped remove these.

She had a particularly nasty reaction when I pulled off some invisible technology, and Michael prayed for the removal of a hook into another dimension in her back.

We also had demonic interference. From contact with Bill Schnoebelen we had learned that some demonic interference comes from celestial beings (principalities etc.) but there can be other sources. One of these sources is "old ones". Muscle testing indicated we had three "old ones" in the room, attacking Pat.

Part of Pat's alter called "Anne" was hooked into another dimension.

Pat herself was hooked into four other dimensions, on each of her first three bodies (physical, etheric, astral).

It would appear that her controllers have read my book. I removed the following wernicke's commands that were to prevent removal of wernicke's commands:

1. "You cannot undo this wernicke's command"

(At this stage Pat could 'see' and reacted to an attack from five remote viewers, who were saying "shut her down". With prayer from both of us and Michael we removed their influence)

2. "This wernicke's command is here forever"
3. "Your wernicke's commands cannot be removed"

Again, we got interference. Muscle testing indicated it came from three bosses, in this case, draconians.

The air felt a lot clearer after their influence was removed.

Some booby traps were removed:

- "Have lung failure if you remember this"
- "Your heart will stop if you remember this"
- "Stop living if you remember this"
- "Have a brain aneurism if you remember this"

With eyes open, Pat was then in balance. With her eyes shut, her central nervous system was out of balance. I then rebalanced this.

Session 22: Alters are Activated by Different Breathing Patterns

October 24th 2003

<u>Start of session</u>		
<u>What's been happening?</u>	4.2	
I've been feeling a change since the sessions last year. I suspect things are going on.	4.1	
I get mental pictures of being empowered.	F	
Usually when this happens I wonder if I am connecting to (the alters) Anne or Pat 3.		
<u>Have you been connecting to Pat 3?</u>		
I think I have	SF	
<u>Also to Anne?</u>	F	
Yes	SF 3.8	
I'm feeling weird		
<u>Locate the feeling</u>		
Upper chest		
<u>Locate what it's coming from</u>		
It's not in me. In this building.		We were in a hotel in Florida at the time
On the left side.	SF	
<u>How many rooms down?</u>		
Two rooms down	SF	
<u>What else is happening?</u>		
I was wondering if the abductions have been continuing.		
<u>Have they?</u>		
Yes	SF,SF	Note the read
<u>How many times have you been abducted since I last saw you?</u>		
Ten		
<u>Do we have interference?</u>		
Yes. From above.		
<u>Is it a ship?</u>		
Yes		
<u>What species?</u>		
Reptilian	SF	Note the read
(Michael is outside, nearby. I tell Michael by walky-talky to remove the ship. He has one of Don Crofts succour-punches to help)		
	Pat starts reacting – Lots of gasping.	
(Michael informs us he imploded a vortex. At that stage Pat immediately said that they were gone. Her reactions stopped. Michael said that they were		

attacking through the vortex). I still feel some pressure	F	
They're making alternative plans on the ship. The ship is out of phase.		
<u>Break soul ties from you to the ship</u> (she does so)	F	Note the read
<u>Is there still a connection?</u> Yes. A remote viewing connection.		
<u>Stop the remote viewers and come back to the room.</u>		
Somebody else is involved	LF	Note the read
<u>Locate them.</u> Who is it?		
Naval intelligence. Up the coast.		
<u>Is there anyone in the hotel interfering?</u> They're not connected to them.(That is, the navy are not connected to anyone in the hotel). The reptilians are upset that the connection to the ship got broken – they are asking naval intelligence what to do.		
(I 'got' that they were connecting through some crystals in Pat. Muscle testing indicated there were two crystals. I told Pat to deactivate the crystals).	4.1 F,F 4.0 3.9 3.8	Note the reads and drop in TA while Pat deactivates the crystals
<u>Put a cocoon around us.</u> That feels better.		
I think I broke the connection	F	
I asked for that		
<u>What's been happening?</u> It's a council	F,F	This is an incident in restimulation that she sees
I'm seeing men that are important. They're human, but with alien connections. I'm keyed into the incident when I was taken to Washington.		
<u>When is this?</u> February this year, 2003	F	
I woke up the next morning and felt like I'd been abducted. Then I saw that I had two bruises on my arm.		
I had conscious memories then of being taken to a high level of an 'alphabet' meeting in Washington, for a demonstration of		An 'alphabet' meeting means a meeting of groups such as CIA, NSA etc.

programming. Maybe I was becoming a threat.		
They wanted to know if it was worthwhile keeping me alive.		
I was in a chair, like a dentist chair. The bruises came from lifting me into the chair. I recalled all this consciously the next day.		
They did a demonstration of their control and my abilities. This is now ...	F	Pat told me later that remote viewing was one of the abilities they demonstrated. She watched and described the meeting. She also felt that she did remote influencing. And that she ferreted out a 'mole' as a side agenda.
<u>Move to the beginning of the incident (she does so). Move through the incident telling me about it as you go.</u>	F	
I'm pulled into the chair. There are two men on either side of me, for protection. I'm not extremely upset.		The protection is for the council, not for Pat.
<u>Are you in one of your alters?</u>	F	Note the read
Yes	SF	Note the read
<u>Which one?</u>		
Pat 3	Tk	
<u>Do they put you into others as well?</u>		
Yes		
<u>Can you be in more than one alter at the same time?</u>		
They can put a flavor in. They can key aspects of others in.		
I'm in Pat 3 and Anne. They use combinations	LF Gasp	Note the read and body reaction
This is the demonstration. I'm activated. I'm really hot.	3.3	
One of the council says, "Start the coolant". I was overheating. The two men have moved away. The coolant goes through the chair.		
My temperature has gone down.	LF	Note the read
They keep my energy suppressed because otherwise it's too dangerous, on a permanent level. That's why I don't have any metabolism.		This is referring to a very strange fact. I was trained to make each client take a very big breath and then let it out quickly before each session. The needle will then move, and should move at least an inch. This indicates that the client has enough metabolism to run the session.

		However, since I have known Pat I have had virtually NO readings of metabolism for her. However, at her very first session, since she had come a long way and looked and felt as though she had energy, I tried to run a session anyway and it ran fine. She has always run good sessions even though at no time up till now has she registered as having any metabolism on the meter. It is very strange. Normally when a person registers as having no metabolism from the needle falling less than 1", they are quite tired or hungry and will not have enough energy to run a session. (A clearing session requires a LOT of energy).
I had an important realization in the past year: They keep my psychic abilities, energy and memories suppressed by movement	F	Note the read
I've noticed that if I'm perfectly still that's when my hand and feet start moving by themselves, and my back arches.		Pat also told me later that she notices that when she is perfectly still, her energy starts increasing VERY rapidly.
<u>Move to the incident where they suppressed your energy.</u>		
I'm not getting anything		
<u>Repeat "I'm not getting anything"</u>		
I'm not getting anything, I'm not getting anything.	F F F	
They took me back to Mars.		
<u>When?</u>		
This year. They're very upset by what's been published.		
And they're upset by what I'm planning, to take out the system. It's a complete immersion and reprogramming, to try to fortify all control points they had before. There are lots of machines all over the place. They're trying to redo what they did before, because it's not holding. They don't do a physical performance. They connect right to the mind.		
They're evaluating - what's holding, what's not.	F F	
They work on a psychic space ... They're setting up fields	F	
I'm getting blocked	F	Note the read

There's a program in me	F	
<u>Will the wernicke's correction remove it?</u>		
(Answer not clear)	SF	
There are 30 commands	F	
<p>We do kinesiology. Muscle testing indicated there were 30 commands to remove.</p> <p>Pat then got the realization that they swamped her with thousands of wernicke's at one time. I then explained to her that she can "as-is" them all at once – the mind can do anything.</p> <p>She did this, and when I muscle tested again there were only 6 commands to be removed. She again "as-ised" them with her mind, and when I retested they were all gone, without me having to do any kinesiology corrections.</p> <p>We then returned to the meter.</p>		
They suppress me through movement. I can't sit still. If I try to sit still, like when I meditate, I have to move a finger or something.		Pat later commented that when she tries to meditate they prevent her from successfully meditating.
I had another important realization this year, but I can't remember what it is.		
<u>Access it (the memory)</u>	F	Note the read. It would appear that she has now accessed the memory.
It's breathing!	F	
Something is accessed through breathing	LF Laugh 3.8	
Some of the alters are switched through breathing!		
<u>To switch into Anne, what kind of breathing do you do?</u>		This was dumb of me. Since Anne is the killer alter, I should have picked one of the easier ones first.
Nothing's coming		
<u>Repeat "Nothing's coming"</u>		
Nothing's coming. Nothing's coming.	F,SF,F	
It's like a car's gear changes.		
Right now do the breathing pattern to get into Anne	F,F	
There's a blockage to this.		
I breath very shallow normally, even though I know that is not good for you.		
(I finally realize my mistake of getting her to look at Anne first and switch questions): <u>Do the breathing pattern that gets you into Pat 3.</u>		Pat 3 is the psychic alter.
It's a deep breath in, and several measured breaths out, with a stop		

in between each. Not equally spaced.		
(She does the breath to access Pat 3).		
I'm in Pat 3 now	F	3.7
Somebody is upset about this		
<u>What is needed to merge Pat 3 with Pat One?</u>		
Stillness and breath. The more I do the breath, the better I will get.		
<u>Welcome home Pat 3</u>	F	
I feel her	F	Note the read
She's very happy		
The remote viewers backed away	SF	
<u>What is the breathing pattern for Laurie?</u>	F	Laurie is the sex alter
Fast, rapid	SF	
<u>Command the body to access Laurie through breath</u>		
(Pat does the short, sharp breaths)	LF	
<u>Are you Laurie now?</u>		
I can feel her now	F	Note the read
It feels totally different than Pat 3. Slower, mellowed out, pleasing, sensual. No violent bursts...		4.1

Suddenly, Pat became overwhelmed with many, many pictures of things she had done as Laurie. They included lots of pictures of physical hurt and abuse. Also sexual acts with men, women, non-humans and ritualistic acts.

Because she was so much in overwhelm (crying, not able to handle it etc.) I put down the cans and went to her and did the kinesiology Emotional Stress Release correction on her so that the body could remove as much stress as quickly as possible. During this time Pat was extremely upset, crying and intensely emotional. She was totally shocked to get all of these memories, which she had had no idea were there.

During this time Pat got realizations which I did not record as I was busy holding her forehead and not writing things down. I also did some muscle testing to back up some of her realizations.

One realization she had was that she had had other children besides the human ones she is conscious of now. We then returned to the meter.

<u>How many children have you had that you didn't know about?</u>	F	
Six	F	
<u>How many of those are alive now?</u>		
Four	F	Note the read
<u>Are any of them 100% human?</u>		
No		
I never saw them.		
There are three girls and a boy alive now.		

(I was having trouble keeping up with everything at this stage as there was so much emotion and things going on at once): Pat got the realization that her experiences as Laurie were one reason why she found it hard to look at, and speak with, men.		
<u>What breath is necessary to get into Pat One?</u>		
Shallow, normal breathing		
Do that		

I ended the session here but Pat looked like a total wreck. Once a happy person, she now looked as though she had been through a major disaster and looked totally terrible and miserable. We had been going on with the session for quite some time (1.5 hours) and I figured she needed rest and some time to get over this, so I ended the session here.

Had I known she would react this way to Laurie's alter, I would have ended the session on a high after accessing Pat 3, but since time was limited that thought did not occur to me. Luckily, Pat can continue to access Pat 3 through the breathing pattern.

Session 23: The Alter Anne Kills the Man Pat Likes

October 25th 2003

<u>Start of session</u>	5.4 4.7	
<u>What's been happening?</u>		
Things came up after the last session	F	
Some were about children.		
I'm having a hard time accepting this	SF	
They were born on Mars	SF	
They're still on Mars	F	
They work there	F	
I don't feel like a mother to them, more like a maternal Petri dish.		
They were taken in the fourth month.	SF	Note the read
They used me to begin them.		
Also, it was part of an experiment	F	
The fathers were all different.		
I felt too, that this was during a 'down' time on Mars	F 3.9	
I'm getting emotional about that	Body jerks F	Note body reaction
<u>Was that jerk from an attack or from an incident?</u>		
It's emotional		
David came up	F	This was the recruit Pat liked very much who died before she was tortured on Mars
I feel I had three girls, three boys		
<u>Did you?</u>		
Yes, I had three girls, three boys	F	Note the read
Two boys died		
Three girls and one boy are still alive	F 3.8	
With David, I was with him in the Laurie alter	Tk	
Something doesn't feel right about this.		
I feel there's a cover – a block		
<u>Locate the block</u>	F	
In my mind		
<u>Is it from an implant?</u>	F	
Yes	F	
<u>Is the implant physical or non-physical?</u>		
(answer not recorded)		
Pray against it and zap it with your		

abilities – you don't have to remove it, just deactivate it. (she does so)		
There are shifting pains in my mind		
<u>Is it shifting around?</u>	F	
The implant?		
Yes		
Yes	F	
It's programmed to move	3.8	
It's still trying to avoid being deactivated.	Body jerks F	Note body reaction and read
<u>What happened?</u>		
I deactivated it		
<u>Continue with what you were saying</u>		
David is involved with the Laurie alter	SF 3.9	
I get the feeling of not wanting to go into that – not the implant, just me.		
I'm blocked	F	
<u>Is there an incident in restimulation?</u>	F	Note the read
Yes	F	Note the read
<u>Move through the incident telling me about it as you go.</u>		
David is with me	F 3.7	
We're talking	F	
It's very intimate.		
We are conspiring	SF	
Not details, just ideas	F	
We're overheard	F	Note the read
<u>Physically?</u>		
Technologically		I bet! No doubt every room on Mars is bugged.
<u>Do they hear physical words?</u>		
Yes	SF	
Now I'm in training (communication lag)	F,F,F Body jerks SF 3.7	Note the reads and body reactions
I'm through		
<u>Is there another point of view to be run in this incident?</u>		
Yes		
<u>Whose?</u>		
There is a lot of resistance to that question		
<u>Interference?</u>		
No, just my own resistance		
<u>I repeat, whose is the next point of view to be run?</u>		

Anne's	SF,F Tears Grief	Note the reads and body reaction (Anne is Pat's killer alter)
<u>Be Anne. Move to the incident from the point of view of Anne.</u>	Major grief 3.4 3.6	Note the body reaction
Are you Anne now?		
Yes		
<u>Move through the incident from the point of view of Anne, telling me about it as you go.</u>		
Only one thing comes up Anne killed David	F	Note the read
<u>Be Anne and say what happened</u> It wasn't a drug that killed him.		This incident is in Session 11. On page 81 Pat said that David died from drugs, but we did not get a read on that statement. It would appear that Pat was not ready to look at that part of the incident then.
I was activated <u>Be in present time.</u>	SF	
I'm activated with a program to kill him	SF 3.7	
I'm brought up very quickly so he doesn't know	F	
<u>Move to the beginning of the incident from the point of view of Anne (she does so). Move through the incident telling me about it as you go, from the point of view of Anne.</u>		
Anne kills him		
<u>How?</u>	Tears	Note the body reaction
I go for his heart.		
I'm in and out so quickly and then back to Laurie.		
<u>What do they do to activate you?</u>	SF	
Breath	SF	
Anything else?		
Tone	SF	
A frequency		
<u>What kind of frequency?</u>		
High	F,F	Note the read
<u>What level?</u>		
I don't know		
<u>Give me a number</u>		
58		
Hertz?		
I don't know		
<u>Repeat "I don't know"</u>		
I don't know, I don't know		
<u>Are there any numbers after it, or before it?</u>		

There are zeroes	F	Note the read
<u>How many?</u>		
Five		
Hertz?	SF,SF	Note the read
Mega Hertz	SF	Note the read
<u>Is it</u>		
<u>5,800,000 Mega Hertz?</u>		
I don't know		
<u>Repeat "I don't know"</u>	F	
I don't know, I don't know	F	
The technology is not ours. It comes in bursts.		
<u>Is it 5.8 million Mega Hertz?</u>		
Yes	F	Note the read. (Note: This is 5.8 Giga Hertz)
<u>What is the next view point to be run?</u>	F	
David	F	
<u>Be David</u>		
I feel sad	3.6	
<u>Move to the beginning of the incident from the point of view of David (she does so). Move through the incident telling me about it as you go, from the point of view of David.</u>		
I'm there. It feels like more than one incident.		
<u>Stick to the one incident.</u>		
I'm going to training	SF	
I've been here a while	F	
When do I stop training?	F,SF	
I'm in a large room. I walk through to a room, to a smaller room.	SF	
I feel hot,	F	
Nervous.		
Something is not right.	F	
(From Pat: I don't want to experience this)	F	
<u>I understand. Continue.</u>	3.6	
	F	
It's a meeting	F	
The training was an excuse to get to the other room	F	
All of my senses are on alert	F	
There is something really wrong here.	F	
We're alone	SF	
This is a training room.		
<u>Who is 'we'?</u>		
Myself and Pat	3.7	

	LF 3.6	
(Pat interrupts again: I don't want to experience this, I keep backing off).		
<u>Look at what you can and get to the end</u>		
He drops like a stone	F	Note the read
I blow his heart apart	F	
I feel really sad		
<u>Is there an earlier, similar incident?</u>		Incidents occur in chains. Often the charge from an incident is coming largely from an earlier, similar incident in the chain.
(I explain how incidents occur in chains). <u>Just answer yes or no, is there an earlier, similar incident?</u>		
Yes		
<u>Move to the earlier, similar incident and tell me when you are there.</u>		
I'm there.		
It's training	F	
On Mars	LF	
When is this?		
I don't know		
<u>Repeat "I don't know"</u>		
I don't know, I don't know		
1970	F	
This is not anything to do with David, this is way before he came	F	
(I explain that these chains are connected, but one can seldom see what is connecting them)		
I see a blowing up of a heart. It's in training.		
I'm being trained as an assassin.	LF	
A remote influencer.	F,F	
<u>In this incident, what alter are you in?</u>		
Anne	F	Note the read
<u>Be Anne</u>	F 3.5	
Can I take a break?		
<u>No – in a while.</u>	F	
That's all I can hear. I don't feel I'm staying where I'm supposed to stay – I'm back here.		
<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>		
Are you there?	F	
No		

I'm really here	F 3.3 F	
My body feels funny, heavy		
<u>Do we have interference?</u>	F	
Not so much interference – just that outside people want to hear what is said in this session		
<u>Are they good guys listening in?</u>		
No		
<u>Weave a cocoon to block those guys from listening</u>	LF,F 3.9 F	
It's only half hearted. I get the thought, what's the use, I can't get away from it. I'm depleted.		
<u>Can they still hear us?</u>		
Yes		
<u>Oh well, let's go ahead anyway. Move through the incident telling me about it as you go.</u>		
I'm being trained.		
<u>What does that mean?</u>		
They're training me as an assassin.	3.7	
Oh!		
I am multi-tasked early on. This is only one aspect of what I'm trained for.		
There's a lot of resistance.		
<u>Repeat "There's a lot of resistance".</u>		
There's a lot of resistance. There's a lot of resistance.	3.9 4.0	
<u>What's that?</u>	SF SF	
I'm being clairvoyant. I feel as I train I am sensing what will happen with David in the future. The feeling in me is so strong right now – I can't break their control. I feel like an animal in a cage. I depend on them so totally. This is the incident when I start rebelling.	4.0 F	
It's not okay to be trained to kill, but I still do it.		
My body is responding to that. I feel hopeless.		
<u>Then what happens?</u>	SF	
There's a pain in my chest.	F	
They don't care for life.	F 4.2 F,LF	
I'm very warm	4.1 4.0	

I kill someone	SF,F,SF,F F	Note the reads Note the read
<u>Describe them</u>		
A man, not a soldier. Just support staff, a menial worker.		
I'm disturbed by this.	F	
They tell me to kill, I kill	F F	
There's a part of me that sees what happens that is not triggered, and observes.	3.9	
I move more into that part.	LF,F,F 3.7	
<u>Would that part of you stop you from killing now?</u>		
No	F	
<u>If they took you now, and told you to kill now, would you?</u>		
Yes		
<u>Are you programmed to kill your family?</u>	F	I ask this as Pat had wanted me to find this out for her. We get a read so there is charge on this question
No		
<u>Part of your family?</u>	F	
No, but it's been used as a threat. Not yet.	F	Note the read
<u>Are you programmed to kill me?</u>		Pat also wanted to know the answers to this.
I don't understand this answer – not at this time		
<u>Are you programmed to kill Michael?</u>	F	
Michael and I have been programmed to kill each other.	F	
The time is not right		
<u>When?</u>		
Their sense of humour		
<u>When will it activate?</u>	F	
Shit. When I regain my powers.		
<u>Did they put that in to stop you regaining your powers?</u>		
Yes		
<u>When you regain your powers, will you kill Michael?</u>		
No	F	The read indicates this answer is correct
Michael and I butt heads in the future, psychically.		
There's a program if I regain my powers, they control it.		

Can we remove them (the programs)?		
<u>We are doing so right now – by 'as-ising' them</u>		
<u>Are these programs being strengthened now?</u>	F	
Something happens automatically	F	
<u>Identify the trigger</u>	F,F	
It's something you do	F	
Nothing's coming		
<u>Repeat "Nothing's coming"</u>		
Nothing's coming, Nothing's coming	F,SF Laugh F	
It applies to both of you. It's when you call each other by name.		
<u>When was it put in?</u>		
Two years ago	F	
<u>Where?</u>		
Mars		
<u>Is there a part of you on Mars?</u>	F	
Yes		
<u>(I think I must have asked her if she was on Mars on another timeline and got an affirmative answer, as my next question is):</u>		
<u>What year will you not be on Mars?</u>	F,F	
2005		
<u>What month?</u>		
July		
<u>Before or after July?</u>		
Before	SF	
Late June		
<u>Is there any program left to kill Michael or me now?</u>	F/N	
No		
<u>How feel?</u>		
Sad	3.6	Since she is sad, there is still something we need to look at
<u>Right now, is there a part of David with you?</u>		
Yes		
<u>Where?</u>		
In the heart		
<u>Say 'hello' to that part of David until it answers (she does so)</u>		
<u>Ask it, "When did you come into me?"</u>		
When I killed him		
<u>Locate the spirit of David, and return that part to him, VIA HIS HIGHER SELF.</u>		
(she does so).		
<u>Is there any part of David with you</u>		

now?		
No		
<u>Is there any part of you with David now?</u>		
No		
<u>Now how feel?</u>		
Still sad		
<u>Is there something you didn't tell me about killing David?</u>	F	
Yes, but it went so fast, I didn't get it.		
<u>Who else was hurt, when you killed David?</u>	F,F,F	Finally, some reads.
It's about another girl. He had a girlfriend.		
I connected with the fact he had a girlfriend.	F,F	
It was the woman scorned thing.		
<u>How did she feel about having her boyfriend killed?</u>	F	
She was killed too, right after.		
<u>With orders, or did you do it on your own?</u>		
On my own		
<u>Totally on your own?</u>		
It was part of cleaning up	F	
<u>Was anyone else hurt?</u>		
No	F	
<u>How do you feel?</u>	Laugh	Note the reaction – charge is finally going
Tired. The sad feeling is gone.		
Be Pat		
I didn't realize I was still in Anne!		
I always thought if I had a relationship with a man, I would destroy him. I destroyed my marriage. It wasn't his fault – I drove him away.		At the time I didn't think I should ask Pat to take responsibility for these killings since she was under mind control. But later, upon reflection and looking at my notes about harmful acts, I changed my mind. We lose reactivity when we remember what was done to us. But our lives only really get better when we admit to, and claim responsibility and ask God for forgiveness for harmful things we did to others. From the point of view of an infinite spirit with all abilities, it is ripping someone off to not have them take responsibility. Otherwise they stay a victim forever. And the rules on clearing are clear: When a harmful act is committed, the person must accept responsibility for it to be free of it in the future. So next day I asked Pat is she would take responsibility for this, and she did.

Pat finally looked back to her normal happy self after this session.

Session 24: Breath Activation of the Anne alter

October 26th 2003

<u>Start of session</u>		
<u>What's been happening?</u>	4.7	
I felt really good last night.		
I could feel more space	F	
I was easier inside.	4.6	
I'm confused about the Mars thing.	F	
And the alters and how they come in and go out and how part of them is there and not there.		
I went to the beach and felt safe.	4.0	
Yesterday they wanted it to go undisturbed so they could find out what was said	F	
(I explain why she needs to accept responsibility etc. for the death of David for her life to get better).		
<u>Will you accept responsibility for the death of David?</u>		
Yes	F	Note the read
<u>Will you accept responsibility for the death of his girlfriend?</u>		
Yes		
Ask God for forgiveness for them (she does so)		
<u>Is that incident erased?</u>	F	
Yes	3.8	
<u>What breathing patterns do they use to activate Anne?</u>	3.6	Pat looked kind of shocked here that I would ask her this
	SF,F	
Sharp		
<u>Do it now</u>		
(she does so)		
It's a sharp, sudden breath.	3.5	
I feel really weird.		
I can feel her energy	F	Note the read
It's intense. She's there.		
<u>Do the breath again</u>	3.6	
(she does so)	3.7	
	F	
<u>Do you have anything to report?</u>		
You're disturbing me (that is Anne talking to Pat). She's upset (that is Pat talking). Yesterday when I brought them (the alters) up – I felt them in me, but I could still feel me.		Pat clarified this later. She said later "I felt all of the alters, and myself as well."
Anne's more intense than the other two. She is disturbed.		
She's working	F	Note the read
<u>What's she doing?</u>	F	
(answer not recorded)		

<u>Where?</u>		
Mars	F	Note the read
She's losing her focus cause I've pulled her back . She's training others.	F	
Where I work (that is, the hospital Pat works at), girls are brought in to be trained by me. I was training one who had trained with others for four days. She said that she learned more from her four hours with me than in four days with the others. That's because I find the most efficient way to teach, and use it. That's what she's (that is, Anne) there for – to teach short cuts. I can really feel this. That is why they have never gotten rid of me.		
I have this ability.	F 3.8	
She's there short term.		
<u>How does she get there?</u>		
There's no technology. She just goes.		
I just see her going.		
It's people who send her		
<u>Not machines?</u>		
<u>Is it a person who teleports her?</u>		
It's a group of people – a group of low powered senders	F 3.8	I'm still confused here about how Pat got to Mars, but I decide to leave it and continue with the original line of questioning
<u>Everyone of these breaths you do to activate the alters, I've seen you do in sessions.</u>		
Yes, I realized that too	F	
The alters come in and out during sessions		
<u>How many components are required to trigger you into an alter?</u>		
	F	
Breath		
Tone (frequency)		
Code words. There are certain missions in that have code words already.		
<u>Is there a permanent password?</u>	Tk	
Yes	F,SF	
<u>What is it?</u>		
There's nothing there?		
<u>Repeat "There's nothing there"</u>		
There's nothing there, there's		

nothing there		
No way!	F	
That's ridiculous	SF	
	F	
Tap	F	
Is anything else attached to "tap"?	3.5 SF	
In 1987 I went to a hypnotist. He said he'd give me a code word to put me into a trance, and that it would be my name spelled backwards. That's "Tap".		This code word "Tap" shows how during hypnotism programs are put in even if the hypnotist has good intentions – making things worse, not better. During clearing, I cannot program a person. For example, if I told them to run around the room crowing like a rooster later on when I said a particular word, they would just laugh at me and ignore it. But if they were hypnotized they would do it.
<u>Is that the code word used by the Mars Defense Force?</u>		
No		
<u>What password does the Mars Defense Force use?</u>		
I am getting interference		
I feel weird		
<u>Repeat "I feel weird"</u>		
I feel weird, I feel weird		
Yes, there's interference	F	
Above		
<u>Identify it</u>		
It's off planet		
<u>Break the connection</u>	F	
It's from Mars	F	Note the read
It's just blank		
<u>Repeat "It's just blank"</u>		
It's just blank, It's just blank		
Something in my head is working		
<u>Say "hello" to it until it answers</u>		
(she does so)		
<u>Ask it, "What is your purpose in being here?"</u>		
To block me		
<u>Thank it. Then command it, "Run out the incident that made you the way you are"</u>		
(she does so).		
<u>Acknowledge it. Then command it "Run out the incident that made you do what others tell you to do"</u>		
(she does so). <u>Acknowledge it. Then read it it's rights "You have the right of all spirits to your own self determinism, to play any game or not and to leave any game or</u>		

not. Now you are free to leave, what you do you want to do?"		
He's leaving	F	
<u>I repeat the question, what is the password to activate your alters?</u>	SF	
What's happening?		
(answer unclear)		
<u>Is it the same code words for all alters?</u>		
No		
<u>For Pat 3, how many code words are there?</u>	F	
Two	F	Note the read
I have a pain in my head	F	
<u>What are the words?</u>	F	
I've got a headache		Note the onset of pain
Sunrise	F,F	
<u>Is there a number?</u>	F	
Three		
Sunrise three. That's what I got		
<u>Is that the whole code word?</u>		
I don't feel so	F	
<u>What's missing?</u>		
I can't believe how much my head is hurting		
<u>Are there wernicke's activating?</u>	F	
I think it's a program, not a wernicke's		
<u>What's missing?</u>	Tk	
There's nothing there	F	If there was nothing there, we would not have pain and a read
<u>Repeat "There's nothing there"</u>		
There's nothing there, There's nothing		
There's something	F	
Something said "You'll never find it"		
<u>Repeat "You'll never find it"</u>		
You'll never find it, You'll never find it		
It's a computer code	F	Note the read
<u>Can it be repeated by a human?</u>		
No	F	Note the read
<u>How is it activated?</u>	F,F	
Over the phone, radio or TV.		
I've had phone calls that have weird sounds (and nothing else)	F,F	
<u>Is that one of your activations?</u>		
Yes	Tk	
I felt like I was going somewhere. I		

get a lot of static on the phone a lot of the time.		
<u>What do they do to you to make you do the breath?</u>		
It's to do with something in the back of my brain stem	F	Note the read
<u>How is it delivered?</u>		
It's computerized. They can track and monitor me from space.		
<u>Do they need line of sight to do it?</u>		
No	F	
Identify the thing at the back of your brain stem	F	
It's a pulsing sphere		
<u>Say 'hello' to it till it answers (she does so)</u>	F	
<u>Do deliverance on it (I also talk to Michael on the walky talky to do the same).</u>		
I saw it fade, but really it was just escaping		
<u>Do whatever it takes to get rid of it.</u>		
I see Mars now	F	
It pulled back (to Mars)	3.5	
I can feel a little space there now.		
<u>Fill it with light..... Give the light a colour, like blue light, because I have read that programs can be encrypted into white light.</u>		
What a coincidence – I was going to fill it with white light, and then I got, don't use white light, use blue, and then you said to not use white light.		
<u>What are the codewords for Laurie?</u>	F,F	Note the reads
It heard	F	
It gave me an instruction not to proceed.		
<u>Acknowledge it (she does so)</u>		
Something is being pulled from my head.		
This is so hard.		
My headache is back.		Note the reappearance of pain
There's nothing there		
<u>Repeat "There's nothing there"</u>		
There's nothing there, There's nothing there.		
<u>I repeat the question, What are the codewords for Laurie?</u>	SF 4.0 SF,SF	
Blue	LF, LF	Note the reads.
<u>Are there other words?</u>	F	
Yes		

<u>What are the other words</u>	F 3.9	
Dolphin		
Blue dolphin	SF	Note the read
That's weird.		
<u>Are there any other words?</u>		
It's a movie – I see a movie as part of the code	F	Note the read Pat later commented that the movie she was thinking of was "The Interrupted Journey" about Barney & Betty Hill's abduction
<u>I repeat the question, are there any other words?</u>		
Yes	4.0 LF Laugh F 3.8	
Reticuli		
Blue dolphin reticuli	LF	Note the read
<u>Are there any numbers?</u>		
No		
<u>Are there any other words for Pat 3?</u>		
No		
<u>What are the codewords for Anne?</u>	F	
I still feel they'll change them.		
<u>That's okay, each time they put them back in they won't hold as well. Plus one day you will do what it takes to stop being taken.</u>		
<u>I repeat the question, what are the code words for Anne?</u>		
It's blank		
<u>Repeat "It's blank"</u>		
It's blank, It's blank	F 3.8	
I can't get it		
<u>Repeat "I can't get it"</u>		
I can't get it, I can't get it	SF	
Laser	LF	
Laser fire		
<u>Any other words?</u>	F	
That swept by me	F	
<u>There's another word</u>	F	
What is it?	F	
It's just not there		
<u>What comes after laser fire?</u>		
It's just on the tip of my ...	F,SF	
I was about to say, my third eye is killing me right now.	F	Note onset of pain
The word 'eye' came up	F,F	
That's not it	F	
It's close, but not it		
It's blocked.		
My head is killing me		

Vision!	SF F,LF 3.6	Note the read
I feel weird. My third eye is killing me, the back of my head is killing me, I get chills.		
It's 'laser fire vision'	F/N	Note the floating needle
Are there any numbers?		
No		
So much is going on in my head right now.		
I still have a headache.	VGI	
There's some major shuffling going on	F	
They are upset about this. On Mars. It's to do with Anne. She is behaving differently.		
Check in and remote view her.	F	
She's shut down, during the training – she's gone into a kind of trance	F	Note the read
They're upset		
They're trying to figure out what happened	F	

Session 25: Abducted Last Night to Mars

October 27th 2003

Yesterday, after the session I told Pat about something that had happened to Michael and me in the previous year. We went to a body-mind expo. There Michael met a woman who looked to be in her early 20s but was in fact in her early 40s. After talking with her he felt strongly that she was someone with psychic abilities who had had things done to her without her conscious knowledge of them. She then told us of a number of things which had happened to her which backed this up – including having telescope lenses appear in her room in mid air!!!!

I muscle tested to find out if she had metapsychic abilities and got that she did, but I couldn't work out just what it was she could do. It wasn't any of the usual like remote viewing, remote killing, clairvoyance, telekinesis etc. Finally a thought went through my mind. A few months previously we had seen the B-Grade movie "The Sender". In that movie a young girl has the ability to teleport herself and others. She is wanted by both good and bad guys alike for this ability. I tested the woman and got that she was in fact a sender. I also muscle tested that there are only a few dozen people in the world with that ability – to transport gates across space.

This ability is crucial for intergalactic expansion. We believe that there are two main ways to get to another planet, other than by ship which is way too slow. You can go through a jump-gate as Michael did to Mars. The trouble with this is, you still have to walk a certain distance. So if a planet was many light years away, it would be too far, even with a jump-gate. The other alternative is a stargate, as in the movie and TV series "Stargate SG". With a stargate, travel is instantaneous. It is quite possible that the secret government either has a stargate or is trying to get one. See <http://www.exopolitics.org/Study-Paper2.htm> for some details of this.

In either case of the jump-gate or stargate, you still need someone to travel to the other end and put in the gate on the other side. If the planet is light years away, this will not happen for many years. But, if you have people who can teleport the gate there, then presto! You're done!

Yesterday Pat was feeling good. Today she felt and looked awful.

I explained all of the above to Pat after yesterday's session, and she started to feel very, very strange. Both of us got goose-bumps all over our bodies (a good indication of the truth). I muscle tested her, and then got that she is a sender. Although in the following session she does not have quite the ability of the woman we met - there are different KINDS of senders.

I started by doing a kinesiology balance on her. She had been in balance on the previous day, and should have still been in balance. But she was way out of balance. Her Cloacals and Gall bladder were out of balance. When I tried to correct this by normal means, it didn't work. Muscle testing indicated the cause was the emotion "hostility" from humans and reptilians, and that I needed to do a clearing session in order to get her back to balance.

Start of session	4.9	
<u>Do you have an incident in restimulation?</u>	F 4.5	
Yes		
I'm seeing a beam	F	
There's people around me and they're upset	SF 4.4 SF	
It's a feeling of military. There is a commander and others doing what he says. I'm seeing ... the people around me are human. This is procedure.		
The council is involved.	F	
<u>Remind me, who is 'the council'?</u>		
It's about going to Mars	F	
It was when I went to Mars, I just went – it was the council. I get a feeling they are really upset about what I did, remembering the code words.		
Something else comes up	F	
About Pat and Anne.		
She's (Anne) not allowed to mingle in society at all	SF	Note the read Pat realized later that this could be the reason or one reason why she is a loner and not a social mixer.
When not needed she is put in a biosphere	F 4.2	
It's too dangerous to let her into society because of what I did before.		
They put something onto the head which switches me into an unconscious state.		
That's what came up last night	F	
What I feel today has something to do with that. I don't think I got much sleep – only about four hours		
I wasn't here	SF	
<u>Then what happens?</u>		
I'm brought before the council		
<u>Are there any drugs to balance out?</u>		
No		

Are there any wernicke's to remove?		
I'm not sure. Something was put in and strengthened.		
They hurt me to reinforce it	SF 4.1	Note the read
They said that putting in a whole lot of wernicke's commands in one go before, just with technology alone, was not strong enough		
The hurting is ...	F	
Now I see a little grey (as in, grey alien)		
The greys are doing the hurting. They put a hand up to me and the pain comes.		We are getting no reads at the moment. This could be because Pat is not confronting the pain yet.
Humans are standing back and watching.		
They don't grab me or touch me – it's just their hands.		
Something is beamed from the ceiling	SF	
<p>We stopped and did kinesiology, since I was not getting enough reads. There were seven wernicke's commands, all with eyes shut:</p> <ol style="list-style-type: none"> 1. "At our command, feel pain" (from the council – who Pat said were hybrids of aliens and humans. Muscle testing confirmed this) (Note: If anyone out there still thinks the greys are good guys, please reconsider how you would feel if humans did this!) 2. "At our command, you will forget" 3. "At our command, you will kill yourself" 4. "At our command, you will kill others" 5. "At our command, you will come to us" 6. "At our command, you will activate" 7. "At our command, you will deactivate" <p>I then balanced out the energy of two drugs. We then returned to the meter.</p>		
Everything was to reaffirm their control	SF 4.7 4.5	
<u>Move to the beginning of the incident (she does so). Move through the incident telling me about it as you go.</u>	F	
I wake up at 12.08 am. I look at the clock and think, I didn't sleep very long. I go back to sleep.	SF	
Then I'm standing naked. I seldom sleep all night with pyjamas.	F 4.3	Note the reads

(communication lag)	F,SF,F	
I feel drugged		
I'm being suppressed	SF	
Something is saying, "Don't say this"	F	Note the read
<u>Locate the source</u>	F	
<u>Where is the thought coming from?</u>		
<u>From them?</u>		
Maybe		
It's a connection.		
<u>Pray to God to break the connection. Pray to bind the demons gave them their power.</u>	4.0	
That worked.	F	Note the read
That worked – when you said to bind up the demons.		
I don't usually see greys in these sessions	F	
We ... I am in this room	F	
The humans, soldiers, they have the feeling of soldiers	F	
They bring me clothes	F 3.9	Note the read
I keep bouncing back to the council	F	That is, her thoughts and pictures in her mind keep going back to the council
This was a correction to a problem, to what we did yesterday	SF	
<u>Is there a grey ship in the area?</u>	F	
Yes		
<u>(I ask Michael on the walky talky to remove it. At that time, Pat also feels something at the back of her head).</u>		
<u>Is what you feel from the round sphere in the back of your head (that we removed yesterday?)</u>		
Yes	F	Note the read
<u>Bind it and remove it</u>	3.9	
It popped out	F	
I kept repeating and repeating the words for the binding, like Michael does. I didn't say the words just once like I usually do.		
Oh!		
They're upset about Anne	LF	Note the big read
About what happened to her when I remembered the code words (and she shut down)	F 3.7 F,F	Note the reads
Anne is there, but not in this time space.		
<u>What time is she in?</u>		
Ahead – in the future – six months	F	
She's in the moment, but it's		

different from now.		
<u>In six months time, could you meet her?</u>	SF	
No, she's on a completely different time line	F 3.5	
<u>What happens next?</u>		
There's discussions going on	SF,F	
They're reaffirming their control.		
They've put something else in	LF	
Something so they can get me over there very quickly.		
It's either a program or they're activating an ability	F	
It's like a back door to a computer.		
<u>Locate the back door</u>	F	
(she does so)		
<u>Do you need to remove it or fill it with something else?</u>		
(not sure of answer)		
<u>Locate the source of the program that keeps filling it up</u>	SF	
This is weird	SF	
A man	F	Note the read
On Mars		
It's all coming from there	SF	
Control is being brought back to the source, because others are screwing up	F	
<u>Bind up the demons that give that man the power to run the program</u>		
I'm seeing an archway, it's blue	3.6	
He didn't like that!	F	Note the read
I asked God to send angels to close and fill up the back door		
<u>What happens next?</u>		
I'm seeing where they lock it in with the pain.		
It's like electrical jolts	F	
<u>Is it electrical?</u>		
No		
It's finer energy than that		
<u>How many jolts?</u>		
20 up		
<u>How many jolts?</u>	F	
28	F	Note the read
They're centering most around my head.		
Also the side of my head	SF	
And chest, and arm	SF 4.2	
I yelp or scream. It really hurts when they touch.		
I'm at the end.	F	
I woke up this morning, my		

muscles were so sore. I could feel my calf muscles seizing up, as I was talking	LF	
I feel better now than this morning. I felt really sluggish then.		
<u>Move to the beginning of the incident (she does so).</u>	F 4.0	
<u>Move through the incident telling me about it as you go.</u>	F	
My body feels weird.		
There's a snap	F	Note the read
I feel coldness of my feet on a floor.	4.1	
I can feel my upper arms being grabbed.	F	
Pressure in my jaw		
Pressure at the side of my head	F	Note the read
Oh!		
They're putting a mask on me	LF	Note the read Pat later reported that she is unable to wear a mask of any kind, including a face mask or oxygen mask, as it panics her.
There's a thing over my face	F	
There's something in this mask, right over my third eye	F	Presumably this is to jam the energy from her third eye
Then they dress me.		
Part of a suit	F	
There are eye holes.		
Now there's an energy at the base of my spine coming from the suit.	F	Kundalini comes from this area
I don't know what they're doing	F	
They do this before they take me to the council	F	This is done to protect the council
It's so there's a complete monitoring at all time	F	
Scanning at an unconscious level	SF	
The council bases decisions on the readouts	SF 3.8	
They hook up the thing to the back of my head	LF	
I just disappeared.		
And now I'm back	F	Note the read
There's something I'm not looking at – Something I just jumped over	F 4.0	Note the read
I'm back.		
<u>Move to the beginning of the incident (she does so). Move through the incident telling me about it as you go.</u>		

I'm back there, with the greys.		
There's something in that room beside the greys that I'm not seeing.		
<u>Repeat "There's something I'm not seeing"</u>		
There's something I'm not seeing, There's something I'm not seeing.	SF,SF	
It's just there, but I haven't touched it yet.		
<u>Repeat "It's just there, but I haven't touched it yet"</u>		
It's just there, but I haven't touched it yet. It's just there, but I haven't touched it yet.		
Something to do with my body	F,F	
I don't understand it.		
<u>Who's saying that?</u>		
I'm saying it to the block.		
There's a zap that comes out and hits me in the chest.		
<u>Does it hurt?</u>		
It immobilizes me	4.1 F 4.0 Gasp Body jerks LF 3.8 3.9 4.0 F	Note the reads and body reactions
Whatever it was that hit me, forcibly brought up each of my alters.		
Adjustments were made to them	F	
They don't use the triggers.		
There are men there	F	Note the read
These are the Mars Force.		
I'm getting questioned.	F	
That is, each alter is being questioned. It's an interrogation.	Body jerks Gasp 3.9 Gaps Yelp 3.8 3.9	Note body reactions
That was with the greys.		
They pass me down.		
I'm back naked with the men.		
The suit ...	F	
The suit was also containment and suppression. The greys are punishment.		

I'm back		
That is weird!	Good Indicators	
They gave me a spanking with energy.	3.9	
I feel lighter	F/N	
They would do it again.		

Session 26: Teleportation to Mars

October 28th 2003 am

<u>Start of session</u>	F/N 3.3	
<u>The night before last, how did you get to Mars?</u>		
I wake up and look at the clock. I go back to sleep	SF	
That doesn't sound true when I say that	F	Note the read
Oh!		
This is one for Michael: Think of a spatial wave, it comes in, folds around and slaps back. I vanish.		
<u>Where do you reappear?</u>		
Underground, On Mars	F	Note the read
	F	
That wave happened from a trigger, but the trigger was triggering me.	Body jerks Body jerks Intense heavy breathing 3.2 Intense reaction continues	Note body reactions
I got zapped by something		
<u>Locate the source</u>	F	
Mars	F	Note the read
Underground		
<u>Identify it</u>	3.3	
From Mars Intelligence.		
I need to break this. It's from a person and technology.		
<u>(I stop and get Michael to help by talking to him on the walky talky. Plus I also pull a metaphysical hook out of her head. Together we stop the attack.</u>		
It was three people. I almost dropped the cans when they attacked.	3.6	
I'm aching.		
They stopped my prayer right before it started. I saw the energy they used to trigger me to do it. I sent it back to them. The three guys leave the room quickly.	F	

<u>Congratulations – It would appear that you are a sender!</u>		Note: A certain type of sender. We have yet to see if Pat can teleport anything other than herself.
This time came up two sessions ago.		
I can affect the space-time continuum. This is the folding.		
I have goose-bumps all over.		
They didn't want me to know that. They want me to think that I'm taken up, by them.		
Can you teleport?		
Yes	F	Note the read
Can you open a portal?		
Yes, but in a triggered state.	3.4	
<u>When you stayed with us in Arizona, and you walked through the wall when they abducted you, did you do that then?</u>		
Yes	F	
I asked myself something	F	
I got a connection with that dizziness this morning – with traveling	F 3.3	Pat had woken with intense room spins – very unusual for her.
It was a postural dizziness – from when I moved – it got worse – it's connected somehow.		
They are really upset on Mars	F	Note the read
<u>How do you feel now?</u>		
Extremely energetic	SF	
Even before I started this, I had visions of myself fighting battles, being a psychic – that there is more there.	3.2	
Recently I see myself fighting someone – I stop them physically – they just stop.		

Session 27: Reptilians under Hospital Harvest Cadavers

October 28th 2003 pm

<u>Start of session</u>	5.0 4.3	
<u>What's been happening?</u>		
I walked downtown this afternoon	F,SF	
I felt really calm	4.1	
I was wondering if when I am tired if I pick up Anne when she is in sleep mode	SF SF	
(We talk about a few other things)	F/N 3.6	.
		In between this and the last session I discussed different types of teleportation with Michael. Michael said there was a story published in Nexus magazine that was also on Art Bell's website for a while of a guy who called himself the 'wave rider'. The story was a copy of three faxes that he was meant to have sent in. The 'wave rider' said he was a US army enlisted man with a special kind of blood that enabled him to time travel using a small psychotronic tuner to tune his mind. He would have something material from the time or place he wanted to go to and would focus on it for several hours, and then he would create a portal that he could walk through to that time and place. Eventually he said that he got so that he did not need the machine – he could do it himself. So, realizing that there is a type of teleporter that can transport themselves, if not other people or things, I asked Pat the following question after explaining the above to her:
<u>Are you a 'wave rider'</u>		
Yes	F	Note the read Pat later commented: "You told me about he wave rider, but not the details on how it was done. I got an image of using a photograph to wafve ride after session. When I later talked with Michael, I told him about the image and he then described the method. I was shocked that they were the same."
<u>Can you create portals through which others can travel to other times or spaces?</u>		

It's limited		
Under certain conditions	F	Note the read
That set up a whole different feeling.		
Now I feel connected to something.		
It's tuning, frequency tuning. You have to tune to a different frequency.		
I'm getting pain from the top of my head.		Note the onset of pain
Maybe I use a radio for visualization. I visualize turning the dial of a radio to bring in the correct frequency.		
<u>Do you?</u>		
Yes	F 3.6	
I believe everything is simple – I use this. My whole body is feeling so different from when we started this session.		
	F	Note the read
<u>What's that (referring to the thought behind the previous read)</u>		
That is a barrier in my mind	F 3.5	
	F	
It's a buildup of energy	F	
It's like running a car, but not putting it into gear. When you mentioned the portals, my mind keyed into a notch. Just by thinking of it, something changed inside my head. It's a latent energy. I can feel it right down my spine. It's not done just by the mind.		
It's .. during the time that I don't think.	SF	
<u>Can you teleport people or things?</u>	SF	This is a very powerful realization! This means to teleport something directly, without having to create a portal for the thing to go through
There's nothing there		
<u>Repeat "There's nothing there"</u>		
There's nothing there, There's nothing there		
Yes –	F	
when permitted		
<u>Is there any other kind of teleportation I haven't thought of?</u>		
(Answer not recorded)		
<u>Is the woman you call your mother your biological mother?</u>		Pat wanted me to ask her these questions. Actually, we had been through these questions two years before in earlier sessions, and got the same answers.

No	F	
<u>Is the man you call you father your biological father?</u>	F	
No ...	F	
but, they used genetic material from him	F	Pat commented later that she looks like her father and not at all like her mother.
<u>Are you partly your mother?</u>		
No	F	
<u>Are you 100% human?</u>	F	
No		
It's something else.		
Is there a name for it?		
They did something	F	
<u>Apart form altering your DNA, is your DNA 100% human?</u>	F	Of course, it all depends on the quality of the question. To understand this question fully, we would have to know what it means to be 100% human.
No		
<u>Are most of your genes from earth within the last 10,000 years?</u>	F	
Yes		
<u>What country are your genes predominantly from?</u>		
Germany	SF	Pat later told me that if I had asked her this in normal conversation she would have answered England and Ireland.
<u>This lifetime, to date, how many people have you killed?</u>	F	
You do jump around (meaning, with regard to subjects). Over 200		
<u>Give me a number</u>		
286		
<u>Up to 286?</u>		
Less		
<u>(We are getting confused answers – I clarify my question):</u>		
<u>This lifetime, how many people were killed, or died as a result of what you did to them?</u>		
280	F	Note the read
You do realize that that is a higher number than last time (164 more people)		
(We now move onto something else):		
<u>How many times have you been</u>		

<u>taken from the hospital you work at since last session?</u>		
Three	SF	Note the read
<u>How many from your home town?</u>		
Ten	SF	
<u>Is that counting the three times from the hospital?</u>		
Yes	SF	
<u>Of the times you were taken from the hospital, move to the most easily accessible incident and tell me when you are there.</u>	F	
<u>Move through the incident telling me about it as you go.</u>	3.4	
There's ... I'm seeing pictures – This is very hard to believe. The abductions originate from the locker room. There is a person in the hospital who's quite high up.	SF	
Let's call him "Mr Z"		
They're aware of me. You have to slide your card in, so they're aware of when I'm there (in the locker room). There's somebody else beside Mr Z. He's not part of the hospital committee CEO team. He's almost a 'Man in Black' (MIB).		
<u>Does he work in the hospital?</u>		
No		
<u>Have you consciously seen him?</u>		
From peripheral vision, only		
I'm having trouble accessing this		
<p>We stop and do kinesiology. Pat's head felt like it was moving again. She felt really dizzy.</p> <p>I balanced out two drugs. Pat then felt a bit better.</p> <p>The following wernicke's commands were then removed:</p> <ol style="list-style-type: none"> 1. "You don't see us" (from the MIBs) 2. "You don't hear us" 3. "You obey us" 4. "You remember nothing of this" <p>We then returned to the meter</p>		
There are a lot of people there (at the hospital) that I don't see	F,F F 4.4 F,F F 4.0	Note all the reads

	SF	
I feel things are being attached to me.	F	
Especially to the back of my neck and third eye	3.9	
I'm feeling really suppressed	SF	
As if they are controlling my energy	3.8	
I'm hearing them say "This is not true, this is your imagination" and I'm accepting that.	F	
	F	
I feel rotten now, very tired, nauseated	3.7	
I'm underground	F,F 3.6	
I feel weak, as if something is sucking something out of me	SF,F	
<u>Is this feeling from the incident?</u>	F,F	
Yes		
I really feel awful – hot.	3.3	
Oh!!		
They send my energy to things		
<u>To what?</u>	F 3.2	
It's like a feeling		
<u>What is the feeling?</u>		
They look like reptilians	F	This backs up what David Icke of www.davidicke.com says – that humans are harvested for their energy by reptilians
<u>Are they reptilians?</u>		
Yes	SF	
I still feel the drain		
<u>When is this?</u>	SF,F	
This year	SF	
<u>When this year?</u>		
Summer		
<u>What month?</u>	Tk	
June	SF	
<u>What happens next?</u>	F 3.3	
	F	
I'm seeing things. I'm seeing a shuttle. I see reptilians talking with each other.		
<u>How tall are they?</u>		
Ten feet	3.2	
	F	
There are other people and reptilians. It's the same room I was in before (in last year's session).		
Dead bodies!	F	Note the read
They're transporting dead bodies		

...		
<u>From the hospital?</u>	F	
C/L		
<u>What happens next?</u>		
I sit down to have my lunch	F	Pat is back in the hospital
Have you ever had ... during one of the sessions that you had done to you that everything inside of you says there's no possible way this...		
<u>Almost every session is probably like that for everyone. I'm getting you to remember what's in your unconscious mind. Because you weren't conscious of it, it seems unreal.</u>		
One part of me came here wanting to prove this is wrong. I think of it every day.	F	
<u>Is this real? Did this really happen to you?</u>		
Yes	F	Note the read
<u>Move to the beginning of the incident (she does so). Move through the incident telling me about it as you go.</u>		
I swipe the card for the locker room.	F 3.1	
But, I don't go through the door. Someone comes up behind me.		
<u>Who?</u>	F	
One of the unseen ones. We both go through the door into the locker room.	F	Note the read
I leave my lunch on the chair.		
<u>What day of the week is it?</u>	F,F	
Wednesday		
<u>Date?</u>	LF,F,F	
June 11	F,F F/N 3.0	Note the read and floating needle. I later checked my diary – June 11 2003 is in fact a Wednesday
I just jumped to where I'm underground		
There are other people there -	SF	
Others from the hospital. They're not aware of what's happening. There are still dead bodies.	3.1 3.2	
One of the people – their head went forward as if something shoved into the back of it.	F,LF	
They're almost zombie-like, as if		

they're controlled.	3.2	
<u>Do you see anyone you know?</u>	SF	
Yes		
One from the lab.	F	
Respiratory technicians.	F	
A couple from administration.		
There's a business feel to the whole thing	F	
As if this is a daily occurrence.		
It's something about bodies.		
I'm blocked	F	
Repeat "I'm blocked"		
I'm blocked, I'm blocked	SF 3.2	
Organs.		
It's like there's a nest of them ('them' being reptilians)	F	
There are also tunnels down there.		
They're taking out glands from those bodies	LF	Note the big read
They're taking out the hormone systems	LF 3.1	Note the big read
They're taking things not major enough to be missed		
Some of those people who are having something shoved into them – they are people being used time and again. They are people who have access to patients.		
This is not just happening in (town where Pat lives)!	F	Note the read
<u>What percentage in America and Canada is this going on?</u>		
85%		
No, higher, but some not to this extent.		
That's the shuttle	F	
The lab people are bringing things down to them like blood samples	F	Note the read
<u>What percentage does it happen in Canada?</u>		
85%		
In the USA?	F	
98%		
There are more tunnels, more nests there.		
It's mind boggling what they do in the big cities	SF	
There's a constant convoy of hormone harvesting. There are deaths that happen just to replenish the cadavers. Some are due to the controlled people in the hospitals.	3.5	

I'm at the end.		
That felt very uncomfortable. I came here hoping to find out this wasn't true.		
<u>Move to the beginning of the incident (she does so). Move through the incident telling me about it as you go.</u>		
I went to where I left off. All of this goes under some other plan. .		
I feel real uncomfortable with what I just said.		
I'm not seeing anything		
<u>Repeat "I'm not seeing anything".</u>		
I'm not seeing anything, I'm not seeing anything.	LF 3.5	
There are politicians there	F,LF 3.4	Note the reads
<u>Are they controlled?</u>		
Yes, but one gives orders		
<u>Are some controlled?</u>		
Yes		
<u>Are some not controlled?</u>		
Yes.		
This is a hospital-by-hospital inspection.		
(she names one of the politicians she recognises)	F	Note the read
<u>Is he controlled?</u>		
Yes	SF	
This is a display, to show to these guys	F	
They are passing through.		
The hormones	F,F	
They tie into these politicians	F	Note the read
It's a reward.		
They (the reptilians) have an unlimited number of hospitals. They also go to funeral homes but the bodies are not as fresh.	3.5	
I'm at the end. Except for one thing. I seem to be aware but others don't. I try to hide it.		
I don't know.	F	
My whole feeling is that I slip out of their control.	F 3.2	
When I'm working in the hospital, they use some kind of program to keep me from leaving	3.1 F/N 3.0	Nice low Tone Arm

Session 28: Wernicke's to keep her at the Hospital

October 28th 2003 am

Summary: Pat's dizziness of yesterday was gone when she awoke.

<u>Start of session</u>	5.0	This is a high TA, especially when considering that the last session ended with a low 3.0. So I ask:
<u>Do you have an incident in restimulation?</u>		
Yes		
<u>(Before the session Pat told me that she felt there was a termination program in her, which might activate when she was sleeping. So I asked):</u> <u>Is this incident related to the termination program in your sleep</u>	F	Note the read
I feel that they have put in a program for me to die in my sleep. I feel I won't wake up	5.0	

We stopped and did kinesiology. The following wernicke's commands were removed:

1. "Die in your sleep at our command" (from hybrids)
2. "Activate the REM cycle termination program when programmed"
3. "Execute the sleep termination when triggered"

We then removed the following commands designed to keep her working at the hospital:

1. "Stay here"

We got a MAJOR reaction when I tried to correct it. I had to call in Michael on the walky talky to help out. Pat gagged, couldn't speak, arched her back etc. etc. She also had thoughts activated which said "don't do this".

So I looked for booby traps which were designed to keep her from leaving the hospital. We found some:

1. "Die if these commands are removed"
2. "Die if you inactivate these commands"
3. "Die if you cancel this program"

Pat then saw the next lot of commands, and 'as-ised' them without us having to access them.

Pat had recently had thoughts of moving to a bigger city hospital. Again, Muscle testing indicated there were three programs in her, designed to keep her working in hospitals, if not necessarily her own hospital. Once we found this out, Pat 'as-ised' the remaining commands, so I did not have to remove them.

We then returned to the cans.

<p>This morning when I woke up, the dizziness was gone. I had a revelation – what happened changed the balance in my brain</p>	<p>F,F</p>	<p>Note the reads</p>
	<p>5.1</p>	
<p>and the energy that hit me yesterday was external and internal.</p>	<p>F 5.0-</p>	
<p>When I first felt the energy it was my energy</p>	<p>F</p>	
<p>They saw that I was connecting to it and screwed it up.</p>	<p>5.2</p>	
	<p>5.1</p>	
<p>(Pat gets some realizations about the city she lives in).</p>	<p>F,F,F,LF,F</p>	
	<p>4.4</p>	
<p><u>What is needed to destroy the program that makes you wave ride back to Mars?</u></p>	<p>4.3</p>	
<p>It's internal. Part of me.</p>		
<p><u>Okay, that was the wrong question. The question should have been, What do they do to make you wave ride to Mars?</u></p>		
<p>Nothing's there</p>		
<p><u>Repeat "Nothing's there"</u></p>		
<p>Nothing's there, Nothing's there</p>	<p>F 4.5</p>	
<p>It's preprogrammed. Also, there's a trigger, so they can get me when they want me.</p>		
<p><u>How many times have you been preprogrammed for, to return to Mars?</u></p>	<p>F</p>	
<p>Seven</p>	<p>F 4.7</p>	<p>Note the read</p>
<p><u>As-is the programs</u></p>	<p>F</p>	
<p>It's a program</p>	<p>F</p>	
<p>or a set of conditions in my mind</p>	<p>F</p>	
<p><u>Locate that program</u></p>		
<p>I'm looking at space</p>		
<p><u>As-is the program</u></p>		
<p>Oh!</p>		
<p>They just popped</p>	<p>F</p>	<p>Note the read. Pat is able to as-is commands now, because of all that she has learned and all that has been removed as a result of the thirty</p>

<p><u>Have a look at the thing that happens to the trigger that makes you go back</u></p>	F	<p>hours of clearing and kinesiology she has now done.</p>
<p>It's natural That's the first thing that comes in <u>What do they do to access that?</u></p>	F	
<p>They make it pleasant <u>Would it be pleasant if you did it yourself, without their help?</u></p>	F	
<p>I got 'yes' – then I got 'no'. (We now get interference from them)</p>	Body jerks LF	
<p><u>Identify the source of the interference</u></p>	4.1	
<p>There's pain going through my head Somebody is interfering <u>Locate them</u></p>	F	
<p>I keep getting it's between here and Mars <u>On a ship?</u></p>	F	
<p>Yes Bind the demons gave them their power</p>	F	Note the read
<p>These guys know me. I heard "You don't really believe that"</p>	4.2	
<p>I severed the connection <u>I repeat the question, would it be pleasant if you wave rode yourself?</u></p>	F	During these sessions Pat got some private realizations that she has some issues to work out between herself and God
<p>Yes <u>Have they added anything?</u></p>	F	
<p>They made it easier There's not as much preparation <u>Go to the last time you got triggered (that is, remote view it)</u></p>	F	
<p><u>Go to Mars and see what they do before you come</u></p>	F	
<p>There's a block <u>A shield?</u></p>	F	Note the read
<p>Yes <u>Morph with the shield and go through it</u> <u>See if any alarms go off when you do.</u></p>	Tk	
<p>I've gone through <u>Have a look to see what they do to trigger you.</u></p>		
<p>This area is way more than just for</p>		

<p>me. It's almost wave central. There are not so many people, it's just that there's a feeling that a lot of people come and go from here. Resonance!</p>	<p>F</p>	<p>Note the read</p>
<p>They key something I resonate to <u>What and how?</u> It's in part of this central area If they need you, they have to manually trigger it. Something in me resonates with something in them.</p>	<p>F</p>	
<p><u>Then, what do you need to do to stop them from wave riding you back?</u></p>		
<p>I need to change the Quantum Matrix inside of myself (as Michael explains in "The Mars Records, Book Two" – This is the key to stopping getting abducted)</p>	<p>Very good Indicators LF 4.0 F/N</p>	<p>A great set of conditions in which to end this series of session!</p>

If you haven't already done so, please visit www.themarsrecords.com and download for free:

The Mars Records
The Mars Records, Book II
The Mars Force, Pat's Story (Book I)

Further information

Please visit the articles, weblinks page and "best books" page at www.metatech.org

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