Self-Esteem, Survivorship, May 22, 2021

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I.

I am speaking as a survivor or surviving victim of mind controllers and generational mind control. I was never a programmer, so cannot talk about their generalized methods. I can only talk about what happened to me and what I observed happening or had been told happened to some others.

We have to say whether our presentations are triggering. Mine is. How bad is triggering? Should you endure triggering? Here are the benefits. There are two lives going on in each mind controlled person: the life in ordinary life, and the life inside. Before recovery, the front life doesn’t know about the inside life, and the inside life doesn’t know about the front life.

The front strip is oblong, crosses the front of the brain. Here personalities who deal with ordinary life live. The back or inside brain, much larger than the front, houses parts also created by programmers to do satanic work. The front area contains one or more, sometimes many more parts or personalities. The back area has possibly a multitude. They are stationed in modules insulted by electricity from electroshock. Electricity paralyzes transmitters so that one module cannot communicate with others. Thick barriers separate the two walled off terrains of front and back.

Your job as a survivor or surviving victim of mind control is to make the two terrains meet. Then you can know yourself.

Mind controllers buried information about yourself and your life deep within the brain. It is difficult to get to. It can come out by chance, a moment of revelation, in dreams or by being triggered by what others with a similar background say. I don’t believe you can really find the buried and dissociated without being triggered sometimes.

Perpetrators know how to call it out because they put in the codes or have read about them in recorded books, computerized now, on mind controlled victims that they keep on everyone. But for healing, a book, a chance comment or visual, a presentation can trigger an inside personality and you can find out information that personality holds and where that personality lives within your internal system that enemies created within you.

I will be addressing mostly survivors or surviving victims. Devoted therapists who may be listening can learn more about the interior worlds of their clients. Invaluable supporters can too. If you are one of the rare people in the world who believes survivors and wants to learn more about what is happening in the world, there is information for you too.

Perpetrators and spies are probably listening to this presentation. Even if you are listening for the wrong reasons and have been assigned to listen, you too can gain something helpful from it. As difficult as recovery is, it is not so hard as living as a non-self. Mind control only produces non-selves. All these evil perpetrator-type people running around destroying and lying to themselves that they are powerful, they too have been made into non-selves. Who is underneath all that violence still has to be found.

There are many books written in ordinary life about improving self-esteem. Most of those books are for normal people. They have good suggestions in them that can apply to anyone. But there is a world of difference between those whose lives create poor self-esteem naturally and those who have had it systematically ripped from them.

I make the distinction between normal people and those coming out of mind control. By normal, I mean those who have not had their brain criminally sectioned off with amnesiac barriers placed between modules. They remember more or less what happens to them. They have in general not been electroshocked, drugged constantly and rejected and abandoned at birth. Normal people have not been forced to attend satanic rituals and observe close hand homicide.

Survivors like myself have had everything done to their brains so that they will not remember or know who they are. The mind control starts usually at birth or before and continues through childhood and usually afterward.

People steal homes, farms, spouses, children, money and brains.

Another but more subtle difference is that regular people often want to be like a parent or parents. They may imitate their families and feel their support. We go against how our families act. On some level, even if you’re mind controlled from birth, something in you knows about the people close to you, whom you observe day in and day out. Families of the mind controlled are sometimes mean. Even if they wouldn’t want to be, even though many yearn to be free, they are forced to act like that. They may be threatened that worse will happen to their children if they are not cruel. However, some parents are genuinely sadistic and enjoy hurting others. Children perceive cruelty and may vow not to be like their parent or parents. So while the normal have role models, we don’t. If we want to be different, we have to make our own way, usually with no support and against people who try to stop us. Nevertheless, it can be done. We have to learn and figure out how people should act, what normal people feel, how to behave.

On one level, we may have been lying to ourselves and idolizing our families, but somewhere underneath, we know they acted in accordance with evil. We knew. We know.

*The real work of mind control is to make victims feel wretched about themselves.*

Perpetrators believe that reducing their victims’ self-esteem is a necessary condition of mind control. For example, to me programmers said: “Your mother doesn’t love you because you’re ugly. Your sister is beautiful. You’re not good enough.” Others may have a variant of that kind of denigration.

Mind control to feel unworthy along with the family’s destructive behaviors is a potent recipe for creating victims’ low self-esteem. These programs are put in young parts. The personalities holding this low self-esteem programming are kept in imaginary internal prisons in the brain. The young parts don’t grow up. They are frozen inside. They are imprisoned but affect the feelings of the whole internal system. The rage from being silenced and abused also affects the whole system.

We are born thinking we are worthy of love, but that belief was systemically crushed. We have to rebuild it.

One of the hardest jobs for mind controlled people is to believe in yourself. Programmers—all mind controlled people have programmers—make you think that you deserve nothing in life and are just a marionette on a tight string and a means for your controllers to get what they want.

They are lying to you. You are not who they attempted to make you be.

To heal, you will need confidence, belief and trust in yourself. I was shopping for a glass water bottle. I told the salesperson I thought stainless steel left a taste on water. She agreed. I was expecting her to contradict me.

All that brought back how generational mind control victims were raised not even to trust their outermost impressions and thoughts, reality—to deny what they knew to be true.

So a step in refinding yourself and believing that you can see what you see and know what you know and taste what you taste is sticking with yourself and not letting anyone do the deadly work of forcing you to disbelieve yourself.

The salesperson in front of the water bottles helped me realize all that.

We have to train ourselves not to put too much weight on what other people think of us. The important thing is to think well of yourself, believe in yourself, trust yourself, believe what you remember while looking for memory tricks and programs.

You can go from a life of having absolutely no choices, as hard as that may be to believe, to a life of making your own decisions. What is just natural to ordinary people becomes a miracle to us.

Another thing I want to caution you about: If you are mind controlled to do something you would not choose to do but feel at that time powerless to resist, the mind, our mind controlled minds, embroiders so to speak an explanation, a rationalization, on top of the program. It is a way to continue living with ourselves without acknowledging that we are mind controlled slaves.

I’ll give you an example. When handlers and programmers forced me to leave Canada, I told myself and others that I needed medical insurance (which Americans don’t have in Canada). In ordinary life, medical insurance is a big issue. In acute lives like mine, it is not the main priority. Try to notice the position of your mouth, shoulders, what your heart and body feel like when you rationalize to yourself and others. Think back on the lies you gave yourself and if you can, follow one of them to what it covers, what it hides. It is very difficult to acknowledge mind control, that others control you. But the alternative is worse—that we live in slavery at others’ beck and call, that we don’t have the freedom to make any real choice about our lives and that we may also be tortured. Which is worse? To acknowledge it and take the step to ending it, or to continue with it?

People who come from satanic cult families often, usually, have many parts in their brains who see themselves as slaves. They live some of their lives in this slave persona. Self-esteem can break that identity—that lie. You are not a slave. You are your own person. They may have made you into a slave, but that was abuse, and not the truth. You belong only to yourself.

It doesn’t help our self-esteem that controllers make us do their dirty work. The whole you wouldn’t do that, but they have insulated specialized parts in the brain trained to perform that way and to think something worse would happen if you don’t. The rest of the brain doesn’t know about it. Before healing, these segments of our brain stay programmed to do odious deeds. Is that not reason enough to take control of our brains?

For those of us born into generational mind control cults, we are trained from childhood to believe we will never be free, that we are destined to remain their slaves. That affects how we think about ourselves. And it is a lie. The perpetrators who like to be called “masters” or “masters of the mind” and other deceptive titles like that, use all sorts of torture to enforce that false belief. We can escape their clutches. Realize it is a lie. Why do they work so hard and long and recurrently to make you believe these lies? Because the lies will keep you in the place they want you to be. What they torture you into believing is not who you are. You have every right to be free. You do not belong to them.

Because we have personalities in us that have been frozen in time, perceptions, knowledge and thinking, it is hard for the whole brain to move, advance, change. Frozen is a habitual state for us. The stasis or paralysis also stifles our self-esteem.

In addition, programmers employ dual or opposite programming. This kind of programming also creates a paralysis in its victims, the kind of frozenness that many of us experience. The do and don’t do grate against each other. Examples are to feel worthless, to feel grandiose, to be angry, not to be angry, to love-not to love, to eat-to not eat, to die-to not die and so forth. Programmers can call out whichever program they want whenever they want.

Programmers take an event that you innocently participated in, change the facts so that you think you did something bad and feel guilty. They show you fabricated pictures to “prove” your guilt. They want you to go through life thinking you are a bad person.

How hard is it to have the desire for freedom? How hard is it to make decisions and not follow orders. To make choices, big ones, important ones, like where to live, whom to marry, what career to pursue, what to study, or even what to eat.

*Perpetrators’ main weapon to have you not belong to yourself is their creation of amnesia with you.*

Poor self-esteem keeps you trapped. Start by working on believing and appreciating yourself.

In addition, decreased self-esteem makes for decreased tolerance of change, and healing is about change, perhaps the biggest change.

We are the fortunate generation. We have help. People like Neil Brick and others volunteer to do the hard work and offer these conferences to help people like us. Therapists with good minds have focused to understand mind control, programming and how the human mind can be overtaken by enemies. Books and articles in print and on-line exist. We can read about others’ experiences and how they achieved freedom. I don’t think people had the chance to escape mind control imposed on them ever before. it is our time. Grab it.

How does one move from being a survivor to a living being?

Self-esteem is the first step in recovery, the middle step and the last step of healing. Good self-esteem endorses the self. Here are some steps:

Step **one**: believe in yourself. No matter what you’ve been taught about yourself, you are okay and deserve to be on earth. Start working to believe that.

Before recovery, we live our lives by the lies programmers and family fed us with milk. Recovery brings an awareness of those lies based on knowledge rather than deception. *It is a shock to learn that the person you were made to believe is you is not you, and that the choices you thought you made during your life were not made by you.*

The transition from going from what others want you to believe about yourself to what you know about yourself is difficult, but it is how you get to value yourself. Mind control denigrates. Taking yourself back gives value to your life.

Step **two**: be kind to yourself. Think of ways to comfort yourself and give yourself what you want. Self-kindness grates against all the programs in you.

The foundation of mind control is the lie that you are a bad person, that others won’t love you. Once you are loving yourself and being kind to yourself, you are going against established programs within. There may be inside reactions. It is worth the struggle to know who you are. It is worth the struggle for truth and freedom.

Step **three**: you are not bad. Infants and children in you will feel the most unworthy. You may have to start with a front person and change those beliefs first. They will penetrate your inside system and reach your desolate children.

Programmers want to hold those children in place. You can release them by changing how they feel about themselves.

Step **four**: learn who you are:

Children who have been mind controlled never got the chance to learn who they

are. Programmers usurped their potential identity. Controllers told them who they are, mostly lies. For example, children with a high intelligence are told and made to believe that they are stupid or average.

Step **five**: think for yourself.

Stop letting other people hold your life. Begin to be aware that you do not

think for yourself and that you are used to having others think for you. Many of those others are enemies. In your regular life, try to stop asking others to make decisions for you or avoid people who want to decide for you. Choose what you want, what you think is best. That is a muscle in your brain that has not been used but can be developed. Start with little or big things. Think. Begin the long journey into independence.

No matter how difficult the life of healing is, no matter how distasteful all the

choices you have to make, make them your decisions. Even if it turns out to be a bad choice, it will be your choice. It will assert the power you are seeing you do have, you will be holding onto your life and not letting it slide into someone else’s hands. When you were a child, you were helpless and needed someone honest and caring to tell you what to do. You probably didn’t get that if you are a mind control victim. You are not helpless as an adult, even if you still have child parts within.

If you survived mind control, even when you survived wounded, you can

survive and accomplish anything. Believe in yourself. Don’t give yourself away. Never abandon yourself.

Step **Six**: Try to rid yourself of emotions that perpetrators put in you and find out how you really feel. They place devastating feelings in victims. For example, they insert worry and anxiety among many other feelings. Here’s what they said to me:

“You have to always worry. Worry and fret. Did I lock the door, did I shut off the water, did I close the fridge door? You will always block your brain with petty worries, so that you can’t go forward or make progress.”

“If you don’t learn to worry, we’ll have to kill this baby.” (The baby was a doll.) Or:

“Your body is not yours. It’s ours. You own nothing of yourself, not even how you feel.”

Under the depression they create, they insert suicidal ideation to use at their will. Under the anger they create, they insert homicidal ideation that they may use at their will. What they insert are not your genuine emotions.

Step **Seven**: Don’t accept blame.Mind controllers specialize in blaming victims. The programming goes something like this: You are bad because…

It’s your fault that… They make up scenes and events.

Atrocities are done to victims who are then blamed for them. A two-fold affect is: it disparages victims’ self-esteem and creates an internal rage in victims that in this abusive world is not safe to express. That rage festers within victims until it is acknowledged and expressed directly. Perpetrators create that rage for reasons. Nothing here is arbitrary. Perpetrators can summon the rage and use it to order victims to do destructive actions. It takes health to aim anger at the correct people and not other victims.

II.

In mind control, this is a typical program command:

Programmer: “You will have no narrative information. You will not even remember what happens a moment ago. Everything you’re forgetting now is held in a nest in your brain. That only I and others like me have access to and can call up whenever we like. You may not call up what is there. We own it, not you. We own your information. Now feel all this information drain out and into the nest. Feel it drain away from your conscious mind, into this nest. Goodbye awareness. You remember nothing now. Not even who you are.”

Step **eight:** Forgive yourself.

Many normal people sail or stumble through life with one mind, one life, remembering the important. Surviving victims of mind control not only have many personalities residing within their brain. They also live many lives at once. They go to school or work, perform tasks, usually earn money. Some live alone and some are part of families, have children. Then there is the secret life or lives that they are not allowed to know about but that are they forced to live.

Here is a thumbnail sketch of our many lives. Say they are a college student. During the day they are in class or doing school papers. At night (or it even could be during the daylight), they are abducted, driven to a political party (it could be any kind of satanic event) and have to perform their many roles there. Then they may be taken for closedown so that they will not remember what just (less than an hour before) occurred. Or say you are a carpenter by profession. You build whatever you’re building during the day. By night, you have to be at a certain location to do an assigned satanic task that you would never ever have willingly done. It will be a criminal task. Then you may go for closedown so that you will not have any recall whatsoever. All of this is violent to the body, mind, soul, spirit.

We have to forgive ourselves for what others do to us. It is not what we would have chosen to do. We have to forgive ourselves for being slaves. The only way out of this kind of entrapment is by becoming aware. I imagine a few were genuinely rescued and kept safe. But that is nothing to count on. It is an aberration. Most of us have to do the hard work of finding out who we are, what controls are placed in our brains, what programs keep us slaves and undo them.

It is not our fault that we were born into generational cults. It is not our fault that we had parents who were prisoners themselves and could not or were not willing to help their children. It is not our fault that mind control has reached new heights and is hard to decipher, hard but not impossible. All that is reason to respect yourself, value yourself, cherish yourself and fight. Fight for the right to be who you are. Not someone else’s creation of you but who you really are on your own. There are pleasures in life, the pleasure of sleep, satisfying hunger, walking in the sun, shade, clean air. And the greatest pleasure, discovering who you are.

If you are living a dissociated life and so called “masters” are pulling your strings and telling you what to do, then how do you feel good about yourself or have good self-esteem?

Is this a situation you chose for yourself? Of course not. People want

freedom above all and will fight for it.

Can you control who your parents are? Of course not. You didn’t chose

mind controlled parents who had to turn over their children and believed that if they didn’t, they would be murdered.

You didn’t choose this life of amnesia and are trying to get out of it. You

are not to blame for how others treat you. They also may not know what they are doing, or they may think something worse could happen if they don’t control you or they may simply be sadistic. Whatever their motivation, it is not your fault. Show yourself pity and sympathy, not disdain.

Some surviving victims are completely amnesiac and only are aware of their front persons. Some are in the process of regaining memories (and the self) and others are almost totally integrated. For those of you who have amnesia, for some there will be enemies in your life that you are not aware of, people from the division of this cult you belong to still who spy on you, report on you and sometimes may also hurt you physically. Finding out what’s in your tampered with brain allows you to know about this destructiveness. Knowledge or awareness is the first step to keeping yourself safe. Once you realize what is going on in your life, most people break off these destructive if you want to call them relationships though they are not relationships, they are abuse.

By the way, about spontaneous meetings: some survivors tell of meeting

someone by chance. It is usually not by chance. Perpetrators watch and grab opportunities. Be suspicious of the chance encounters in your life. They may be set-ups.

Then how do you have self-esteem knowing now that you were duped most of

your life? That the people in your world may be enemies? That you may have done tasks or nice deeds for people who were out to destroy you? How do you live with that?

You didn’t know. Not until you remember or associate. It is okay to feel

like a fool, but not okay to think poorly of yourself. You were mind controlled. You suffered extreme torture starting at a young age. There are two types of these satanic cults: generational or non-generational. If you’re from a generational mind control cult, all your rearing was designed to make you unaware and amnesiac. If you’ve joined a non-generational satanic cult, there must have been reasons for your making a poor choice. Explore those reasons and influences and think about another way to express your pain.

Here is a question to ask yourself: If I hurt other people, will that make me

like them, make me into who they want me to be? Yes. Then how to handle this pain? By NOT becoming what they want you to be.

I can’t stress enough how we were not treated as people, how our bodies were considered objects to abuse, to use for perpetrators’ selfish desires. A part of you may think they were right, justified. That misinformed part may be buried deep inside but may be there feeding your thoughts and beliefs. They were not right. They are wrong. You are human and alive. Your body is part of you. It deserves respect, it is worthwhile, precious. It has integrity.

In some ways it is more painful to realize how wrong important people in your world were or are. If you are not enough to please your mother, are you enough? How do you really slip out of that very young, solid, unmovable slot?

They were wrong. Some of them didn’t even know what they were doing. Some perpetrators just follow orders too. But you have to give up, move away from people who treat you badly, like an object, worse than an animal. How does one move from being a victim to being a living being? It entails separation from the destructive community you are used to.

Whenever any sign of self-importance and self-respect emerges, as it often does, these “Masters’ crush it. If they are not around to spot it as it occurs, tattlers will report the eruptions. Tattlers are usually from family.

Choosing freedom is difficult. You may go from a frozen, numb state to a whirlwind of emotions that had been stored, a lifetime of emotions.

I have stored anger that I never expressed at the time and festered all

these years. I have now flashes of remarks others made to me that feel like put downs. Most of these remarks were spontaneous or possibly scripted put-downs. I didn’t respond to them at the time. I stored them in this section, or they stored them for me. I had already been trained (through torture) not to fight or even say anything if I hear what I believe to be an insult. Now those hundreds, thousands, more? instances that emerge, one by one. New insults occur. Those don’t get stored. I feel their impact either immediately or soon afterward. Sometimes I say something, other times I don’t. A practical side to living still exists. I can’t make too many enemies.

The rage in this section has abscessed. It grinds bitterly, eats holes in my tissues. In this section is also the core of me—how I value myself, assert myself, believe truly that I have rights, that I am who I am, that I have a right to be in the world. Here I have the power not to die, the power to want to be alive. Here, so deeply buried, so squeezed into a prison is the hope for me.

**Love**: Self-esteem and love go together. People can’t love unless they believe they bring something to the table. Even after believing in themselves, they have the battle of overcoming their first relationships. In mind control cults, family relationships are tainted with hatred. Mothers reject infants. Father abuse babies. Many siblings have to be cruel or something worse may happen. We learn falsely that something in us is not right or we would have been accepted and embraced. We bring responses to what has happened to the new. We have to unlearn before we can learn to love and accept love. We have to rebuild the truth that we are worthy of love.

I had an extremely important year in my weary life. 1946-7, the year I had love from a twelve year old boy who allowed me to sit on his lap, suck my thumb and listen to the sounds of a good and moral heart—the first good heart I would be close to and almost the only good heart I would know in my troubled life. They murdered him when he was just thirteen and I was four and a half. They told me they ‘sacrificed’ him because I loved him. We lived in the same apartment building and that is most likely why they assigned him to me. The leaders would not have known of his real qualities—that he was noble, fine, philosophical and a teacher. He taught me about love and how to love. He told me to be good and pure. He taught me what children growing up in a satanic mind control cult are not allowed to know. I stuffed myself full of his love, never thinking for a moment of the consequences. I sensed my mother’s jealousy but she did not stop his visits. It was all pre-arranged, scripted to teach me not to love. Many children of satanic cults learn this same lesson. It is like the alphabet for them. But I was three, then four, and he would have loved me no matter what. The leaders didn’t know they gave me a saint. I knew he was born to be sacrificed in this murderous cult. I knew he was born to a mother who was a breeder and that there was little anyone could do to prevent that scheduled death. His sister had been sacrificed when she was six. I knew all that, but throughout my life something resonated in my four and a half year old heart, something ached and terrified me—the thought, belief, fear—that if I love, the person will die, be killed and murdered in a tortuous way. I wear that fear on my skin. It has soaked my pores. I dispel it but it is there. This boy I loved and who loved me stays with me as he said he would before he died. He kept his word.

Enemies taught that the natural force within me turns into murder, that I had to suppress what earnestly comes out of me so as not to destroy. That I have to destroy my self in order not to destroy another or others. That I had to stun development. That I could not grow. When they forbade love, they made me forbid my self. That is what they did to me, and what they do to children born into murderous mind control cults. This lesson not to love happens recurrently. Programmers try repeatedly to teach victims that the natural forces in them are bad. No one can go through life without loving and remain a person, and some of the leaders of the world come from, were born into, these destructive mind control cults.

When perpetrators take away the ability to love, they are aiming for the soul. The soul fills with love or hate, most people have both in their souls. When controllers try to remove love, they leave their subjects with hate filled souls. They feel they can create the souls they want. Can any human distort another’s soul?

Humans can radically affect people’s emotional world. They can fill them with despair and disdain. The emotional disorders are probably reactions to life and people. But who you are deep inside, in the well of your soul, seems unmoldable.

**Grief**: Grief has always been meant to be shared. Religions of all sorts have arranged for people to sit together and share loss. In these mind control cults, however, grief and the parts that hold it are isolated, without comfort, or communion, or anything that will replace the loss.

I find these pre-natal grieving parts separated and inside imaginary internal cells and prisons. I hope we can share and that I can carry what they hold for them or with them.

A good part of the new emerging self is grieving what happened to the old you and what those inside parts had to do. Love yourself during the grief. Work on consoling yourself.

If you choose to go through or continue with recovery from mind control and if you don’t let anyone stop you—if you keep knowing the truth is your goal—then one day a new you will emerge from the ruins of your past. That new you struggling to get a footing will still look back on all the ‘people’ planted in your brain by enemies. Those ‘people’ had to do deeds, had to function in prescribed ways, ways you never would have chosen or agreed to had you not been tortured and threatened and made to be dissociated. Those parts were dressed but were not in their clothes. They were there but nowhere around.

The new me looks back and feels love and tenderness for these old parts who no longer have to exist and perform. The strings of these marionettes are clipped, the chains of the slaves broken. They are free now. They reach out their arms to the new emerging self, the new emerging self reaches out their arms to them. They love one another. The essential is to love yourself, to comfort yourself, to be true to yourself. For many of us who have to leave our families behind, the self is the new family. Be kind, accepting, stick by yourself. It is what you have now.

III.

It is not easy to stop a human being from growth and being, to prevent them from knowing who they are, finding their wants, discovering their talents, abilities. It is not easy to thwart humans completely and to render them automatons. But that is what happened to many of us born into satanic generational mind control cults. It started when we were too young to know what happened and have lived our lives without knowing it happened. But we can release the stalled blood in our bodies, let our skin breathe, let our brains expand and drive out imposed electric barriers. We can exhale. Our bones can become stronger. We do not have to remain in a thwarted state. No one is saying that this transformation is easy. It is possible and in my opinion worth it.

Even when we escape these perpetrators’ clutches, even then we can be harassed. Politicians and especially their wives use hand signals that we see on TV. I watched an honest news show and a guest who is an award-winning playwright used continuous hand signals. I asked inside myself what these hand signals meant. They told surviving victims not to remember anything or they will be attacked badly and maybe killed. Unhealed surviving victims, those with parts that still follow commands from hand signals, would probably react to them and may be silenced.

Survivorship wisely cautions presenters against using any kind of hand signal or even using their hands when they speak. People from the ordinary, non-cult world won’t see what is going on. Honest producers won’t know their broadcasts are being used by satanic cults. Anyone who tells them would be disbelieved or worse. All victims’ early training to recognize and interpret hand signals and visual objects that contain mind control commands is intentional. In this way, programmers continue to program and enforce established programs and no one sees what they are doing. 21st century people don’t like to think evil exists and is at play. If society evolves and we hear the truth, people could go into shock. We live on lies. Truth is a foreign language.

Trauma, habits, impulses stick. We have to work hard and consciously to change these patterns and shed these instilled habits. For example, stop giving too much, working too hard, being too pleasing. You don’t have to earn your place on earth. You belong here and have rights. Other victims do the opposite, and to them I say stop giving nothing, doing little work, not trying to please anyone.

I cannot say definitely whether I have been tortured since March 2017. Once utterly dissociated by others, I cannot ever say that I know anything for certain. There is always the possibility of some secluded part of my brain having been abducted, and is still unknown to me. That unknown to me part may still hold unshared information. But my body tells me I am well. I have more optimism. I am aware that I have a life to live and work to do.

I have essentially just been born. I may not have many years to live so I have to go fast, through my development years, rebellious ones, professional ones and old age where I am now.

I will live what I can of my life—I will live it fast for I am alive now and I have a brain that I can call my own, a brain that belongs to me and not controllers and not to a satanic machine that controls the world. I am not folded under complete ownership.

During my life, I could not find a way out. I remained a used and tortured slave. My unilateral response was not to want to be alive. Every module of my brain that has talked has said “I do not want to be alive.” Now that I believe I am relatively free, I will give wanting to be alive a chance. I will step into the ocean in summer, one toe, another. My ankles, thighs. I will take in life, swim in it, swallow some soft water but will not drown. I will try the back stroke, crawl, side stroke, butterfly. I will be my own raft. My brain and body will wake. I will try life.

Only some of my front people lived in life. They did not have sustained life. Something would happen in ordinary life—like programming or technology—and a part with different qualities—like youth or mechanical abilities—would be needed. They would be shoved back in and another part delivered forward. No part would have sustained developmental experiences.

If we were like normal people in ordinary life, then improving our self-esteem would be an end in itself, as all those self-help books would tell you. But ours has a double-purpose. We improve our self-esteem for ourselves, our worth and happiness—but also and even more importantly, to open a gate in a different realm. When you take your mind back, when you find it for the first time for it is often taken away during infancy, when you find out who you are, claim it and hold it, then you open a gate for others to follow—you make a significant move to destroy slavery. You free yourself and you free others. Believe in yourself. Listen to your insides. Pay attention to your impressions. Don’t abandon yourself. Others have abandoned you, but don’t do it to yourself. You deserve better and truer.

There are others doing this same work. You may not know who they are, where they live, you may never meet them in this earthly realm. All the work towards freedom and the end of slavery reverberates. You will not be alone in this Herculean fight. You will have colleagues even if you don’t know who these other survivors are. Be strong. Be free.