

**“A WORK THAT SEEMS DIVINELY INSPIRED
TO ADDRESS MOST OF HUMANITY'S PROBLEMS
AT THIS POINT IN HUMAN HISTORY.
A MASTERPIECE!”**

~ MICEAL LEDWITH, I.Ph., L.D., D.D., LL.D

CRACKING THE MATRIX

**14 KEYS TO INDIVIDUAL
& GLOBAL FREEDOM**

CATE MONTANA

ALSO BY CATE MONTANA

Unearthing Venus: My Search for the Woman Within [Watkins 2013]

The E Word: Ego, Enlightenment & Other Essentials [ATRIA 2017]

Apollo & Me [Rampant Feline Media 2019]

The Heart of the Matter: A Simple Guide to Discovering Gifts in Strange Wrapping Paper
(co-written with Dr. Darren Weissman) [Hay House 2013]

Ghetto Physics: Redefining the Game (co-written with William Arntz) [Lord of the Wind Press
2012]

***Cracking the Matrix* SYNOPSIS**

Our world is in the grip of a powerful, intelligent, anti-life Force—an unseen, astral influence that has been involved in the deliberate programming and degeneration of humanity for thousands of years.

Priests and shamans, philosophers and mystics of every culture in the world have described this hostile, inhuman Presence and named it. For the ancient Greeks it was the Archons—the Powerful Evil Ones. In Christian literature it's Beelzebub, the devil, Satan, and Shaitan. For the Hebrews it's Abaddon. In Islam it's Iblis or AshShaytān. To Native Americans it's wetiko and windigo. To the Hawaiian kahunas it's e'epa.

Swiss psychiatrist Carl Jung called this deceiving force “antimimos, the imitator and evil principle” and equated it with the Antichrist. The Russian mystic philosopher George Gurdjieff called it “the machine.” Sri Aurobindo, an Indian philosopher and guru, termed it the Hostile Forces. Hollywood portrays these entities as physical vampires. Modern-day philosophers and science fiction writers often refer to this Presence as the mind parasites.

Despite world-wide recognition of the reality of this insidious "other," humanity has not yet caught on to the Archons' presence. Why? Because over the millennia these advanced yet soulless beings have created a thought matrix of lies—a false reality for us to live in that keeps us fundamentally blind to their presence and cooperative with their ultimate agenda.

By nature, humans are spirit beings of pure love. And yet media, education, spirituality, religion and politics have been skillfully infiltrated and subtly programmed to hold up an altogether different mirror.

Religious concepts such as original sin, scientific theories such as "the survival of the fittest," and the relentless violence in news, TV shows, movies and games have successfully convinced us that competition, self-destruction, aggression and corruption are our true nature. Which means we don't spend any time searching for outside influences driving our spiritual, moral and social malaise.

Educated to believe that unseen realities and the devil are superstitious nonsense (never mind the exploding popularity of evil/supernatural storylines in the entertainment industry), we are also trained to laugh at conspiracy theories. And yet many global financial leaders, corporate media conglomerates and NGOs such as the World Economic Forum and IMF are notoriously aligned with this dark Force, implementing its agendas. Materialism, hierarchy, wars, drugs, porn, AI, The Great Reset—components of the matrix all—are fearful drivers purposefully designed to accomplish one thing:

To keep us divided and at each other's throats,
forgetting our unified spiritual nature and our ability to set ourselves free
by tapping into the unfathomable power of pure love that lies within us.

Solidly researched and footnoted, *Cracking the Matrix: 14 Keys to Individual & Global Freedom* is designed to help people finally see this ancient, anti-life Force, understand its agenda, recognize its blatant presence behind current global events, learn how to break free of its controlling influences and stand up in their true spiritual power, ready and able to create the New Heaven and the New Earth that have so long been prophesied.

What People Are Saying About *Cracking the Matrix*

"A work that seems divinely inspired to address most of humanity's problems at this point in human history, *Cracking the Matrix* is a masterpiece revealing the major forces working against us ever reaching the destiny pivotal figures in the history of humanity, such as Jesus of Nazareth or Muhammad, tried to direct us towards attaining. A brilliant analysis of the modern-day issues focused on undermining our empowerment so as to prevent us reaching the destiny that was designed for us, Cate Montana's new book is a classic work that will repay seriously pondering its content a hundred-fold."

~ **Míceál Ledwith, L.Ph., L.D., D.D., LL.D. former advisor to Pope John Paul II**

"Wholeness always trumps perfection. *Cracking the Matrix* shows us why being in the light requires acknowledging the darkness—the shadow side of life—without which knowledge our entire culture will remain programmed into a collective blindness. Highly recommended."

~ **Dr. Darren Weissman, Developer of The LifeLine Technique® and Best-Selling Author of *The Power of Infinite Love & Gratitude***

"*Cracking the Matrix* brings the reader face to face with the forces of 'anti-life' – the shadow spell – and then provides a guide on how to break the spell."

~ **Kingsley L. Dennis, author of *Hijacking Reality and Healing the Wounded Mind***

"Cate Montana writes like an angel, and the book is full of fascinating and important insights."

~ **Mitzi Perdue, best-selling author of *Mark Victor Hansen, RELENTLESS***

"*Cracking the Matrix* is magical AND practical, a deep dive into the dark energies that permeate our world. I couldn't put it down!"

~ **Marla Martenson, author of *The Magic Seeker***

"*Cracking The Matrix* explores the dangerous areas where humanity is heading, exposing evil's planned destruction of what makes us human. This book is not for the faint hearted, but is a must read for those who believe there is still hope for humanity to claim ownership of our higher selves and create a world where love, beauty and personal power can reclaim their rightful place."

~ **Debbie Spector Weisman, author & host of *Dream Power Radio* podcast & radio shows**

"The ever-fearless Cate Montana has given us a much needed and timely reminder that we live in a world contested by powers beyond our five senses. In this amazing book she clearly demonstrates the stakes, which have never been higher."

~ **John Tintera, Publishing Professional**

Author Bio

A dauntless explorer of inner and outer worlds, since her awakening in 2007, Cate Montana has written several extremely different books: A feminist memoir, *Unearthing Venus: My Search for the Woman Within* [Watkins 2013], an explanation of the ego and enlightenment, *The E Word, Ego Enlightenment & Other Essentials* [Atria 2017], and a spiritual novel, *Apollo & Me* [Rampant Feline Media 2019]. She is the co-author of *The Heart of the Matter* with Dr. Darren Weissman [Hay House 2013], and *Ghetto Physics: Redefining the Game*, co-written with William Arntz [Lord of the Wind Press 2012]. *Cracking the Matrix: 14 Keys to Individual & Global Freedom* is her most recent work.

A delightful and cogent speaker, Cate has graced the pulpits of Unity Churches across the US and been interviewed on hundreds of TV and radio shows and podcasts. A professional journalist specializing in the field of alternative medicine and health, Cate has a Master's Degree in Psychology and speaks and teaches about consciousness, ego development and spirituality. She lives on the island of Maui in Hawaii. www.catemontana.com

HEADSHOTS



Cracking the Matrix Media Questions

- 1) Can you stand in your power and thrive while being influenced and led astray by multidimensional Forces at work on planet Earth?
- 2) What is love? How can a God of love allow evil to exist?
- 3) Where does evil come from? What is evil anyway?
- 4) Why aren't more people aware of this anti-Life Force?
- 5) How have religion and New Age spirituality empowered the anti-life Force present on this planet?
- 6) You say we're living in a Matrix—a false reality construct. Please explain what you mean.
- 7) How has this Matrix been constructed?
- 8) How has human perception been tricked into believing in a totally false reality?
- 9) Is humanity complicit with evil? Or is evil something totally separate from our truest nature?
- 10) Are there human beings doing this Force's bidding?
- 11) How do we step into our truest most authentic power? What does that even mean?
- 12) What is the transhumanist agenda? What is it based upon?
- 13) Can humanity accept AI and yet remain fully human?
- 14) Why is this the time of no teachers? What does that mean?

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CHAPTER ONE: A WAKEUP CALL

The world is currently in the after-throes of a global pandemic. Personal liberty is under attack, democratic nations are becoming more autocratic and totalitarian. Global media censorship is crippling the free flow of scientific and medical debate. Politicians spew Orwellian "double-speak." Nobody knows what's true and what's not. Families, congregations, clubs, towns, states, political parties and nations are violently split asunder.

Why is this happening?

What's really going on?

Why, 2500 years after Gautama Buddha brought lessons of enlightenment and 2000 years after Jesus walked the earth teaching about love and eternal life, is humanity floundering like an elephant in quicksand, sinking fast?

Why, despite thousands of religions and spiritual teachings pointing out that human beings are *non-physical spirit beings*, have we never caught on to the reality of the situation? Why, despite science's corroborating discovery over 100 years ago that matter and pure energy are the same thing, do we still not get it?

We are eternal beings of pure love who have chosen to experience the most miraculous thing in the cosmos: Life in an energy body that is created to *seem* physical, dwelling on a larger energy body called a planet (and a stupendously beautiful planet at that), having all kinds of exciting adventures. But instead of acting like the unlimited beings we are, we're trundling around in a daze, believing we're nothing more than walking talking lumps of clay.

We think we're dumb animals that have to be trained and led and whipped into some sort of shape in order to be made presentable to a God that presumably created us as perfect ... but then we obviously screwed *that* up, so here we all are, reaping our just yet terrible desserts.

We've taken this sad, impossibly wrong story and run with it for millennia trying to make up for our awfulness. Now, two decades into the 21st century, despite all our efforts to be good, despite our desire to evolve and change, despite great knowledge and technological know-how and a million self-help books, we seem to be devolving, teetering on the very brink of self-destruction.

Why?

From my introduction, you already know the answer. Humanity is, and has been for some time, in the grip of a powerful, intelligent, anti-life Force—an all-pervasive evil influence that has thrived on this planet, sucking most of humanity into its orbit, much like a blackhole swallows everything that comes within its gravitational grasp, including light.

Priests and shamans, psychics and mediums, medicine men and women, witch doctors and televangelists have all been pointing out the existence of this hostile Force for ages. But for the average person growing up in the 20th and 21st centuries, accepting an evil Presence on this planet as something that's actually separate and *real* is a difficult thing to do. For most of us, nowadays, evil is nothing more than a concept ... a vague threat associated with sermons from the pulpit and horror movies like *The Exorcist*, *The Omen*, *Constantine*, and *Hellboy*.

Making what amounts to an enormous existential switch takes some doing.

I only recently awakened to the reality of this hostile Force when a confluence of “coincidences” in the form of global events, books, videos, conversations and interviews collided with spiritual teachings and hundreds of my own face-to-face encounters with these negative astral beings.

When the whole Covid debacle hit in 2020, I was suddenly confronted with a perfect storm of *external* evidence that perfectly matched up with the frightening *internal* encounters I had had with this Force—encounters I had marginalized, trivialized and ignored for far too long. Watching the world's rapid descent into fear-driven madness, standing firm in my own experiential knowledge base, I could no longer maintain the illusion that humanity's spiritual, mental, emotional and societal degeneration was solely of our own doing.

Something else was going on.

The ah ha! was sudden, but it came as a natural result of a lot of little pieces coming together over a long period of time.

So, why haven't human beings, as a whole, seen this Force and dealt with it?

Good question. And the answer is really quite simple if multilayered. 1) The beings plaguing us are etheric and non-physical. They are only visible in the astral realms and when they work *through us*. 2) We have been programmed to believe this degenerate, anti-life Force originates *within us*, so we don't spend any time searching for outside causes of our dilemma. 3) Nobody likes to look at scary stuff except in the movies. And last but not least, 4) these technologically advanced, spiritless beings have created a thought matrix of lies, a mental reality for us to live in that keeps us relatively oblivious and fundamentally cooperative with their agenda.

But the matrix is rapidly unraveling. Ever since the Wachowski brothers (now sisters) delivered the movie *The Matrix* in 1999, pretty much everybody in the world with media access knows the basic plot about humanity being hijacked into a computer simulation. Millions, if not billions, of people can identify the following lines:

Morpheus: The matrix is everywhere. It is all around us. ... It is the world that has been pulled over your eyes to blind you from the truth.

Neo: What truth?

Morpheus: That you are a slave, Neo. Like everyone else you were born into bondage. Into a prison that you cannot taste or see or touch. A prison for your mind.

Like Neo in the movie, most of us have felt all our lives that something isn't quite right here on planet Earth. Deep down we sense the world is not supposed to be this way—this hurtful, this joyless and nonsensical.

And yet what else is on offer?

The magnetic pull that guides you to go sit quietly in nature. The communal closeness you feel with family and friends. The kindness and concern you feel for people you don't even know. The tenderness and compassion you extend to animals. The awe you feel seeing a dewdrop reflecting the morning light.

None of this is supported.

Nothing of this is encouraged.

Global cultures are somehow perfectly constructed to steer us *away* from expressing our innate goodness and loving nature. Materialism, money, media, porn, drugs, war, politics,

poverty, Covid, fame, power, prestige—all of these things seem skillfully and purposefully designed to keep you and me stressed, frightened, and at each other's throats.

Via one program or another, society relentlessly keeps us from discovering and expressing the beauty and unfathomable power that lie within each of us, sending us down a different path than the one our hearts would actually choose if left unmolested. Within the imprisoning web that has been spun, the unique song we were each born to sing is squashed before it can rise to our lips. And we despair that there is so little meaning and love in the world around us.

So, what inhuman Intelligence created this program? How is it getting away with it? Is humanity complicit? How? Are there humans aligned with this Force, deliberately carrying out its agendas? What can we do about it? Is there hope?

Answering those questions is what this book is about. And I'm not going to make you wait for the most important answer of all:

It is inevitable that this vampiric, astral Presence will soon be sent slinking back to whatever anti-life source it sprang from uncounted millennia ago.

But here's the deal. A necessary part of making that happen is us waking up to this Force's presence and no longer blindly supporting its goals. We must embrace a larger picture of reality and understand all the various players, forces and dynamics involved in life on planet Earth. Most of all, we must remember Who We Really Are and start living from our true nature.

Pure Love

And if a part of you quails at the thought of accepting that an evil Intelligence exists; if part of you is frightened at the prospect of facing evil square on; if you would rather cut and run; if you would rather count rosary beads or call on Jesus or Allah or say a mantra or pull a curtain of white light around yourself and wish it all away; if you would like to believe that nothing like this could possibly exist, I totally understand.

I've been there. With the exception of the rosary beads and calling on Allah, I've done all of that. We've all been doing all those things and ever so much more for thousands of years, desperately trying to figure out what's wrong so we can fix it, and we're *still* sliding into the pit.

Unfortunately, none of our old beliefs and actions have gotten us anywhere because they are *all* based upon one simple, erroneous belief: That it's *us* that is the problem. That it's *us* that need to be fixed.

This is the foundational lie.

This is the core program the Archons have designed and pressed to us. And, being the powerful creators that we are, by accepting this lie, it is *us* who make the lie into a reality. As Batman's sidekick, Robin, would say: "Holy nightmare, Batman, what can we do?"

Well, first and foremost: See the lie.

From personal experience I can tell you there is something deeply, quietly, authentically transformative about turning to face your greatest fear. And let's face it, humanity's greatest unnamed abyssal fear has *always* been the darkness and what it contains.

But here's the thing. Once we face evil it dissolves. Not because we were powerful enough to overcome it. But because once we face evil, we see it for what it is:

NOT US

The Archons don't belong on this planet. Evil is not a part of us because it's not frequency specific with Who We Really Are: Spirit beings of pure love.

Love and evil are like oil and water.

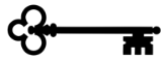
It's like two magnets repelling each other.

It's life versus anti-life.

Once we see evil for what it is and stop adopting it as part of us, we finally see ourselves as we truly are and set ourselves free. *That* is when we step into our power. That is the "open sesame" to the long-prophesized New Heaven and New Earth.

Are the times dire? Yes, they are. But we are waking up. People are seeing through the matrix. The ancient Presence among us is losing its grip. Like vampires in the movies, they cannot stand in the light of day. Being seen, they fade away.

So, let's part the shades and throw open the window.



Chapter One Key: Stop and remember you are spirit

I was sitting here trying to come up with a way to begin this journey out of the matrix. Finally, I stopped, closed my eyes and just sat, silent and unthinking. And it hit me, that is exactly the First Key.

- Next time you're faced with a conundrum, a puzzle, a choice ... stop for a moment.
- Don't try to figure things out immediately.
- Take a breath.
- Ask from your spirit nature of pure love: "What's best to do here?"
- Now *listen*.

As citizens of planet Earth, we have been assiduously programmed to believe we are purely physical, and that our only choice is to do things the hard way—to wrack our brains and toil and sweat and strain throughout our lives.

So, rest for a moment and realize that that is not how a beautiful spirit approaches life.

I'm not saying you won't ever have to work again. I'm not saying you'll never write another To Do list or angst over another quadratic equation. I'm just saying ***the first step to regaining awareness of your spirit nature is to start acting like a spirit being instead of a spiritual person.*** And the way to start doing that is to turn to spirit *first* for answers, then be quiet enough to hear the still small voice within.

It may take a while or no time at all. But the answer will become apparent.

- Just pause, remember your true nature, and ask for what you need to come to you. Then let it go.
- Don't sit and sweat. Don't tap your toes, impatiently waiting for "it" to arrive. It's not even important that what you ask for shows up. That's not the real point here. The real point is that:

You acted like a spirit being instead of a human being.

This simple shift from immediate mental effort towards easeful deep listening is what triggers a rearrangement of self-identity, which then opens the door for more and more information and grace to flow your way.

The more you do this the more easily and quickly things will happen. And remember, you're asking, not as an inept weak human begging God for something, but as a Great Spirit turning at last to your own nature, recognizing your own power and infinite resources, opening the door to what needs to come to uplift you and help set you free.

CHAPTER TWO: MY NAME IS LEGION FOR WE ARE MANY

Until I was 16, my mother dragged me to the local Episcopal church twice a month on Sunday, not because she was all that religious, but because she wanted to make sure she was doing her duty raising a proper God-fearing Christian daughter. At that point I convinced her I'd absorbed all the religion necessary to make me a good person and escaped from church completely.

But by age thirty, recovering from a divorce, drinking too much, overstimulated in a high-stress career in network television production, relatively depressed and completely rudderless, I realized something was deeply missing and that nothing in the outer world could fulfill me.

At that point, it seemed the only other logical path to follow lay inward.

For several years I wandered from spiritual teaching to spiritual teaching, exposing myself to a wide variety of messages, most of which blended together talks about angel guides, meditation, chakras,¹ the "Higher Self," and various methods of "realizing God" (consciously uniting with the divine). One teacher, however, stood out from the crowd by casually saying during a retreat one day, "By the way, when you die, for God's sake, whatever you do, don't go to the light."

What? I thought. Don't go to the light? Everybody goes to the light.

New Age spirituality was all about the Light with a capital "L." We were beings of Light. The Light was our salvation. Every story of a near-death experience involved people talking about the amazing love, beauty and magnetism of the Light. The Light was where family and friends and your dog went when they died. That's where God resided.

Why not go there?

I'm paraphrasing here, but basically the answer was: Because that light is a false projection and not the light you're looking for, which is *within* you.

Because the beings that created that false light designed it as a trap.

If you go to the light when you die, you will be stripped of your memories—all except your crappiest moments which you will be shown over and over again while these non-physical beings feed on the energy of your sorrow, regret, anger, guilt and shame. When done, they'll cavalierly toss your soul back to Earth to enter another body where they will continuously feed on all the negative emotions experienced during *that* life—negative emotions that they program the conditions on Earth to produce—and then do the stripping/feeding process again at your next death.

And on and on and on.

As the early 20th century British poet and historian Robert Graves described it in his poem "Instructions to the Orphic Adept: "

So soon as ever your mazed spirit descends
From daylight into darkness, Man, remember
What you have suffered here in Samothrace,
What you have suffered.

¹ Energy centers in the body identified by Eastern medicine and metaphysics

After your passage through Hell's seven floods,
Whose fumes of Sulphur will have parched your throat,
The Halls of Judgement shall loom up before you,
A miracle of jasper and of onyx.
To the left hand there bubbles a black spring
Overshadowed with a great white cypress.
Avoid this spring, which is Forgetfulness;
Though all the common rout rush down to drink,
Avoid this spring!²

I remember being horrified receiving this teaching. Reincarnation was supposed to be an opportunity for continued learning and growth as a soul, not some vampiric energy recycling system.

But the story didn't stop there.

Apparently, the beings perpetrating this had been on Earth for a very long time, were non-physical yet capable of taking form through us and apparently lived mostly underground. They had achieved a high level of energetic technology by which they constantly beamed negative images and low frequency messages around the world—frequencies designed to foster war, division and turmoil as well as trigger intense emotional pain and suffering in humans.

These emotions they used as an energetic food source. Their ultimate agenda was to terraform the planet into a hotter, drier climate and alter our genetics to make our bodies more serviceable for their own use instead of ours.

I didn't know what to think hearing all this. But I trusted and admired the teacher giving the information, so I decided to poke around a little bit. This led to studies on the seamier side of things—ancient aliens, crop circles, cattle mutilations, alien abductions, and subterranean serpent beings preying upon an unsuspecting humanity.

Needless to say, I didn't sleep very well for a couple years doing such reading. Not only was the content frightening, it was disturbing how much of the information actually seemed decently researched. Let's just take the topic of undiscovered subterranean civilizations for example. An idea that initially sounded absurd, I was startled to discover just how extensive and relatively unexplored subterranean systems are on this planet.

The underground city of Derinkuyu in Turkey is believed to have been created around 800 BCE (or much earlier) and was discovered in the 20th century. It is 18 stories deep, fitted with thousands of ventilation shafts and waterways supplying air and water to rooms at each level of the site. Capable of housing over 20,000 people it is connected to another underground city miles away called Kaymakli.³

There are all sorts of legends about subterranean passageways connecting the Giza pyramids to temples in Luxor. An ancient unknown civilization referred to as the Gizeh people is reputed to exist over 500 feet below the surface of the Giza Plateau.⁴ Some tunnels are said to connect Giza to other underground cities in Eastern Europe and the Balkans.

² Translated from the *Timpone Grande* and *Campagno* Orphic tablets

³ https://en.wikipedia.org/wiki/Derinkuyu_underground_city

⁴ <https://thinkaboutit.site/underground/egypt-underground/>

In the small village of Casal Paula in Malta, in 1902 workmen discovered a series of underground rooms now called The Maltese Caves. Legends say they contain passages connected to rooms as far away as the Catacombs of Rome.⁵

The village of Liyobaa located in the province of Zapoteca in Mexico contains temples, several of which are subterranean, one of which is referred to as The Cavern of Death. Sealed off by the Mexican government, it is said to connect to miles of subterranean chambers. In South America an ancient system of underground cities is believed to extend throughout the Andes mountain range of Peru all the way to Lima and down to the Chilean border.⁶

Several underground cities are rumored to be located in or near the Himalayan mountains, including an underground system of caves near the Tibetan capital of Lhasa.

America is no stranger to rumors of subterranean civilizations either.

In 1885, the *New York Times* apparently ran a story about an ancient underground city found by coal miners in Moberly, Missouri.⁷ There are all sorts of reports of alien beings, reptilian and otherwise, inhabiting underground cities below the Superstition Mountains east of Phoenix.⁸ Vast underground complexes have been reported in California, Pennsylvania, Arizona, Arkansas and Utah. And, of course, in the Grand Canyon region, Hopi legends refer to ancient ancestors who lived underground, uncomfortably close to an even deeper underground complex inhabited by a lizard race.⁹

It was all definitely food for thought.

But strangely, as macabre as some of the material got, there was never any talk about evil per se. That, it seemed, was a topic best relegated to religion. About the only reference to evil that I ever ran across in my early years of spiritual study was the book *The People of the Lie* by the psychiatrist M. Scott Peck, Ph.D. In it he talked about the nature of evil and how it reveals itself through people. From what I recall, his foundational opinion was that it manifests as a conscious desire to inflict pain on others in order to receive pleasure from witnessing their suffering.

As a psychiatrist, he didn't spend a lot of time placing evil in any sort of spiritual context, and I somehow failed to associate his insights with the possible presence of an advanced race of underground beings and their energetic cannibalism. I just filed the information away and never really thought about any of it again.

Until now.



⁵ https://www.bibliotecapeyades.net/arqueologia/esp_malta02.htm

⁶ https://ia801705.us.archive.org/35/items/brugger-karl-the-chronicle-of-akakor_202012/Brugger%20Karl%20-%20The%20chronicle%20of%20Akakor.pdf

⁷ <https://www.ancientpages.com/2022/03/21/riddle-of-the-ancient-lost-city-beneath-missouri-a-puzzling-discovery/>

⁸ https://www.bibliotecapeyades.net/sociopolitica/esp_sociopol_underground18b.htm

⁹ https://www.bibliotecapeyades.net/branton/esp_offlimits_6a.htm

The Great Deceiver, the Slanderer, the Tempter, the Evil One, the Angel of the Bottomless Pit, the Father of Lies, the Great Enemy. These are just a few common descriptors of the presence I'm talking about.

For the ancient Greeks it was the Archons—the rulers of Earth who were malevolent, sadistic beings controlling the thoughts, feelings and actions of humans. For Christians it's Satan or the Devil, Belial or Beelzebub. For the Hebrews it's Abaddon. In Islam it's Iblis or AshShaytān. Buddhism teaches that we are not inherently evil, but that we create evil because Mara—the demon who tempted Siddhartha and who is “the personification of the forces antagonistic to enlightenment” is whispering in our ear.

The Gnostic text *Pistis Sophia* calls the antimimon pneuma (evil principle) an illness that has attached itself to humankind. Because it does not have a physical form, this illness uses us as vehicles to manifest *its* desire, creating a physical reality to *its* liking. The Apocryphon of John calls it a “counterfeiting spirit” that numbs and toughens human hearts, closing us down, making us small and twisted like itself, with the intention of eventually creating a prison-like reality that it can rule over forever.

For the Hawaiian kahunas the presence of an evil malevolent force destructive to mankind is called the ‘e‘epa. For the Cree tribes in America the evil whisperer is wetiko. To the Algonquin tribes it's windigo, a hunger-driven cannibal. For Chinese and Tibetan Buddhists, it's the hungry ghosts of insatiable desire whipping us along the trail to self-destruction.

According to the book *Wetiko*, by Paul Levy, Swiss psychiatrist Carl Jung called this deceiving force “antimimos, the imitator and evil principle” and equated it with the Antichrist. The Russian mystic philosopher George Gurdjieff called it “the machine.” Sri Aurobindo, an Indian philosopher and guru, termed it the Hostile Forces.¹⁰ Hollywood portrays these entities as vampires. Modern-day philosophers and science fiction writers often refer to these Forces as the mind parasites.

Most of the time, these entities take form *through* us in some sort of parasitic way, the worst cases of which show up as total possession. Traits in common that it evidences through us are deception, sadism, perversion, and an insatiable hunger for power and twisted emotions and an overindulgence in food, sex, drugs—any and all substances available to mankind which this Force feeds on through us—none of which can ever fill the aching black emptiness of its ghastly void-like existence. Another common characteristic is that these beings are imitators. People possessed by these demons can imitate what love looks and acts like, although they do not know or feel love.

As ugly and concrete as the *effects* these beings have, their actual presence is almost impossible to pinpoint and describe. This Hostile Force is the ultimate shapeshifter. I've actually read whole books about the Archons/wetiko and at the end still didn't understand exactly what they are.

As non-physical and interdimensional, this Force shows up in what is known as the astral levels of existence—forms that correspond in some spiritual traditions with the human emotional body, the highly sensitive non-physical “sheath” that lies closest to the physical body in vibratory frequency.

Small. Large. Winged. Wingless. Fanged. Horned. Toothless. Appearances vary wildly. It's like this evil Force worms its way inside and learns what scares us most and that's how it shows up. I've seen some of these beings in the astral realms taking the amorphous shape of a

¹⁰ *Wetiko: Healing the Mind Virus That Plagues Our World*, Paul Levy, Inner Traditions, 2021

human body with a crocodile head (similar to figures carved on ancient Egyptian temple walls) and snakes with quasi-reptilian humanoid heads.

No matter what their appearance, the inescapable nature of these thought forms weaving between non-physicality and the physical world is to prod, goad and prick humans into doing despicable acts so that they descend into debauchery and supply the powerful emotional energy these beings rely on for sustenance, both via the victims they pursue and their victims' victims—as in situations where they have managed to drive a person to rape, mutilation (of self and others), torture and grotesque murders.

**It's like this Force has no life of its own sufficient to call it "causal."
And yet its *effects* are profound to the point they are its most defining characteristic.**

An invisible, non-living Force that drains all that is lively and lovely away, the Archons suck the light out of a person's eyes and all warmth out of the human heart. They feed on the life force, subconscious fears and insecurities and any powerful emotion. They twist goodness, pervert beauty, debase sexuality, crush hope and corrupt creativity while voraciously asserting more influence, power and control over their victims, eating away at their spirit.

And yet these Beings easily slip away from sight and defy all concrete description.

In keeping with its chimerical nature, I vary the name of this presence throughout this book, most often calling it the evil Force, the hidden Force, the anti-life Force, the Archons, wetiko, 'e'epa and mind parasites. My favorite epithet, however, is the anti-life Force, because that's what it most seems to be.

I could also call it the anti-love Force, because the life force and the force called "love" are one and the same. But since there is so much superficial programming around the word "love," I won't use that term. Just please keep it in mind.



How have Westerners overlooked the fact that hundreds of geographically dispersed cultures over thousands of years have created the same "myth" of horrific ephemeral tormenters? Why has such a ubiquitous evil presence written about with such authority by some of the greatest minds the world has ever known been consigned to mere myth in most peoples' minds?

How has such a powerful Force been reduced to a horror movie plot device?

Two things.

First off, surprisingly, the Old Testament Bible has nothing to say about "the Devil" or some overarching evil Force. The word is never used. There are a few references to an "adversary" (the proper translation of the word "satan" in Hebrew), many of which are in a political context. We have a snake in the Garden of Eden playing the role of tempter. And there are demons stirring things up occasionally.

That's it.

It isn't until the New Testament that references to "satan" begin to proliferate—mostly in the context of evil tendencies within mankind. In Judaism as well, "satan" is not an actual being, but rather a metaphor for our evil inclinations, the "yetzer hara" in every person. Same thing in Islam.

There may have been no talk of a devil per se, but by the time the New Testament was officially adopted at the Synod of Hippo in 393 AD, there was a lot of stuff about original sin.

The basic concept of inherent evil in man was introduced by a repentant Augustine of Hippo (354-430 AD). Despite the fact that his mother was a devout Christian, Augustine spent much of his early life as a sexual reprobate and atheist. Ignoring his mother's tears and lamentations over his fallen state, Augustine continued his life of sin until he was introduced to the religious philosophy known as Manichaeism.

Manichaeism, as set forth by the Babylonian prophet Mani (216 AD), outlines the struggle between a good, spiritual world of light and an evil material world of darkness where every person is born into sin merely by the fact of being physical. Mani arrived at this view because he was coached into it by what he called his "other self"—an invisible "spirit" that talked to him.

Spirit? Or Archon?

We'll never know. But the fact that the concept of original sin—the single most insidious and corrosive idea that has ever been introduced to humanity—was proposed by some disembodied "voice" is indeed suspect. And the fact that a guilt-ridden Augustine picked up the concept and ran with it as a way to explain and excuse his own sinful youth is suspect as well.

The whole setup reeks of Archon influence.

Unfortunately, Augustine was a brilliant scholar and thinker who heavily influenced Catholic creed for centuries—so much so that he was granted saint status by Pope Boniface VIII in 1298. His mother, Monica, was given much of the credit for his turnaround later in life, sainted and proclaimed the Patron Saint of Mothers.

Augustine's argument that mankind is inherently evil has been indelibly stamped upon Christianity, Judaism, Islam and the psyche of much of humanity ever since—successfully turning away attention from any *external* Force of evil and placing it inwards.

Our entry into what is referred to as the "Age of Reason" in the 18th century was the icing on the cake. The elevation of science and logic guaranteed a carte blanche dismissal of stories about an evil Presence as superstitious nonsense. Any person or culture who believed in such things was labeled "primitive" at best.

If there was any explanation given for the hundreds of cultures around the world that came up with eerily similar descriptions of invisible demons, it was that these primitive peoples must have externalized their own malevolence, giving it a variety of shapes and names so that they didn't have to take responsibility for it.

In other words, it was all simply a common psychological projection.

Really?

Never mind most of the "primitive" cultures supposedly doing this fancy projecting were talking about evil spirits long before anybody ever heard of original sin. Never mind native tribespeople living so close to the land most likely had few deeply twisted psychological issues to even project. (That's *our* gig!)

Early peoples who talked about this Presence lived grounded in nature. They were incredibly sensitive to elemental forces. They could sense and see elemental beings. As English author/philosopher Kingsley Dennis writes in his excellent essay "Changes in Humanity's Spiritual Make-up:"

"Until the time of ancient Greece, the living human body was determined and maintained by the immediate environment. Human beings were intimately

bound up with the space immediately around them. ... [Today] people perceive the world around them, in so far as it is perceptible to the senses, in quite a different way from the ancient Greeks, for example. The Greeks also saw colours and heard sounds; but they still saw spiritual entities through the colours. ... Modern people think thoughts. The Greeks did not think thoughts in the same degree; they saw the thoughts which came to them out of the world they perceived around them. This created an intimate relationship to the world. It also created an intense feeling of being connected with an environment which had spiritual qualities."¹¹

Not only were non-physical beings clearly perceived by the general populace, the priestesses and shamans of the ancient civilizations blatantly dealt with these astral creatures in ceremonies and in their healing work all the time.

They still do.

I have lived and worked with traditional Peruvian shamans raised deep in the Amazon jungle who were trained since childhood to perform ayahuasca and other types of serious healing ceremonies. And they *all* talk about dealing with these Forces and entities. They all talk about how omnipresent these being are and how modern man is clueless about its own possession by these entities. They worry about New Age "wannabe shamans" trying to heal people in ceremonies when few can even perceive these astral beings and even fewer know how to command and clear them out of peoples' energy fields.

The Archons—these ancient bedeviling energy beings—are just a fact of life to indigenous shamans. But us "modern" folk? Without psychic perception, we're basically blind as bats.

The physical human eye can detect wavelengths roughly between 380 to 700 nanometers in length. These are the wavelengths that constitute the visible light spectrum. Some animals can see into the infrared range (>700 nanometers) or ultraviolet range (< 380 nanometers). But compared to the *infinite range of possible wavelengths* that might be perceived in the universe—down to the level of the Planck Scale and up to the size of our universe—the visible light portion of this universe's electromagnetic spectrum amounts to about zero percent.¹²

Despite the fact that our physical senses are capable of perceiving next to nothing of what's going on around us in the universe, hundreds of years of materially-based scientific study have convinced us that we know what's going on. That we own "the truth" about life and all of existence.

Science and logic arrogantly propose that we're highly advanced and on top of the game. And yet nothing could be further from the truth.

Society is deteriorating and the world is being destroyed before our very eyes. We're being marched, roughshod, in a direction almost nobody wants to go. Since Covid, the world has descended into madness.

And we think we've got a handle on "reality" and all it contains?

How could such a warped perception possibly arise unless our individual and collective minds had been hypnotized into some kind of slumber?

And if we are asleep, lost in a matrix of some diabolical design, what are the consequences if we do nothing and refuse to wake up? Paul Levy and Larry Dossey, M.D.

¹¹ <https://rsarchive.org/Lectures/GA177/English/RSP1993/19171007p01.html>

¹² <https://physics.stackexchange.com/questions/478409/visible-light-as-fraction-of-the-em-spectrum>

authors of the most excellent book *Wetiko: Healing the Mind Virus That Plagues Our World* have this to say:

"If we don't use the divine gift of our creative imagination in the service of life, these adversarial mental forces will use our imagination for (and against) us, with deadly consequences. Once it "puts us on," fooling us into buying into its version of who we are, it can then piggyback onto and plug into our intrinsic creativity. In this, it coopts our creative imagination to serve its malevolent, inhumane, and soulless agenda.

In essence, when we are under the thrall of wetiko, the creative spirit within us—the very function that connects us to something beyond ourselves—becomes malnourished and impoverished. We then can't even imagine things being any other way, let alone being able to actively imagine a way out of our dilemma. This points to the profound importance for each of us to intimately connect with the creative spirit living within us as a way of abolishing wetiko's spiritual death sentence. These deceivers of the mind continually encourage us to indulge in our lower, more base impulses, offering us every justification imaginable for doing so. To the extent we are not awake, the 'e'epa/wetiko virus knows our mind better than we do. With the 'e'epa/wetiko virus, it is as if an alien, metaphysical "other" is subliminally insinuating its own thought-forms and beliefs into our own mind, which if identified with, compel us to act against our own best interests.

To recognize them is to see through their deception, which is their worst nightmare as they are rendered impotent once they are seen. Recognizing—and then dealing with—their covert psychological operations within our minds is the first stage of a transformational process. This process potentially leads us to cross an event horizon within our minds through which we enter a new world in which nothing is ever the same. Recognizing who and what the 'e'epa are, helps us to more easily recognize who we are, and our potential for spiritual evolution then becomes practically limitless."



Years ago, I wrote a novel called *Apollo & Me*. As the themes unfolded, the idea that evil is a distinct anti-life intelligence was seriously pressed to me. I reluctantly wrote about spiritless beings posing as gods that fed upon the fear and worship of primitive peoples they ruled over, moving from planet to planet over the course of billions of years.

A moveable feast, as it were.

I wrote that it was this malevolent Force and not God talking to Moses. That it was this anti-life Force that introduced the concept of original sin, whispering in the ears of early prophets

(and guilt-ridden wannabee saints), pushing the lie that *we* are the problem, that *humans* are the evil ones.

I look back now and marvel at how spot on the plot was.

But back in 2015 it was just a story idea that wouldn't go away ... a subconscious voice waving a flag saying "Hey, look at this!" Back then, my spiritual and social programming wouldn't let me see or contemplate any of it as actually *real*.

Even if I'd seen all the pieces I'm finally putting together here, I couldn't have written about it the way I am now because I would have been too frightened to do so. Why? Because up until recently I was too deeply under the spell of these mind parasites to be able to expose them—aside from writing a fictional story—for fear that something bad would happen to me if I did.

This, of course, is the reason most people don't address the topic of evil: *They're afraid*. And rightfully so if you're still stuck believing evil is a part of you. It is this one terribly effective lie that keeps humanity cowed with a jackboot across our necks. We haven't realized evil has no power in and of itself. Haven't understood that the only power evil has is the power *we* give it.

And we give it lots of power. Bucket loads. Tons.

Buying the story that *we* are evil not only do human beings end up afraid of the dark, we end up frightened of *ourselves*. My dear, long-dead mother was one of the sweetest, most obedient souls I've ever known. She got a college degree, married into her socio-economic bracket, raised her family, took care of her aging parents, went to church, paid her taxes and never said an unkind word about anyone. And she *hated* herself. She was terrified to look within herself lest she be forced to see the wickedness she was certain resided there. The palest hint of the occult—even telling ghost stories around the campfire—traumatized her.

That's how much power she unconsciously gave the Archons.

That's how much power billions of people unconsciously give this anti-life Force every day. Because believing this Force is part of us and thus too powerful to withstand *is* terrifying. And our terror drives our focus *away* from paying attention to it.

Which means we stay stuck.

We never cross the “event horizon” and never gain entrance to the new world in which nothing is ever the same.

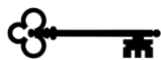
I will state it boldly: When I turned and faced this presence and realized my innate purity, I crossed the event horizon.

And nothing is the same.

Collectively, if humanity doesn't turn and do the same thing—if we don't step out of our hypnotic trance—we won't see our goodness. We won't rise to our potential. We won't create a world that is the most beautiful place possible for ourselves and all the rest of the amazing creatures populating this planet.

We will stay frightened and controllable.

Which is just what this Force intends.



Chapter Two Key: Examine your thoughts about evil and understand it is not you

Part I

- Give yourself a nice chunk of time and go sit somewhere in nature to contemplate. Turn off your phone. Now, what is evil to you? What were you taught about it? How does it show up for you?

Do textbook images from your religious upbringing come up? Does evil seem far away and insubstantial? Does it bring to mind images of worldly life?

- If you find yourself coming to the conclusion that "Evil isn't so bad. What's the big deal?" you're not looking at the reality of evil. You're thinking in terms of bad versus good.

It's hard not to confuse being bad with being evil these days when religion has condemned people to eternal hellfire for not believing in Scripture or for having sex before marriage, calling such acts "evil." This kind of programming confuses people about what evil is—which is a major reason it continues.

Evil is not about being a bad person who lies or cheats or steals—somebody who occasionally kicks the dog or beats their wife or slut shames their daughter in public.

- To get a handle on what evil is, contemplate a few things that go on *all the time* on this planet and reassess.
 - Imagine the ritual group rape of a five-year-old child and imagine the parents both facilitating and participating
 - Imagine horrific torture for the fun of it
 - Ritual cannibalism
 - The deliberate use of starvation to eliminate millions of people
 - Military forces raping little girls, women and old women to humiliate and control a population
- Imagine these things and briefly *feel* into them. *Feel* the ghastly horror of such things.

I know it's extremely unpleasant, but feeling is the key. If we are numb and unfeeling as a population—and we are fast being driven in that direction—anything can be perpetrated upon us.

Now, here comes the hard part.

Part II

- Do you have fantasies, sexual and otherwise, that include pain, abuse, and degradation? This includes gang rape fantasies, enslavement fantasies, torture during sex etc.

I'm not talking about enjoying the sense of sexual domination, which about 65 percent of women and 53 percent of men admit to. I'm not talking about fantasizing multiple sex partners and a little bondage play. I'm talking deliberate pain, degradation and abuse and getting off on it.

If your answer is "Yes," or a quavering "Maybe," understand that *this is not part of who you really are*. These types of acts and the imagery of such acts have been programmed into us in a deliberate campaign to defile the Life Force and the very act of creation itself.

These types of fantasies lower our electromagnetic frequency—they dim our light. And as our frequency lowers, it opens the door for penetration and overshadowing by the Archons because they operate at a lower frequency than we do. *This is one way they get in.*

I speak about this from experience.

When I was five years old, I started having nightmares about torture chambers. What I believed were dreams became more and more real until I didn't know what they were. But the images of writhing bloody bodies and the screams horrified me. The worst "dream" was of me standing on a slave block in some city during Roman times. I was pregnant and a soldier stepped up to the block with a short sword and slit my belly open. I died in a pool of blood trying to save my baby, clutching it to my breasts as the bearded soldier laughed at me.

I had seen no movies or books about torture, Roman culture, short swords, or slavery. There was absolutely no logical reason images like this were in my head. Where did they come from? Back then I had no idea.

The torture images persisted through puberty and soon became linked to self-pleasure. By the time I was in my twenties I couldn't have an orgasm without fantasizing about being raped.

I was deeply ashamed of this and never told anyone.

Eventually, I determined that if the price of an orgasm was those images, I would do without, thank you. It took me *years*, but I eventually trained myself to experience pleasure as a result of pleasure, not as a result of pain and humiliation and I broke the association and broke free of the images and dreams.

I wrote about this in my first book, *Unearthing Venus*, and had a lot of conversations in group talks and on radio shows, mostly with women, where this subject came up. And the number of other women who shared this fantasy of pain, humiliation and degradation was shocking.

None of us had a clue where these fantasies came from. The most common suggestions were "past life memories" and media programming.

All of us felt intense shame and blamed ourselves.

No one suggested evil astral influences.

Only now do I finally understand where those images came from. My family was deeply dysfunctional and abuse ran in my female ancestral line. The psychic door to the Archons had been opened long before I was even born.

As a deeply sensitive child, I was easy pickings.

Having walked a short way down this path, I am beyond saddened to see countless millions being seduced by anti-life Forces into porn addiction—all of it deliberately loveless and most of it violent.

Humanity is being programmed to debase sexuality and degrade themselves and others as part of the overall agenda to 1) endlessly feed off one of the most powerful energy sources in the universe, the human orgasm, and 2) dehumanize humanity and separate us from our true nature.

I'll get into some of the other ways the Archons get to us later on.

For now, the vital thing is for you to realize this Force is no joke.

It's important to begin to see how it might be showing up in your life and in the lives of others around you. Most of all, it's crucial to understand just how much *not you* these mind parasites really are.

CHAPTER THREE: A CONTEMPORARY PRESENCE

There are many global influences keeping the wool pulled over our eyes, keeping us blind to the Archons' presence among us. I'll get into some of the religious and spiritual programming in the next chapter. In the meantime, I'd like to briefly talk about the modern-day satanic movement.

Currently, in the US, more people believe in Satan—56 percent—than believe in God.¹³ Satanism is the nation's fastest growing religion and some sources believe that as many as one in ten people—men, women and children of all walks of life—are practicing Satanists.

Personal empowerment is the main reason people give for joining this most ancient of cults. As one news source reports, during these shaky times, vast numbers of people are feeling helpless. Following Lucifer, the original rebel angel, makes them feel more powerful and in control.¹⁴ After all, look at the state of the world and what four thousand years of obeying God has brought us.

In a sort of religious-rebound, the surface level of this movement is closely akin to Wicca, with groups like the Global Order of Satanism touting the importance of individual autonomy, respect for other life forms, science, justice over the rule of law, and the importance of embodying emotions like empathy and compassion. Practitioners favor Goth attire and newspapers run articles about them, calling it the "new cool trend."

This is the most benign and superficial expression of satanism. As with most religious cults, there are other layers and levels of initiation. The outer layer and most favorable face serves to misdirect and obfuscate the agendas of the real forces running the show.

Several friends of mine are professional psychologists. Over the years they've talked about what lies underneath the black leather, inverted crosses and eyeshadow, admitting to me that the number of satanic abuse victims they work with is "shocking." Back in the day I never gave it much thought because what was I ever going to do with information like that?

And yet way back in 1994, the International Journal of Clinical and Experimental Hypnosis (IJCEH), the leading voice in hypnosis for researchers and clinicians in psychiatry, psychology, social work and medical specialties, published a study titled "Satanism, ritual abuse, and multiple personality disorder: a sociohistorical perspective."¹⁵ The study stated that from the mid-1980s to 1994, a growing number of mental health professionals were reporting that between 25 and 50 percent of their patients in treatment for multiple personality disorder (MPD), now termed Dissociative Identity Disorder (DID), have recovered early childhood memories of ritual torture, incestuous rape, sexual debauchery, sacrificial murder, infanticide, and cannibalism perpetrated by members of clandestine satanic cults.

Based upon 2020 mental health statistics, roughly one and a half percent of the general US population 18 and older have been diagnosed with MPD/DID.¹⁶ Which means roughly 3,870,000 people in the US were diagnosed and treated for MPD/DID. The actual number of people who have gone undiagnosed is unknown.

¹³ <https://www1.cbn.com/cbnnews/us/2020/april/new-barna-survey-more-americans-believe-in-satan-than-believe-in-god>

¹⁴ <https://newspunch.com/satanism-fastest-growing-religion/>

¹⁵ <https://pubmed.ncbi.nlm.nih.gov/7960286/>

¹⁶ American Psychiatric Association, [Diagnostic and Statistical Manual of Mental Disorders](#) (5th ed.), Arlington: American Psychiatric Publishing, 2013

If we use the percentage figures from the 1994 study, the calculated number of MPD/DID patients reporting satanic ritual abuse should run somewhere between 967,500 and 1,935,000 people. Given the fact that the actual number of cases of MPD/DID could be double the figure of those diagnosed, the number of people suffering from the ramifications of ritual rape, torture and other abuses in the name of Satan in the United States could be as high as four million people or more.

Please remember this figure is based upon a percentage of patients in a study done 28 years ago. Satanism and satanic ritual abuse were barely being whispered about back then. Today we have the Dallas-based corporation Match.com releasing a web ad called a "Match Made in Hell," about Satan dating a girl called 2020. As funny as the concept is, it's also disturbing. Opening the Super Bowl LV halftime show, Canadian singer Abel Makkonen Tesfaye, better known as The Weeknd, portrays Satan's fall from heaven accompanied by a choir of red-eyed fallen angels dressed as church choir members rising out of a pit. Toward the end of the show Tesfaye is surrounded by zombie-men dressed in red with jockstraps over their faces instead of bandages.

Hello?

In the name of being modern and hip, the satanic presence on this planet is becoming more and more brazenly utilized and displayed. Cultbusters point to subtle messaging everywhere—from Google's Chrome browser logo to the Vodaphone logo to the Monster Energy Drink logo flaunting 666 the "number of the beast."

Check out the pictures online yourself.

The Chrome and Vodaphone logos are obvious once you see it. The Monster Drink logo (those puke-green monster claw marks always looked sinister to me) is the least obvious. Apparently, each minim of the letter M looks like the Hebrew letter vav (ו), or 6. Put three of those together and you get vav vav vav, ווו, or 666. (A minim is a short, vertical stroke used in handwriting.)

Frankly, even suggesting that Google and Vodaphone might be promoting satanic imagery makes me cringe. It isn't possible. It's conspiracy nuts seeing the boogiemer in even the most innocuous things because that's what they're looking for. And even if the 666 image is there (which it clearly is in both cases) maybe it's accidental. Maybe the graphic artists just didn't notice.

This is where my mind instantly goes. Is it true? *Nah, it couldn't be.*

Is it *possible*?

Well, yes, I guess. Subliminal messaging in marketing and advertising is a teachable art that's been known and utilized to effectively manipulate the subconscious of consumers for over 70 years. So, yes, I suppose it is possible. But why is this being done? For what reason?

This is a normal person's response to this kind of stuff.

This is *my* response.

Even sitting here, writing about an anti-life Force run amok on my planet trying to enslave all of humanity, I still can't wrap my mind around a reality where this kind of high-level infiltration and manipulation is present in my daily life.

Even when it's obvious—as in Super Bowl obvious—none of this is obvious because most of us aren't wired for this kind of bizarre crap. We don't see the symbols and patterns, not just because we're not educated to look for them, but because we're plain, old-fashioned decent people trying to get along in life, doing the best we can and none of this stuff is part of our reality.

Plus, when dealing with satanism, again, there's always the fear factor.

I once had a music teacher who told me he realized his next-door neighbors were into satanism. His cats kept disappearing. (He found one expertly disemboweled in the neighbor's garbage can.) He often heard weird noises coming from their house, and the family's kids were strange. He described them as "frightened zombie children." When I asked him why he didn't report them to the police he just looked at me like I was crazy.

"What?" he said. "And call down that kind of bad juju on my head? No way!"

It's this primal, gut-shaking, mind-numbing, hand-shaking, sweat-inducing fear that keeps our faces turned away from this Presence among us. And the Archons—this *windingo/e'epa/wetiko/antimimos/devil force*—use that fear to control us. Plus, remember, fear is one of the base emotions the Archons feed on. What better way to keep the general public uneasy, on-edge and fearful than subliminally bombarding us with scary symbolism on seemingly innocuous products sitting on the grocery store and refrigerator shelves and on our computer screens, subconsciously triggering us over and over again.

Can you spell "diabolical?"

This hidden Force also depends upon our innocence and goodness to remain hidden.

When rumors of what was going on at Auschwitz and other Nazi death camps first started to circulate during World War II, it took a while for people to believe what was happening because it was too inhumane to be possible. The same is true with modern sex trafficking of babies, infanticide, cannibalism and satanic ritual abuse of children.

Who would do such things?

And if such abuse were happening, surely, we'd know about it?

Thing is, we do know about it.

Famous bands like Pink Floyd write lyrics like: "You lock the door and throw away the key. There's someone in my head, but it's not me." Black metal bands from around the world like Oath, Deicide and Mayhem belt out tunes with lyrics straight from the black mass:

"In the name of Satan, the ruler of Earth

Open wide the gates of Hell

And come forth from the abyss

By these names: Satan, Leviathan,

Belial, Lucifer

I will kiss the goat ..."

We see occasional headlines about some weirdo being busted as part of a satanic cult. Hollywood psychic Sloane Bella talks about Lady Gaga's pact with the Devil and Justin Bieber and Brittany Spears' nervous breakdowns and fall from superstar status being the result of refusing to participate in baby-slaying satanic rituals.¹⁷

We hear rumors about Queen Elizabeth drinking the blood of children and dismiss it automatically. (You think I have trouble believing Google is pushing satanism? Queen Elizabeth (RIP) summoning Baphomet is definitely NOT in my wheelhouse.) And yet ... gassing Jews, flaying them and using their skin to make lampshades and book covers wasn't possible either.¹⁸

It's a painful truth that even the wildest of wild conspiracy theories usually ends up having a grain of truth behind them.

¹⁷ https://www.youtube.com/watch?v=taU3p8-Bbc4&ab_channel=StrangePlanet

¹⁸ <https://www.dailymail.co.uk/news/article-8077785/Nazi-photo-album-HUMAN-SKIN-death-camp-victim-discovered.html>

Even when Satan and his zombies show up in the Superbowl halftime, we just shrug and label it "weird entertainment." It might be tasteless, but "You know those Hollywood types." By the fourth quarter the lurid images are already forgotten. *And when we do see or hear about it, we're educated to identify and label evil as something else.*

Let me tell you a personal story that shows you what I mean.



When I stepped onto the spiritual path back in the 1980s, I left a lucrative and exciting career in network television and a good husband to retreat to the wilderness by myself. For three years I lived in an isolated one-room cabin with no indoor plumbing up in the mountains of North Georgia. My only companions on the journey were two dogs, a cat and a white Lippizan stallion named Golly Gee.

I had no training in meditation, but I was desperately in search of "something more." And so, meditate I did. I mean, how hard could it be? You just close your eyes and look within. Right?

Yeah, right.

I won't get into the disaster zone that was my mind. Suffice it to say that the first six months meditating were hell. But I kept looking within several hours a day and a couple hours every night, asking the simple question, "Who am I?"

Eventually I had a breakthrough.

During one morning's meditation, I fell into an ocean of peace and "rightness" where life made total sense and I was just where I needed to be. I knew the sweetness of that moment would last forever.

It didn't, of course. But I was encouraged to keep going.

Soon, the intense, untrained meditation work unleashed powerful, normally quiescent energies residing at the base of my spine, and "kundalini energy" was let loose. Which meant I was suddenly aware of a whole bunch of psychic forces I was oblivious to before.

Now, every time I meditated or simply lay down to sleep at night, waves of energy coursed through my body—hissing, rolling waves that I could hear as well as feel—waves that grew in amplitude until they lifted "me" right out of my body.

A nightly experience both terrifying and exhilarating, I had no idea what was happening to me or what it all meant. Sometimes my spirit body floated gently up through the ceiling and out into the night. Sometimes I shot out of my body and hurtled through the cosmos at tremendous speeds. Sometimes part of my spirit body got stuck and I'd lie there, physical legs inert under the covers while my spirit legs thrashed overhead like I was madly peddling an invisible, upside-down bicycle.

But it wasn't the out-of-body-experiences (known as OOBES) that bothered me. It was the eerie phenomenon that often came with them. As the waves of energy bathed me, I heard voices and strange laughter far away. Sometimes I could feel what were clearly hands on my body, pulling and tugging. Balls of light would flash around the room. As I kept meditating, the phenomenon became more intense and I started sleeping with the lights on. Even then I could still see the lights whizzing about and hear the distant, insane laughter.

This went on and on until one night I was pulled out of my body and thrown into an experience that drove me to call my former academic advisor at the University of West Georgia and ask him for references to a good psychiatrist in Atlanta. (I'd studied for a Master's Degree in Psychology while still working in television. I graduated the year before I left the world to go meditate in the cabin and had stayed in touch with a few professors.)

He sent me three names and I picked the one that attracted me most, called and made an appointment. At \$175 an hour (and this was in 1987!) I was grateful the doctor's initial consultation was free. Unnerved by the thickly padded door between his plush office and the waiting room and the barred windows hidden behind heavy damask drapes, I tentatively lay down on the leather sofa.

At Dr. Erhardt's prompting, I cut loose.

For almost an hour I spilled my guts, talking about my meditations and visions until I finally got to the episode that had scared me so badly. "I felt hands on my legs, pulling me out of my body. Then suddenly I was yanked out and hurled into this disgusting graveyard." Pausing for breath, I glanced across the small space between me and the doctor.

Legs negligently crossed, writing on a leather note pad, he listened impassively. "Uh-huh," he said. "Then what happened?"

"Well, as I tiptoed around a big slimy crypt, this huge monster appeared from around the corner, all dripping fangs and bloody claws and red eyes. I was so terrified, I couldn't even scream. But as the Beast lurched up to me this enormous blast of love suddenly swelled up inside and I looked at the Beast and felt only love and stepped forward to hug it. But it screamed and ran away. Then I found myself back in my body in bed, wide awake."

"Hmmm." He tapped his pad thoughtfully with his pen. "I think that's enough for a first session."

I sat up, nervously pushing a few strands of hair behind my ears. At the time it had been the most shockingly real experience. But telling the story to a psychiatrist made it sound more like an encounter with an unintegrated part of my own psyche than an actual monster.

"So," I ventured, not really wanting to know. "What do you think?"

He didn't answer. Instead, he got up and went to his big polished desk. There he jotted some notes and then pulled out his appointment book. Again, the pen tapped gently. It was a gold Waterford. "I'd like to see you three times a week initially. Then, after six months or so, let's reevaluate and take it from there."

Three times a week?

Christ, he thinks I'm a schizophrenic. I couldn't possibly afford it and told him so. But the good doctor didn't bat an eye. "How much can you afford?" he asked.

Wishing I'd never walked into his office, I threw out a figure I knew he wouldn't accept. "Um, maybe \$25 an hour?"

"Fine," he said, flipping pages. "How about 2 p.m. next Monday?"



So, here's the point I want to make. Dr. Erhardt was a respected psychiatric professional. He was trained to interpret phenomenon such as I was experiencing as aberrant. He was trained to see

evil forces as unresolved projections from within the individual pointing to issues that needed to be integrated. He had been efficiently educated (programmed) to see only one reality: Mental illness. And there was not a shred of doubt in his mind that his view of reality and his interpretation of my experiences were correct.

Forget the actual experience. It wasn't valid *because such an experience isn't possible.*

Forget me. I was seeing things and thus my perceptions weren't to be trusted.

I was delusional. I was sick. I needed help.

Talk about disempowering.

I'm not saying there aren't plenty of mentally ill people in the world. (Remember that one-in-four figure.) I'm not saying schizophrenia and hallucinations don't exist. I'm saying mental illness isn't the only answer to phenomenon like I experienced—phenomenon that millions of people experience every day but are told are basically “nothing” or worse.

Don't worry. It was just an Oedipal dream. Go back to sleep ...

Walking out of Erhardt's office that day, I felt depressed, hopeless and helpless. It was a cold rainy day in February, and I remember sitting in my car, despondently watching the rain wash down my windshield as I cried. But after a while something stirred in me—a small voice from deep down inside that said “No.”

I straightened from my slump at the wheel.

Dammit! I know I'm mentally stable. And I know what I experienced was real!

I wiped my eyes, started the car and drove to the mall and went shopping. Then I had a margarita and some nachos and another margarita. Feeling much better, I drove to my chiropractor ex-husband's house and told him the whole story.

He promptly told me I was crazy for even going to Erhardt in the first place. Then he gave me a phone number for a spiritually-oriented psychologist he knew.

I called her.

Her first visit was not \$175 and it wasn't free. She listened to the same story and said, “Huh. You've obviously cracked open your psychic centers and astral energy is becoming available.”

I hadn't even heard of astral energy.

“It's normal,” she said. “Unusual, but normal. It's actually a sign that you're evolving. Congratulations! Frankly, I'm more concerned about your issues with your step-father.”

Huh. Go figure.

I worked with her once a week for six months, got a good handle on here-to-fore unacknowledged trauma sustained around childhood emotional abuse and that was that.

So, what would have happened if instead of trusting my inner voice and what I *knew* to be true—that I had literally come face-to-face with some sort of evil Beast in some sort of hellish, low-vibration astral hinterland—I'd believed Erhardt instead?

What if I'd kept that Monday appointment?

I might still be in therapy to this day.



The fanged Beast adventure was the first *major* encounter I had with obviously evil forces. The second major encounter, which occurred while I was wide awake—didn't happen until almost 20 years later.

Looking back now, I can easily see why I underwent such a harrowing experience.

Going into my three-year retreat in the woods, I was psychologically, emotionally and spiritually immature and completely unprepared for the intense amount of introspection I was doing. Despite a graduate degree in psychology, I was untrained, and diving deep into my psyche without supervision was a precarious proposition at best. And I'd already been molested by these mind parasites as a child and young woman.

I can hear the dinner bell now, ringing through the astral realms.

Snack time boys!

Psychically exposed and raw from all the meditation, it was a simple matter for the Archons to enter and prey upon my fears. Plus, it's kind of a rule of thumb that the more intense a human's desire and efforts towards the light are, the more intensely evil rushes in to try to stop the process of awakening.

My longing for a "new awakened me" was intense.

Which is why these forces attacked me with such a vengeance.

I continued to have bad dreams and mildly weird experiences for a while. But the immense lightning bolt of love that channeled through me that night made me keenly aware of the enormous power of the essence of Who I Really Am: A being of pure Love with a capital "L." This powerful embodiment apparently served as a sort of "Archon repellent" during the initial years of my continued spiritual pursuits.

Plus, frankly, I slammed the door on any more psychic awakenings.

Eventually, as my consciousness elevated, so did my energetic field, and I moved out of "frequency feeding range." I was not totally immune to their influence. When I was exhausted and under a lot of stress or when I was engaging in healing practices that directly involved these Forces, I was sometimes assaulted—usually at night when I was sleeping.

It rarely happened. And when it did, I knew what to do about it.

Remember the scene in *The Fellowship of the Ring*, where Gandalf is facing the demon Balrog, standing on the narrow stone bridge over the yawning chasm down in the mines of Moria? Fearlessly he brings down his staff upon the rock and roars, "You shall not pass!"

Actually, what I would do was more of a firm, "No! You have no right to trespass into my mental and physical field. Get out!" And then I would consciously bring up love and *feel* love and emanate it.

And that would take care of *that*.

When I started writing this book, I actually congratulated myself on being relatively impervious to these Forces. Holy Moses. What a truth it is that, "You don't know what you don't know."



When astral attacks occur, they usually happen in that in-between state between waking and sleeping when we're most open and vulnerable. Which means the experiences themselves are hazy—dreamlike occurrences that are ... well, dreamlike.

Which means they don't seem quite real.

Which means they stay inconsequential—like some annoying psychic mosquito that intrudes occasionally, only to be batted away. *Nothing to really worry or think about.*

Prior to my work with Robin, not only were these invasions surreal, I was so focused on seeing these beings as an *external threat*, it never once occurred to me that I might have already been penetrated and was being influenced *internally*.

Retrieving traumatized parts of "me," I was finally faced with these entities and their impact on my life in broad daylight. Wide awake, conscious, I was clearly seeing this anti-life Presence and its insidious influences on me and my family and on other people in my life. I was clearly seeing the influences of this evil Force in the mayhem and insanity in the world all around me.

How can I possibly describe the weirdness of this awakening?

These beings had been around me all my life. I'd had far more contact and experience with them than most people. I'd written about this evil Force and had been in healing ceremonies in the Amazon and seen the ghastly entities the shamans dealt with.

And still it was all somehow like a hazy, gauzy, insubstantial dream.

Nothing to really worry or think about.

It's like the scene in *The Wizard of Oz* where Dorothy and her friends finally see the Emerald City in the distance and they excitedly dash across a field of flowers. Meanwhile, the Wicked Witch of the West is in her lair, hypnotically crooning, "And now my beauties, something with poison in it, I think. With poison in it. But attractive to the eye and soothing to the smell." She cackles and caresses her crystal ball. "Poppies. Poppies. Poppies will put them to sleep."

Quickly, the opiate effects of the poppies slow Dorothy's step. Lion, Dorothy, Scarecrow and finally Tin Man stumble and fall, dazed, to the ground. Eyelids drooping, they curl up and go to sleep.

The perfect metaphor for our world today.

People, everywhere, asleep in a field of red poppies.

A few see what's behind the curtain. But, like me just a year ago, it's all so bizarre—so like a fantasy—they do nothing about it. They're drowsy. And if they do something, few listen because it's all just a dream.

Awake but still asleep. That's what it's been like.

And now?

I feel like Neo when he's just been pulled out of the matrix. He sits there, gripping the sides of his slimy glass cocoon, staring in shock out at the field of billions of humans that are being harvested by the machines.

Like Neo, the entire fabric of reality has changed right before my eyes.

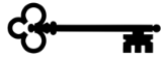
And what do you do with that?

In the dream, I always thought "awakening" would involve the music of the spheres and angels singing as I floated away on a cloud of bliss into the arms of nirvana.

So much for that fairy tale!

Apparently, waking out of the matrix is the first concrete step.

True, this particular awakening isn't pretty. But it must happen. For what remains hidden controls your life. What is not acknowledged cannot heal. And that which is not seen cannot be dealt with and transcended.



Chapter Three Key: Trust your feelings, your heart & your body

PART I

Unlike our minds, the body does not lie. It accurately informs us, moment-to-moment, exactly what's what.

Stopping and turning to spirit first for answers is Step #1 on the path to knowing Who You Really Are. Taking a hard look at evil and beginning to acknowledge that evil is *not* who you really are is Step #2.

- Paying close attention to your feelings and beginning to trust your body's subtle prompts and *following* those prompts is Step #3.

So many people, myself included, talk about wanting to get divine guidance. Then we wait around hoping to hear a voice, or see a burning bush, or have an angel materialize in our kitchen, or have some amazing dream. But the body is equally divine and much more direct and MUCH more trustworthy in its guidance.

The body is pure energy. It is spirit.

As such, it registers *everything* and acts as the most exquisite, subtle, spiritual messenger system.

Let's say your dog ran away. You search for weeks to no avail. And then, as you're headed to Kinkos, miles from your house on the other side of the expressway, you have the sudden inexplicable *feeling* to slow down and stop at a fish market. You don't need fish. You don't even like fish. But you stop and go inside and sure enough, somebody's posted a picture of your dog with a FOUND! message on top and a telephone number.

Or you interview someone for an accounting job. They're the perfect candidate. But "something"—a feeling—says "Nope." A year later you hear that same person embezzled funds from the company that ended up hiring them.

We are guided every moment of every day from inside.

Our subtle intuitive feelings whisper "Go this way!" Our hearts prompt us to say "Yes!" Our gut shouts, "No! Don't go there!" Trusting the messages from within is an enormous key to self-empowerment and actualizing Who You Really Are.

After all, Jesus didn't say "The kingdom of heaven lies above your head." He didn't say it lies in a book or in some religious leader or government official somewhere. He said it lies within us.

And if the kingdom of heaven lies within us, so do the keys to the front gate.

PART II

Counter to *all* the spiritual training I received for 40 years, I have learned that my safe place, my awake place, is my body.

Down and in versus up and out.

Pretty much everything in the matrix is inverted. (Like the pentagram.) I'll talk more about this in the next chapter and about how religion and spirituality have been perverted and twisted to serve this anti-life Force.

In the meantime, I highly recommended getting grounded into your body.

There are plenty of what's called "somatic exercises" on the web. Check them out and explore. But one of the simplest things you can do is simply sit with your bare feet on the floor, get comfortable, and get in touch with your body.

Starting at your feet, simply notice how your body feels—feet, ankles, calves, knees, thighs ... and on up, step-by-step, body part by body part.

Breathe calmly and normally as you do this.

The slower you go and the longer you take becoming deeply aware of your entire body, the more in-tune and grounded you'll feel.

CHAPTER FOUR: BLINDED BY THE LIGHT

Anthropologists tell us the Devil is an unsubstantiated myth no rational human being could ever believe in. Behaviorism maintains that belief in the Devil is simply a conditioned response from continued exposure to superstitious ideas promulgated by religion. Logical positivism asserts that metaphysical and subjective arguments not based on observable objective consensus data are meaningless.

In other words, subjective reports from individuals like me who have perceived otherwise non-observable “other-worldly” beings are worthless. And then, of course, psychiatry tells us any sort of perceived influence or encounter with an evil force is imaginary and hallucinatory.

The only real advocates for the reality of the Devil anymore are the Abrahamic traditionalists. But even in religious circles there is never any urging to actually account for and investigate the nature and origins of this anti-life Force. What’s to investigate? Everybody knows the story. Satan/Lucifer was once an angel who, in his overweening pride, challenged God who then tossed the angel overboard to Earth to do his worst and reign forever over Hell.

Mystery solved.

The religious take on evil is simplistic in the extreme. The Devil is amongst us. He’s trying to get us to do bad things. Turn away from the Devil and accept Jesus/Allah/Jehovah into your heart and become good and go to heaven. In other words, here's the problem, here's the solution, don't think about anything else and don't ask any questions.

The other way the Abrahamic religions keep the Archons' presence hidden is by intermingling accounts of the presence of evil with a ton of easily rejected stories, such as a snake in a garden tempting a woman to eat an apple; one man and one woman populating the entire world without committing generations of incest; and a loving God testing His most faithful follower by asking him to slit his son's throat as proof of his Godly love and obedience.

I don't mean to demean people's beliefs, but interpreted literally, the Bible presents such a stream of easily-dismissed nonsense that by sheer association rational people end up inoculated against any and all talk about Satan/Shaitan/wetiko/'e'epa and astral forces.

Unfortunately, also by association, they are inoculated against any "silly talk" about being God's child and a spiritual being.

Rational people adopt other kinds of stories—like science proving that life happened by accident and that we're all just a bunch of physical bodies milling around trying to make the best of it. Consciousness, love, compassion and everything else "somehow" arise out of the three pounds of grey matter sitting on top of our shoulders. Nothing else is reasonably possible.

So, shoo!

Go away with your preposterous talk about spirits and evil forces.

Once we think we know what's what—once we believe we know what's real and true, we stop asking questions. We stop looking around for other possible explanations for why life on Earth is such a crap deal and why we can't seem to really change.

No questions = invisibility.

Not only do traditional religions help keep this anti-life Force hidden, they have been deeply infiltrated by this Force. Most of the teachings of mainstream religions have ended up designed to actively promote the Archons' agenda of ultimately possessing and enslaving

humanity. Especially culpable in this area are the highly authoritarian Abrahamic religions born out of the Middle East.

Christianity, Judaism and Islam wield enormous psychological control over their followers because they are fear-based—threatening eternal damnation and torture if one fails to follow the rules. They deliberately foster enormous amounts of shame and guilt in followers by teaching that all human beings are born corrupted and require redemption which only obedience to God (and the priests) can supply.

The toxic teaching that human beings are inherently bad to the bone forces little children and adults to adopt and internalize feelings of being evil and inadequate. Any sense of the personal self as being good and decent or wise is labeled as pride—a horrible sin first committed by Lucifer that is punishable by eternal damnation if not corrected. Only God is good and wise. We can only attain these qualities from Him if He deems us worthy by being obedient and slavishly humble, chronically begging forgiveness for the sin of being born as God created us.

Is this messed up or what?

Of course, original sin is a completely irrational idea.

Anyone who has ever looked into the eyes of a baby for more than five seconds knows that it's just plain *wrong*. But tiny children exposed to such insanity can't help but be scarred by it. Some of us swallow it whole cloth and end up despising ourselves and all of humanity our entire lives. Some of us end up wracked with subconscious guilt, playing it out through low self-esteem issues, addictions and self-mutilation that only a massive amount of therapy can heal.

There is now a name for the terrible psychological and emotional trauma inflicted by Archon-influenced religion: Religious Trauma Syndrome (RTS).¹⁹ Uncounted millions of people worldwide currently suffer from RTS, and billions of people around the world have needlessly suffered RTS over the past two hundred centuries or more.

The epigenetic impact of this is incalculable.

Epigenetics is the study of how events cause emotional impacts that affect biochemical changes that affect the way our genes work. Our emotions literally imprint our DNA, impacting generations far beyond us and the originating event/influence. As we inherit our ancestors' Emotional DNA patterns, we end up living our lives unconsciously mirroring how our predecessors lived theirs.²⁰ For example, studies show that the grand-children of Holocaust survivors experience higher levels of anxiety and more relational difficulties under stress than their non-Jewish peers.²¹

Epigenetics is the scientific explanation behind the old Biblical saying "The sins of the fathers shall be visited upon their sons."

They are. And their daughters, too.

All the people on this planet—every single one of us—are literally a cumulative dumping ground of ancestral emotions, the most powerful of which are shame, guilt, remorse, humiliation, self-hatred, dishonor, disgrace and mortification—all the emotions that arise around the concept of sin and the belief that we are terrible, rotten people. These deeply corrosive emotions have been passed down from adults to their children for over a hundred generations.

And we wonder why we all struggle with self-esteem issues?

Hello?

¹⁹ <https://journeyfree.org/religious-trauma-syndrome-articles/>

²⁰ <https://judywilkins-smith.com/emotional-dna-what-it-and-why-does-it-matter-you/>

²¹ <https://pubmed.ncbi.nlm.nih.gov/24029109/>

Maybe I've lived an incredibly sheltered life, but personally I haven't met anybody who was so "sin-full" that they deserved to suffer eternal damnation. I mean, how many people have *you* met who deserve eternal hellfire?

I don't care how awful your ex is, nobody deserves that.

I've traveled from England through Europe into Russia and Turkey. I've spent months in the Amazon jungles of Peru and Ecuador in South America, lived for years in Central America and briefly lived in South Africa and India. And the people in all the places I lived were generally decent and kind.

Everywhere in the world—even in LA, London and New York—everybody I've ever met pretty much wants the same thing: To be left alone to do what makes them happy, find a mate, raise their kids to be healthy and happy, contribute to their community as much as they can and feel fulfilled by living a loving, productive life.

That's it.

Sure, there are assholes you meet along the way. And I'm not saying there aren't criminals and horrifyingly bad and cruel people in the world. I'm not saying there aren't evil people possessed and run by the Archons, doing their bidding. Obviously, there are or I wouldn't be writing this. But it's shocking how disproportionate the impact these "bad apples" have in the world. It only takes one power-mad sociopath to influence and destroy the lives, livelihoods and ecosystems of entire nations. Which is, I think, a testimony to the genuine gentleness of humanity as a whole.

So, why were destructive religious teachings such as original sin put in place?

Well ... what emotions are most tasty to the anti-life Force?

What emotions make us most vulnerable, most miserable and thus easiest to control?



Unfortunately, the world of New Age spirituality doesn't come off any better than most traditional religions when it comes to aiding and abetting evil forces and their agendas.

If I had to sum up the most dangerous spiritual notion in a single book title, it would have to be Peter McWilliams' 1988 *You Can't Afford the Luxury of a Negative Thought*. I remember seeing the book in the stores when it first came out and my first thought was: *Well, I guess that means I'm screwed*. The premise is unrealistic and sets up an impossible expectation which defeats most people right from the start.

No human being can go through life without a negative thought. And yet once a self-help idea as enticing and marketable as the ideal of A Better Life Through Total Positivity is birthed, it's hard to stop its momentum—especially with so many self-help gurus and spiritual teachers pushing the agenda.

But what a setup.

On top of knowing going in that I don't stand a chance of accomplishing this "zero negativity" feat—now I'm terrified of having the negative thoughts that I do have, adding fear to the mix of existing negativity. Which exponentially ramps up the power my negative thoughts have over me.

Is it a good idea to be aware of negative thoughts when they crop up? Yes. Is it a good idea not to let them fester and dominate your thinking? Of course. But look at the cycle of self-judgment and fear that flows from thinking "I can't have a negative thought."

I can't have a negative thought. Wow, my hair looks like crap. Oh God! Oh no! I had a negative thought! I knew I couldn't do it. Oh my God! There's another one! Shit. This is impossible! Oh no! Another one!

What a circus.

I can't tell you how deeply this whole negative view of negativity affected me and all my friends. We were terrified of our negative thoughts and emotions. What monsters would they create? What diseases in the body would they unleash? What misfortunes and accidents would befall us?

To cancel them out (we couldn't get rid of them), we plastered positive affirmations on refrigerators and bathroom mirrors. Chanted positive affirmations before bed. Listened to positive affirmations while we slept. Bought and read more books about positivity. Paid for more classes and workshops.

Caught in the midst of this cult of mandatory optimism, when painful situations arose—losing a spouse, losing a job, losing faith, losing a pet—instead of close friends being there to support each other during rough times, people would listen to your story then unsympathetically ask, "Gee, how did you create *that*?" And we would ransack our minds for the negative thoughts that must have triggered our misfortune. And when we inevitably found them, we brutally blamed ourselves for being spiritual failures. How else could the cancer have arrived? Why else would the car have broken down when it did? No wonder the cat got eaten by coyotes.

We did our best not to admit the pain we were suffering, including the guilt we piled onto ourselves over creating negative experiences with our negative thoughts. We coached ourselves back to positivity by thinking things like, *When one door closes, another opens. Look on the bright side.*

Not being able to have a single negative thought eventually meant anger became inadmissible. Normal human emotions like sorrow, grief, despair, and remorse became taboo and we battled them endlessly. Or we tried to meditate them away. Or we stuffed them into a closet and simply refused to admit they existed. And what a relief that was! The emotional repression and issue avoidance in the name of being spiritual worked wonders.

And thus, spiritual bypassing was born.

Did we see what was happening to us, living in the Cult of Positivity? No. How could we? We were all so grimly focused upon being good, so obsessed with happy thoughts, that we actually began to believe we were winning the battle and approaching enlightenment—at least I thought I was. And yet all I was doing was bypassing genuine growth and authenticity, desperately trying to get out of the painful experience of being human by getting "out there" — out of my body, out of my emotions, out of reality—to some "higher place" where all was bliss and light.

I lived in this dysfunctional spiritual dreamscape for decades.

Many of my friends still do.

There are other spiritual teachings that are equally damaging, steering people away from reality and the ability to be effective in their lives and the lives of others—teachings that ultimately blind people of good heart to actual evil in the world around them.

For example, the anthropomorphic belief that Earth is a school.

The very first "spiritual" explanation I received for why life is the way it is, the school model holds that as souls we are all on a steep learning curve to figure out how physical bodies work and how life in general is supposed to be lived on planet Earth. In this model, reincarnation is a given. How else could a non-physical being possibly manage to figure out physicality? A single lifetime couldn't do the job. One saber tooth tiger sauntering into your cave or a bus coming from the right instead of the left and WHAM!

Lesson over.

In the school model, everything that happens is okay because it's a lesson all the participants agreed to experience ahead of time. Cancer, betrayal, financial ruin, adultery, satanic ritual abuse—it's all there to help us grow.

Of course, with any luck, *all* life experiences—the painful ones and the sweet—teach us stuff and hopefully make us better people in the end. But this whole "life's a school" philosophy has a terrible downside to it because it automatically enables us to brush off ghastly situations and downright evil occurrences with a quick shrug and a label.

If rape, genocide and starvation are lessons we deliberately choose to go through, we stop seeing these things as dysfunctional occurrences that need to be dealt with at an individual, communal and global level.

We can completely dodge responsibility.

And then there's the whole cult of Love.

The relentless focus on goodness started by Abrahamic religions has resulted in New Age spiritualism obsessively pushing the theme of love to such heights that in the minds of millions is now instilled the concept that "everything is love." And it makes sense. God is love and God is everything and everything comes from God, so Q.E.D. everything is love, right?

Which means evil comes from God and must really be love too. Right?

Talk about a mind job.

If evil is birthed from the One Source called love, then it is redeemable. It means that evil really, deep down, isn't evil. It's twisted love. And if something's been twisted, it can be untwisted. Like maybe Lucifer is redeemable and can go back to heaven and make up with dear ol' Dad. (Hey, wait a minute. Isn't there a TV show about that?)

Personally, I bypassed the subject of evil by imagining love as being a kind of "God particle" that constituted everything from cotton candy to chopped liver. I figured if love could be both cotton candy and chopped liver then certainly it could be both good and evil. And that was as far as I took the subject.

I never contemplated ritual torture and rape like I asked you to do at the end of chapter two. Of course not! My eyes were firmly fixed on the Light.

I hadn't yet met a friend of mine who was raised by deeply spiritual parents who, by day, were devoted members of the Saint Germain Foundation, worshipping at the violet flame of the I AM teachings, wearing the proper "spiritual colors" associated with the different days of the week.

Parents who, by night, became completely different people.

It took two decades of healing work for her to uncover memories of satanic ritual abuse ... of being stripped, tied up and bent over a rocking horse by her father as he whispered in her ear before she was ritually group raped at age five, "Close your eyes darling, and go to the Light."

And that wasn't the worst of what she endured.

Few raised in a culture steeped in the Abrahamic religious traditions haven't wrestled at some point in their lives with the puzzling question of why "bad things happen to good people."

How unspeakable acts like my friend went through could possibly occur if God is the loving God that He's made out to be.

If "everything is love," how could this possibly happen?

I get into a discussion and explanation of this later in the book. For now, I will simply say that I have finally solved this conundrum (at least for myself!) by realizing that evil is not love. It is a different Force altogether. It comes from a different source. Its existence and purpose are precisely 180 degrees out of phase to the universe of love/life we dwell in.

Evil has *nothing* to do with a "fallen angel"—which is just more Archon propaganda espousing the idea that love can be twisted into something else and that we can "fall" in consciousness as well and become what this anti-life Force is.

Convincing us of this is this Force's major agenda. And twisting and confusing us about what "love" actually is, is a huge part of that plan.

A million sermons talk about love as sacrifice. The suffering and death of Jesus is elevated far above his love and example of the eternal life of spirit. Popular songs croon about how love hurts. How we are betrayed by love. How we are the victims and fools of love. A billion ads and songs and TV shows and stories try to convince us that sex is love.

Spirituality tries to convince us that even evil is love.

Deeply programmed, lacking an expansive, multidimensional understanding of what this outrageous, powerful, omnipresent force called "love" actually is, I—and everybody I know—inevitably came to understand love in a less than complete way. And then the program of mandatory positivity came along, and love ended up being trivialized to the point where I had to be sweet and nice and "loving" all the time to everybody—even when I didn't want to be.

And thus, love became hypocrisy.

And yet humanity is love made real.

Humanity is love expressing itself.

Human beings are living, breathing temples of love.

Which is why this anti-life Force is doing its damndest to destroy this understanding by erasing our true nature and the true nature of love and the true way love acts from view.

For pity's sake, over 8,000 children die of starvation *every day* around the world—an agonizing process that's unimaginable. But secure in our belief that "Everything is love and serves a purpose in Earth school" we can shrug off the ghastliness of starving children without a second thought.

The Eastern concept of karma allows us to pass beggars on the street with a clear conscience, assured that they've obviously brought the situation down upon themselves. Sex-trafficking children is common around the world, including in the US. Three-month old infants have been discovered in sex-trafficking sting operations. And while it's hard to imagine anyone saying in the face of such an abomination, "Well, it must be the baby's karma," that's basically where this kind of thinking takes us.

Another spiritual belief we can depend on to keep us from facing the true horror and grotesqueness of evil doings is: "This is all an illusion."

This advanced spiritual insight is inevitably played out at a superficial level by people because almost nobody in the world aside from a few advanced avatars and a handful of theoretical physicists actually "get" the illusory nature of "physical" reality. If we did, we wouldn't even be having this discussion. Sure, we can read about quantum physics and adopt a belief that physicality is an illusion.

But we don't *experience* it as truth.

In the highest, most illumined possible state of consciousness—the state of mind where the great avatars like Buddha and Jesus dwell—I suspect it becomes incredibly obvious that this entire Earth realm we're playing in is not the real world at all. (Imagine you've spent 40 years wearing a VR headset playing Ocular Rift and then suddenly your mother calls you for dinner or the phone rings "outside" the game. Talk about a shock and a paradigm shift!) As the famous Austrian theoretical physicist Erwin Schrödinger put it, “What we observe as material bodies and forces are nothing but shapes and variations in the structure of space. Particles are just *schaumkommen* (appearances).”

Great. So, the world's an illusion.

Go tell that to the sex-trafficked baby.

Which is exactly why the whole “It’s all an illusion” philosophy is so profoundly problematic. Unless you’re a fully enlightened being, *it’s just a philosophy*. And if you are an enlightened being, *it doesn’t matter*. Imagine Jesus or Buddha standing by while a baby is raped, saying, “Don't worry, it’s all an illusion.”

I don't think so.

A fully enlightened being knows that while ultimately duality and physicality are illusions, while in the illusion what happens in the illusion is NOT an illusion. The baby’s agony and terror are real because they are experienced.

Illusion doesn't necessarily translate as "not real."

And there are levels of illusion. There's more than one matrix.

The foundational matrix (if you want to call it that) securing the appearance of physical reality so spirits such as ourselves can interact with what is apparently matter (remember $E=MC^2$), is a positive creation and an extension and expression of life/love.

The overlaying matrix the Archons have set in place is a highly destructive, anti-life, mental "reality" being projected onto the world that has been deliberately held in place with a lot of ongoing assistance from various individuals, blood lines and duplicitous organizations over millennia of time.

Seeing through this dark spider's web of the mind that has convinced us we're separate from life and separate from each other is paramount. And seeing this matrix means seeing the means and methods by which it is being perpetrated.

Which brings me to one last seriously destructive New Age spiritual icon.

The power of personal manifestation.



In 2004, the documentary film, *What the Bleep Do We Know!?* was released, its primary theme being how one's thoughts and emotions impact the quantum field of potential, thus creating personal reality.

The film used a fictional storyline mixed with dozens of interviews with modern-day mystics, quantum physicists, biochemists, and neurobiologists to prove its fundamental point that thought/attitude/emotion determine reality.

Two years later, the documentary *The Secret* built upon *What the Bleep's* huge success, adding a mystical theme: How the secret to creating individual success, fame, wealth, health,

fortune, love etc. had been deliberately kept hidden from humanity's view by ancient secret societies so that the power of intention would not be abused by the unwashed masses.

People went bananas over the information, and the films created a massive paradigm shift in the global spiritual community.

And I had a front-row seat to the crazy.

At that point I'd been a professional journalist working for mainstream newspapers and magazines for 18 years. But my dream was to marry my spiritual knowledge with my literary talents and work for the upliftment of humanity and the good of all.

It was a noble dream, and in January 2005 it came true.

Shortly after *What the Bleep!?* was released, I was hired by the filmmakers to help market the film and create and run the film's newsletter, *The Bleeping Herald*. The fact that I had been consciously bending my thoughts to achieving just such a position was proof positive that everything *What the Bleep!?* and then *The Secret* said was true.

To say that I was an advocate, promoting the spread of peoples' awareness of the mystical ability of thought/attitude/emotion to create reality, would be an understatement.

Only in retrospect did I understand why the secret had been kept a secret for so long.

Overnight, books, films, seminars, retreats and workshops about the power of thought and intention exploded onto the market. Everything went quantum. There were books on the power of quantum manifestation, quantum thinking and quantum coaching. There were workshops on Quantum Zen, Quantum Sex, Quantum Business, Quantum Creativity, Quantum Hairdressing ... it was unbelievable

Within a few years, the overarching focus of the spiritual community shifted from wanting to know God to wanting to manifest STUFF: Gold, money, mansions, fancy cars, the perfect lover, the perfect job, success, fame and fortune.

Yes, many were still interested in enlightenment. But the ability to manifest became the talisman of spiritual achievement. If your life sucked, if you had "issues," you obviously weren't very good at manifesting, and your level of spiritual attainment was suspect. To this day, almost 20 years later, the furor over personal manifestation has yet to falter.

I'm not saying that having money, fame and fancy cars is unspiritual.

I'm not advocating going back to the adage about money being the root of all evil.

What I'm saying is that our spiritual focus was derailed.

There are millions of earnestly sincere people who hared off down the personal manifestation trail, only to end up bitterly disappointed with their personal results. People who, when they failed to manifest "properly," fell even deeper into insecurity, confusion and spiritual despair—a wretched space in consciousness I wouldn't wish on anyone.

I remember spending my last bit of savings on some spiritual workshop or other. When it was over, because I was associated with *What the Bleep!?* and therefore officially "somebody," the workshop leader and her staff invited me to join them for dinner.

Why I said "Yes," I haven't a clue. I literally had about two dollars to my name and no credit cards. But I joined them and spent my last two dollars on a cup of herbal tea, slowly sipping it while the other women ordered drinks and sumptuous dinners, explaining my lack of participation with the excuse that I was "on a cleanse."

I sat there for hours as the meal dragged on, listening to the workshop leader talk about her next book, her recent trip to Acapulco and how she manifested her vacation home in Spain.

Not to be outdone, the other women chimed in with stories about manifesting their fabulous new Mercedes, their fabulous new lover and free trips to the day spa. Stomach

growling, salivary glands salivating, picking nervously at my unkempt cuticles, I couldn't help but compare myself to these women.

And brother, did I come up short.

I can't tell you how embarrassed I felt. How filled with pain and lack.

Looking back to that night, it's appalling to realize that there are most likely millions of women and men out there who must have suffered similar experiences to mine. Millions of beautiful people judging themselves spiritual failures because they couldn't magnetize the wealth, the cars, the lifestyle.

What a tragedy!

Most the time, when I drilled down into peoples' excited stories about their latest "manifestation," it turned out the trip, the car, the house had been magically made possible by a low interest rate loan or a new credit card that arrived in the mail.

It was beyond dismaying.

And all the people perceiving themselves as lagging behind in the race, what could they do about it except either give up or spend even more time and money on workshops glibly promising magic and overnight results? And when these superficial spiritual offerings inevitably failed to deliver, the more disheartened and disillusioned people became.

This is what I mean about the spirituality movement being misdirected.

And I was one of the early messengers, helping things along.



I'm still a firm believer in the truth that "Consciousness creates reality." And I know that what we sincerely, passionately desire will usually come to us, sooner or later. When it doesn't, it's not in alignment with our personal evolution and shouldn't be fretted over.

Is it a bad thing that millions of spiritual seekers have apparently been seduced by the glamor of personal manifestation and what it seems to offer?

I don't know.

Is it a good thing that millions of spiritual seekers have apparently been seduced by the glamor of personal manifestation and what it seems to offer?

I don't know.

All I know is that it happened, and that I learned from the experience. Judging it a "good" or "bad" thing misses the point, which is evolution.

Speaking of which—most people seem to have overlooked the most important aspect of the whole "Consciousness creates reality" thing, which is: What level of consciousness are you talking about?

What is the mindset of the person wanting to do the manifesting?

If I'm thoroughly stuck, subconsciously believing that external things like money and fame will bring me happiness and self-esteem, most likely I'll be a sucker for believing in anything—any trick, any formula, any teaching—that I think will help me get the things I want.

Like so many people in the world, this is where I spent a large portion of my life:

Hungering for stuff to fulfill me.

Even though I embraced spiritual beliefs like, "The kingdom of heaven lies within;" even though I knew that "Money can't buy love" and "You can't take it with you;" even though I *knew* that happiness and self-esteem have to be self-generated, I *still* bought into the personal manifestation craze.

Why?

Because I was *driven* by my emptiness on the inside and driven by the social messaging on the outside to want personal power. To want control. To have things. To be somebody. Because those are the **ONLY** things I (and all my ancestors before me) had ever been taught would make me safe.

And where did *that* mindset come from?

From the hidden Force ... from the astral mind parasites amongst and within us.

Fortunately, humans learn from experience. (Most the time!) Today, millions of disillusioned seekers are standing on the brink of the same breakthrough I've just gone through. They stand on the brink of realizing that they've been manipulated and that things are not as they seem—including the illusion that external things can bring happiness and safety.

They're at the point of discovering Who They Really Are.

They're on the edge of an evolutionary explosion and about to vault beyond the neediness of *personal* manifestation—the mindset of a frightened, vulnerable human being—to the power of *spiritual* manifestation.

They're about to crack the matrix, realize the love that they are and relax into the simplicity of letting pure love manifest for them exactly what pure love is equal to: Freedom, joy, fulfillment, community, creativity, grace and infinite possibilities.



Chapter Four Key: Recognize beliefs and systems that negate who you really are

You are a spirit being of pure love.

Key # 4 is the practice of recognizing systems of thought and belief that keep you stuck in the matrix, thinking you're something you're not.

- Any system of thought that separates you from others by convincing you that only your special group holds the truth and that this special group's beliefs and/or practices are more sacred than another's is a false flag operation.
- Any organization or system of thought grounded in the premise that you are less than a perfect expression of the divine already is part of this anti-life Force's program of propaganda.

"But wait!" you cry. "That's pretty much everything! That's my government. That's my church. That's my psychiatrist. My doctor. My teachers. That's the news on TV every night, every

advertisement I see and every song I sing along to! It's every philosophy I've ever believed in and pretty much every book, newspaper and magazine I've ever read!"

Yes. You're right. Every single system on the planet has been infiltrated and basically designed to deliver the message: "You are bad. You are flawed. It's all your fault life is so awful. You deserve to suffer and die." It's rarely stated so blatantly. But that's the basic subliminal message.

Look at every news story: This bad person did this bad thing. That corrupt politician did that bad thing. Climate change is going to kill everybody and it's all our fault. Doctors say, "You're eating bad things. Your genetics are screwed up. Your body is sick. Your mind is sick." Philosophers and priests tell us humanity is evil. The flesh is corrupt. Sex is dirty. Wanting nice things and having money is bad. Not having money and nice things is bad.

We spend decades getting "educated" about life and end up totally confused and depressed. And yet any child can tell you life is *amazing*. That flowers are beautiful, that bees can sting, that you get wet when it rains, that puddles are awesome to jump in, and it's nice to have shelter and warm cookies and milk and somebody to hug and love you at the end of the day.

That's what's real. The rest is Bantha poodo. (Thanks to *Star Wars* nerds, I now know that Bantha poodoo is what Bantha's *eat*, not what comes out the other end. Um ... speaking of what we eat, I talk about media messaging in a chapter later on.)

Yes, I'm going for a little humor here. But seriously—kids have the right take on life. Jesus says it plainly in Mathew 18:3: "Verily I say unto you, except ye be converted and become as little children, ye shall not enter into the kingdom of heaven."

Stop and think about it. If we really are spirit beings of pure love (and as naturally lighthearted as little children), how did we get where we are today?

**We did not get where we are today on our own, being our true selves.
We got where we are today because we've been molested and tormented
and lied to and been forced to believe untrue things about life, love and
ourselves.**

- Any teaching that tries to show you how to *achieve* being Who You Really Are is a blind alleyway. How can you achieve being who you *already* are?

"But wait!" you cry. "I'm not perfect! I used to pinch my baby sister to make her cry. I cheated on my math exams in college. I had sex with someone else's wife or husband. I have terrible fantasies. These aren't things that a *good* person does. I need to improve myself to be considered spiritual let alone *pure!*"

This topic is a whole book in itself. But I'll do my best.

You are who you really are no matter what you "do." Being an ax murderer doesn't suddenly change your status as a spirit being of pure love. *It does, however, reveal the degree to which*

your true nature has been twisted up and screwed with. Once you get back to knowing Who You Really Are, the ax murderer dissolves into nothing and you're back to honoring all life once again, only acting in accordance with life's principles—which do NOT include ax murdering people.

There have been many scientific experiments conducted by the US government using all sorts of mental and emotional programming, including the use of torture, to see what it takes to get a regular human being to go apeshit and act against basic decency. And it takes a LOT. But it can be done. And what we're looking at on this planet is thousands of years of mental and emotional programming, and a large amount of torment. It has added up to the point where we're all so lost in the illusion of being terrible people, we can't see anything else.

The fact that so many men and women take self-improvement courses and dive into religious and spiritual practices in order to become better, nicer, kinder human beings speaks volumes for our innate goodness of heart.

We don't have to *become* anything. The only thing we must do is see through the Bantha poodoo that's been pulled over our eyes making us think we're something we're not.

And yes, I realize how overly simplistic it sounds saying, "The only thing we must do is see through the Bantha poodoo." But remember the advice about being like a little child. *Life is actually far simpler than we've been led to believe.*

I've spent 40 years trying to improve myself. I've meditated my ass off. Read books. Followed gurus. You name it, I've done it. Thank God, I've finally realized that trying to improve myself is the totally wrong approach.

So, what is the "right" approach? As best as I've been able to figure out, it's basically this:

- Hold in mind and heart the sincere and passionate desire to know who you really are.
- Passion and sincerity are the key.
- Ask life every day: Show me who/what I really am. Show me what life really is.
- Hold the thought lightly for as long as feels right—maybe 30 seconds—and then let it go. Don't dwell on it.
- Go about your day. Do your best to stay "tuned in" to where your heart/gut connection wants to take you.
- Do the same thing before you go to sleep at night.
- Be patient and trust life to bring you your desire. *Life itself wants this unveiling!*
- Know that you cannot be led astray. If your deepest desire is to know who/what you really are, *everything* you attract and are attracted to is part of the unveiling. Including the Law of Attraction. ;-)

CHAPTER FIVE: THE C-WORD & PERCEPTION

Many moons ago a dear friend from England told me a highly revealing story. His family lineage was linked to the royal family and historically heavily involved in British royal doings. He was extremely smart, and when he was preparing to take his Oxbridge exams to get into university to study history, his family hired a tutor.

But this "tutor" started off his studies in a very peculiar way.

"From now on you will forget everything you've been taught," the man said. "You will forget everything you've been taught because everything you've been taught up until now is parrot feed for the masses. Essentially, none of it is true. Especially not the history you're so fond of believing in.

"You are being groomed, and this is your first step. From now on you accept nothing at face value. If you want to know something you dig for it—and not in normal bibliographies and research sources. Learn to think for yourself. Learn to go outside the box.

"*That is what I am here to teach you.*"

My friend said at that point, he became essentially paralyzed. (He was only 16 at the time.) His family had hired a man to tell him nothing he believed was true, that the whole world had been hoodwinked, and that it was up to him to figure his own path through what had suddenly become a very strange and sinister reality indeed.

He stayed emotionally/mentally traumatized for about six months and then he made a choice—and it wasn't to be "groomed." He broke from family tradition, didn't go to university and went his own way. Which is how I met him in the US many years later.

I tell this story to try to soften this book's approach to the "C" word and make addressing alternative realities—which is what we're talking about—perhaps a bit more real and approachable. As Shakespeare put it in his play *Hamlet*: "There are more things in heaven and earth, Horatio, than are dreamt of in your philosophy."

Truer words have never been spoken.

But before we get into a discussion about conspiracies, first let's briefly look at some statistics and social trends.

Over 25 percent of Americans now suffer from a diagnosable mental health disorder.²² That's one out of every four people. Over 78 percent of Americans over 55 suffer from at least one chronic physical health condition.²³ Over 60.2 percent of Americans aged 12 years or older currently abuse alcohol, drugs and/or tobacco.²⁴ Suicide rates have risen over 30 percent since 2008.²⁵ In the 1970s one child in 10,000 was diagnosed with autism.²⁶ In 2004 it was one child in 150. Today it's one child in 44.²⁷ Researchers at MIT predict that soon one out of two children will be born autistic.²⁸

This is not a pretty picture.

²² <https://www.hopkinsmedicine.org/health/wellness-and-prevention/mental-health-disorder-statistics>

²³ https://www.cdc.gov/nchs/health_policy/adult_chronic_conditions.htm

²⁴ <https://drugabusestatistics.org/>

²⁵ <https://www.cdc.gov/suicide/facts/index.html>

²⁶ <https://www.aoasm.org/assets/docs/bodine.pdf>

²⁷ <https://www.autismspeaks.org/autism-statistics-asd>

²⁸ <https://anh-usa.org/half-of-all-children-will-be-autistic-by-2025-warns-senior-research-scientist-at-mit/>

On the economic side of things, over 41 percent of Americans are classified as low-income and over 64 percent of Americans live from paycheck to paycheck.²⁹ For Millennials the figure is over 70 percent. But take heart, most of us will always have food to put on the table, especially if we begin to harvest and eat insects—the hot new "save the planet" food the media and celebrities are beginning to push. Along with a growing social trend normalizing cannibalism.

No. I am not kidding.

The future of food, apparently, is synthetic meat, recycled sewage,³⁰ bugs and, if things get really bad, eating each other.

In February 2021, *Time* magazine ran an article titled, "They're Healthy. They're Sustainable. So Why Don't Humans Eat More Bugs?"³¹ Angelina Jolie promotes eating tarantulas and apparently feeds them to her children. Nicole Kidman eats live worms.³² The *New York Times* lists recent TV shows and movies featuring cannibalism in a romanticized light, saying "We've never looked so delicious—to one another."³³ In December 2020, steak grown from human cells was featured as "art" at the Design Museum in London, UK.³⁴ And a company called BiteLabs apparently grows meat from celebrity tissue samples, turning them into salami.³⁵

Please, excuse my French, but WTF?

The World Economic Forum (WEF) is deeply entrenched in promoting this inspiring vision of the future of food, as are many other global elitist organizations and the billionaires who fund them.³⁶

Right, like Bill Gates and Larry Page will ever end up eating worms.

Never mind the *hundreds* of ecologically sound organic methods for raising food sufficient to healthily sustain the 9.6 billion people estimated to be living on the planet by 2050 and the studies that prove it.³⁷ Never mind the exciting future for regenerative farming and positive agriculture on a global scale.³⁸ (All of which focus on eliminating commercial chemical fertilizers, pesticides and insecticides.)

Forget all that.

Let's introduce "food" that is 100 percent guaranteed to make us sicker, more depleted, more depressed and degenerate than we already are. Let's promote drinking sewage, ingesting bugs, synthetic food, and our neighbors as the "cure" for the diseases of poverty, hunger, dysfunction, climate change and other self-created problems that plague our world. After all, it's *our* fault we're in this position. All us nasty individual self-centered human beings.

This is the price we all (well, most of us) must pay to set things right.

At least that's the story we're being sold.

²⁹ <https://www.cnn.com/2022/03/08/as-prices-rise-64-percent-of-americans-live-paycheck-to-paycheck.html>

³⁰ <https://www.bloomberg.com/opinion/articles/2021-05-19/toilet-waste-to-tap-water-welcome-to-the-future-of-recycled-sewage>

³¹ <https://time.com/5942290/eat-insects-save-planet/>

³² <https://www.independentsentinel.com/celebrities-now-pushing-us-to-eat-bugs-no-no-and-nope/>

³³ <https://www.nytimes.com/2022/07/23/style/cannibalism-tv-shows-movies-books.html>

³⁴ <https://archive.ph/Funys>

³⁵ <http://bitelabs.org/>

³⁶ <https://www.weforum.org/agenda/2018/07/good-grub-why-we-might-be-eating-insects-soon/>

³⁷ <https://www.nature.com/articles/ncomms11382>

³⁸ <https://www.wbcscd.org/Overview/News-Insights/WBCSD-insights/An-exciting-future-for-positive-agriculture-at-a-global-scale>



I started this chapter on conspiracies with the above information because I wanted to set the stage properly for introducing the "C" word.

Humanity is sick and getting sicker.

If the above statistics and trends don't make that clear, I don't know what will.

It would seem impossible to get people to agree to such disgusting suggestions as eating worms, let alone align with the morally reprehensible idea of eating human flesh. But get enough celebrities behind it, get *The New York Times* to write about it, make it art, make it cool, make it about saving the planet, bang on about the advantages of eating bugs on CNN long enough, create food shortages, make sure meat and poultry and fish prices skyrocket along with inflation and then start selling ground locust patties at the grocery store and put them on sale ... and most people will eventually buy it.

It might take global famine to get us gnawing on each other. But if you've read any headlines about predicted food shortages in the last six months, that's well in the works too.

The next step is to label people who point to studies showing that eating bugs and drinking reclaimed sewage aren't the best answers to solving global hunger and climate change *science deniers*. If somebody dares claim that normalizing eating each other is part of a diabolical plan to keep us sick, depressed, guilty, pliable (and scared), label them a *conspiracy theorist*.

Which brings us to another cloaking device keeping the Archon mind parasites and their agendas hidden from the world:

**Demonize anything that can expose evil by
tarring that thing with the conspiracy label.**

The fact that the Archons are 1) non-physical and 2) have successfully implemented their divisive agendas for thousands of years means there are human beings and human-run organizations that are onboard with this anti-life program promulgating the deliberate degradation and enslavement of humanity. Humans in high places (such as my friend) have been recruited to work as a "front" for this Force, handling operations and the physical implementation of evil's agendas since the very start.

But any whisper of such a thing is swiftly dealt with by calling it a conspiracy.

And yet so many "crazy conspiracies" over the years have been revealed as true, you'd think we'd catch on to the ploy. For example, the US government running massive mind control experiments through American universities and hospitals for decades, and the CIA kidnapping men out of brothels and flophouses, dosing them with LSD and torturing them to see how far they could be pushed past their mental and moral limits.

Impossible? Nope. Welcome to the US government's program MK-Ultra, exposed via the Freedom of Information Act in 1977 and subsequently investigated in formal Senate hearings.³⁹ Additional documentation on the program was released in 2001.

³⁹ <https://www.intelligence.senate.gov/sites/default/files/hearings/95mkultra.pdf>

And what's the big deal about conspiracies anyhow?

Conspiracies are as old as civilization itself.

Let me ask you, did you ever hang out with a bunch of friends as a teenager and buy cigarettes illegally? Booze? Pot? Something harder? Congratulations. You've officially been part of a conspiracy, which is defined by Merriam-Webster as: An agreement to perform together an illegal, wrongful, or subversive action.

Anybody who pays their tax accountant to cook the books is part of a conspiracy. Anybody who has an affair on their husband or wife is part of a conspiracy. Conspiracies are a dime a dozen, constantly playing out in the bedroom and the boardroom, in the Senate and on the stage. Factions—whether political, economic, educational, scientific, religious or individual—are always trying to secretly one up and control other factions.

The key word here being "secretly."

Of course, the bigger the agenda and the more people involved, the greater the vulnerability and thus the less likely absolute secrecy can be maintained. Which means that smear tactics and disinformation programs must be frequently and effectively deployed. Is it surprising that secret organizations running the Archons' global agenda might use media programming to subvert public knowledge of their actions? Is it surprising that "educated people" might be trained to have a negative kneejerk reaction to the "C" word?

Doesn't it make good sense to set those kinds of defense mechanisms up?

Once upon a time, I was one of those well-educated, well-trained kneejerk sceptics. If anybody had told me (which someone eventually did) about the existence of a secret elite cabal with global mischief on its mind, I would have laughed in their face. (Which I did.) But then one thing led to another and I ended up reading the 500-page, highly annotated book *The Unseen Hand: An Introduction to the Conspiratorial View of History* by Ralph Epperson.

That one book, published in 1985, was so well researched and comprehensive that it effectively destroyed my sense of normal reality, obliterating the rock-solid American Republican View bequeathed to me by my family. I then went on to read other books that imploded my economic and social understanding, including *The Creature from Jekyll Island: A Second Look at the Federal Reserve*. (The current 2010 reprint is #2 in economic policy and development and #3 in money and monetary policy on Amazon.)

Back in the 1980s, my conspiratorial knowledge was limited to economics, and I tried to share what I was learning with my WASP family living in one of the wealthiest areas of America outside Washington D.C. Yeah, right. *That* wasn't happening. I tried to share information with my professional friends in network television. (You'd think people in communications would be interested in learning about stuff to communicate. But nope.) And my spiritual friends couldn't have cared less about the history of the central banking system either.

Graciously I was informed by one and all that information belying the social status quo and mainstream media messaging was a “conspiracy” and that conspiracies were for fruit cakes. Friends forgave my gullibility, chalking it up to a temporary glitch in my operating system. My parents—well, my parents had yet to forgive me for voting Democratic. God knows what they thought about my rants about the Rockefeller and Rothchild empires.

Never mind the large amount of openly-available proof. Forget the fact that every mainstream magazine in America has, at one time or another, published in-depth articles about secret societies and their not-so-secret agendas. (Or at least the agendas the secret societies wished to have known.) Everybody I knew was part of the “impossible” crowd.

“An economic conspiracy is impossible to prove,” people said. And when I handed Joe or Janet or Harry a book saying, “Here’s the proof. Just check the documentation in the highlighted sections between pages 272 to 312,” they refused to look at the information because it was “obviously incorrect,” so why bother checking it out?



If they actually looked at it, then where would they be? In the same fruitcake boat as me. And that was unacceptable. Best to resort to scornful ridicule followed by a conciliatory invitation to have drinks somewhere and move on with the status quo and personal comfort zones safely intact.

Other common feedback lines were: “People just aren’t smart enough to perpetrate the kinds of things you’re talking about.” Or “Humans just aren’t patient enough to plot for thousands of years to gain control of the world.” Or “It’s absolutely impossible to keep something like a global agenda for totalitarian economic control a secret.”

The other excuse people used was, “I know what’s going on. I keep abreast of the news. I read *The New York Times* and *The Washington Post*. If something like this were happening, I’d know about it. I’d see the signs.”

Sigh. The signs are all around us.

We just don’t see them.

The average human brain receives approximately 11-million bits of information per second about the world around it.⁴⁰ Because we literally can’t handle that amount of input without going insane, a sensory gating system installs itself early on in our baby brain’s development, filtering that enormous amount of data down to an average of 60 bits per second.⁴¹ *Sixty bits per second*. That’s all it takes for a human being to get a college degree, have a conversation or fly the space shuttle. Obviously, with an intact sensory gating system, seeing the Big Picture is a difficult task.

⁴⁰ <https://www.britannica.com/science/information-theory/Physiology>

⁴¹ <https://www.technologyreview.com/2009/08/25/210267/new-measure-of-human-brain-processing-speed/>

Then there's the odd way the human brain deals with what little data does make it into conscious awareness. Human beings perceive, and thus think, in terms of duality. We perceptually function in terms of differences and either/or. It's how our brains are wired to discern reality.

One way to get a visual handle on how we organize what we call reality is a figure-ground study created in 1915 by Danish psychologist Edgar Rubin called the Rubins-vase.⁴²

The drawing depicts two images with a common border, in this case identical facial profiles facing one another that create another image of a white vase in between. It doesn't matter which image you see first. Quickly, the other view asserts itself, back and forth, back and forth.

Either this *or* that

This kind of limited perceptual brain function is why millions of sensitive, caring individuals can turn a blind eye to genocide, ritual rape and God knows what else going on in this world, all the while considering themselves to be highly aware, compassionate people. They've been taught "this is just how life is" and they believe it. Similarly, people have been taught "Conspiracies are bullshit." And once this is the reality they accept—just like being caught in the perception of the white vase—it's difficult to embrace another view.

And then there is inattentional blindness.

I know, for an absolute fact, that it's not just deeply-guarded, subversive plots that we miss. People miss the most blatantly obvious, in-your-face things everyday. Let me tell you how I discovered this.

I was sitting in a room with 62 other people when Marilyn Schlitz, Ph.D., researcher, social anthropologist and senior scientist at the California Pacific Medical Center, gave a talk on something called inattentional blindness and selective attention.

During the talk she played a video of six people in a large office hallway rapidly passing a volleyball around the group. Three people wore white shirts and three people wore black shirts. All of us attending the lecture were instructed to count the number of times the ball was passed between the people wearing the white shirts.

About 20 seconds into the video, I lost count and gave up the exercise. To my amazement, a big guy in a gorilla suit suddenly materialized out of nowhere, standing in the center of the circle of people passing the ball. He faced the camera, beat his chest, then turned and walked off while the ball exercise was still in motion.

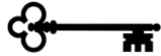
"How many of you saw something unusual in this video?" Schlitz asked a minute later when the clip finished. One other woman and I raised our hands. The 61 other people saw nothing out of the ordinary. When she ran the same video again, telling us to simply watch the video and not count ball passes, there the gorilla was, clear as day to everyone.



⁴² Tanabe, Rosies, Rubin vase. *New World Encyclopedia*, July 2015

Audience reactions ranged from stunned to indignant to outraged. A couple people accused Schlitz of playing two different videos to trick them. But who needs somebody to trick us when we already trick ourselves?

The whole point of the exercise was to show people how much information humans constantly miss—ENORMOUS things like a freaking GORILLA standing directly in front of a camera in a small hallway. Which begs the question: If I can miss seeing a six-foot gorilla standing the equivalent of ten feet away in plain sight, what else am I not seeing?



Chapter Five Key: Be open to different realities and start doing independent research

Nothing is keeping you from seeing this anti-life Force and its effects except for the fact that—just like the experiment with inattentional blindness—*we've been told to put our attention elsewhere.*

We're dealing with a mental matrix that says: "*This* is what's real. Anything else is absurd. Pay attention to *this* and *this* and *this*." Pay attention to inflation and the situation in Ukraine. Pay attention to your bills. Your student loans. Pay attention to the Kardashians and Johnny Depp's courtroom drama. Pay attention to your phone. Yes, that's right, your phone. Clutch it like your life depends on it. Don't let it out of your sight. Place all your attention onto that little screen every moment you possibly can and listen and watch and believe every little thing it has to say. Every piece of "news," every "fact," every carefully crafted headline, meme, op ed piece, video and speech and *believe believe believe ...*

Yeah, no. Don't believe.

I will warn you: Key #5 will take time and effort. But if you're up to the task, here are some steps to take:

- Question everything. (Including everything in this book!)
- Unhook from mainstream media.
- Start investigating "unapproved" sources of news. (Check out resources at the end.)
- Listen to alternative voices on the web in different genres like medicine and health (two different things), politics, etc.
- With any national or global issue, *follow the vested interests.*

I subscribe to *The Washington Post* and *The London Times* electronically to keep tabs on world headlines and what the global elites want people to believe.

I don't watch mainstream news. I do not watch television. (I do watch some shows and movies on Netflix.) I do not listen to the radio when I'm driving.

I turn off the router to my computer at night and keep all electrical devices out of my bedroom. I carry my cell phone in my purse and never on my body. I never hold the phone to my ear (I use the speaker function), and I turn it off at night and leave it in another room.

I'll talk in more depth about why to avoid mainstream media in chapter eight. The short version is this: All the legacy media sources of news are owned by the same global conglomerates that also own the industries profiting from the positive (or negative) news spin around various issues and thus cannot be trusted.

Is doing all this easy? Relatively, still, yes. Is it time consuming? Absolutely. Are people going to love you for thinking independently? Nope. Will such an investigation put you on a government Black List somewhere in the bowels of the CIA or NSA or some other government agency? Quite possibly.

Will such a path be satisfying? Maybe.

Frankly, I wouldn't label any of the research I've done for this book "satisfying." Most of it has horrified me almost beyond words and pissed me off. But by heaven it's made me wake up and get sovereign in a hurry.

And THAT is satisfying.

Mirror exercise

If you have issues with conspiracies and evil being real, what happens when you finally see that *you're* not even real the way you think you are? I was introduced to the following mirror exercise about 25 years ago and it freaked me out. But it sure taught me one thing: *The body is not really physical and it's definitely not who I am.*

Looking in the mirror everyday to check our appearance—our hair, our tie, our makeup—is misleading. We unconsciously think "Yep, that's me!" over and over. It isn't until you sit down and *look*—preferably spending 30 minutes to an hour at this exercise—that you begin to realize that your face is malleable. A light show that flickers and changes, now mirroring *this*, now mirroring *that*.

- Sit down quietly in a dim room with no distractions. Sit up close to a large mirror. (A couple feet away.) Late evening/dusk is the perfect time. Or use a candle at night, placing it between you and the mirror.
- Gaze steadily into your eyes. Really look deeply and don't look away.
- Keep blinking to a minimum
- Do this for 30 to 60 minutes.

After a few minutes what do you see?

What feelings come up? Does looking in a mirror like this, really looking at what you think is you, make you uncomfortable? Fill you with disquiet? If so, why?