

SVALI SPEAKS!

The Life of Svali – an Ex-Illuminati Mind Control Programmer

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Cults that Abuse

September 29, 2008 by [koniword](#)

Before I address survivor's stories in later articles, I believe it is important to understand how groups that ritually abuse operate. Cults can be abusive or non-abusive, and there are many fairly benign cult-like groups that exist today. But for the purposes of my article, I want to look at cults that abuse, specifically, in the sense of ritual abuse.

What are the characteristics of an abusive cult? There are many studies that have defined controlling cults. Dr. Margaret Singer, PhD, U.Ca. Berkley, has written one of the definitive articles on cults that employ mind control and their characteristics (1).

She states that thought reform, as employed by controlling cults, involves the entire anthropological/social spectrum of behaviour, including language use, social environment, and influence of the leader and peers on the member. This often involves attacking the person's self concept.

I would like to take the six conditions that she has identified as being pre-requisites to exerting mind control, and compare them to experiences of survivors in ritualistically abusive groups. The two correlate completely.

1. CONTROL OVER TIME : this is Singer's first condition. The cult group must get some of the person's time, as much as possible, and have the individual think about group ideology. Survivors report spending time during the week in contact with the cultic groups that abuse them. Contact is by phone; by verbal discussion, or going to meetings. Survivors state that group meetings often occur weekly, monthly, or as frequently as two to three times a week for intensive training sessions. The group that I was involved in (the Illuminati) met two to three times a week for normal teaching times, and had large group meetings on a monthly basis ("ritual times") as well as leadership meetings once a month to plan the activities for the next few weeks.

2. CREATE A SENSE OF POWERLESSNESS Most groups involved in ritual abuse do this to the nth degree. Through pain, degradation, tying up victims, and experiences created to show there is "no escape" from infancy on, the victim of cult control soon comes to believe that he/she is trapped, can never break free, and should just "give in" to what is asked of them.

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3. MANIPULATE REWARDS, PUNISHMENTS, EXPERIENCES IN ORDER TO SUPPRESS OLD SOCIAL BEHAVIOR BEHAVIORS REWARDED: Participation, conformity to

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or rewards and praise, as well as punishment have a name: training. Cult type groups believe strongly in the use of praise if the person does well, including merit badges, ceremonies of reward, and high status if the person conforms to the expected behaviour, and severe punishment, even death threatened if the person refuses to perform. Often, abusive and coercive groups will take this concept to its outermost extremes.

Svali Speaks!

4. MANIPULATE REWARDS, PUNISHMENTS, EXPERIENCES IN ORDER TO ELICIT NEW BEHAVIOR Models will demonstrate new behavior Conformity: dress, language, behavior Using group language will eventually still the thinking mind I will discuss this from the point of view of my experiences in the Illuminati in San Diego, Ca. Again, "training" in the Illuminati and other highly controlling groups (outside people call it "programming") is meant to create behaviour that helps the group to continue. The goal is a member who is absolutely committed to the group; who never questions leadership, who strives to excel, and who scoffs at the weak. Weakness is the displaying of emotion during ritual events; the refusal to perform an act, or the inability to keep up with others in the group during activities. "Weak" members are brought forward, and punished in view of all. During military exercises (the group had a strong military basis, with forced marches at night, and mock "battles" and "hunts") if a member did well, they were highly praised and rewarded. This could be being excused from a difficult maneuver, or sexual rewards, or moving up in status at the next award time. Members were highly conscious of their standing in the group, and were constantly seeking to "move up."

5. MUST BE A TIGHTLY CONTROLLED SYSTEM OF LOGIC There must be authoritarian leaders in control, who inspire confidence and punish questioning behaviour. In San Diego, as well as several Illuminati groups that I belonged to across the country, the leadership looked like a "pyramid", with the top person being head of "leadership council", then a group of two "advisors" below him. Below these two were six administrators who coordinated finances, meeting times, and running the groups logistically. Below them were six head trainers. Underneath were the "sister groups" of about 50 members each, with priests/priestesses, and others. All aspired to a leadership role, to being allowed to move up the rigid hierarchy. Questioning of leadership was unthought of, and considered quite dangerous. From earliest childhood on, members were taught that seeking to leave, or questioning the group's philosophy, would mean isolation, beratement, punishment, and possible death, with "deaths" being staged to convince children of this reality. Survivors of groups outside the Illuminati have also reported similar activities to control members, with a hierarchy of leadership and leaders being given the right to severely punish or discipline nonconformers.

6. PERSONS BEING THOUGHT REFORMED MUST BE UNAWARE THAT THEY ARE BEING MOVED THROUGH A PROGRAM TO MAKE THEM DEPLOYABLE AGENTS

A person is hard to manipulate if they KNOW they are being manipulated. That is why techniques used by ritualistically abusive groups are often based on a sophisticated knowledge of human behaviour and psychology. The member's peers including family, closest friends, and spouse are ALL members of the group in generational cults. These people all reinforce for the member that the group is good; has the member's "best interests" at heart, no matter how abusive the behaviour. That they want to "help" the member. Trainers and behaviour programmers also use these techniques, including "bonding" with the victim, convincing the victim that they "care for them" , that "no one else could possibly understand them the way their 'family' (the name the Illuminati go by) does", etc. As a former trainer in this group, I used those phrases frequently during sessions.

suppression metal programming
military programming MPD

Origins of the Illuminati

Close and accept

Ritual Abuse Roots of the
Illuminati Shell Programming

Blog at WordPress.com.

Spiritual Abuse

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At one time, I even believed them myself, until I began questioning what I was doing (this will be the focus of another article: why I left). Surrounded by members who all dress alike, act alike, the person in an abusive cult will often question themselves instead of the cult group, if they question at all. After all, in generational cults, this is the ONLY reality the person has known, from infancy on, and not everyone questions what happens to them.

In later articles, I hope to be able to incorporate survivor accounts of the types of groups involved in this kind of abuse. On a personal note, the group that was involved in my ritual abuse was known as the Illuminati, although day to day they called themselves "family", "the Order", or "the Society" depending on the circumstances. For thirteen years, at times my abuse occurred in a Masonic temple in Alexandria, Virginia and some of the abusers were Masons, although most of the membership of that group had no idea that some of the members were using the temple for that purpose. All Masons are NOT abusers, most are not, but SOME in my experience were members of the Illuminati and abused me in that context. I was also abused in a small abandoned Baptist church in the country in northern Virginia. One of the abusers was a deacon in a local baptist church. All Baptists are NOT abusers, but in this one instance, some members of the local church were members of a group that abused during the night hours.

In the daytime, these people were respected members of the community, churchgoers, and appeared benevolent. This shows that a person's daytime "persona" can be quite different from how they act at night or in a different setting. All of the members of the group that abused me were generational themselves, and had been abused in the same way when they were children. This shows how the cycle of abuse, if not healed, will continue generation after generation in some families.

References: (1) Singer, Margaret T. "Conditions for Thought Reform

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Ritual Abuse: Modern Hysteria or Ancient Practice?

September 29, 2008 by [koniword](#)

***** If you are a survivor of ritual abuse , please be in a safe place before reading the following article, as it mentions groups that practice ritual abuse as well as the historical groups that they are descended from. *****

In this article, I will be discussing ritual abuse in a historical context. Later articles will share about ritual abuse from the perspective of its effects on the survivor as well as significant others.

1. Ritual abuse: modern hysteria or ancient practice?

Ritualized forms of abuse have been practiced since the dawn of human history. Violence in the name of a religious or ideological belief is not new; it has been practiced for thousands of years.

Here I will discuss a few groups that have been documented as practicing secret, esoteric, or abusive rites to place modern ritual abuse in a historical context. Please be aware that this is only some of the documented ritualized abuse that we know of from ancient until modern times, and is by no means complete.

The ancient Assyrians and Phoenicians worshipped the sun god, Baal, who they depended upon for the continuance of their crops. The antiquity of the worship of the god or gods of Baal extends back to the 14th century BCE among the ancient Semitic cultures. Worship of Baal extended from the Canaanites to the Phoenicians who also were partially an agricultural people. Baal, the sun god, was fervently prayed to for the protection of livestock and crops, and the rites also included

animal and human sacrifice.

Another co-current deity was Molech, whose rituals were also costly to human life. (excerpted from Alan G. Hefner).

Many of these rituals were adopted by the ancient Hebrews, as mentioned in the Bible (Leviticus 20 and 2 Kings 23) These rituals were carried out for over a thousand years, both openly and secretly.

Ancient Babylonia also practiced Mystery Religions, which involved worship of the sun god, and sacrifices to this deity.

In Europe and Indo-asia, the ancient Druids also were known to engage in human sacrifice and rituals before the coming of Christianity to the areas occupied by the Celts in Europe and Britain. Caesar commented upon this practice:

"The whole nation of the Gauls is greatly devoted to ritual observances, and for that reason those who are smitten with the more grievous maladies and who are engaged in the perils of battle either sacrifice human victims or vow to do so, employing the Druids as ministers for such sacrifices..."

(Gallic War, 6, 16)

By the medieval ages, Christianity had entered Europe, and groups were formed who practiced rites that were the antithesis of the organized religion of the day. Many of these groups claimed roots founded in the rites of the ancient druids and Canaanites. The Knights Templar were one such order. They were founded by medieval lords and barons to protect pilgrims who visited Jerusalem, which had been captured during the First Crusade. They were also quite wealthy, and financed the leading kings of Europe at the time, creating the modern banking system of lending at interest. They were disbanded in the early 1300s by the Pope and the King of France because of fear due to their power, as well as their esoteric religious practices. The Knights Templar began corrupting their Catholicism, and incorporating elements of mystery religions, which included rituals with candles around the body of a young virgin, and homosexual practices. They also began summoning demons during these rituals. Although officially disbanded, the Templar knights continued practicing their rites in secret, founding the thirteen orders, each with their own symbol.

Rosicrucianism. This group was publicly founded in the 17th century in Germany, supposedly by an individual in a novel known as Christian Rosenkrutz. The order was based on the traditions of the "Rose Cross" order. This group emphasized the need for "enlightenment" through following certain spiritual principles, and had both a public and covert philosophy.

Meanwhile, in South America and Mexico, the Incas and Aztecs were also performing rituals which involved the taking of human life. This has been documented in the annals of the early Spanish conquerors.

Up until modern times, esoteric, hidden practices have continued around the world. Brutality, and sacrifices in the name of religion are not limited to one locality or one time in history.

In Africa, ritual murder is still ongoing, and has been extensively documented. (see articles by Oke (1989) for more information. In Thailand, India, and Malaysia, sacrifices and rituals are still conducted, similar to those of ancient times, and has been documented in articles by Newton (1993) and Constantine (1995).

Modern Europe has also reported incidences of ritual murder in recent years (see articles by Newton, 1993a for discussion of cases of ritual murder that have been convicted in Düsseldorf and Spain).

In strife-torn Peru, human sacrifice remains a daily fact of life, dating back to the time of the Incas. For some practitioners, the ritual offering of human lives is believed to insure bountiful crops, control the weather, and prevent such natural catastrophes as floods and earthquakes. These rituals, called "paying the earth," are

also employed by wealthy businessmen, including mine owners and beer distributors, to insure continued prosperity.

In neighboring Chile, human sacrifice is such an established tradition that the courts recognize

"compulsion by irresistible psychic forces" as grounds for acquittal in cases of ritual murder. (Tierney, 1989)

There is much, much more evidence of documented continuing ritual sacrifice around the world. It would take a strong denial system to refute both the historical and circumstantial evidence that ritual abuse has been a reality throughout the ages, and continues to be until this day.

Why am I sharing about the history of ritual abuse? One of the things that often perplexes survivors of ritual abuse is the denial with which their memories or accounts are often met. They are told: "ritual abuse is a modern-day witch hunt," "Things like that don't happen in this day and age" (as if man's entering the Industrial Revolution changed human nature), or "I don't believe you." Comments like these can be devastating both to the survivor of ritual abuse, who often WISHES the memories were not true, and the family and support people for the individual, who know the individual, and that they are NOT lying.

Comments like these only reinforce what the individual was told by the cult group: "If you tell, no one will believe you," or "You will be laughed at, or shunned." The survivor courageous enough to not only remember, but then disclose their abuse, will be faced with a society that often appears in denial. "Why isn't anyone doing anything about this?" the survivor wonders, as they share the atrocities. "Why isn't it stopped?" "Why do more children have to be hurt?"

Societal denial is complex. People often do not want to think about or hear about painful topics. Thirty years ago, teenage girls who shared that their middle class father was sexually abusing them were told that they were "lying", or worse, "delusional". Twenty years ago, medical professionals who suspected that battered children were being seen from not only the poverty levels of society, but also the middle class and well to do, were told it wasn't possible. Society closed its eyes to the facts before it, until enough people finally came forward and disclosed.

Hopefully, placing ritual abuse in a historical context will help the reader see that:

Ritual abuse is NOT a "new" phenomenon, or a modern day "hysteria"

Human beings have been capable of great cruelty throughout the ages, and to believe otherwise refutes the historical record.

Those who are abused tend to abuse. Why would this well known psychological fact be different in the context of familial, generational ritual abuse? Where the abuse has been passed down for generations, in a codified manner?

That ritual abuse is occurring around the world. It is NOT a phenomenon limited to the United States, or to people "recovering memories" in therapy. Newton, Ryder, and Lockwood ("Other altars") have researched and proven this.

My hope is that at the least, this article has helped raise some questions about a topic that is often overlooked and misunderstood. – Svali

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Ritual abuse: The Under-Recognized Problem

September 29, 2008 by [koniword](#)

*****If you are a survivor of ritual abuse, please be aware that reading about it may be triggering. Please take care of yourself, and be in a safe place before reading***

Ritual Abuse The words conjures up images of people in robes, chanting, or perhaps a grade D horror flick. But what is the reality?

First, let's look at a definition of ritual abuse:

Ritual abuse is the systematic, repetitive abuse of both children and adults by either an individual or a group. It may involve psychological, sexual, physical and/or spiritual abuse, and the effects are devastating on the individual who undergoes it. Often survivors of this type of extreme abuse cope by dissociating, and as adults may continue the cycle of amnesia and abuse. The key word here is : repetitive. Ritual abuse is done repetitively, in a consistent pattern, over time. This may be done in the name of a religious belief, or simply out of patterned cruelty. Any ideology can and has been used to justify the pattern of abuse. Most of the victimization begins in early childhood, and is done by adults who were themselves abused. The cycle continues because people often do not realize that they can stop it; often, they feel "trapped" in the pattern of abuse. What is the incidence of ritual abuse today? Statistics vary, depending upon the source. When I lived in a large metropolitan city in the Southwest, population close to 2,000,000 , the group that I was affiliated with, known as the Illuminati, had 24 sister groups. Each group had roughly 50 members, so they had approximately 1,200 members in this area. These numbers are reflected across the United States and European countries. And this was only one group.

In the next few months, I will be sharing different perspectives on the reality of ritual abuse. I hope to address the following questions:

1. What kinds of groups engage in what is known as ritual abuse? What motivates them?
2. How do these groups maintain their "cloak of secrecy?" How do they operate? What kind of security do they use?
3. How do they program their followers? Why? How does a person break free from this kind of programming?
4. What is the opinion of experts in the field?
5. Has there been documented, physical evidence that ritual abuse occurs? What evidence?
6. What about spouses and friends: what can they do to help survivors of ritual abuse? What is helpful, and what isn't?
7. What can the general public do to help?

These are all valid points that need to be addressed in order to understand ritual abuse. As a survivor of ritual abuse myself, as well as a former cult programmer, or trainer, I have a vested interest in sharing both from my own experience, and the

wealth of published information about ritual abuse that is available now.

I also hope to be able to share some survivor stories (with names changed to protect the people involved) about the reality of ritual abuse, and the ongoing effects that it causes in the life of the survivor, as well as things that have helped them in their healing journey.

I will be sharing internet links that relate to the topics that I have addressed. They are there, and are well worth reading for the person who desires to learn more, and is willing to approach this subject objectively.

Best wishes,
Svali

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On Having Needs

September 29, 2008 by [koniword](#)

This is a guest article by someone who has written expressively and eloquently on how the survivor of cult abuse feels. Her name is niid la'i and she speaks for many of us about the isolation and loss of identity, the need to protect oneself after a lifetime of betrayals. The desire to learn to trust and be open. She calls it:

On Having Need

by Niid La'i

This is an essay on need. Need is frightening to me. I don't want to have need! The voices of programming inside start to shout at me when I acknowledge that I have needs. I am not supposed to have needs. I have always existed to serve others. I am supposed to be compliant, understanding, and forgiving, no matter what anyone does to me, or says to me. I am never supposed to express an opinion, or discontent or dissatisfaction.

As a child, I learned to have a "nothing face." This face was devoid of all expression. It was a face that hid a million feelings. Sometimes, even this expression was unacceptable. If it was misconstrued as sullen, then punishment descended on me anyway. I had to have at least a suggestion of a smile and contentment blended in with the nothing face. It was used when cult members were present and in the home with the mother and father.

I also have, what I call, "outside faces." Outside faces are more readable. They were created to present a pleasant, calm, and amiable appearance to all people. The outside faces went to school, and to relatives' homes, and to public places. As a small child people would comment on how quiet I was. As a teen-ager, and even now, many friends and acquaintances tell me I am so, "laid back!" What a joke! But it proves how well everyone inside has hidden behind the acceptable faces that afforded some safety.

One problem this has created is a numbing affect. In order for the outside faces and the nothing face to function, needs and feelings had to be literally forgotten. If alters, which I call, "others, " inside were too upset or anxious, there was a possibility of their emotions breaking through. Often in a cult gathering, members of the group would convince little others that if they had feelings inside, the members could tell. So, even if their facial expression was as it should be, the cult members would punish them for the feelings these "little people", my name for little alters, were supposedly having. Because of this, others learned to deny their feelings and more others were created to hold feelings in far away worlds. Their needs were not recognized anymore either. Eventually they were as "nothing"

inside as their faces learned to be on the outside.

When one of my others was 6 years old she was being taught not to cry. I'm sure there were lots of other "lessons" already ingrained about showing emotions, but this is just one description of those indoctrination sessions. The memory, and I'm sure it is not complete, is of this small child standing naked in front of a male adult. He was sitting in a chair and all of a sudden he slapped her very hard on the cheek. Of course, she grabbed her cheek and started to cry. He removed her hand and hit her again and said simply, "Don't cry!" She tried to stop but couldn't. He continued to hit her cheek and repeat the words until her tears stopped and the only evidence of the pain was her labored breathing. I'm sure that at some point this little person inside fragmented into more others who could hold the sting of the slaps and even the tears away from the six year olds consciousness. Eventually she was able to stand dry eyed in front of her abuser and not even flinch. By the time this was accomplished her cheek and eye were so swollen and bruised that she could not go to school for more than a week.

Certainly, everyone who lives on the earth has the need to cry many times in his/her life. But for me, because of countless, repeated episodes of controlled programming such as the one just described, my need to cry was effectively shut off. Now, as an adult, though I need to cry, there are many times I can't. I will feel tears begin to fill my eyes and my throat tighten up, but then all the symptoms just go away. I am left with an overwhelming sadness, a stomach-ache and extreme anxiety.

Can I then tell anyone I am anxious, or sad, or feel sick? NO! Others inside have been taught equally well that they are not supposed to ask for relief or comfort. They should not even feel sad, or anxious or sick. If they do have these feelings, they think they are bad and evil for having them. They experience tremendous guilt and shame.

In the present day, I find I don't understand what is happening with my emotions. I go to the Dr. and get so anxious when I have to tell him/her what is wrong that I get tongue-tied and confused. The Dr. gets impatient and frustrated because my explanations are so disjointed. He/she misunderstands.. I try again, but I still can't be clear. I am then judged incompetent and a hypochondriac. I am treated with lack of respect and in a mocking way. I don't understand why I can't talk to Drs. I feel stupid and ashamed for being so evasive and indirect.

This happens because I am not supposed to need. If I am sick, I am not supposed to need help. I am not supposed to tell anyone I don't feel good. I am not supposed to GET sick in the first place. This is ludicrous when considered logically. Everyone gets sick. But, the lessons are still so much a part of me, I think I am bad and evil for wanting medicine to feel better.

Let's say I go to a therapy session. I am going to therapy because I am trying to resolve the conflicts I sense inside. Even being there is a serious breach of "the rules." Again, I am admitting I have needs, and I am trying to talk to someone about them. Talking is akin to murder. It is a capital offense, and carries major consequences if broken. Therapy is all about talking! If I sit silent in front of my therapist then nothing is accomplished. If I speak to him I am buried in angry, shouting inner voices, pleading voices, scared voices. My body starts to hurt in various places. I cannot think again, and what I say comes out jumbled and incoherent. I get frustrated and panic-stricken. If my therapist shows even the slightest indication of impatience or perceived anger, everyone inside withdraws. All the others inside willing to watch and listen are so hyper alert they notice every movement, twitch and voice inflection the therapist has. This can seriously impede progress in therapy.

Many times I have left a session thinking the therapist has labeled me needy and draining. This is because if I ask him/her for anything; reassurance, understanding, support, I think I am being overbearing and demanding. The very act of walking

through the door of the office and being seen feels like asking for more than anyone should ever be asked to give. Indeed, I am supposed to go in there and figure out what the therapist needs and start supporting and taking care of him! Paradoxically if the therapist cannot return a rare phone call, or cannot be as supportive as I need him/her to be, I feel rejected and abandoned. So, I find myself in one of those double binds so common to survivors. If the therapist is supportive, etc. I feel bad and evil. If he is not supportive I feel bad and evil. This is all because I am not supposed to have any needs.

What can happen, is that I get so worried about being needy, that I become needy!! By skirting around what I really want to say or ask for, those who are working with me have to guess at what I am really trying to ask or say. They can end up feeling manipulated, or like they are being forced to play some strange kind of game. Though this is not my intent, especially if they do not know me very well, my "half-talk," as I call it, can create the very drain I am trying so hard not to inflict on others.

It's another trust issue. In order to heal, I have to trust before trust is really there to be able to learn to trust! I have to risk from the very foundation of my being. I wear the lessons of the past like a second skin. To begin removing this skin leaves me feeling touch tender and naked once again. I often feel like I am metaphorically standing in the middle of a busy freeway daring the cars not to hit me. That's how vulnerable I feel as I try and shed the beliefs that have ruled me from the day I was born. I hate it when I am told I am comfortable living within the boundaries placed on me from the past. But, it is true. I have only known what I was so methodically programmed to believe.

Learning new ways is filled with as much pain and anxiety as the original abuse. As I discover and then acknowledge that I have needs, and attempt to trust these needs to "outsiders," "big people," i.e., therapist, Drs. and friends, I open myself up to the possibility of more hurt and misunderstanding. Though these people are not abusers, human beings are subject to making mistakes, responding from their own set of rules. The everyday problems in relationships that are bound to happen when people get together can seem as intense as the former abuse.

Can the voices of programming ever be silenced? I hope so. At this point, I have to rely on my therapists and other caregivers to instruct me and guide me. I cannot offer concrete ways to implant trust in barren soil. What this essay offers is insight. I NEED those who read it to understand and be able to step beyond my walls of resistance and help me. I hope that as other survivors relate to these barriers that affect their healing they will also seek out people that can assist them to shed their old skins of the past. Now how's this for breaking programming! Copyright 2000 Niid la'i:

*Thank you for your courage in opening your heart and sharing with others here.
May what you wrote open the eyes of both therapists and support people to the tremendous issues that a survivor of ritual abuse struggles with in the healing process. -Svali*

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Chapter Fifteen: Core splits, Denial programming, the last Five Steps of Discipline

September 29, 2008 by [koniword](#)

Virtual Reality Programming

Virtual reality programming (VR) is a form of programming that has become more and more widely used in the past few decades. It involves the person being placed in VR headsets and suit while a cult created VR disk is used to run the program. It

can be used to create 3D and holographic images, and especially is useful in scripted programming, and target practice sequences for assassin training. Under hypnosis, the person will really believe they are in the scene.

Virtually any scenario can be recreated. Images to be "burned in" will be shown on the VR disk, and reinforced repetitively during the programming sequence. Some trainers feel it removes the element of "human error" in training, and use it quite extensively. VR programming, like any other programming, means going inside and finding out the distortions that were placed in the parts that went through the programming, allowing them to see how they were deceived, and dealing with the trauma associated with the programming.

Denial Programming:

Denial programming begins with the first experiences the infant goes through in life. The child has been horrendously wounded and traumatized, yet the next morning, the adults around him are acting normally, as if nothing had happened. They are modeling a lifestyle of denial for the infant and young child. This is reinforced later by the child being told:

"It was just a bad dream" (oh, how the child wants to believe this lie. It makes the pain less to think it didn't really happen)

"It's just your imagination; it isn't really happening" (which is again embraced as an escape from the horror). Denial will also be fed by the adults around the child telling them that they will never be believed if they disclose. There will be set ups to teach the child what they see and hear, and to teach the child to trust outside adults to tell them their reality.

A typical set up will go like this:

The adult will hold an object such as an orange in their hand, and ask the young child, about age two or three, "what is this?". The child will quickly respond, "oh, an orange!" The child will be shocked, and told, "no, it's an apple." The child will be confused, because what they are looking at is obviously an orange. It is the color orange, smells like an orange, looks like an orange. The question will be repeated. The child may answer again, "an orange," and will be shocked again. Finally, the child, unsure and not wanting to be punished, will say, "an apple," and be praised.

The purpose of this exercise is to teach the child to not trust their own reality, and look to outside adults or leaders to tell them what reality really is.

That is the basis of denial: the person learns to not trust their own reality, because of punishment and fear when they have spoken the truth.

Alters will be created as the child grows, whose purpose is to deny the cult abuse. If any leakage or breakthrough occurs, the denial alter's job is to create a plausible explanation: it was a nightmare, a book the person read, a movie they saw, etc. These alters will read and quote literature that refutes SRA. THESE ALTERS OFTEN BELIEVE THAT THEY ARE SAVING THE LIFE OF THE SURVIVOR. They have been told that if the survivor remembers, and believes the abuse, the survivor will be killed, or the denial alter will be severely punished or shattered for not doing their job. These parts have a vested interest in their job: they believe their very existence and they body's survival, depend upon them.

Suggestions:

Arguing with a denial alter will not work, since they are not motivated by logic, but fear. A better approach is to ask them what they fear if the person remembers. This will open up the deception and lies that were ground in. They may be protecting the survivor from suicidal alters behind them, who are programmed to kick in if denial is broken through. Allowing them to vent their concerns, and enlisting the aid of helpers or cognitives who do not have suicidal or denial programming will help. Showing them reality in a gentle way, allowing them to "listen in" on others who share will go a long way.

Some denial is the natural consequence of self protection from the horrors of abuse; not all denial is programming. But if denial is constantly blocking therapy, and causing it to come to a complete standstill; if the person becomes highly suicidal every time denial is set aside briefly, then the possibility needs to be considered. Safety, inner cooperation, and patience will go a long way in decreasing denial. As denial backs down, you can expect an immense amount of grieving as the truth is realized. Denial protected the survivor from the horrendous pain of the truth, and should be let go of extremely slowly and cautiously, with plenty of support during the grieving stage.

Core splits:

Core splits are intentional traumatic splits created from the core personality.

The core may be literally "splintered" by overwhelming psychological and physical/spiritual trauma. The trauma needed to create a core split must be very early and psychologically devastating. Fetal splits may occur, but they are rarely a core split; instead, the core creates an alter, but remains.

Core splits are done between the ages of 18 months and three years. Usually at least one parent or main caretaker is involved in the trauma, because this creates the psychological devastation necessary to split the core. Physical trauma alone rarely causes core splits. The torture is intense and prolonged, until the child collapses. It may be shocking, stretching, being hung in a high place, or a combination of several techniques. Being placed in "shock boxes", or near drowning are also used.

The techniques that create core splits are also dangerous, since they can also cause autism if the child cannot endure the programming. When I was in the cult, I fought to stop core splitting because occasionally children were lost or the foundational personality was too weakened.

The core may split into two, three, or up to eight splits internally. Each split will be a piece of the "core child". The original core will not resurface after splitting. These splits are used by cult trainers to be used as templates to create systems within the child. A core split, or a split from one, will be a strong alter, and can be re-split many times in the programming process, to create a multifaceted and diverse system within.

Suggestions:

Core splits represent intense foundational trauma. They will be the basis for later systems, which may be completely dissociated from the split as time goes on. Work on core splits should go very slowly, and only late in the therapy process when there is immense intrasystem cooperation. The survivor will need every internal resource to deal with these traumas, and plenty of outside therapeutic support.

It may mean hospitalization unless the survivor can keep the trauma from emerging too quickly, and the therapist and survivor can go extremely slow.

Other, less dissociated systems and fragments should be integrated.

Acknowledging the abuse cognitively will be the first step in dealing with core trauma. Letting more dissociated parts grieve about "hearing about" what happened may come next. Allowing feelings near the core to come close, a little at a time, with helpers and internal nurturers offering support will help.

These feelings should be titrated, and looked at a little at a time. Splits may be different ages, and may need to express themselves in different ways.

There may be "dream programming", a "fantasy world", or other flight from reality surrounding the core splits, that protects them from contact with the outside world, which is perceived as brutal and cold. Parts may be completely disconnected from outside reality in an effort to buffer pain.

Slow, patient nurturing and reality orientation will help these tremendously traumatized parts begin to join outer reality. Some parts will always have been aware of what happened, but won't care to join the outside world.

Patience, allowing them to vent, will help most.

Steps of Discipline:

Step seven: Not caring

This step will take the child further into a perpetrator role. The child will be forced to hurt others and prove their ability to not care during the process.

Step eight: Time travel

The child will be taught spiritual principles of "traveling" both internally and externally, with set ups, role playing, and guided exercises reinforced with trauma. The goal will be to reach "enlightenment", an ecstatic state of dissociation reached after severe trauma.

Steps nine, ten, eleven:

These will involve programming that will vary according to the child's future role in the cult. Sexual trauma, learning to dissociate and increase cognition, decrease feeling will be emphasized in these steps.

Step twelve: "coming of age"

A ceremony of becoming at age twelve to thirteen, the child will be formally inducted into the cult and their adult role in a ceremony of "coming of age". They will prove this ability by performing the role/job they have been training for, to the satisfaction of the trainer and leaders; by undergoing a special induction ceremony. The ritual and ceremony will be held with other children of the same age, who are dressed in white and given a prize as acknowledgement that they have completed the basics of their training successfully.

They will continue to be abused, even as adults, but the major traumatization and creation of system templates will have occurred by this age. Future training will refine what was already placed in the child by this age, or build upon the foundation.

Suggestions:

Grieving the abuse, acknowledging the feelings associated with undergoing the trauma will be important. It will be necessary to deal with perpetrator guilt, since by this time the child will be a perpetrator, and will have identified with the adult role models around them. This can be difficult to do, since perpetration will horrify the survivor when they remember this. Supporting the survivor, remaining non judgmental, and encouraging acceptance of these parts is important. Pointing out that at the time, they saw no other options available will help. Realizing that perpetrator alters saved the child's life, and that they had no other way to act, especially originally, the first time, will need to be pointed out. The survivor may feel hostile towards, or reviled by perpetrator alters, but they are the expression of the abuse and limited choices they were allowed. Grieving being a perpetrator will take time and caring support by others.

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Chapter Fourteen: Spiritual Programming

September 29, 2008 by [koniword](#)

Note: this chapter includes discussion of both cult and Christian spirituality; do not

read if these themes are triggering***

Any discussion of Illuminati programming would be lacking if it did not address spiritual programming. Most of the previous chapters have dealt with scientifically based, organized, structured programming.

But the Illuminati are first and foremost not scientists, but spiritual. The very foundation of the group is based on the occult. And they go to great lengths to grind in these occult beliefs in their people's systems.

The amount of spiritual programming in the person's systems will vary from person to person, and depends on the individual group, their religious heritage, the leader's beliefs, and the trainers in the group.

All children go to rituals, where they are dedicated from before birth as well as at intervals throughout their life. In these rituals, demonic entities are invoked, to coerce the person into servant hood, loyalty, and secrecy; as well as reinforce the programming being done.

Trainers will invoke demonic layering during programming sessions. This is done after acute trauma. The person is asked if they want more pain, and they will always say "no". The trainer then offers them a way out: if they will accept a "protector" or "protectors" they won't be hurt any more. The trainers will want this, knowing that with these "protectors" they can shorten the training sessions. The protectors, or guardians, will reinforce the programming internally, without outside help. This concept will seem controversial to people who do not believe in spiritual realities, but I am only describing what the Illuminists believe, and their trainers practice.

Spiritual programming will also include: being forced to memorize rituals, THE BOOK OF ILLUMINATION, and other books which contain cult beliefs. The person will be saturated from infancy on, in classes and training sessions, with cult beliefs. They will go to rituals where the adults participate in spiritual worship, wearing robes, and giving obeisance to the group's particular guardian deity. Moloch, Ashtaroth, Baal, Enokkim are demons who are commonly worshipped. The child may see a sacrifice, either real or a set-up, to these deities; animal sacrifices are common. The child will be forced to participate in the sacrifices, and will have to go through blood baptism.

They will be forced to take the heart, or other internal organs, out of an animal that has been sacrificed, and eat them. The adults, and leaders of the group, will place their hands on the child's head, while it is drugged, and invoke demonic entities.

One ritual which is actually programming is the "resuscitation ritual". In this ritual, the child may be heavily drugged, and shocked or tortured, to the point that his heart may stop. The head priest will then "resuscitate" the child, using drugs, CPR, and incantations. When the child comes back, and is awake, he or she will be told that they were "brought back to life" by the demonic entity that the particular group worships, and that now the child owes it their life. They are told that if they ever tell, or try to get the demon to leave, they will return to the lifeless state they were in prior to resuscitation.

Spiritual "healings" due to the demonic are also common. Injuries caused by torture, or programming sessions, or even military exercises, will be healed almost instantaneously during invocations.

Jewel programming will often have demons loyal to the generational family spirits layered in. These are called the "family jewels". The demons "guard them" and help protect the programming surrounding them.

In a sense, every ritual that a young child is part of, is an intense programming experience, as the child observes the adults around them, and imitates their behavior. The child will be severely punished if it falls asleep, and will be told that demons will kill it if it goes to sleep again during a ritual.

They are taught to be completely silent, no matter what they witness during the rituals. The child will witness things that seem utterly unbelievable, including faces appearing transformed by the demonic, channeling, other voices coming out of a leader's mouth, reading of members, telling the future. Group guidance will often be given through channeling of a strong spirit or principality; members who can channel powerful spirits and survive are respected, and their guidance will be looked for.

Some groups will use scriptures negatively or program the child to hate Christian symbols and theology. Other groups will encourage the amnesic front to embrace a Christian lifestyle, while forcing the back alters to renounce and blaspheme the choices the front has made, to separate the two alter groups even further. The cult alters will be told that since they renounced Christianity, they have committed the "unpardonable sin" and can never be forgiven. They will be shown scriptures that supposedly back this up.

In moments of despair, during intense torture or isolation, a person will often cry out to God for help. The trainers or other cult members will often mock the person, telling the person that God has forgotten them, or ask "where is God now? He must hate you...."

Any negative experience the person undergoes, will be used to reinforce the concept that they have been abandoned by God. The cult will gleefully point out the contradictions between what the person experiences, and what Christianity teaches should happen to them.

They may distort scriptures, or use false scriptures. They may distort Christian hymns, or use them in programming. A favorite hymn is "may the circle be unbroken", since it can have two meanings.

Suggestions:

Spiritual programming can be some of the most damaging programming within a person's systems, since it attempts to cut them off from the source of real healing. It is an intentional distortion of truth, with events calculated to teach and reinforce wrong concepts of God. Many survivors are unable to hear Christian terms, or are intensely triggered by any religious discussion.

The survivor and therapist need to realize that these negative reactions are the result of years of false teaching, pain, punishment, distortion and set-ups. It is important not to judge the parts of the person that are negative towards spirituality, or come out, proclaiming the power and benefits of cult spirituality. The survivor's front may be horrified to hear or learn about parts that have these feelings, especially if they are a strong Christian. These parts inside are sharing the only reality they have ever known, and need time and patience to ground, and experience reality outside of the cult setting.

Demonic oppression may need to be dealt with, and even deliverance, to bring relief to a system that is being terrorized by the demonic.

Each therapist and survivor will need to come to terms with their own spiritual beliefs. I personally believe that a therapist needs to consider the possibility of the demonic, since this is what the survivor has been exposed to all their life. The cult certainly does believe it is real, and anyone who has been involved in a cult setting will have had experiences that are in-explainable by normal rational scientific principles.

The survivor needs hope, and healing. A positive spirituality based on love, gentleness, forgiveness, that is the opposite of the coercing, punitive, negative spirituality the survivor has known, will help immensely in the healing process. A spiritual belief system that offers hope, healing, grace, mercy, and affirmation will often give the survivor the support they need to go on during the often difficult process of healing.

Chapter Thirteen: Shell programming, Internal Councils, Human Experimentation, Function Codes

September 29, 2008 by [koniword](#)

Shell programming, Internal Councils, Human Experimentation, Function Codes
Parts of this chapter could be extremely triggering, please read with caution and only with a therapist if a survivor.

Shell programming is a form of programming used to create a "shell" on the outside, that other alters inside speak through. This is designed to hide the person's multiplicity from the outside world, and works extremely well with highly fragmented systems. It also takes a person with the ability to dissociate to a great degree.

How it is done: with shell programming, the trainer will often take a clear plastic or glass mask, and put it in front of the subject. They will be extremely traumatized, shocked, drugged, and told that they (the alter or alters in front) are the "mask" that they see. Their job will be to be a shell, or voice, to cover for the others behind. These parts will be so traumatized that they literally see themselves as only a shell, with no real substance or body.

Others inside will then be directed to come next to the "shell" alters, and use their voice to cover their own. This allows greater fragmentation of the person, while being able to hide it from outside view, since the internal alters will learn to present through the shell. Shell alters always see themselves as "clear", and will have no color if color coding is present in other systems.

Suggestions

It is important to realize that what the system is actually doing is co-presenting, although not co-consciously. For a shell program to work, the shell alters have been taught to allow co-presentation with the other alters in the systems. Other alters in the back may not always be aware that this is what is happening, and the front shell especially will not know that they are being "gone through" for co-presentation.

Recognizing the trauma that occurred, and finding out where the shell fragments came from, will help. Allowing both the shell alters and the other alters to recognize that this is how they have been presenting, and why, will be an important step. Back alters may then begin presenting without going through the shell, and the person may look "more multiple" than they ever have for a period, with accents or young voices coming through. What is actually happening is that the back is presenting without masking who they are through the shell. Meanwhile, the shell alters may decide to coalesce, for greater strength, and may decide to change jobs. Each system will decide what is best for them.

Internal Councils:

Survivors of Illuminati programming will always have some type of hierarchy inside. This is because the cult itself is very hierarchical, and puts this hierarchy inside the person. What better way to inspire loyalty to leadership than to put the leadership inside the person's head? Trainers are also very hierarchy conscious themselves. They know that a system without hierarchy and head honchos inside to direct things will be a system in chaos. They will not leave the person's system leaderless inside.

Many trainers will put themselves in the person, over the internal programmers or trainers. This is because they are egotistical, but also because it uses a well known

phenomenon of human nature: PEOPLE TEND TO INTERNALIZE THEIR ABUSERS. The survivor may be horrified to find a representative of one of their worst perpetrators inside, but this was a survival mechanism. A tenet of human behavior is that often people will punish someone less who mimics them. A brutal nazi will be less likely to punish another brutal nazi, but will look down upon and punish a weak, crying person. So, the survivor will internalize the rough nazi inside, to avoid being hurt. The survivor may mimic accents, mannerisms, even claim the perpetrator's life history as their own.

The ultimate form of internalization comes with internalizing hierarchical councils. The person, under pain, hypnosis, and drugs, will be taught to incorporate a highly dissociated group inside to lead the others. These will often be created from core splits, because the trainers want them to be extremely strong, stable alters in the system.

Triads of three elders may be seen

Platinum's may have a head council of three

Jewels will have a triad, made up of ruby, emerald, diamond in many systems, to rule over the others

And, of course, an internal "leadership council", "System Above", "Ascended Masters", "supreme council", regional council, world council, etc. may be found. The councils found will vary with each survivor.

These internal groups will correlate roughly to the outside group. Often the child or youth at age twelve will be presented to these groups in a formal coming of age ceremony. This ceremony is considered quite an honor, and will involve the child being traumatized and accepting the leadership of the council for the rest of their life. Undying loyalty is promised. There may be other occasions the person will be forced to come before the councils throughout their lifespan, either for judgment, to pass tests, for punishment, or elevation. These councils will be seen as holding power of life or death, and the child or youth will do anything to gain their favor. The child will internalize them. The trainer will help with the internalization, using photographs or holographic images of the people to "burn them in". Each member of the group will be given different leadership tasks.

It is not uncommon for the survivor to incorporate a parent, both parents, or grandparents, into their internal leadership hierarchy in a generational survivor.

High priests and priestesses may sit on ruling councils inside.

Suggestions:

Internal leadership councils will often be some of the most resistant to, and hostile towards therapy, especially in the early stages. They will verbally banter with, or refuse to speak to, the therapist, as being "beneath their notice." They are mimicking the haughty, hierarchical attitudes they have been exposed to all their lives.

They also have the most to lose, if the survivor leaves the cult, and may fight this decision tooth and nail. They will often be the alters with an "attitude".

Both the survivor and therapist need to recognize that these parts had powerful needs that were met in the cult setting. To ignore this and argue with them will only entrench their belief that therapists are stupid and unknowing people. Acknowledge their internal role while gently pointing out reality. Try to enlist their aid in helping the survivor strengthen. Discuss honestly the pros and cons of leaving the cult. These are highly intellectual alters, and they need to express their concerns and doubts. Setting good boundaries and not allowing verbal abuse of the therapist is important. These alters are used to "pushing people around" verbally, and have been rewarded for it prior to therapy. Now, they need to learn new coping skills and behaviors, and the process may take time. Allow them to vent their anger,

displeasure, and fears about the decision to leave the cult. Offer them new jobs inside the person of leadership over safety committees, or even decision making committees.

Sometimes, a system that has broken free from the cult, and has no external hierarchy that they are accountable to will go through a short period of chaos as word gets out: we're free, and don't have to do what the cult tells us to do any more! Hundreds of internal arguments may break out as to: what do we do for a living? where do we live? what do we eat? what hobbies will we have? Everybody wants to come out, see the daytime, and live this new, free life. But the freedom may cause imbalance with all of the switching going on inside. Enlisting the aid of the internal hierarchy, and creating a limited democracy, with ground rules, may help during this time. Don't dismantle the internal hierarchy overnight, or the systems will be rudderless. Enlist their aid in helping direct which direction the survivor goes. Things will settle down after a period, as the systems learn to listen to each other, vote on ideas, and begin going together in the same direction.

Human Experimentation

This is one of the most grievous things that still occurs in the Illuminati today. The Illuminati were famed for deciding years ago to "go scientific" and incorporate scientific experimentation into their training principles. This is one area where they broke with other, more traditional groups, who still followed "spiritual principles". The Illuminati decided to use scientific data, especially in the psychiatric and behavioral sciences, to drive their training practices. This became known openly during W.W.II, when the world heard about the experimentation on Jews and other groups in the concentration camps, but human experimentation had been quietly going on for years before underground.

It also did not stop at the end of the war. German trainers and scientists were scattered around the world, and hidden, where they continued teaching others the principles they had learned, and continued with ongoing experimentation.

Some of this experimentation occurred with government funding through groups such as the CIA and NSA. The Illuminati had people infiltrated throughout these groups, who used the principles discovered and shared them with their own trainers.

Experimentation is going on, even to this day. It is done secretly. Its purpose is to help improve and create more sophisticated training techniques. To prevent "programming failures", or "pfs" as they are called in the cult.

Many, many survivors, if not all, will have been told that they are only an experiment. This may or may not be true. Trainers like to tell their subjects that they are experiments, even if they aren't, for several reasons:

1. It creates immense fear and helplessness in the subject (the thought is, if this is an experiment, I will have to work really hard to survive this)
2. It devalues the person immensely. They will feel that they have no real value as a human being, that all they are is an experiment. Someone who feels devalued doesn't care, and will be willing to do things they wouldn't if they felt some value, some humanization.
3. It gives the trainer added power, as they are the one who can begin or stop the "experiment". Almost always, when the person is TOLD they are an experiment, it isn't really true. When trainers and cult members really do experiments, the subjects are never told, because it could bias results. The fear could interfere with drug effects, and skew the results. Most recent cult experimentation has been in the area of: drug effects: using different drugs, both alone and in new combinations and dosages, to induce trance states and open the person to training. Drugs are looked for which will shorten the time interval needed to induce trance state, which are quickly metabolized, and leave no detectable residues the next

day.

Behavioral science: watching and recording data on different environmental parameters on human behavior. Modifying the environment.

Praise and punishment as motivators.

Isolation techniques: recording data both physiological and psychological from different isolation methods. Removing, adding, combining different methods of sensory isolation, and the effect of each.

Effectiveness of virtual reality in implanting programming.

Effectiveness of new disks created to put programming in. Cult graphics and computer experts will work to create better and more effective VR disks, which are tested on cult subjects for their effectiveness. The cult wants more and more standardization, and less room for human error and weakness, in its training techniques, which is why it is going more and more to high tech equipment and videos. Attempts to break programming, cause program failure; recording what is effective, what isn't and develop new sequences to prevent pf. Subjects under hypnosis are ordered to try and break certain internal programming sequences. The ways they go about this, and what seems effective, are shared with the trainers, who then create new programs to prevent degradation of programming from occurring.

Harmonic/light, sensory deprivation and over stimulation and the effects neurologically and physically. New combinations of sensory input are always being tested to see which achieve the most lasting results, and can be done rapidly.

The cult is always trying to find new, better, faster methods to break down subjects, put programming in, and prevent the programming from failing.

This has been the emphasis in most research it has done. The results of this research is shared worldwide, both by internet, phone calls, and international trainer conferences, where trainers worldwide share the results of what they are finding. New techniques are incorporated by other groups which are eager to find out what is being discovered.

Suggestions:

If you have experimental programming, realize that the alters who were used in it are heavily traumatized. They also will feel devalued, less than human, and this was reinforced heavily by the trainers who worked with them. They probably weren't used in initial experiments, as described above, but may have been used in second level experimentation.

I will explain what those terms mean.

Top trainers and leaders will initiate an experiment with a new drug. They will learn to triturate dosages, and record all observable facts on hundreds of subjects. After enough data is gotten, they will then clear it for use by trainers in local groups. It will then still be considered experimental, but will be second level, instead of first level experimentation. At this point, all trainers in local groups will be told to record and report any adverse reactions to the drug, any usual dosages needed, etc. This data is collected in databanks (yes, the cult is now in the computer age), inside of encrypted files, which will then be sent to a central base in Langley, Virginia.

Alters used in experiments, or told that they were experiments, need to realize they are valuable. They will need to realize they went through intense programming, and be allowed to vent and discuss their experiences. The fear related to believing they were an experiment needs to be vented appropriately. They will be angry at the dehumanization, intentionality, and coldness of what they went through, and quite rightly so. They may rail against the effects in their life now of the experiments and procedures they went through, and need to grieve over loss of body image; loss of trust in people; the sense of betrayal and helplessness that

they felt during the procedures. They may want to journal, or draw pictures of their experiences.

A warm, empathetic therapist, who listens, and believes, and does not discount what they went through, is invaluable at this point. Allowing internal cognitives and helpers ground parts who went through bizarre sensory experiences, and creating "grounding committees" inside will also help. Extra support may be needed while dealing with experiences and feelings of this intensity.

Function Codes:

Trainers will place within the subject's systems a special way to organize the fragments that are related to the job they were trained to do. These are called Function Codes, and there are three main types:

Command Codes: these are irreversible commands, put in at the limbic level of conditioning. The first code always put in is the "halt " command, which stops the person in their tracks, and is the first code any new trainer learns. This will stop the subject from assassinating their trainer, if they have MK ULTRA or other assassin training in place.

Other command codes will include: system destruct codes (suicide); shatter codes; erasure codes; and antisuicide codes.

Access Codes: these are specialized codes, often coded into short messages, or numerical codes, that allow access into the person's system. A trainer will always begin a session by repeating the person's personal complete access code, which will allow authorized entry into the system without setting off booby traps and internal protectors. These codes may also depend and be set up on sight recognition and voice recognition of the person giving the codes. In other words, the system will respond to the codes only if a person who appears to be an authorized person, such as the person's trainer, gives them. This is to prevent unauthorized access or using of the person by others outside of the person's local cult group.

Function codes: these are the "job codes" or work codes within the system.

Often, several will be coded to link together to perform a task. These are usually a letter, such as a Greek alphabet letter, combined with a numeric sequence that corresponds to their place on the internal grid or landscape.

Suggestions:

If the survivor has function codes, or the other codes internally, it will help if the different system controllers can share these with the person. The person can then get to know the fragments, hear their history, and help them begin coalescing with other parts internally. It may help to find the template these codes were fragmented from, and help the template realize how they were traumatized to create these fragments.

About deprogrammers:

Often people who call themselves deprogrammers will attempt to find these codes and help the person. This is an individual decision of each survivor and therapist. There may be excellent deprogrammers, but I have always felt extreme caution, and never used one myself for two reasons:

1. I would never ever give away the locus of control away to an outside person again. It would remind me too much of my own abuse, and I believe the survivor should be self empowered in therapy as much as possible.
2. There are no quick cures, or miracles, or short cuts in the process of undoing the extensive amount of abuse that has occurred with Illuminati programming. Even the best deprogrammers will admit that after they are done, the person will usually have an idea of what was put in them, but must finish with years of therapy dealing with how they FEEL about the programming that was done. Illuminati programming takes YEARS to put in, with extensive, methodical abuse, and a

realistic therapist will realize that it will take years of patience, support, and hard work by both therapist and survivor to undo a lifetime of conditioning and pain. This is not to say that deprogrammers don't help people; good, reputable, safe ones have been reported to be of great help. But the person can also undertake the process themselves of undoing their own programming, and often the survivor is the best "internal deprogrammer" of all. They know their inside people and what motivates them, better than anyone else.

Posted in [The Illuminati: How the Cult Programs People](#) | Tagged [Shell Programming](#) | [1 Comment](#) »

Chapter Twelve: Preventing Reaccessing of the Survivor

September 29, 2008 by [koniword](#)

This is by far one of the most important chapters I have written in this book. Why?

Deprogramming cannot be consistently successful if the person is still in contact with the abusers. Survivors will take one step forward, then will find themselves knocked down internally. All the hard work in therapy will be undone or set back. They and their therapist will find that they have trouble finding internal alters. Whole systems may shut down. A child presenting system may come out. Confusers and scramblers will take over therapy sessions and blockers will block therapy.

No one chapter can ever be totally comprehensive in how to prevent reaccessing. What I will share are some of the more common ways that the cult and trainers will try to reaccess individuals, and give some techniques on avoiding this.

The cult has a vested interest in keeping its members. After all, it has spent generations telling its members that if they leave they will die, be killed, or go psychotic. It makes them quite unhappy to see someone who is quite alive and very clearly not psychotic leave. It also makes their more restive members question the truth of what they have been told if they see someone get out. Having a member leave may break the hold of some programming in other members. Trainers especially hate to see anyone leave, and grind their teeth over this problem at night. People leaving the cult is considered a training failure and the trainers may be punished severely.

So, the cult has come up with certain ways to keep their members with them, willingly or unwillingly. These include, but are not limited to:

E.T. phone home (phone programming) : the individual will have personalities whose sole job is to call and report to the trainer or cult leader. These are often young child alters who are eager to please, starved for attention and nurture, and who are heavily rewarded for calling back in. Any survivor who attempts to leave the cult must deal with the urge to phone home. To phone their abusers. To phone their friends who are in the group. To phone their parents, siblings, cousins, or aunts. This urge may become overwhelming at times and worst of all, the survivor may be totally amnesic to the fact that the people they are calling are cult members who are urging them, in code, to come back. Common phrases used include: your 'family' loves you, misses you, needs you. So and so is ill and needs to see you. You are so special to us. You are so valuable. You need to come see us. Why are you so distant? Why haven't we heard from you lately?

The list goes on and on. Sweet, kind phrases with double meanings, placed in the person during training sessions. Trainers are not stupid and know that if cult members said "come to the ritual meeting at midnight next week", the survivor would run the other way, and be validated as well that they are not making things up. So, they ingrain code messages behind innocuous phrases such as described

above. These, and other messages, are meant to trigger recontact programming.

In recontact programming, (ALL ILLUMINATI MEMBERS HAVE RECONTACT PROGRAMMING, IT IS NEVER LEFT TO CHANCE) the person has parts whose only job is to have contact with their trainer or cult leader, or accountability person (person one step above them in the cult). These parts are heavily programmed under drugs, hypnosis, shock, torture, to have recontact. The individual will feel restless, shaky, weepy, afraid if they try to break this programming. It will often be linked or joined in to suicidal programming (see previous chapter for more on suicidal programming). They may experience PTSD symptomology, or even flood programming, and internal self punishment sequences, as they fight this programming internally.

Siblings are often cross trained to access each other with special codes. Remember when.... may initiate this. I love you, or, your family loves you, can also be used. Phrases will be individual, depending on the person's family members and background.

Certain clothing or jewelry worn can be used to draw a cult loyal system, such as a color coded system, or jewel system, to the front. The person must physically resemble the person the individual was "keyed into" during the programming sequence, to prevent inadvertent popping out of alters by anyone wearing a ruby pin, for example. This kind of cueing will be based on sight recognition of a person, plus the clothing color or jewelry being worn a certain way.

Phone calls from concerned family members, friends, and cult members will flood the survivor's phone lines and answering machine, especially during the initial getting out phase.

Hang up calls, three or six in a row, or calls where a series of tones are heard, may be used as cues to recall the individual and fire off internal programming.

Birthday, holiday or we miss you cards, or letters, may be sent with trigger codes imbedded in them.

Flowers with a certain number of flowers, or color may be sent. Daisies may fire off daisy programming internally.

The possibilities are almost endless, depending on the trainers, the group the person was with, and the people they are most bonded to in the cult. Special training sessions will be given, with code words and cues built into the system's programming.

If all else fails, hostility will start. "You don't love us" will be heard, even when the survivor has stated repeatedly that they care. Boundaries drawn with cult members will be misinterpreted as lack of concern, or withdrawal. Accusations, guilt, and anger as well as manipulation will be used as hooks to make the survivor feel guilty for withdrawing from the cult.

Isolation programming may activate, as the cult support system is withdrawn in the survivor's life, and they try the difficult task of developing healthy, appropriate relationships outside of the cult. Often, the therapist will be the survivor's lifeline and sole support at first. The individual may fall into codependent relationships quickly, or relationships with other survivors to fill the void in their life. At worst, desperate for caring and feeling isolated, they will make friends with the first kind person they meet. This person could be a cult set up, sent to initiate a friendship quickly. Survivors should be wary of "instant friendships" or instant bonding with others. Most good relationships take time and effort.

Suggestions:

One of the most difficult tasks, but most important safety wise, will be for a totally amnesic presenting system to realize who their abusers really are. It will seem unbelievable, when back parts come up in therapy, and disclose that beloved, or

even barely tolerated family members are in the cult. Believing these parts and listening to them will be crucial to safety. Protectors will be important to the survivor's safety, especially if they are willing to give up cult allegiance and help keep the person safe. Outside accountability with safe persons is extremely important. The problem is that generational Illuminati survivors have often been surrounded all their lives by a network of other cult members. Unknown to them, their closest friends and family members are part of the group. Amnesia poses the greatest danger to the survivor in the beginning stages, as they will trust people before they remember that they are unsafe.

A survivor may remember the father taking them to rituals, and believe that their mother or grandparent is safe. Only later in therapy will they remember that mother or granny was actually their trainer, since the most painful memories tend to come later. The survivor may only remember ritual abuse in early childhood, and think they were let go at a certain age. This is extremely rare, since the group has put in years of effort into training them. Almost never will they just "let someone go" in generational families. But they may be given false or screen memories, especially if they are in therapy, to confuse the survivor and the therapist.

The client will need to listen to and believe internal parts who have more information than they do, and take appropriate steps to be safe. This will probably mean cutting off contact with perpetrators at this point. Again, outside accountability is paramount. Safe houses, a women's shelter or a safe church family may be alternatives. One of the worst things the survivor can do is isolate, or go out walking late at night alone, or go camping in the woods by themselves. Abduction will often occur in these scenarios, when the survivor is alone and vulnerable. Safe roommates can help keep the survivor safe.

Locking up the phone in the trunk of the car may help if phone programming is intense. This gives the survivor the chance to wake up or stop phone calls, if an alter has to get up, find the car keys, turn on the light, go outside, and open a car trunk, bring the phone inside and hook it up again before making a phone call.

Building a support system through safe support groups, a good therapist, church, or work can also help. Whenever possible and practical, moving away from the town or state where the survivor was active in the cult can help. Why? Remember the survivor's whole support network was the cult in their old town. The trainers and/or family members have invested time and effort into the survivor and have a big stake in their coming back. If the survivor moves far enough away, a cult group in the new city or state will not know them as well, and will not have a lengthy history with them. This can help decrease the chance of reaccessing by the cult, in conjunction with good therapy and a safe support network.

The survivor will have to rebuild their support system anyway, so why not do it as far as possible away from people they have known who might hurt them? It can be intensely triggering to the survivor to see their old trainer walking down the street towards them, and inside alters may destabilize or feel unsafe. This is one case where distance is good.

One caution though: even if the survivor moves, they will need to work intensely on blocking internal recontact programming at the same time, or they may be quickly reaccessed. Trainers will often send the person's system codes and grids over the internet to cult groups in the new city, and will try to send someone who physically resembles the trainer or a family member to initiate contact with the survivor.

Internal communication and letting inside alters know that they can change their jobs will help. Reward internal reporters for changing allegiance and committing to keep the survivor safe. The cult used to reward them for doing their job; now the survivor can reward them for changing jobs. Develop new interests, work or hobbies that can help the survivor meet new, safe people. The survivor may want to practice friendship skills in support groups, as long as they are run by reputable, safe therapists.

Be aware that holiday dates are often important dates for reaccessing. Calendars are available that show important holidays for SRA groups. Birthdays are also dates when the individual is expected to return and there may be programming surrounding this.

Callback programming (where the person is given a specific date or holiday when they are to return to the cult, or be punished) may need to be broken as well. Allowing the alters who went through the programming to share their memories, acknowledging their needs, and trying to meet those needs in healthy ways will bring healing.

The survivor will need to go through a period of grieving for loss of contact with family members and friends in the cult. No matter how abusive, how disliked, it can be very difficult to cut off with perpetrators, especially if they were the only people close to the survivor. The survivor needs to acknowledge the difficulty of creating a new, healthy, cultless support group. The survivor needs to recognize that learning new skills and developing healthy friendships will take time.

One issue often brought up by survivors is: how much do I tell others about my past? This is an individual decision that the survivor and therapist need to look at together. In general though, caution in sharing is best, since sharing too much about the survivor's past may draw the wrong people to them. These people may be dysfunctional, or possible cult members. It is usually best to base new, non cult friendships on healthy aspects of the person at first and very gradually share small bits of information as the friendship progresses, and sharing seems appropriate. With time and opportunities, the survivor will learn the importance of appropriate boundaries and will want healthier relationships in their life.

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Chapter Eleven: Suicidal Programming

September 29, 2008 by [koniword](#)

I have decided to write an entire chapter about suicidal programming, since it is often the most dangerous programming that the survivor will face during their healing process. ALL ILLUMINATI SURVIVORS WILL HAVE SUICIDAL PROGRAMMING PROTECTING THEIR SYSTEMS. I emphasized this to also reiterate the need for good therapy and a strong support system for the survivor.

The Illuminati know and realize that with time, individuals in their group may start to question what they are doing. Or they may become disenchanted with their role. They may even desire to leave the group or try to dismantle their own programming.

The trainers are well aware of this possibility and to prevent this, will always program in suicidality. The suicidality, or suicidal programming, may surround one or more systems internally. It may be layered into more than one system.

From earliest childhood, survivors have been conditioned to believe that they would rather die than leave their "family" (the Illuminati group). This is the core, or basis of suicidal programming. It will be closely linked to loyalty to one's family as well as the group (remember, this is a generational group and leaving it may mean giving up contact with one's parents, spouse, siblings, aunts, uncles, cousins and children, as well as close friends). These people will all try to contact the survivor, and try to draw them back into the cult, asking "don't you love us anymore?", or even becoming accusatory and hostile if the survivor does not respond the way they wish. The survivor will be told that they are "crazy". Or delusional. That their family loves them and would never be part of a cult. The family members will all still be

amnesic, unless something happens to trigger their own memories.

One of the most frequent suicidal programming sequences placed internally will be "come back or die" programming. A family member may activate it by telling the survivor that they are missed and their family wants to see them. If the survivor fails to return, the programming will start running. It can only be deactivated by a code word from the person's trainer or cult contact person. This ensures that they will recontact. If the survivor tries to break this programming, they will need assistance, both internal and external, for safety.

Hospitalization may be needed in a safe facility that understands DID and programming, as well as suicidality, as the alters inside will begin fighting if the person tries to break the programming. They have been programmed to commit suicide, or be shattered internally, or at the very least, severely punished, and are afraid of the repercussions of not obeying. The survivor will need to get to know these internal alters, and reassure them that they no longer need to do their jobs.

Chronometric suicidal programming is another type placed within. This does not need contact with family members to activate. In fact, it is activated automatically after a certain amount of time WITHOUT cult contact. Controller alters and/or punishing alters will have been programmed that if a certain period of time goes without contact with the trainer, they are to commit suicide. They will be told that the only way to prevent this is recontact with the trainer, who knows a command code to halt the program. The time interval may be anywhere from three months to nine months, each system is different. Call back programming may have this type of programming as a back up, to ensure that it is followed through on.

Systems layered programming is a particularly complex form of suicide programming where several systems (up to six at a time), are programmed to fire off suicide programming simultaneously. This always needs hospitalization for the survivor's safety.

Honor/dishonor programming is common in military systems. In this, the military parts are told that an "honorable and courageous" soldier will take his life, rather than reveal secrets or leave his unit.

"No tell" programming will often be reinforced by suicidal programming.

Access denied programming, which prevents unauthorized access both externally and internally, will often be reinforced by either or both suicidal/homicidal programming.

Almost all suicidal programming is put in place to either ensure continued obedience to the cult's agenda; to ensure regular recontact; or prevent the individual or an outside person from accessing the person's system without authorization (i.e. the correct access codes, which the trainers are careful to use at the beginning of each session). It will frequently block therapy, as the survivor will be terrified, and rightly so, of dying if they reveal their internal world, or disclose their history.

Suggestions:

First, both the survivor and the therapist need to find out what suicide programming is present (it's a safe bet it's there, no need to ask IF it is present). Internal communication, and finding out which alters or fragments hold suicide programming will be important. Physical safety, whether with a safe outside person, or inpatient hospitalization, while working on suicide programming is extremely important, as this programming may either drive the survivor to self destructive behavior, or back to the cult. Dealing with suicide programming assumes that the survivor and therapist have initiated good system communication internally. This is extremely important, since the survivor will need cooperation inside with dismantling suicidality.

Letting alters inside know that they no longer have to do their job, that they can

change, may help. Reality orientation, letting them know that if they kill the body, that they will die, may also help (many times, these parts have been deceived into believing that they themselves will not die, if they do their jobs. This means they need to hear the truth). Having controller alters, high alters with pull inside the system, agree to help the therapist dismantle the programming will help. But be aware that SOME INTERNAL SUICIDE SEQUENCES WILL BE PUT IN THAT EVEN CONTROLLERS CANNOT DISMANTLE. Creating a safety committee inside whose main job is to keep the body safe and ask for help if suicidal programming begins to kick in, BEFORE ACTING OUT OCCURS, will also help tremendously.

As the survivor develops trust with their therapist and realizes the value of life, and that life can be much better than it has ever been before, they will become more willing to reach out and ask for help if they become suicidal. The survivor may also find that they encounter core despair. This despair may have been used by the cult to run suicidal programming, but it is not programming itself. A very young core split may have taken many of the feelings of despair, hopelessness, failure to thrive and desire to die, that the child felt growing up in a horribly abusive atmosphere. This is not programming but true feelings, and it will be important to differentiate this from programming. If core despair comes up, the alter containing this may also report having been trained to NOT SUICIDE, or give up. The trainers will do this, if despair begins overwhelming the subject at an early age, to prevent the child's suicide.

The survivor's cognitives, helpers, nurturers, will all need to be gathered together to help this part of the core heal. There will be intense, and rightful, grieving and anguish for the immense pain that the young child suffered. Hopelessness will come out. It can help if alters with happier memories can try and share their memories with this very young part. External support and caring can also make a big difference. Healing the immense pain held by this core split will take a long period of time and should not be hurried. Antidepressants can help, as the depression may be shared through all systems. Messages of hope, new and positive experiences can all help the survivor work through this type of programming, as well as journaling, poetry, artwork and collaging the feelings. Time, patience, support, the ability to vent feelings in a safe manner and physical safety when needed, will all help immensely as the survivor works through these issues.

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Chapter Ten: The Sixth step of Discipline: Betrayal; Twinning, Internal walls, Structures, Geometry

September 29, 2008 by [koniword](#)

This chapter will address the sixth step of discipline in the Illuminati:

Betrayal programming.

Betrayal programming will begin in infancy, but will be formalized at around ages six to seven, and continue on into adulthood. The sixth step can be summarized as : "betrayal is the greatest good." The Illuminists teach this to their children as a very important spiritual principle. They idealize betrayal as being the true state of man. The quick witted, the adept, learns this quickly and learns to manipulate it.

The child will learn this principle through set up after set up. The child will be placed in situations where an adult who is kindly, and in set up after set up "rescues" the child, gains its trust. The child looks up to the adult as a "savior" after the adult intervenes and protects the child several times. After months or even a year of bonding, one day in a set up the child will turn to the adult for help. The

adult will back away, mocking the child, and begin abusing it. This sets in place the programming: adults will always betray a child and other adults.

Another set up will involve twinning, which deserves special mention here. The Illuminati will often create twin bonds in their children. The ideal is to have a set of real twins, but of course this is not always possible. So, the child is allowed to play with, and become close to, another child in the cult from earliest childhood. At some point early on, the child will be told that the other child is actually their "twin", and that they were separated at birth. They are told that this is a great secret and not to tell anyone, on pain of punishment. The child, who is often lonely and isolated, is overjoyed. It has a twin, someone who has a special bond to them by birth.

The children do everything together. They are taught together, do military training together. They tell each other secrets. They are also frequently friends in the daytime as well. They are taught to cross access each other just as real siblings would be.

But at some point, they will be forced to hurt each other. If one "twin" is considered expendable, the ultimate set up will be one in which one twin is forced to die while the other watches. One twin may gather secrets from the other twin, be forced to disclose them to a trainer or cult leader, then may be forced to kill the other. One twin may be forced to hit, or hurt the other. If they refuse, the other twin will be brutalized by the trainer, and the refusing twin told that the child was hurt because of their refusal to comply. Many setups will involve one twin being forced to betray the other, turning on the other child after intense programming. This betrayal set up will devastate both children, and they will learn the true lesson: trust no one. Betray, or be betrayed.

The children will also have adult role models on every hand, since the cult is a very political, hierarchical, back stabbing society. Adults are constantly betraying each other, stepping over each other to move up. The children will watch one adult being praised, advanced, because they betrayed others below them, or set them up to fail. The children will learn quickly to mimic the adults around them, and both adults and children can become quite cynical as to human nature. They will have seen it at its worst, whether in training sessions, the brutality of a C.O. in military, or the gossip and back stabbing that occurs before and after rituals. They also incorporate the message internally: play the game, or be run over. Even the youngest children learn to manipulate others adeptly, at a very young age, while the adults laugh at how quickly they are learning adult ways. People manipulation is considered a fine art in the cult, and those who do it best, as in any group, often win out.

Suggestions:

Betrayal programming may have totally shattered the survivor's trust in outside people. It will take a therapist a long, long time to gain the survivor's trust. These are people who were taught over and over again that talking, sharing one's secrets, would be punished harshly. Inside littles will be very cautious at first, not trusting that the therapist is not just another trainer who will one day shout "aha!" and betray them if they begin to trust. This trust building takes time and patience, and must be earned through session after session where the therapist shows trustworthiness and non abusiveness. Survivors will test therapists over and over again, to see if they really are what they say they are. This is a normal part of the therapy process. Survivors may even try to back away from therapy, or outside support, as true caring support will "wig them out", i.e. conflict incredibly with their world view and experiences prior to leaving the cult.

Both survivor and therapist need to realize that some amount of distrust is healthy, based on what the survivor has experienced, and may be life saving, helping to protect them from outside accessing. Honor this need and be patient while the survivor tests over and over. The survivor can try to reason with inside alters who may have been betrayed to the point of legitimate paranoia. They may ask them to

watch, and see what the therapist, and/or support person is like. To take their time, check them out. To be aware that what they went through may magnify normal feelings of caution. Helping orient these parts to outside reality, and especially positive experiences of trusting a little, and not being harmed, will help make great strides in undoing this. The survivor may feel confusion and internal conflict, as they experience a world where trust is possible. They may pull away, or the reverse, become highly dependent on the therapist and share too quickly due to a longing for safe intimacy that has never been met. Setting healthy boundaries while acknowledging needs will help the survivor through this stage.

Another type of programming involves the deliberate creation of internal structures within the cult member.

Internal structures: temples, eyes, mirrors, carousels etc.

The Illuminati trainers will try to create internal structures within the person's personality systems. Why? They believe this creates better stability. It also gives the alters and fragments a place to "hang on to" inside, and creates a convenient way to call them up. If a fragment is indexed inside to an internal helix, for example, the trainer knows how to locate them more easily.

Internal structures will vary greatly depending on the trainer, the group, the region of the U.S. or Europe and the goals for the individual. Common internal structures will include, but are not limited to:

Temples: these are often consecrated to principle Illuminati deities, and spiritual alters will congregate here. This may represent actual temples, Masonic or private, that the subject may have visited.

Temple of Moloch will be created out of black stone with a fire burning internally.

All seeing eye of Horus: one of the most common structures in an Illuminati system; universal. Horus is a deity revered by the Illuminati, and the all seeing eye internally represents the fact that the cult can always see what the individual is doing. It will also represent being given to Horus in a high ceremony. The eye may be closed, or open, depending on the system's status at the time. This eye will also be linked to demonic watching of the person's activities at all time.

Pyramids: the Illuminati revere ancient Egyptian symbology, especially "mystery religion" and Temple of Set teachings. Pyramids will be placed internally both for stability (a triangle, and/or pyramid represents strength and stability), and as a calling place for the demonic. Pyramids and triangles, and the number three, represent calling up the demonic in Illuminist philosophy.

Sun: represents Ra, the sun god

Geometric figures: configurations of circles, triangles, pentagons, etc. Geometric patterns are considered sacred, and are based in ancient philosophy. There may be hundreds overlapping in a training grid for complex systems, which will house fragments in each one.

Training grids: these may be simplistic, such as cubes with patterns on them, rows of boxes, or more complex such as helixes, double helixes, infinity loops. Each trainer will have favorites classified as simple, medium and complex, depending on the child and its ability to recall and memorize.

Columns: Greek Doric, ionic columns. Often hold "time travel" programming, with a portal between two columns.

Computers: complex, highly dissociated systems with alters and fragments held within a computer system.

Robots: may be seen in older systems

Crystals: gems, balls, multifaceted. Used in spiritual systems to enhance occult powers. Alters and fragments may congregate on facets of a large ball.

Mirrors: used internally to reinforce other programming sequences, internal twinning, and distortion of reality programming. May create shadow systems of functional systems. May also lock in demonic programming.

Carousels: used in some programming sequences to confuse alters inside. Often linked to spin, confusion programming internally. May be used to punish internal alters; they will be spun on the carousel if they tell.

Deck of cards: this can include cards from a deck, or complex configurations made of hundreds of card inside. Dominoes programming is similar. All touch each other and if person tries to dismantle programming, the deck will "fall".

Black boxes: represent self destruct and shatter programming sealed off into a black box to protect system. Should not be opened without careful preparation and good therapy.

Mines, booby traps: see above

Spider webs: represent linked programming, with a spider (internal programmer) who continuously reweaves the web and reinforces internal programming and punishments. The web also communicates with other systems. Can also represent demonic linkages internally, woven in.

Internal training rooms: used as punishments for internal alters. Will represent external training rooms person has been in.

Internal walls: these will often represent very large internal amnesia barriers. The walls may be very thick, impermeable or semi permeable. A typical use for a wall will be to maintain high levels of amnesia between "front" or daily living, amnesic alters, and "back" or cult active alters that contain more of the person's life history. The back may be able to selectively see over and cross past the wall, but the front will be completely unaware that there is a wall, or what lays behind it.

Seals: usually in a group of six or seven, represent demonic sealing, and may cover end times, shatter programming, as well as role within cult in new hierarchy.

These are some common programming structures. Again, there are many, many other types of internal structures used and the number and type are only limited by the trainer's and survivor's creative abilities. The way that these structures are placed within the person are fairly

similar. Under drugs, hypnosis and electroshock, the person is traumatized into a deep trance state. In the deep trance they will be told to open their eyes and look at: either a projected image of the structure, a 3D model of it, or a holographic image using a virtual reality headset. The image will be ground in, using shock and bringing the image closer and closer to the person's visual field. It may be rotated, if graphics are available, or a 3D is used. They may be told that they are entering inside it, if it is a temple or pyramid, under deep hypnosis, that they (the alter being programmed) will now "live inside" the structure/box/card, etc. This will also be used to reinforce amnesia and isolation programming internally, since the structure will be used to reinforce walls between the alter/ fragment and other alters and fragments internally.

Suggestions:

If the survivor finds structures inside, it will help for them first of all to try and realize WHY they are there. What purpose do they serve? To reinforce amnesia? Isolation? spiritual programming? punishment? To hold dangerous programming sequences? This is important, since some structures such as internal walls or barriers may have been created not only by the cult, but reinforced by the survivor as well, as a means of internal protection. The survivor may not want to dismantle internal structures too quickly without knowing their purpose and what they contain. Both the survivor and the therapist will need to go slowly. Learning how the structures were put in and which alters are linked to the structure, will be a first step. Long, slow and careful preparation, with lots of system cooperation, will be needed to look at some structures. This may only come after years of extensive

therapy. Each survivor will progress at their own pace. If a wall is present, taking it down slowly, one brick at a time, or allowing part of it to become semi permeable, may be first steps in healing. Training rooms can have the equipment turned off and dismantled; it can be turned into a safe room, redecorated and refitted with toys and safe objects. Computers can slowly begin to realize that they are human, and gradually allowed to take on human characteristics.

Survivors can use their creativity to reclaim themselves, with the support of their therapists, and undo what was done.

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