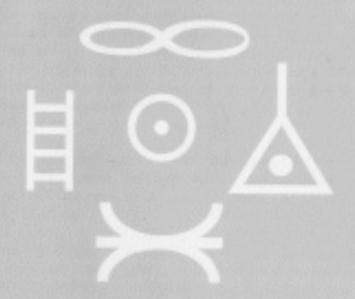
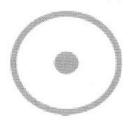
HYPERSPACE HELPER

A USER-FRIENDLY GUIDE



By Stewart A. Swerdlow and Janet D. Swerdlow



T-Bar Balancing

Every human being has an archetype that emanates from the pineal gland that projects into his/her personal energetic web, or "aura." This archetype, called a "T-Bar" is a function of genetics, working to balance the left and right hemispheres of the brain so that thinking does not go to extremes. The pineal gland also connects to the pituitary, thyroid, thymus, and hypothalamus glands to regulate and balance the chemical and hormonal flows of the body. The pineal gland is located at the very center of the head at the base of where the left and right hemispheres meet. The pineal gland is not at the forehead as most people believe, although there are nerve-ending connections from it to the forehead.

In human beings there are three basic shapes to the T-Bar archetype, depending upon your genetics. This archetype can look like an upper case "T", a cross, or an ankh. All three T-Bar archetypes are equal in value; one is not better than another. As a general recommendation, you should balance your T-Bar archetype in the morning before getting out of bed and in the evening before going to sleep. Also balance it before any visualization or meditation, and anytime that you feel unbalanced

or unsettled. Use the following method:

Center your consciousness at the pineal gland in royal blue.

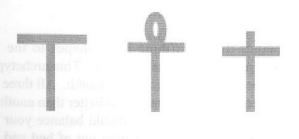
Within two or three seconds, you should see your T-Bar shape.

Depending upon your emotions or thoughts at that moment, you might see the crossbars leaning, tilting or twisting in some way. However, no matter how you see it, mentally straighten out the crossbars so that they are completely perpendicular to one another, forming right angles.

You can then press an imaginary set button underneath the T-Bar to maintain the balance.

If you cannot see your T-Bar archetype for whatever reason, then instead at the pineal gland you can create a royal blue circle with a royal blue dot in the center. The act of centering the dot in the circle is equal to balancing the arms of the T-Bar archetype. You can use either method interchangeably.

If necessary, you can draw a T-Bar archetype or circle with dot on a piece of paper, or even make one that you can look at, as visual aids.



Simple Breathing Exercise

Breathing properly is obviously very important for people. Over the millennia, the atmosphere on the Earth has changed drastically. The contents of the gasses in the air have been altered. In modern times, the human alveoli, or air sacs, of the lungs can only hold .065 carbon dioxide. This is because at night the green plants take in oxygen and release carbon dioxide. The process is then reversed during the day.

In ancient times when there were many more green plants on the surface of the Earth, much more carbon dioxide was released at night. Humans in those days were then able to absorb more carbon dioxide in their lungs to survive the night. Our species has adapted to this change in the carbon dioxide levels so that we can no longer inhale so much of this gas.

For this reason, it is imperative to always inhale through the nostrils and exhale through the mouth. There are filters in the sinus cavities that clean the inhaled air so that this air can be exchanged in the lungs. When you breathe out, exhale through the mouth so that there is nothing blocking the contaminated air. If you breathe out through the nostrils, you will contaminate the

inner side of the air filters without any way of cleaning them. This is what causes infections and other illnesses. The outer side of the filter, facing toward the nostrils, is easily cleaned via sneezing or blowing your nose.

The following is a good method of breathing for energy and oxygenation:

Slowly inhale through the nostrils deeply into the lungs and hold for a few seconds.

Visualize contaminates and toxins exiting the lungs.

Blow out slowly through the mouth.

Visualize a medium green color filling up the lungs as you inhale. This represents the color of oxygen. Then, blow out through the mouth any other colors that do not belong in the lungs.

It is best to do this for about two minutes in the morning and another minute in the late afternoon or evening. This will oxygenate and energize you. It is also a good idea to take two or three of these breaths before any visualization or meditation.



Chakra Spinning

Every living human being has a chakra system. The word "chakra" is a Hindu/ Sanskrit word that means "wheel," referring to the way chakras spin within the energy system of the physical body.

Humans have seven main chakra centers, located from the perineum up to the crown. Each one has a specific function, color, and meaning, and corresponds to specific organs located in that part of the body.

The human chakra system is as follows:

Grounding Center

Actually, this is not a chakra at all, but rather the Earth's magnetic field connecting to the body. This extends from the feet to the perineum. The color here is brown.

Root Chakra

This is located at the perineum and extends to the top of the pubic bone. The color here is pale red.

Sacral Chakra

This chakra is located between the top of the pubic bone and the navel. The color here is pale orange.

Solar Plexus Chakra

This chakra is located between the navel and the sternum. The color here is pale yellow.

Heart Chakra

This chakra is situated between the sternum and the clavicle bone. The color here is medium green.

Throat Chakra

This chakra starts at the base of the throat and extends to just below the tip of the nose. The color here is ice blue.

Pineal Chakra

This chakra is located from the tip of the nose to the middle of the forehead. The color here is royal blue.

Crown Chakra

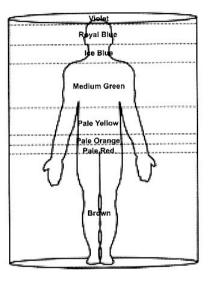
This chakra is located at the top of the skull. The color here is violet.

It is absolutely necessary for every human being to begin the day by spinning their chakras. Do it before getting out of bed in the morning. You may either spin them in a clockwise or counterclockwise motion, whichever one is better for you. Please note, however, that all chakras must be spun in the same direction each day. The only time it is advisable to reverse the spinning direction is to counter the effects of a traumatic or particularly stressful day. Do this by spinning from the top down.

When spinning your chakras, begin by visualizing yourself in a cylindrical tube with each of the specific colors in their respective locations. Next, visualize brown in the Grounding

CHAKRA SPINNING

Center. Work your way up to the crown using the appropriate color in each chakra band. Remember to always spin all chakra bands in the same direction.

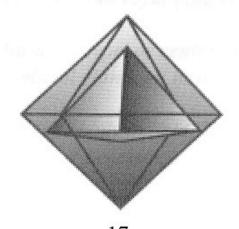


Ultimate Protection Technique

The *Ultimate Protection Technique* is a visualization designed to protect whatever you place inside of it. This technique is a geometric shape that is, according to Bible Code studies, the master shape of the God-Mind. All other shapes, archetypes, and letters can be found within it.

Visualize yourself, or whatever you wish to protect, inside a violet tetrahedron. Then, place this shape inside a violet octahedron. You may also place a gold ring around this geometric shape.

The *Ultimate Protection Technique* is so powerful that it will last three or four days without having to re-create it.



Deprogramming Techniques

Everyone on this planet is programmed. The general population is programmed via subliminals in television and radio transmissions, movies, satellite bombardments, as well as carrier waves for cellphones, computers, and other electronic devices and broadcasts.

Globally, 1-2% of the population is specifically programmed for various functions. In the United States, 4-5% of the citizens are specifically programmed. More details are available in my video series on *Mind-Control*, *Programming and Deprogramming*.

The bottom line is that you live on a planet where if you do not take control of your own mind, someone else will. That someone else does not have your best interests in mind. The choice is yours. To assist yourself in reintegrating the fragmented compartments of your programming matrix, choose one or more of these initial and basic deprogramming techniques. Work through one at a time, keeping notes in a journal as you go so that you can begin to identify specific patterns, programs, and triggers.

Basic Deprogramming Preliminaries

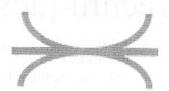
Take two or three cleansing breaths.

Center your consciousness in royal blue at the pineal gland.

Balance your T-Bar archetype, or center the dot in the circle at your pineal gland, all in royal blue.

Merger Visualization

This is a standard deprogramming technique that leads to more intricate work.



Do the Basic Deprogramming Preliminaries.

Visualize a brown merger symbol, as pictured above, at your pineal gland.

Hold this image at the pineal gland.

Calmly and patiently see what surfaces into your conscious mind.

End by balancing your T-Bar archetype or circle with dot.

Place yourself in brown.

Write your experiences in your deprogramming journal.

Butterfly Visualization

This visualization is designed to identify any Monarch Programming within your matrix. Keep a separate journal for this exercise.



Do the Basic Deprogramming Preliminaries.

Visualize a Monarch Butterfly landing on your royal blue pineal gland and spreading its wings out.

Concentrate on the wings and see what comes into your mind.

Wherever this image takes you, always put a brown merger symbol over the scene in front of you.

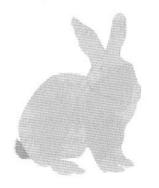
End by putting the merger symbol in place of the butterfly.

Place yourself in brown.

Write your notes in your journal.

White Rabbit Visualization

This visualization identifies a matrix construct of Alice in Wonderland programming which is common to many people.



Do the Basic Deprogramming Preliminaries.

Visualize a white rabbit sitting on your royal blue pineal gland.

Mentally follow the rabbit's journey.

Stop at the first place the rabbit takes you to, even if the rabbit keeps going.

Look around at every detail, as this is the first compartment of your matrix that needs to be assimilated.

Put a brown merger symbol in the compartment,

Then, put a brown merger symbol in your pineal gland.

Place yourself in brown.

Make your notes in your journal.



Brown Shelf Visualization

The *Brown Shelf* is an excellent visualization designed to alleviate stress and worry. This visualization is especially helpful when you feel unfocused and burdened, or when you find it difficult to concentrate or sleep.

The Brown Shelf Visualization Preliminaries

Take two or three cleansing breaths.

Center your consciousness in royal blue at the pineal gland.

Balance your T-Bar archetype, or center the dot in the circle at your pineal gland, all in royal blue.

Place yourself in brown.

The Brown Shelf Visualization

See yourself in front of a wooden shelf of your own design—the kind does not matter.

Place all people, places, and events that trouble you on the shelf.

After you have placed everything on the shelf, visualize a pair of violet hands underneath the shelf.

Visualize the violet hands gently lifting the shelf up and away from you until it is no longer in view.

Know within that these troubles are permanently released.

Place yourself in brown.



Violet Balloon Visualization

The Violet Balloon visualization is an excellent method for releasing anything that bothers you, and for calming your nerves.

The Violet Balloon Visualization Preliminaries

Take two or three cleansing breaths.

Center your consciousness in royal blue at the pineal gland.

Balance your T-Bar archetype, or center the dot in the circle at your pineal gland, all in royal blue.

Place yourself in brown.

The Violet Balloon Visualization

See yourself writing down all your troubles and concerns on a piece of paper.

After you have written everything down, read your list.

Tie your list to the violet balloon.

Visualize the violet balloon carrying your list up and away from you until it is no longer in view.

Know within that these troubles are permanently released.

Place yourself in brown.

"Lifelong feelings of depression and suicide are often the result of programming abuse."

Are You Specifically Programmed?

Many people are wondering if they are specific targets of mind-control and programming. Because every effort is made to erase memory of this from the conscious mind, it is difficult for most people to reconcile their current life with the possibilities of a "secret life." There are some clues that you can use to begin to make this determination. Having one or more of these clues may or may not indicate specific mind-control and programming.

Most people who are specifically targeted for mind-control have the genetics that support this. People with blond or red hair, as well as blue or green eyes are the most programmable and easily controllable. People with a high degree of "psi" abilities in their families are desirable. People related to Illuminati family bloodlines, no matter how distant, are desirable. Dark-skinned people are less controllable and therefore less likely to be targeted. However, programming of these people does exist, especially on those who are needed to fulfill specific goals and missions.

Lifelong feelings of depression and suicide are often the result of programming abuse. The "princess and the pea" story is a good

ARE YOU SPECIFICALLY PROGRAMMED?

deactivate. Nighttime vomiting, night sweats, nightmares and night terrors, are possible reactions to programming. Conversely, programmed people are programmed not to dream so that information planted deep within the matrix has less chance of surfacing into the conscious mind. So, not remembering dreams at all may be a sign of programming. Or, if you have consistent dreams of going up and/or down elevators, escalators, ladders, slides, etc., this could be indicative of going to different alters.

Buzzing, humming, or high-pitched noises while sleeping, especially in the early morning hours, are all attempts to push you out of your body. Out of body experiences, hearing voices, "channeling," and/or experiencing bone-chilling cold from which you cannot get warm may be symptoms of mind-control. Feeling pressure around your forehead or over the top of your head may be symptoms.

Classic "alien" abduction scenarios, including missing time, are often used as "masked memories" to cover up mind-control and programming. Feelings that you are "special" separate you from others. Feeling isolated and lonely are often the result, combined with the reinforcement "not to tell" because no one will understand. The ability to easily disassociate when life becomes comfortable may be a sign.

Because most programming is done by males via the root chakra, there are a large variety of sexual issues that happen as a result, ranging from total sexual dysfunction to promiscuity. Sexual identity issues may be prevalent in programmed males. Most pedophiliacs were sexually abused, thus inappropriately acting out what happened to them. Now they are the ones "in control." This can be the result of programming.

Extreme behaviors are often the result of the programming that pushes the target to extremes to achieve the desired results. Targets may overuse drugs and alcohol, which are often used in programming, or they may completely avoid them. Targets may

allegory. In the story, no matter how many mattresses the princess piles up, she can still feel the pea beneath them all. Programming abuse may be the "pea" that always causes discomfort no matter what you do. "Masked memories" may have you thinking that your family or friends were the perpetrators of the abuse. You might want to look beyond this.

THE HYPERSPACE HELPER

Programmers believe that programming is carried in the genetic memory so that each generation within a family is increasingly more programmable. The same methods are often used in families, i.e., "successful" methods used on one family member will most likely be tried on another. If anyone in your family, or extended family, is a mind-control target, there is a high probability that you are as well.

Programmed people generally do not like such things as flashing or bright lights, high-pitched sounds, and rotating fans. These are all reminiscent of the programming experience. While many do not care for doctors, dentists are even a far greater fear—the chair, bright lights, and the feeling of loss of control can be overwhelming.

Those who feel that they have no control often try the hardest to exert control over others, food, exercise, and/or environment. Because they feel such a lack of control they are determined to create an area of their life over which they definitely have control. This can lead to an almost obsessive compulsive behavior of control issues.

Obsessive compulsive behavior is often a sign of mind-control and programming, including anorexia and bulimia. Anything that is repetitive continually re-emphasizes programming. The desire to self-inflict pain may be a sign.

If you have any strange body markings, or markings that suddenly appear, make note of these, including sores that do not heal. Use castor oil on them, and flush with violet to clean and

never quite complete their goals, or they may try to reach their goal with an almost desperation. They may have an inability to enjoy any accomplished goals.

Irrational fears, panic attacks, paranoia, the inability to focus and/or concentrate, sudden behavior changes, aggressive or violent outbursts, or even the inability to function at all may be symptoms of programming and mind-control. Some targets exhibit post-traumatic syndrome symptoms.

The colors that you use or are drawn to may be indicative of programming, especially bright yellow, bright red, black, white, and dark green. Sometimes, other people may tell you that you have a "Satanic" feel when you feel completely the opposite about yourself.

Most programmed people are highly intelligent. They function like "normal," every day people in most areas of their life. Their intelligence tells them that something is not right, but they cannot figure out what that is.

These are some of the more prevalent clues of programming. They may or may not be symptoms of programming. As you read the list, you need to look at your overall life to determine if this applies to you. Perhaps with some of this information, previously unexplainable circumstances may now make more sense. Take everything a step at a time. If you realize that you are programmed, the information is really not new to you—only new to the conscious mind now operating the "system."

"Once you are 'triggered,' anything can happen depending upon your specific programming."

What Is A Trigger?

Everyone has triggers for something. Perhaps when you walk past a bakery, the pleasant smells remind you of wonderful times at your grandparents' home. The smell "triggers" a memory. A specific song playing on the radio may remind you of a specific day, time, or event. If someone angrily yells that "you don't know what you are doing," you may be triggered into feeling and reacting like a two year old when your parents used to scold you. You may see a picture that will automatically trigger an internal reaction. Going to a certain place may trigger a buried memory. Similarly, one event may remind you of yet something else.

Triggers can be smells, words, sounds, pictures, places, events, or a combination of these. Triggers may be pleasant or unpleasant; positive or negative. You may or may not consciously know what triggers you. For example, consciously, you may not think about your grandparents when you inhale the bakery smells. You may just feel pleasant without specifically labeling, or even knowing, why. Consciously, you may not remember being two when your parents used to scold you. But, your habit response to these words always generates a specific reaction no matter who says them. You may not consciously remember why you do or

do not like a specific song. You may just react to it one way or the other.

These "triggers" happen every day. Most people do not know themselves well enough to understand if they are reacting only to the present moment, or if they are reacting to the "moment before the moment," i.e., reacting to the past, using the present to trigger a past reaction.

These automatic reactions are really habit responses. A habit response is an established pattern of behavior that allows you to react to any given situation without thinking. For example, if someone waves, most people automatically wave back. If someone hands something to you, most people automatically reach out to take it. In the same way, you automatically respond to the triggers, as described above, without thinking. Only you know your personal triggers.

These triggers as mentioned above are internal triggers created by you without any outside help. You created them all yourself. People who have been specifically programmed have triggers that were externally installed within them. Because of the methods used to create these triggers, specifically programmed people are often triggered by a greater variety of external stimuli that remind them of the actual programming process.

In addition to the triggers already listed, these may include such things as high-pitched noises, flashing or bright lights, rotating fans, and even being in a dentist or doctor's chair (feeling a loss of control). Because most programming involves opening the person through the root chakra, sexual experiences are often triggers.

Neurolinguistic programming is a direct result of mind-control/programming techniques. You see/hear/smell/touch/taste one thing (trigger) and you do something else. For example, when you see your set of keys (trigger) you remember to take a

WHAT IS A TRIGGER?

magazine to give to a friend. Specifically programmed people may be purposefully given or shown a word, sound, picture, etc. that unlocks something programmed in since childhood. The extent of the programming shows forth in the person's automatic reaction to the trigger.

Once you are "triggered," anything can happen depending upon your specific programming. You may become hard-hearted and virtually emotionless. You may withdraw, disassociate, become distant, and/or robotic-like, feeling like you are going through the motions without exactly knowing why but unable to stop, or even without wanting to stop.

You may go to the other extreme and become wildly emotional, seemingly without any control, and again, without any desire to stop. You may think of doing something that you would not ordinarily do. If you are able to pull yourself together (literally) enough, to try to stop your behavior you may become extremely depressed and suicidal. These are reactions to internal programs that tell you if you do not carry out your programs you are to self-destruct. Most specifically programmed people have self-destruct programs of some type. The trigger may even bring forth an alter that may do things that the conscious part of you would not.

When you respond to a trigger, you are said to be "activated." How long you stay in this activated state varies according to the individual. If you feel yourself become activated by a trigger, mentally create the brown merger archetype on a royal blue background at the pineal gland immediately. If you cannot do this, contact someone that you trust for help. He/she can mentally do this for you, and can even draw this on paper for you to look at or keep upon your person. Also use the violet bubble with a mirror around it and/or the ultraprotection technique to prevent ELF transmissions from entering your auric field.

This is why it is so important to know yourself. Determine your

internally created triggers as well as any that may have been externally placed into you. Clean them all out by releasing everything up to your Oversoul as you find them, incorporating the brown merger archetype at the pineal gland into the exercise when you find external controls. However you do it, take control of yourself so that no one and no thing has control over you.

The public collective consciousness can also be triggered into a group reaction. For example, when people's children are being gunned down at school, the automatic response is "take away everyone's guns." When people are collectively programmed to believe that Moslems are a global threat, the collective consciousness automatically responds accordingly. The collective's emotions can be turned on and turned off, and directed so that people believe the solution came from within.

Whether you are programmed as a member of the general populace, whether you have been specifically targeted, or whether you "programmed" yourself, you have triggers. Only you have the power to find and diffuse them. Time is of the essence, as emphasized by our rapidly changing times.

"The programmers know who and what you are before you are born."

Self-Deprogramming

Programmers only use what already exists within you. This includes personality traits and simultaneous lifelines. Programmers use inherent basics to mold the target into whatever meets their particular needs. They take what already exists, subverting it before you can discover and utilize its full potential. These parts of yourself were basically programmed to be used against you. You can reclaim/reintegrate these parts plus use this extra "training" to advance self-knowledge. What was used against you can now be used "for" you. By understanding your programming, you find keys to who and what you already are.

The programmers know who and what you are before you are born. They recognize the soul-personality and read its frequency. They create a specific body using specific genetics for a specific soul-personality. Often, they bring people together for breeding purposes only so that specific genetics and/or lineages are mixed for their specific reasons. Parents' of programmed people often tell the same story—they were going to marry one person, but they suddenly found themselves marrying someone else. They marry for reasons other than love—money, convenience,

sometimes they admit that they do not even know why they got married in the first place—it just happened.

This is one reason for the high divorce rate. After the children are created, then the parents are specifically broken apart. A home that is not stable creates a less stable child that is more easily controllable. Once the body is genetically created, the programmers sometimes place a "captured" soul-personality into the body. Or, they know the type of soul-personality that will be attracted into a specific body and they wait for it to arrive. Either way, they know the intricacies of the soul-personality before the soul-personality knows itself.

Programming is often started before birth or shortly thereafter, depending upon the plan for the soul-personality. Because of this, the process of programming is so integral to the soul-personality that consciously it does not recognize that any tampering has occurred. In fact, the "abnormal" is so normal to the developing conscious part of the soul-personality, that it most likely does not even stop to question these abnormalities.

For example, getting up in the night to vomit may be "normal" to the conscious mind if this is all that he/she has known. Even being taken, nocturnal visits, or seeing things that most people do not. Because this is customary and all the child has ever consciously known, he/she does not ever think to question this. The child may never bring it up to the parents. If it is spoken about, the parents may not recognize what is happening or merely think that the child has an overactive imagination.

Programmers install a matrix that acts as a map to the overall "system." This is how the programmer (most often male) finds his way around the soul-personality. Every person's matrix is ultimately unique to him/her because it is based upon a unique soul-personality. However, the programmer may prefer specific programs for specific soul-personalities, or may use similar methods of "installation" (torture) on many different subjects.

There may be many different major programs installed within one system. There may be Wizard of Oz programming, End Time programming, Alice in Wonderland programming, etc. within one system. There may be alters that are adolescents, remain at the ages of two or three, ones that spy on other alters or people, sexual slaves, etc. Each program and alter has its intricacies, and each one serves a specific purpose. There may be dozens or hundreds of each within every system.

Programming matrixes are cubes of 13 compartments by 13 compartments by 13 compartments. Within each of the 2197 total compartments there is a program or a part of a program. The 13x13x13 cube is chosen because this is the same holographic matrix upon which this physical reality is built. Many programmed people report seeing a cube or some type of matrix.

Because of the complexity of the artificially installed system, it is imperative that you take notes. As you record the "abnormal" events in your life, you will begin to realize that what you once considered normal may also be abnormal, as previously discussed. The bits and pieces of information are the keys to helping you put your story together. Pay attention to the subconscious clues that are all around you. For example, what kind of "doodles" do you create when idly drawing to pass the time? Spirals that indicate movement into other realities? Daisies from the "I love you, I love you not" program? Satanic five-pointed stars? Hour glasses to indicate time passing with consequences? Do you have messages trying to get through from your subconscious mind via your dream state?

What are your idiosyncrasies? What strange little habits do you have and where do they come from? The more you record, the more that you will begin to realize what may have been artificially enhanced.

The brown merger archetype is a primary one used in self-deprogramming. It tells all parts of self to merge together.

This is the opposite of any artificially installed compartmentalization. If you suspect that you are specifically programmed, keep this archetype at the pineal gland at all times. Keeping the brown merger archetype at the pineal gland, place your memories, thoughts, and questions on top of it. With your eyes closed, concentrate and focus. Make notes of what comes up. If you feel traumatized at any time, ground yourself in brown and bring yourself out of it. Use the following affirmation:

I am 100% internally controlled by Self, Oversoul, and God-Mind.

My mind-pattern is impenetrable.

My mind-pattern is invincible.

You can also visualize the 13x13x13 cube with its 2197 compartments. In each compartment place a brown merger archetype. Then flush the entire matrix in violet. See the brown merger archetypes merging into one at the pineal gland, as the matrix behind it crumbles. Finally, bring the final merger symbol from the cube into the merger symbol already at your pineal gland. Take the process a step at a time. While your tendency might be to rush forward, recognize that the artificial installations were intended to permanently exist within you. There are many built-in pitfalls to stop you from undoing your programming. Keep this in mind as you slowly unravel and merge your programming.

Deprogramming takes time and must be done slowly. When people suspect, or know, that they are specifically programmed, most become overanxious to complete the process. When you realize that you might possibly be able to gain answers to questions that have plagued you for a lifetime, you may think that you do not consciously have the patience to slowly move through the process. Most people want their answers "yesterday."

SELF-DEPROGRAMMING

Most likely, this will not happen as quickly as you would like. During programming, the brain itself is "rewired" so that the soul-personality is limited in its ability to function through the brain. In addition, there are often implants that enhance the programmer's work. These may be organic or partially organic, meaning that they are an integral part of the system. It is not so simple to just remove them, so it is best to work on deactivating them through use of a violet flush. And, as the holes in your mind-pattern are mended and it no longer accepts such invasive technology, it is possible to permanently release these from the physical body.

Through the process of deprogramming, you will begin to find your "triggers," or what specifically may have a tendency to activate you. When these triggers come up when you are in control, flush them with violet and merge them into the system. The idea is to have control of them so that they do not control you when your guard is down. The more conscious that you can become of your externally installed programming and what triggers it, the more control you can have over it.

You can become triggered and activated during deprogramming. It is also possible for you to go into an alter, and not be able to stop any of it. This is simply a reaction to a very sophisticated network that has been artificially installed within you. For what you have been through, this is a natural reaction.

For these reasons it is important to go slowly, integrating each step along the way. It is necessary to be consistent and persistent. If you have someone with whom you can discuss your situation, this is even better. This person can help to ground you and may be able to pull you out of it should your triggers become activated, and/or you go into an alter.

If someone that you know becomes activated, then it is especially important that you emotionally tie into his/her heart chakra, with permission on the Oversoul level. Isolation is part

of the programming process, and this includes emotional as well as physical isolation. For this reason, you must work on the inner levels to reduce the emotional isolation. Words are meaningless, so do your inner level work.

When a person becomes activated and/or goes into an alter, he/she can go one of two ways. First, he/she may become entirely irrational with wild emotions, or he/she may become totally void of all emotions. If this should happen, put the person in brown to ground him/her. Spin the chakras, keep the T-Bar balanced, and speak to him/her on the Oversoul level. Use a violet cord from your heart to his/hers. "Plump" up the heart area, which most likely has been energetically/emotionally shriveled, with medium green as well as pale pink for unconditional love. This will help put him/her back into his/her feeling nature, replacing the isolated, detached state into which an alter moves.

Successful deprogramming is a two-edged sword, especially as you work through the programs that have been installed and into the methods of installation which usually involve torture, sexual abuse, and possibly murderous acts and blood rituals.

As you move through your current programs, you will also encounter the actual programming that occurred as a child. This creates an entirely new set of issues, including parental abandonment (why did my parents let this happen to me?) and such thoughts as: Why did I allow this to happen in the first place? What is my inherent personality that invited this in? Was I involved in programming/controlling/handling in other simultaneous lifelines?

Most programmed people have suicide programs within them. When you get close to uncovering a truth, or disabling an active program, the suicide programs kick in. The positive side is that you are getting close to the truth. The negative side is that there may be a part of you that does not want to live to discover that truth.

Again, do your chakra spinning, T-Bar balancing, flush with violet, work on your heart chakra, take sea salt baths to help negate the effects of ELF, and/or talk to someone that you can trust. Be mindful of the colors that you choose to wear so that you are not enhancing any ELF that you may be picking up, i.e., avoid bright yellow, bright red, black, white, and dark green. Simply becoming aware of what is happening is the first part in taking back your control. Recognize that if you give into these urges, then "they" win. Do not let them win—let this thought be your motivation for living, if it comes to that.

As you begin to recognize your triggers, you can begin to avoid them. When you face them without a reaction, you will know that you are making progress. Sometimes you may need to take a break from the deprogramming process. As you deprogram, you may re-experience the same things that happened during the programming process—headaches, vomiting, flashing/flickering light sensitivity, "unsettled" feelings, etc. If this happens, put yourself in brown, give yourself a rest from the process, and when you are feeling better, start with your work again.

While it is important to go slowly, it is important to move steadily through your programming, especially for people who have "time-sensitive" programming. Sometimes there are programs that are built into specific events or dates. Again, if you can deprogram yourself before these events or dates happen, then you will not be vulnerable to acting out your programming.

It is possible to discover your triggers without becoming activated by them, but this takes a willingness to slowly but methodically move through the programming. As always, use what you know, keep your journals, and use your affirmations. Deprogramming leads you into the dark side of yourself, which only means that you are exploring another part of God-Mind Itself.