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This presentation may be triggering for survivors of abuse. You may want to review this with your therapist or support person before reading it. This presentation is not meant as therapy or treatment.

Her Presentation is: Self-Esteem Loosens Mind Control

## YOU, YOURSELF

 I am speaking today as a survivor of this horrendous abuse, as a writer of two memoirs about it, and also as a therapist who treated people with dissociation for decades. I went through the difficult process of healing, and my mind knit itself back together. Those are my credentials.

 I want to talk this morning about the self—not the self that this generation has been accused of being enamored with, but the true and deep self, the self we may have had even before we were born.

 People who have had fairly normal lives do not know the kinds of emotions survivors experience. The intensity of these feelings separates us with the most dense barricade from normal people. (Right now, I’m calling ‘normal’ people those who have not been mind controlled and who have not attended homicidal rituals.) The human being was not built to sustain such feelings.

 Examples of the kinds of feelings I’m addressing are:

1. Guilt: I am responsible for babies’ and children’s deaths
2. I am worthless, stupid, ugly, taking up room on earth for nothing but myself.
3. I am a blight on the earth. My evil spreads everywhere and contaminates and infects everyone.
4. I am nothing. It’s my fault that….
5. I must be bad or my mother (or father) would love me.
6. If I ever make a mistake, it proves that I’m a bad person.
7. I am ashamed of myself. I feel flooded with shame.

 Along with these feelings are strong false beliefs programmed into us by the cult, such as:

You’re not allowed to bond .

You belong to us, meaning to your programmers and family.

Don’t run—you can’t run away from us and your programmers.

We will find you wherever you go.

You’ll never be free.

We know what you think and say, etc.

Everyone will always hate you, you’ll never have friends.

You’re so different that you’ll never fit in, you will always be an outcast.

 Your controllers employ all the above lies and others, as well as these twisted methods to make you feel bad about yourself:

 We had to kill him or her because you loved him or her.

 Your mother is unhappy because you are ugly. (Then they will program the mother to be depressed and perhaps stay in bed all day.)

 You have to be a sex slave because you’re not good for anything else.

 One parent at best won’t love you.

 You’re stupid, that’s why you can’t learn in school. (Programmers put in the learning disabilities.)

 If you were good, your mother would love you. Your mother loves your brother or sister.

 Survivors go into therapy expecting to find out horrible things about themselves. They are sure on some deep level that they are bad, evil people. That is what they have been taught from the earliest childhood. An effective way of loosening this mind control is to more accurately access who you are in reality.

 Re-evaluating yourself is crucial. You have to learn to love yourself. You have to be committed to such unlearning and learning. We were taught we were bad, to blame, that we wanted crime and evil, that we were ugly and loathsome. All that is lies. As you process your memories possibly in therapy, you will see how you were controlled and forced to do what they make you do.

 You are not an evil witch or wizard. You are an innocent victim. You will discover actions and feelings that you are not proud of, but you didn’t start out evil. You were forced and coerced into doing what they wanted you to do, for their own gain, not yours. Recovery allows you to break free of that mold. We all regret what was done to us and what we consequently became. But now is the time to change all that. Now is the time to become your self. It is time to ask ‘who am I?’ without the mind control.

 Who are you?

 The two bad things that dent even normal people’s minds and souls are rejection and abandonment. The first thing perpetrators do for some is create an abandonment while you are still in the womb. Once born, abandonment and rejection are practiced routinely. Abuse and group abuse occur during childhood. Parents deliver and abandon the child. This emotional terrain makes mind control and programming easy for the perpetrators. They want to make you feel like a nothing. They need that horrible or non-existent self-esteem for the mind control to work. Also the mind has to be young and vulnerable. As soon as it forms into a cohesive whole, programs are much harder to put in. Even torture doesn’t allow them in. That is the fallacy with the movie “Manchurian Candidate,” which is in other ways accurate. Their victim was an adult. The mind has to be captured in the early years, if not in the womb. That is why these cults maintain generational members. You have to give over your children because they need them to do their assigned criminal acts and be robots. Can you call mindless robots who have no memory or judgment criminals! The mind control festers within children who have been abandoned and rejected. Nothing however is more crucial or a substitute for working through the programs and hierarchy of inside parts and the braiding and off-shoots of parts. But if you work through all that mind control and not on the emotional terrain and the concept of self-esteem, you end up like a dry drunk. You have overcome the addiction but not developed as a full human being. You have not then caught up with the life that was taken from you. There is no substitute for working through the mind control piece. The self-esteem piece comes in before, during and after the hard main work. The self-esteem piece entails thinking boldly. It is not easy to break through amnesiac barriers, but it is a pleasure to see them dissolve.

 Moreover, whether you work your way through a complicated maze of dissociation depends on self-esteem. As different sequestered parts in you begin to speak and you begin finally to listen, you will hear strange things coming out of your mouth.

 The question is whether to believe. Where is the information coming from? Is it coming directly from a part created through mind control? Ask if the part is repeating what it is supposed to say. Tell that part it no longer has to do that. If it is not repeating, you might want to believe what she or he says no matter how unpleasant and contrary to the image of your front person.

 Whether you can believe what is not programmed and comes out of your mouth depends on your belief in yourself—on your self-esteem. If depends on your commitment to healing yourself. So many survivors spend a great deal of therapy-time—years and decades—deliberating whether to believe their insiders.

 Sometimes parts will have wrong ideas or lies that controllers placed in them. When you and the parts and pieces of you finally communicate, you can help them see that they have been living under the impact of untruths. Examples would be that the programmers and handlers can hear and know everything they think and say, that they have to tell if they change addresses, that someone they love will be killed if they disobey. When you bump into one of these programs, it is an opportunity to trace it to its origin. Follow the thread of parts to the training session where a new piece of you was created and given instructions on how to behave, act, think, believe and forget. Every lie you discover that you have believed is an opportunity to delve into how they molded you.

 If you want freedom to be who you are, it is crucial to listen to the insiders who alone know what your life has been. Each insider has a piece of reality. All the pieces have to be put together if you want full healing. You have to find the hidden pieces, the parts the programmers hid so that a full healing could never take place. But you can find them. Inside parts will lead you to their hiding places. Or they will be uncovered in time as other parts that hid them move away and their hiding places are exposed. From the outside or front person, you can’t figure out your life. You have to listen to those who experienced it. Whether to believe what they say depends on the strength of your belief in yourself.

 At first, my insiders wouldn’t talk to me. I was already sixty-nine years old. I started writing to them and they wrote back. In a short time later, they began to form words in my head and I could say or think words back to them. Then I asked questions and they answered. I could hardly believe the answers, but my recovery had begun. It all depended on the communication between the outside and inside me’s. I remember the first time I spoke with Alison Miller on the phone from opposite sides of two countries. She asked my insiders questions. They did not answer and the rest of me didn’t know. She asked again in another way. No answer or I don’t know. And again. She suggested I write down an answer. They wrote using my hand. Then I wrote questions. They wrote answers. As the days went on, we began to talk to one another and awake and asleep, we began to think to one another. This dialogue is essential if you want to get to know your insiders. Your outside is important for reaching in and of course for keeping your ordinary life going. Can you imagine—most people in the world only have to deal with ordinary life. But not us. For us the meat and juice are inside of us.

 I believe what my insiders say happened. The feelings and physical sensations my body experiences confirm these experiences no matter how awful they are to endure. The physical sensations the body experiences during memories and conversations with insiders are called ‘body memories.’ Body sensations are different from current bodily ailments in that they come and go whereas current body ailments are usually constant until healed.

 Here is an aside: if you are suddenly in pain week after week, you may be beaten up regularly. It pays to ask inside about that. If you are chronically ill, it pays to ask inside whether you have programming to be ill and incapacitated. That is how they slow many truth-seekers down.

 The first step in becoming who you are—believe in yourself. This will go against every bit of programming you ever had—programming to do things you would never choose to do and will feel ashamed of. Programmers make you think you deserve nothing from life and are only a marionette on a tight string, a means for others to get what they desire. They believe they have made you into a slave and servant exclusively. You are not who they made you think you are. You are good and worthwhile. You deserve to live and to be in the place on earth where you reside. If you are currently being accessed, you deserve to move far away from your perpetrators. You deserve the food you eat and the water you drink. You deserve.

 You deserve to be you. You deserve to belong to yourself. You are yourself and yours alone—for better or worse and in recovery and freedom. You are worthwhile and essential.

 Search your life for love. Did you have a friend who was kind? Was a sibling ever protective, appreciative? Did anyone ever acknowledge you—a teacher perhaps? If you can’t find anything but hatred, then look somewhere else. Were your parents ever reasonable or friendly, generous? If you still can’t find anything, then go into yourself. Were you ever good to yourself? If not, you can start now and this will be the foundation of learning about love. You’re leaving the world of hatred and entering the realm of love: gentle, encouraging, respectful, caring. Memorize how it feels. People care about you. You care about you. Kindness to the self unhinges the mind control within the brain. You are not a bad person. Once the belief that you are a bad human being leaves, you are en route to dismantling mind control. Its foundation is self-hatred and the belief that you are unlovable. Those lies can be exposed. You are a worthwhile, moral human being who deserves to be alive and do good in the world. You are not a robot. You are not an automaton.

 Here’s an exercise—take something about yourself that you don’t appreciate and decide to love it—your nose, legs, hair, disposition, jealousy, anger, handwriting. Work on seeing its beauty, work on seeing it in a new light. This is just a preliminary exercise to help you reevaluate yourself and give up what your programming wants you to believe about yourself. It is a step toward saying goodbye to self-hatred and false ideas, lies.

 List what you deserve in life such as love, comfort, praise, encouragement. Now you are changing the self-esteem from the front person inward. It is the children within you who are convinced they are bad. But when the front people change their beliefs, it affects the whole internal system. It’s like water coming through the roof with a hole and bathing the interior. Soon even the self-hating small children can learn about self-love.

 When you are in a tortured, unloved state, you will believe what you wouldn’t otherwise. And this happens to children, not adults who know how the world works. Mind control begins on the innocent, the ones too small to think through the lies and preposterous statements, the visuals and torture.

 Here’s another issue: Small internal children can’t understand tricks and lies. Their minds aren’t formed enough to understand manipulation. This is one reason why integration is necessary. When I reached these young parts, they could not understand all the visual and aural tricks my relatives and programmers played on me. They grappled and struggled with this dilemma but no matter how hard they tried, they just could not get it. They are bright children but it was beyond them. The inside adults tried to explain the lies. No dice. When these darling, hard working children eventually fused with older parts, their distress ended. Too much had been expected of them. Inside they finally got to play games and do puzzles and read children’s books, even after they fused. I still go to the library and take out children’s books at least once a month. But the inside adults do the thinking. The child parts were subsumed into adulthood and in adulthood people can understand lies and tricks and evil and monstrosities. Adults may not have a strong stomach, but they can understand. Once you understand the lies you live your life by, you can change. You can give up so much, including and perhaps most importantly, how you feel about yourself. Forgiveness starts with the self. You can forgive yourself for what other people did to you. After integration, there may be a life review of things and actions you regret. This life review gives you the opportunity to forgive yourself for not being yourself, for not being a whole person capable of making wise decisions and treating others with utmost respect. You can forgive yourself for your past and how it shaped how you were in life. And now you can change.

FAMILY-HUNGER and PLANT THERAPISTS

Some survivors who understand and acknowledge their prior family life, if that family life was horrendous, often remain family-hungry. When you don’t have a family for support and love, you are essentially an orphan. Some cult victims are orphans but they don’t realize it until they engage in recovery. Many dangers float around the state of being family-hungry. Survivors in general tend to become over-dependent on their therapists. No one else, usually, has heard their stories or understood them. One of the most pernicious dangers of being in this family-hungry state is the vulnerability to being dominated by cult-plant-therapists and handlers. With plant-therapists as with families, two simultaneous relationships exist. There is the everyday, normal life relationship where survivors’ front people think the therapist is interested and helping them, and the secret relationship where the insider-victims are being closed down, and memories erased from their minds. The hidden relationship is close to murder.

 Say you have reported, without your front person’s knowledge, to your handler that you are about to have or are having significant or break-through memories or speaking about what some inside parts of you alone know. From their perspective, you have to be stopped and they will erase your own mind to accomplish this. That is their methodology. You might get a phone call, probably in the middle of the night or early morning. This caller will use code words to trigger obedient, robotic inside parts. The caller will summon your memorizers to record the information in your brain and do something like give that part of you a phone number and time to call one of their plant-cult-therapists who may not be local. Your front person will know nothing of this conversation. You go to where the voice on the phone tells you to go—to the plant therapist’s office.

There may be a hidden black electroshock chair and a team there to program you, depending on their resources and how much of a threat they consider you to be. Then you’ll be referred to a local plant-therapist, medical, Christian, secular, new age—whoever is available and has time in their schedule. The plant-therapists are usually paid well, in addition to what they charge you for being mind controlled. You’ll end up in what you think is therapy with that person. From there you will have extensive torture sessions to close down any memories of your cult secret life and not to remember that this therapist is a double agent. All while your front person loves and is devoted to the therapist and hasn’t a clue what is really going on. Your front person will not know that he or she was programmed to love this therapist. But there is one clue. You feel and possibly journal chronic anger that never seems to quiet down or resolve. Why should it resolve? This team of double agents is in the process of taking your mind away yet again.

 In addition to electroshock, other forms of torture and drugs, double agents use hand signals, show playing and Tarot cards and other visual cues, and use additional nonverbal means and code words to give you close down signals. To the programmed front person, they appear caring and devoted and appear to give the kind of devotion and acceptance that have not been in your life previously. To the inside parts being worked over, they are vicious and malevolent. These infiltrators in disguise will trap you, make you forget what you are remembering, make you follow their rules, fill your brain with triggers and cues so that even after they send you away, you will be a robot positioned far away from enlightenment and healing. Programmers will implant new programs or resurrect fading ones. In particular, the infiltrators will attempt to destroy your self-esteem. They do not want you to have the confidence or belief in yourself to heal.

 If you have a plant-therapist or an establishment professional or even an unknowing friend, that person will tell you the voices in your head are not genuine. If the people or plants are of a religious bent they may advise to contradict the voices, rebuke the voice and will give you Christianity's or whatever religion’s slogans to defy what your inside parts are earnestly attempting to communicate to the shell of the front person who is you right now. Try and believe what your insiders say. This is essential for recovery. They are not demons. They are you. The you who was lost and now can be found. Forevermore. When I was a child, I stood on a street corner in Queens, New York and heard in my head, ‘Go to an orphanage.’ One of my cult-plant-therapists told me that was the devil talking to me. My safe therapist who wanted me to heal told me it came from my child inside parts.

 When you finally get into recovery and after recovery, you look back on your life lived as a non-self. The sooner you start dismantling your programming, the fewer years you will have to regret having lived as a robot, slave and non-self.

 We manage but it is hard to live with no true self. It is a testament to our endurance that we are alive. We now deserve the reward of finding out who we are. When I finally asked myself who I am for real, I discovered that I had been sent to and temporarily submitted to five plant therapists.

 Much of what I thought I did on my own initiative was programmed in.

 I had to look back on a life without a choice.

 But then someone or ones in you make the big decision—and the earlier the better but best at any time—just not never.

 Start by distinguishing between programming and how you really feel about yourselves.

 Find a therapist who doesn’t think the worst of you, who doesn’t look down on you if you can. Plant therapists will usually give some hint that they look down on you.

 Ask your emotions "Who are you?"

Your emotions may answer that they are not allowed to have feelings, that no crying is allowed, that you can’t feel good about yourself. It’s just about impossible to get over these traumatic feelings without doing something to release them such as crying. Your programmers know that. When you start to cry, you have started to heal. For some, try crying instead of cutting yourself.

 Programmers observe and figure out what in particular is particularly repulsive to you and make you believe that about yourself. They want you to think the worst about yourself and it won’t be true.

 Once your self-esteem improves, your mind control will start to dismantle and dissolve and you will see changes in yourself. You won’t be sent out to perform criminal deeds. You may start remembering what they wanted you to do. Those are the enormous changes. There are more subtle ones that affect your daily life. Before, every little mistake or flaw you perceived as large and interpreted as an indictment against yourself. With better self-esteem, you will see those mistakes as little mistakes and no big deal. Highly correctable. Simply mistakes.

 Once your self-esteem improves, you begin to parent yourself and take yourself through developmental stages. You become your own mother and father, the ones most of us never had.

 If you have poor self-esteem, you care too much about what other people think of you. You were trained to do whatever your programmer and handler command. You’re used to putting too much emphasis on another’s opinion. With low self-esteem, you look hungrily at other people to determine who you are. As you get to know yourself, and all there is in you, you gain respect for yourself and begin to trust yourself. You are the ultimate authority on yourself. You don’t have to ask other people’s opinion about yourself. Once you believe in yourself, everything changes. You are no longer devastated if jerks don’t like you or your work. If you’re rejected, it doesn’t crush you. You stand by yourself. No one can manage your life anymore. You become self-sufficient. You give up being family-hungry.

 You will be able to tolerate change. No matter what you do, change will happen in your life. It happens in everyone’s life. With low self-esteem, change can create a resistant paralysis in you. You won’t be sure you can handle it. With improved self-esteem, you have the confidence to go with the flow and adapt to what you need to adapt to.

 Also before healing, moments can feel like they will last forever. After recovery, you can time events and realize that life is in flux and most things are momentary. You will shed your paralysis.

 In addition to unraveling mind control and improving your self-esteem, here are more ways to encourage healing:

 Take more moments enjoying hot water warming your back in the shower.

 Savor fruit the way food was supposed to taste before chemicals and anti-social farming.

 Find yourself seconds of pure untampered with pleasure. The skin’s pleasures have been contaminated and corrupted all during your mind controlled life. Now it is time to teach your skin what it means to be skin. The pleasure principle helps you find yourself. Enjoy a breeze, which can be better than a lover.

 The breeze—where it coats your body with such gentleness, concern and languor—it brings you to the edge of life—makes you whole—offers you a fountain to drink from—that belongs to everyone and no mind control controller could ever take that away.

 To shed the slave mentality, say:

 I deserve…

 I am… and fill in the blanks.

 Go deep within yourself to realize at last who you are.

 It is better to find someone to share your memories with. That was important to me. If a safe person is not available, journal your insights and understandings and keep going alone. Anything is better than going to a cult therapist.

 Where do you start finding yourself and improving how you feel about yourself? Where is your entrance point?

The Emperor’s New Clothes

 Generational satanic cult children, no matter which specific group dominates them, are born into a world rampant with evil. I’m defining evil as neighborhoods where bad people do bad things and the streets seem lined with smoky black coverings. Some children have a glimpse of this evil before they are swallowed by it. This glimpse will increase their acute anxiety and feelings of helplessness. But it is a foundational moment in their short-to-date lives and a moment to be cherished. Even as children, they are aware that something is terribly wrong with the immediate society they live in. Their handlers will soon bury this awareness, but it has already made its mark in the person’s character. Some children are also aware of the more subtle prescribed loss of the self. After integration, you give up the chronic anxiety that was your landscape all during childhood and probably life. Here is a description of a satanic cult child’s anxiety and viewpoint aided by adult language:

 "This anxiety is something I always felt—day in and day out. The world is made up of bad people who hate children and animals."

 In child-thinking made clearer by an adult voice, the child’s logic will sound something like:

 You can lose a headache or a cold—those are good losses.

 You can lose your best friend—that’s a heartbreaking loss.

 You can drop a pencil and see it roll down the sidewalk into the gutter.

 You can forget your hankie in the movie theatre—those are permanent losses.

 You can have your brain removed from your head, chopped and minced and not put back. Then your brain lives outside yourself in other people’s hands. That makes you lose yourself.

 Continuing in the observant child’s thinking, the people who hold your brain in their hands are bad people, they are people who hate children and animals. For a long time, the children think bad people make up society. They do make up most of their neighborhoods. When they get out of their neighborhoods, they meet people who are not bad. They meet people who are good.

 Young people’s awareness will not last indefinitely. Their handlers and programmers will be quick to spot and erase it from consciousness. In the teenage years, cult victims may be rebellious, arrogant and angry, and most but not all will lose all inklings of another life that resides below their empty surface. Long after the glimpse is buried, however, the person will still feel its resonance. As adults, the cracks in unknowingness may start to re-appear: an impression here, a visual flash there, perhaps an inside part pops up and reveals an actual memory. If the victims don’t go public with this newly discovered information, if they don’t inform their handlers, if they don’t report back, there’s a good chance they won’t be closed down again. If they find some safe help, they can work through their programming, even complicated programming. But it’s not being closed down again that matters most. It’s the victims’ character that counts. That person will look around for a better society and people who don’t possess this familiar evil bent.

 Most people have flashes of reality in their dream worlds. When they wake in the morning, they push this awareness away and hurry to get dressed for work or school or ready the children for their day. Sometimes while jogging, swimming or in yoga class or the gym, getting a massage, or walking along the beach, people get impressions of a deeper reality. They may see slaughtered infants, bodies on upside down crosses, blood, altars, playing cards and tarot cards or hand signals—any of the objects that can lead you on the path to getting memories and undoing internal structures and programming. My first visual impression as an adult came when I was doing body-healing work for what I thought were dance injuries and a generalized body tension. I lay down on a blanket on the floor and placed rubber balls under tension spots in my body. An image immediately appeared of my mother urinating on me. I can still see it. Images that come directly from the body are harder to deny and push away. If you push those flashes away, those become missed opportunities to touch a thread of reality—a reality that could lead to your real self, to an awareness of what your programmers have made you into, and the beginnings of realizing that the part of yourself that you have been aware of is one part among many, perhaps thousands, implanted in your brain. This is all terribly painful but the only path toward becoming a full human being in possession of yourself.

 The child who says the emperor has no clothes, is naked, that most of this neighborhood I was born into is bad and evil, that is the child and child part who has the intuitions and insight and becomes one of the best bets as a contact person within for discovering the real self. That child is one of your guides. If you look deep within yourself when you were young, you will most likely find such a child’s voice. When you leave your old neighborhood of mind control, other worlds open that contain not only the beauty of nature but many good and gentle people.

 This talk is an ode to self-esteem. The self-esteem of the child who knew and the self-esteem of the adult who perseveres.

 I don’t think anyone knows for sure when these satanic cults began. There is little reason to believe that they didn’t start in early civilization. Apparently something in man’s nature tends toward evil. We don’t have documents, except in some religious books such as the Bible. We don’t have personal accounts of the monstrosities done. This is the first time in history that we are forthright about talking about mind control and programming innocents to be lifetime slaves. It is the first time there are resources available—conferences such as this one, books telling therapists how to unravel mind control such as Alison Miller’s *Healing the Unimaginable* and for survivors *Becoming Yourself*, and others; personal testimonies such as my *Enslaved Queen* and *White Witch in a Black Robe* and others written to offer assurance to survivors in their own recovery process and the therapists treating them; and Neil Brick’s constant work to bring these issues to light and his on-line articles. This is the first moment in history when there is genuine help. Let’s take advantage of it and not let it slip by. Be true to yourself. Don’t abandon yourself as others have abandoned you.

 What we have been through is one of the most horrendous forms of abuse if not the most horrendous. What differentiates it from other monstrous abuses is the mind control. Awareness of who we are and what we are forced to do has been taken away from us. These amnesiac barriers leave us as unwitting puppets without a will or intelligence. Another difference is that this kind of abuse is disenfranchised. Other abuses receive sympathy. Ours is not believed, or is withdrawn from in terror. Even many of the families of the helping professionals don’t want them to work in this area. Recently, I found out my pet has cancer. I told people and was flooded with sympathy. Everyone related. That does not happen with those who endured mind control. Many people don’t get it or don’t want to get it. If you believe this is real, your world view has to change, and people often don’t like to change even their television watching schedule. Writers even in my own writers’ group label themselves agnostic about whether RAMC exists. I think they are being polite. I think they just don’t believe it. Much of this journey is done alone.

 My message today is that healing is worth it. I strongly encourage people to heal. Start healing by standing by and for yourself. You deserve your own respect. Don’t abandon yourself as you were abandoned. Commit yourself to finding out who you are. Then for perhaps the first time, you will appraise yourself in a positive light.

Wendy Hoffman

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