

What can set off programming?

If you are a survivor I recommend reading this with a therapist or support person

Mind control programming has a built in phenomenon to automatically be activated during ritual dates, holidays, birthdates, can be set off deliberately or unknowingly through trauma triggers. A specific date, a birthday (yours or someone else's) a certain word or phrase, a sound, a smell, a taste, lights, being touched on a specific part of the body, a certain number of rings on the phone, telephone tones, dial tone, a sound like a specific knock on the door, a symbol, flashing lights, colors, a handshake, hand signals, something in the mail, an email, text, contact with or seeing a specific person, a wink, the click of a pen a certain number of times, getting too close to remembering or telling someone what you know/remember.

Programs and what they enforce: (survivors may have fears and anxiety in relation to some of the things on this list)

Conditioned to reprogram themselves internally (this is achieved by getting a part/parts to believe that they are a computer program or robot) so that they will just automatically do it

To keep parts from remembering

To keep parts from telling anyone

To be silent or to silence other parts internally

To create new alters

To reinforce parts to feel trapped in the illusionary structures or worlds in the person's mind (that are not real)

Reporter to contact abuser/group

Call back part to go to the abuse/group on certain dates for rituals and full moons

Unable to eat

Unable to sleep

Unable to take medication

Birthdate, join date, ritual holidays, full moon

Answer the phone or something bad will happen

A certain number of rings is a message (multiple phone calls)

When on the phone a certain part comes out if asked for.

Having to answer the door and open it

Going outside after hearing a certain sound (a specific knock, horn honk, a certain number of rings on the phone, beeping sound)

Once outside a person uses a hand signal - a part obediently goes to them (with the belief they can not run away or fight back). The abuser may then sexually assault the victim, traffic the victim to others, take the victim to a ritual, etc., unbeknownst to fronting self-states.

Having to read mail from an abuser/group - Use greeting cards, emails or letters received in the mail from perpetrators that include symbols (roses), (smiley faces) specific images, or code words that convey hidden messages, I love you. I miss you, (who doesn't use that?) prompting recipients to return to a specific location or even to trigger suicidal thoughts.

911 programming (wasn't sure what else to call this) where a part calls the police and when they get here there is a switch and no one inside knows what the danger was and it was to convince them that I was crazy and get me committed to a mental

hospital (The conditioned part called because the belief was that he was dangerous to self and others reinforced by being shown a crime scene with a murder/suicide and they convinced him that he had done it)

Police suicide program (My term for a program I found within my mind) There was a conditioned belief that the only way that we could have peace was to threaten to harm another person and get the police to shoot us and have someone else end our life)

You may have no conscious memory of the reason for the compulsion that you feel until you have uncovered some aspect and the lies of the training memory and asking parts if current abuse/contact is going on