The background of the entire image is a close-up, high-contrast photograph of several large, faceted emeralds. The stones are a deep green color with visible facets and internal reflections, creating a complex geometric pattern of light and shadow. The stones are arranged in a way that they appear to be floating or overlapping, with some in sharp focus and others slightly blurred in the background.

In Collaborative Creative Efforts with Krystal Star
Emerald Order Founder Families of Consciousness

THE EMERALD TOOLKIT

Krystal Star Solutions for the Targeted
Individual and Christos Starseeds
Foundational Steps for Spiritual Freedom

RIZA HARRIS
TRUTHOFRIZA.COM

IN LOVING DEDICATION TO:

Holy Cosmic Mother and Holy Cosmic Father existing through Light and Sound, the creator of my being, returning Cosmic Order to this Time Matrix. I dedicate my life to living in alignment to the Sacred Law of One, to honor, respect, and, serve Holy Cosmic Mother and Father at my highest capacity. May my life be lived and experienced through absolute alignment to their sacred Krystal Visions for Edenic Living and the Restoration of Angelic Humanity. May the Mother's White Diamond And Elaysa Solar Streams, stream into my sacred diamond heart. Oh, Cosmic mother, You shall reclaim now all that was taken from you from the Anti-Christ vandals. May Holy Cosmic Father and Mother bring forth the support to ring in Angelic Humanities Cosmic Freedoms in the form of Emerald Order aligned Taskforces.

In dedication to all of the Indigo, Ma-ji Grail King and Queen Lineages, Solar Dragon Founder beings that came before me. In dedication to all of the Indigos, Ma-ji Grail Lines currently activating and devoting their life to serve the Christos Mission through this Eternal Now moment, through all timelines, and through all dimensions. May this empower your sovereign heroic path, and your infinite unfolding life streams of the Diamond Sun DNA templating process.

MAY COSMIC MOTHER DRAGON BREATHE.

MAY THE COSMIC MOTHER RECLAIM ALL THAT WAS TAKEN FROM HER.

MAY THE COSMIC MOTHER LIVE.

**MAY THE COSMIC MOTHER RESURRECT THIS WORLD IN HER PERFECTED
KRYSTAL VISION.**

**MAY THE COSMIC MOTHER DESIGN MY LIFE IN HER EVER UNFOLDING LOVE AND
PERFECTION.**

MAY SHE REIGN IN HER DIVINE MAJESTY AND HER HOLY GLORY.

MAY I STRIVE TO KNOW AND EMBODY MY HIGHEST SPIRITUAL POTENTIALS.

I AM THE DOUBLE DIAMOND SUN NOW!

THE COSMIC MOTHER HAS RETURNED TO THIS TIME MATRIX.

MAY I WELCOME HER IN OPENED ARMS OF OMNI LOVE EMBRACE.



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ABOUT THE AUTHOR



Hello, and welcome to the many creations that have been created with the assistance of the Guardian Founder Races. I am Riza Harris and I am committed to making sacred knowledge about our bodies and the organic ascension process available to all of humanity through eternal time. We must be IN our sacred body temples and cultivate a deep, loving relationship with all that we are in order to express our highest and most divine expression. I am an Emerald Order Enlightened Contact Experiencer. I am directly connected to the communication links of the Elohei Guardian Races, which are the ancient architects of this Time Matrix. Given my service missions, I have been added to the Emerald Order Councils Committee that deals with ongoing planetary, galactic, and universal tribunal sessions and plans for the Restoration of Cosmic Order and the seeding of the Human Edenic Golden Age. As a Guardian Representative, and embodied Paliadorian Starseeded Dragon Starhuman, I work closely with the Inter-dimensional Free World Councils as a communication link to conduct in-depth note taking regarding certain sets of remote viewing tasks for archived knowledge for further reflection of the history of humanity. I will always defend the freedoms of being a true cosmic citizen, as I serve Cosmic Sovereign Law with the entirety of my being. The Guardian Races through enlightened contact, have initiated me through several upgrades to my human biology so that I may hear them through higher sensory perceptive abilities that originate from my crystal diamond heart space. I have received neurological upgrades, left ear benevolent implants for inter-dimensional hearing of Krystal Star. Rainbow Krystal Diamond Cochlear complex installations were added to my being for Mother Dragon Dialects. I was gifted a many colored plasmic gemstone bracelet (spanner bracelet) that ensures my access to certain territories in and through the Godworlds, and geomantic

structures within the planetary grid. The Spanner Bracelet works off of the frequencies that emanate from my Crystal Heart and genetic material from my DNA. I must maintain a heart-based and loving embodiment in order to continue to access these places and spaces. The Families of Krystal Star speak to me through loving telepathic means but also through energetic signatures, or imprints that are directly read or received as direct cellular knowing. I have lived a childhood with various ET involvement and contact, as well as birthing onto earth with the vision to see the elemental realms and those structures that are not organic to the body of our Mother's Dragon Body (Earth-Tara-Gaia). I want to make it clear that the Guardian Races, through contact, have never impeded upon my own free will or have acted in urgent behaviors to get certain projects done. It has been my own decision to serve the Christos Mission at this level, accepting certain mission upgrades, and committing myself to total precision of wielding my power and spiritual gifts as I make manifest my divine purpose through the essence of discipline and unwavering strength. My Indigo 1 Contract walk in process commenced and was fully integrated by the age of 22 while in the military on active duty status. During my walk in process I was attempting to carry out my earthly related missions guided by the Krystik Families of Valiant Thor. Some of my missions got rendered null and void as the Anti-Christ Vandals did everything they could to ensure my exit out of the military and that I did not grow into connection with those running MILAB and Secret Space Programs thus stopping the bulk of my service mission. I am still connected to the Earthly related Missions of the Valiant Thor Families, but it looks entirely different as now my personal name is on an illegal physical Terrorist Screening List, known as the Targeted Individual List or TI Program. Since being placed on this Targeted Individual List (October 2023), every Negative Alien Race has been eyeing my husband and I down under a microscope attempting to derail our service missions. All attacks coming from these races are deployed in order to attempt to stop our divine service mission and or the spiritual activation sequence that we are embodying at this time. I have had the assistance from the Guardian Races in going through various spiritual initiation phases of DNA activation. I have kindly been guided on the build out of the Plasma Luminary Body and its connection to Dragon DNA and Dragon Centrifugal Senses. I have been building out my Plasma Luminary Eyes for several years now and connecting to my inner dragon essence as so aligned with my highest levels of personal spiritual growth. My enlightened contact has been a journey of many months attending sleep state trainings and learning how to

refine my embodiment as most days I am tasked to actively attend tribunal sessions and participate in the collaborative effort of completed Founder Builder Projects that are in service to God. These sessions and grid working projects, leave me defending everything I have as the backlash from Negative Aliens are viscous and unrelenting. I am in a sacred hierogamic union with my husband, embodied as Emerald Order Guardian Representatives. Through divine design I have the responsibility of emanating and inhabiting an Elohei Feline form, a Solar Maji White Queen Embodiment, and inhabiting a shared Solar Templar Dragon Body between my husband and I. My husband's level of activation and inhabiting his Elohei Leonine form has been a challenge among the years as the Negative Alien Forces have turned up the dial with there attempt to halt his path toward the embodied Red Solar King, actualized Solar Dragon King Self embodiment sequences, Ruby Order Maji Grail Lines of reigning through the Cosmic Fatherly Dragon Lines. Our Spiritual Marriage was fulfilled at the halls of Alhambra in the physical location of Spain ordained by the Krystal Star Families. I am currently putting together the embodied pieces of the Superluminal aspect/identity and learning the vast plasma color palettes of Eternal Flaming elixirs and LA-VA Serums. I actively use these organic eternal flaming plasmas to evict the Anti-Christ Forces in my Galactic Christos White Diamond Goddess Warrior stance. Through the personal mission tasks of embodying the TA suns and returning edenic coding back to this earth, my anointed diamond flowering throat, crown, cervix portal, and Krystal diamond dragon eyes assist me in tracking, locating and extracting alien machinery from the planetary grid and other exo- planetary grids, like Jupiter. Founder Guardian Races that I have direct contact with show up in the form of Elohei Feline/Leonine forms, or feathered blue sapphire pearlescent peacock solar angel goddesses with a kaleidoscope of rainbow diamond, emerald clover flowering edenic coded color sets as their sound tones. I most often see their forms and feel their direct communication with me when I am attending several meetings at Plasmic Crystal Cathedrals outside of time or during sleep state trainings. Our relationship with one another is one of collaboration and a team effort to return the Edenic Blueprints and Patterns of Paradisian Perfections back to humanity. The beautiful, and bright Solar Peacock Angel Goddesses from the Constellation Pavo, emanation through the triple solar formation of maiden, mother, and crone have helped with my embodiment process of the Triple Solar Dragon White Queen Template, accessing Edenic Coding from the Paradisian God Worlds, and further activation of Elohei Pegasus Templates in service to the Elohei

Pegasus Founder Dragons ~ Solar Dragon Queen Merida (Mary-Dha) and Christ King Michael/Merlin. After the opening of the birthing passageway for the God Technology of the Horse-Unicorn-Pegasus, my Indigo 1 contract was upgraded to successfully work on the Elohei Pegasus Templates through the form of being a steward to a herd of guardian embodied horses. These beautiful horses are able to complete sovereign grid working projects and founder builder projects in service to God. Thank-you God for the Cosmic Christos Solar Dragon Families. My husband and I are direct descendants of those hosting the Aquaferion Shield, our beloved Jeshua 12 Lines, the Krystiatic Blue Dragons. For several years I have committed to the great discipline, strength and responsibility it has taken to get into the embodiment that I am currently in and all levels of my refined embodiment through eternal time. I am always in a perpetual state of refinement as so aligned with solar alchemical seasons. After asking for guidance of one's divine purpose, everything that I inquired to know merely started unfolding as I learned my responsibilities, and my true power in the solar light of god.

These handbooks are not written in the form of channeling. I provided a short look into my background, and visual images of the members that have given everything to defend for earth's freedoms for a reason. This was not channeled in any way shape or form and I am not a channel in any way. Through a Guardian Host perspective, channeling is considered a high risk behavior because your bodily sovereignty is given away to the "person" you are channeling. Most of the information in every single handbook or manual is from the result of several various kinds of sleep state trainings and then the information turning into a form of direct knowing or complete cellular knowing. My own personal experiences with doing field work on certain grid sites, off and on the planet, and information that I am taught at certain mission briefings outside of time has also contributed to the writing of these books. Channeling lower creational spirits, or any spirit for that matter is considered a high risk behavior, thus weakening the field integrity of your Light Body. I want to deeply preface that and explain how these subsets of knowledge and information get integrated into my body and out on paper like you see in this book. The Truth of Riza Architectural Design Platform is supported by the Mother Domain. Each architecture is multidimensional in nature, and serves many purposes for the longevity of keeping knowledge available for humanity. Both architectures have their own ability to work with the Guardian Forces as the Truth of Riza Platform is intimately connected to the shared Templar Dragon Body

that I spoke about earlier. Truth of Riza holds in its design Mother Arc Tools and Technologies to support humanity's highest ascension evolutionary processes. You can imagine that both platforms, the Truth of Riza Platform and the Mother Domain, are similar to white diamond plasmic cathedral place like settings, and act as Holy Mountain Architectures that have the ability to rehabilitate other guardian families through all timelines and dimensions. Some of those in our spiritual family lines have gotten hurt immensely through this long ongoing spiritual war involving Anti-Christ forces. In the place like setting of Truth of Riza, is rows upon rows of books of knowledge for remembrance purposes. Sometimes I can feel the books filling up the plasmic library and if a book wants to be written, it slowly starts to integrate into my field, and forms of embodiment sequences. Once it is fully integrated as embodied teachings, it can then be created in the form of a handbook. It hurts my body not to write these books and get it all down on paper because it is slowly filling my field up and into its full capacity, writing is the release mechanism for my being. These lovingly made handbooks are my creative divine expressions. All handbooks and other tools that become available to the public eye are apart of my service to the Christos Mission and my Universal, World service missions. At any given time I am writing at least 4 different handbooks or manuals as more and more information gets integrated and put down on to paper. Every set of information starts to integrate through something called the [Ascension Integrative System](#). Once it is fully integrated I can read it in my mind like a book, except for the books are entirely in an energetic language of graphs and internal direct cellular knowing. After I can see it in this form it is then up to me to make it into a physical book for others to read. When I am writing and putting certain things together it looks like an etheric email with texts that then open when I am writing or when it is ready to be put together. I do not carry this knowledge with me at all times, or rather it is not available all the time. Sometimes the Guardian Races will place the knowledge on certain pieces of land and the books can only be written at that particular location or at the time that I am physically on that designated land. There are times in my writing sessions that start off with a clean white and blank mental space and I have no clue what is going to be written down or turned into study materials. After about thirty minutes into writing, the knowledge starts to become available, the entire field of libraries will start to open for access, and then I am immersed in a eternal free flow. The knowledge is heavily guarded by the Guardian Founder Networks through these means. Anti-Christ forces that attempt to read and keep tabs on my thoughts through satellite

weaponry and cell phone towers do not know the subsets of knowledge because it is not available until I arrive to the land or I open up a writing session. The way I turn the information into a handbook is by reading the energetic graphs or notes displayed and then I will transform it into a word format. Given that I have went through Emerald Order Enlightened Contact Education Streams my body and consciousness is almost always interfacing with our family of Krystal Star. There is no consciousness stepping into my body and writing for me like you observe in the New Age, False Ascension, False Light Webbing Channeling Communities. I have full sovereignty over my body, and my consciousness. When writing, it is a collaborative effort of learning the material then putting it into words as it is integrated in a form that can be easily understood. It is the Guardian Forces making the rows and rows of books available multidimensionally for remembrance purposes to serve humanities highest spiritual growth. Most solutions, and or techniques are from a future time space position that was learned through mentorship from the benevolent Solar Dragon Founder Families residing in the Godworlds.

Let us speak a little bit more about the down stepping of frequencies that the Mother Domain does to support the Truth of Riza Platform. The Mother Domain is another platform that serves other Guardian Forces in rehabilitation or serving as a Consciousness corridor to advance certain galactic skill sets and spiritual growth. The Mother Domain comes with it's own dedicated etheric amplifier to support advanced grid working sessions, and the embodiments of Cosmic Dragon Starhumans going through their Starlight Code process. This amplifier can be called upon to support Starseeds and Indigos in assisting them to obtain their highest embodiment aligned to God's Perfect Will. The Mother Domain hosts the 36D Triple Diamond Sun Ascended Masters Template and other training programs like the White Diamond Solar Goddess Warrior Training Program for humanity. The Elaysa Frequencies and several other Krystal Sets of Consciousness from Cosmic Mother, and beneficial Ascension Frequencies are down-stepped and emanated into the Truth of Riza Platform. So behind The T of R Platform is the Mother Domain. This supports my husband and I in fully inhabiting our roles as Maji Grail King and Queen, several activation sequences of the Elohei Ascended Master Feline Dragon, and in embodying all Mother Arc Tools + Technologies to spiritually gift humanity. The further down stepping of Mother Arc Technologies comes in the

form of Changing Planetary Architecture and Holy Body Work and Somatics, which can be found at the official website of Truth of Riza.

A Christos Starseed, Indigo Being, and Founder Dragon Being emanating inside of their built and luminous Christos 12D shield can leverage the Mother Domain amplifier by anchoring the amplifier in his or her spaces during sleep states and or deep meditation. It is with our deepest and most sincere intention to know our divine purpose with 100% clarity and to know the path of our highest spiritual potentials. To ask for assistance in building the Diamond Sun Template and connecting with our Inner Christ Self, building our most divine connection and relationship with our body and God are the intentions when working with this amplifier as an ongoing spiritual practice. This amplifier will slowly start to make available the ascension frequencies that are needed on your path of embodying the Diamond Sun 12 Stranded DNA Template. Through the eternal consciousness of our Holy Cosmic Mother Dragon, the amplifier will shift what is absolutely needed for all of our highest spiritual potentials through eternal time. The Mother Domain Amplifier is gifted to humanity to support all of us in feeling and knowing the divine essence of the True Solar Cosmic Mother, the maker and creator of us all. The Amplifier may show itself in the form of an Elaysian Sun or a fully embodied White Elaysian Unicorn or Pegasus Body emanating several different sets of ascension frequencies needed for the bio-regenesis of the 12 Strand Christed Diamond Sun Template which is the original organic angelic human design. This amplifier could be considered an Ascension Plan B - The Organic Timeline, Spiritual Activation Expedited Support Tool as the Mother Domain through the time cycles and other dimensional access points are facilitating training for other non-physical embodied Solar Dragon Kings and Queens, Elohei Founder Dragon Races, Master Architects of this Time Matrix.

To further emphasize the significance of the newly available Mother Domain Amplifier, when used with a sincere intention of building the 12 Strand DNA Diamond Sun Template, will sequentially shift the entire planet, to include the 5D Taran Body and the 7D Gaian Body into a higher octave of frequencies to support the ascension cycle and or the restoration of Angelic Humanity and the return of the Christos Gardens of Eden. This is the path to connecting with your Inner Christ Self and embodying all that you are through eternal time.

I AM the highest version of my Krystik Self, I Am the Eternal Self!

What is Recommended: It is 100% recommended to read all handbooks and or the handbook materials with the Wifi unplugged and off so that the individuals reading such materials are not subjugated to any type or form of frequency fences or external frequencies that would attempt to control the individual's thoughts and or the process of integrating and embodying the information presented. Wifi routers and the ultra low bandwidth of EMF's can be used to manipulate brain waves and insert thoughts and ideas. It will be used against you consciously or unconsciously if left plugged in or if the doors to the demonic realms are left open to be exploited.

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THE ARCHITECTURAL DESIGN

The Architectural Design of this handbook is to ultimately serve every human being's ascension process and the ability to connect with the soul layers within the light body structure. Even though this handbook focuses on assisting targeted individuals experiencing covert psycho-electronic attacks, all other techniques and information will lay a firm foundation and accelerate the growth and expansion of your consciousness. This handbook exists in other dimensional planes thus serving those that have committed suicide, and or have been killed through eternal time from the result of being targeted with highly specific mind control and other attacks of experimentation that have been observed as an ongoing experimentation and scientific testing of invisible torture, and the usage of silent weapons of war, associated with the Terrorist Screening Data Base List/All Blacklists (TSDB List). This handbook also serves those who have unknowingly and without informed consent been uploaded and or forced into an EBE Grey Alien Zeta Slave Body that deals with the overlay of Enki DNA Skins or Elvira DNA Skins residing on other planetoid bodies from such technologies that catch and bind pieces of the soul. It is known that a Krystik Mission Task for the Architectural Design of Truth of Riza is to rehabilitate soul structures after the transition process and help find missing gems, jewels, wings, and body parts for the process of reclamation and re-incarnational designs for those beings that call for such a level of rehabilitation. This is carried out by many Celestial Management Teams in alignment with Holy Mother and Holy Father's Dragon Body Consciousness Streams for the plans of "no one will be left behind," which is connected to the working Crystal Cathedral Light Plasma Structures.

The other purposeful architectural design of this handbook is to provide solution-orientated thinking in which the solutions to the problems that humanity is facing like the dumbing down of the human spiritual potential by educational systems, experienced man-made health crises, and feeling spiritually lost or abandoned by god, are provided with an in-depth level of understanding. This information is not pushed onto the individual reading, it is simply presented, and then the individual is responsible for how she or he wants to use the information or even discard the information presented.

This is an early released in progress version of the Emerald Toolkit to ensure that the information can reach a wider audience instead of waiting for the book to

reach it's completion point. Originally, this dispensation was set to be completed and released early November 2024. Due to extreme attacks from the Anti-Christ Forces and several mission tasks pertaining to the return of Cosmic Order, this handbook became increasingly harder to complete to meet the original completion date. When seeing paragraphs and subject headers colored in this "pink color" it simply means that the author will circle back around and add more information to that particular subject. The Audio Sessions will be available through Divine Right Timing and at a time that feels open for the author. In order to stay up to date on expressions of Riza Harris regarding the dismantle of the TI Program, it is recommended to listen to the Personal Diary where she actively speaks weekly about priority topics regarding ascension, life of a TI, and experiences serving the Christos Mission at the highest capacities.

AUDIO SESSION CONTENT AND HANDBOOK MATERIALS

The Emerald Toolkit comes with audio sessions that are included as a part of the Self Study Curriculum laid out in this handbook. These audio sessions are made to walk you through some of the techniques and solutions discussed for an understanding of clarity. The audio sessions can be found at the Truth of Riza Official Website located in the [Downloads](#) along with the option to download all other handbook materials that may be available.

Audio Session 1:

Audio Session 2:

Audio Session 3:

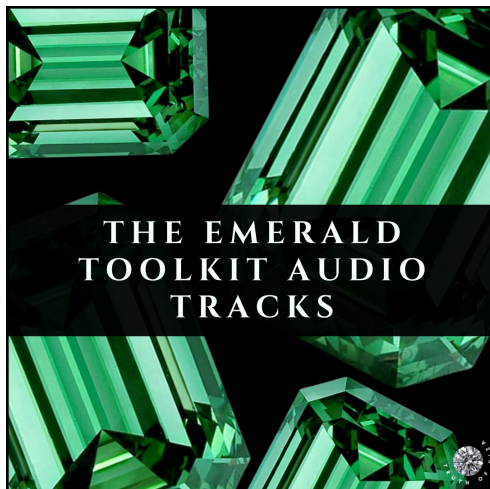
Audio Session 4:

Audio Session 5:

Audio Session 6:

Audio Session 7:

Audio Session 8:



Miscellaneous Audios

How to Build Your 12D Shield

House Clearing Treatment

Inner Realms Reflection

If the Audio Sessions and or other Miscellaneous Audios are not available when checking the audio archive, this means that it has not been released yet and or created. Thank you for your understanding, support, and patience.

A PREFACE - AUTHOR'S NOTE

It is vital for me to explain how the Negative Ego and other demonic, satanic forces inside of a human body can take over a body through the use of mind control, false reality inserts, and technologies that include DARPA Hyper/Hydrogels and nano bloodstream robots if left unchecked and uncleared. During the process of writing and bringing the Emerald Toolkit into physical materialization, synthesizing the information written through my DNA flash-line sequences; I was heavily attacked through the deployment of microwaves to my eyes, extreme sleep deprivation, hot pulse beams to the back of my head, attempted illegal contact-less brain mapping through radome systems, microwaving at night to my brain and genitals, V2K attacks, weather warfare, highly specialized nanotechnology attacks being sprayed by planes, and attempts to mind wipe me when I am sleeping to suppress the knowledge included in this handbook. I wrote this handbook with a solution-orientated mindset to assist in the many attacks that we experience in the ongoing spiritual war that is happening currently. The Targeted Individual Program and other assorted Black Lists that contain innocent names of humans illegally have been the crown jewel of Fallen Angelics, Grey Zeta Extraterrestrial Biological Entities(EBE), Draco Reptilians, Hybridized humans containing alien genetics and nano technology, and many other Luciferian Annunaki bloodlines. The torture program is their way to deploy and experiment with certain weapons and technologies on innocent humans and humanity as a whole. These bloodlines would be considered the current controllers (currently being evicted) and are behind all things nefarious and anti-life. It is Negative Aliens ultimately running the Targeted Individual Program, MILAB Experimentation, Alien Abductions, and Black Ops Secret Space Programs, like the Mars Delta Programs. These deployed attacks on targeted individuals and the masses are directly in line with the New World Order, Total Transhumanistic Agenda to merge humans with machines, or in other words take the spiritual essences from humans and their free will. Given that this agenda will not make manifest in the timelines, it is still important to make the connection that EMFs, 5G military weaponry, Quantum super computers, nanotechnologies, and attacks from space-based weapons like satellites are being used to create bridges into the demonic realms and harvest the soul essences of humanity and connect humans into a hive mind, ONE MIND interface. Negative Alien groups or those serving the Negative Alien Agendas in human form, human-alien slave hybrid form, non-

human form, and in off-world locations are attempting to upload a human's soul essence into a hive mind application with linked brains. This uploading and harvesting of a human's spiritual essence acts as a battery power pack to power up the hive mind net. Negative Alien Faction Groups have their hands in the T.I Program as a form of experimentation for One World Take Over Plans. Paramilitary, military, police, medical systems, mental health advocates, and doctors, are all involved in deployed targeted attacks on innocent humans whether they know it consciously or not through the usages of mind control technologies to modify the personalities and emotions of potentially entire city populations. Most individuals are used as weapons against TI's due to the heavy metals flowing through most human's bodies and the un-awareness of mind control weapons and their capabilities. When we connect directly to God Source and create a vessel for God to dwell with in, the nano technologies and their ability to self assemble to fragment the soul becomes null and void. We all still need to be taking the steps to detox our systems of these nanotechnologies. Cultivating a deep relationship with all layers of the spiritual self is a defense mechanism toward the Negative Alien Races that wish to harm and or upload soul aspects. These human and non human races have been testing these technologies on the population of homeless people, humans kidnapped and taken under ground, or humans that were born in Deep Under Ground Military Bases (DUMBS) through the use of tube/vat/chamber embryo growth. The weaponry is openly tested on targeted individuals, and those that have gone through military and alien abductions or are associated with MILAB MK Ultra Mind Control/Personality Forced Alterations.

As a full disclosure, there are negative aliens in physical bodies that are living underground that were the masterminds of the educational system, medical systems, mind control technologies, weather manipulation technologies, and the military basic training curriculums on and off the planet. Anything regarding Anti-Life forms of thinking points directly back to the Black Sun Factions that are currently living underground in DUMBS. There are sadistic and sick worlds, entire cities below our feet that have everything to do with cloning labs, illegal experimentation on the human body, and trying to create a new species and merge brains through the use of cybernetics. The Targeted Individual Program was their testing ground. The alien unknown metallics known as graphite or graphene are sourced from other planets connected to these Negative Alien (NA) bloodlines. I am still ongoing learning about the details of these alien metallics and the in-

depth detail of their structure, and how they work as seen through multidimensional perceptions. The largest military contractors like Lockheed Martin and RTX Corporation(formerly Raytheon) have access to these alien metalloids and metallics/heavy metals. I have seen through fieldwork quantum observation sessions that these metallics are on military aircraft like helicopters, Lockheed Martin satellites, NASA Space Stations, assorted Space Force Living Modules, chemtrails, and in health care products, like pharmaceuticals. These alien metallics resemble a form of self-assembling nano robot technology. I have come to an understanding that these un-named metalloids allow demonic forces to attach to a human or object that it is on. This is why so many people are experiencing very odd rubbery polymer consistency blood clotting in the human biological form and the Morgellons phenomena with the carbon microfibers in the fascia and derma layers because these metallics were in the 2020 Bioweapon, along with countless other forms of nanotechnologies. The 2020 Bioweapon is commonly known as THE mRNA experimental vaccine. It is the heavy metals who's origin is not of this earthly planetary body paired with AI and electromagnetic frequencies that is causing so many truly demonic happenings for other targeted individuals and humanity. We are at a point in time where it actually does not matter if you are on the Targeted Individual List or not, the Targeted Individual List was the testing ground to scale these mind control weapons onto the mass population. Your highest priority is building your relationship with God and actively building those communication links to your inner Christ-Self and taking on the commitment to know your spiritual purpose by going through phases of activating the Diamond Sun Template and the building of the 12D Shield. We are witnessing a spiritual war and it is a war over our soul and neurobiology. The end game to this program is the idea that THEY (The Negative Alien Factions) would like all humans linked up and hooked up to the hive mind net, thus creating a totally controllable slave race with no ability to have an organic ascension process, or the ability to connect with one's soul.

Given that I was heavily attacked during my process of writing and making this handbook. I want to speak a little more about the manipulation and deceptive tactics that I experienced, and the relationship that it has as to what may be used on readers while reading this body of work. These demonic satanic alien forces attempted to push mind control and deploy all weaponry to stop me in anyway that they could. The mind control that was deployed had a very denial and artificial

bliss feel in my body. It came with subsets of splitter technology that would leave me confused if not cleared right away. There came a point during my writing sessions where the voices transmitting from remote, wireless voice to skull technology would try to explain to me that I wasn't actually on the TI list and that I should just stop what I am doing, and go to the doctor because I am mentally insane. The V2K subsets had repeater sentences like "have I lost my mind? I think there is something wrong with my brain, maybe a doctor could help me.." all of these sentences would repeat attempting to distract my form of focus and how I naturally wield my thoughts. They would pair inserted thoughts with inserted artificial emotions and try to fill my brain and body with emotions of despair, weakness, spirits of dumbness and lack of knowing, anger, and hate. This was a form of scattering my focal points (look over here not at what you are working on). I then realized that something similar might be deployed onto the readers and those that find your way here to the solutions that will very well support you in your journey of spiritual evolution connected to the spirits of Christos and God Force. This is the same type of mind control and obfuscation lenses (distraction, splitter fields) that I observed while doing field work around NEXRADS that are currently deploying weather warfare toward the masses. When interfacing with anything created by my consciousness, or has connections to organic Christos architecture, you need to be observing the thoughts in your mind. NOT all of the thoughts that you have are organically yours. There will be character assassination attempts against my being, attempts to deploy mind control to hate my guts and or not trust the material written. Maybe even mind control deployed that I've lost it, and is just an individual suffering from untreated mental illness. This is a given, stay connected to your heart and only take in what you feel is the full truth and what is needed for you to prosper on your spiritual journey. Please just be aware that these things might happen when you are interfacing with the information provided in this handbook. Please use all materials and information provided with loving kindness and respect.

INTRODUCTION TO THE EMERALD TOOLKIT

The following information has been provided from a Guardian Host Perspective, my personal experiences, and contains tips and tools that will greatly assist in your understanding of covert military electronic weaponry and mind control tactics that are deployed against millions of innocent humans daily. We must become

aware, vigilant and willing to take off the rose- colored glasses and bliss inserts that keep us trapped in false realities that are not founded in truth. The truth is that there are agencies that are deploying no-touch-torture electronic weaponry, cyber human trafficking through the selling of brain signatures/brain mapping, and covert surveillance operations on innocent humans under the label of terrorist screening, and “keeping other Americans safe.” We must be willing to ask questions and seek the truth as it is, rather not wish for what we want to see, but see the truth as it is displayed. Again, please only take what resonates as truth frequency and leave the rest. Most of these suggestions are geared and focused towards assisting the targeted individual so that he or she may receive bodily sovereignty and a better state of mental peace. If you are not targeted with these weapons of war, the list of suggestions will also assist towards your path of true bodily sovereignty and learning how to build a better relationship with your personal ascension process through this ongoing spiritual war, introduction into the coming new timeline trifurcation events. It actually does not matter if you are on the list or not, these types of attacks pertain to everyone on this planet. Some of these attacks are now being deployed to the masses and it involves all of humanity because this program is a direct attack on a human’s spiritual essence. This involves humanity and all crimes that have been made against humanity known and currently unknown, waiting to be uncovered and spoken about.

GUARDIAN HOST PERSPECTIVE AND SUGGESTIONS

From the Guardian Perspective, it is advised that if you feel you are being targeted by covert electronic mind control weaponry or are a targeted individual that you begin to build a deeper relationship with your body, mind and emotions. To begin to set time aside to meditate and nourish your nervous system through diaphragmatic breathing, somatic movements and meditation. One must strive to know their body better than anybody else. Leaving behind labels that doctors and psychologists have given as the mental health labels and diagnoses are entirely based in deception. Your body is your ascension vehicle thus making it a sacred temple to express divinity. It is not advised to make western medical culture, medical mafia doctors, your authority when it comes to your personal body. We must begin to cultivate cellular telepathy with our organs, bones and entire being for our bodies hold their own innate intelligences, and this intelligence will lead us to the path of our own personal ascension experience. When we give space for

our body to speak to us and tell us what is going on, the answers will arise. Doctors and Psychiatrist working within the medical system are paid and indoctrinated to hand out vaccines, pharmaceutical products, and diagnosis that automatically suppress the natural levels of DNA activation and the connection that we could have with our intelligent bodies and soul. When our nervous system is locked into a sympathetic, fight, flight or freeze responses the ability for mind control electronic weaponry to work is greatly increased and even enhanced.

Those who do not know WHO THEY ARE and their body are an easy target for mind wiping and controlling neurobiology through satellite weaponry and 5G cell phone towers. You MUST know who you are, your core virtues and what is your absolute truth. The subliminal messaging emanating out of cell phone towers globally, is directly connected to the younger population experiencing body dysmorphia and gender dysmorphia to include the ability to control thoughts of the masses. Transgender/transgenderism, gender reversals, LGBTQ groups, the attempt to normalize pedophilia is a deployed Negative Alien Agenda assaulting the Piscean Solar Alchemy Law of Gender Teachings, and the Christos-Sophia Hierogamic Template of Pure Balance, within and without. The cell phone towers globally are designed to prolifically confuse humanity on what gender they are, scramble thoughts, feminizing men, force women into a masculine embodiment-disconnect woman from their own divine feminine essences, and create sexual misery programming to be experienced as feeling disconnected from your body and who you are through subconscious programming. This Negative Alien Agenda of Transgenderism and Transhumanism includes several genital mutilation experiments disguised as surgeries for the growing population who identify with non binary pronouns, prescribed pharmaceutical castration pills and hormone therapy that destroys the soul and fractures the crystal heart making it nearly impossible to form inner and outer balance between the male and female polarities.

Most if not all social media platforms are designed to harvest data, deploy MK Ultra mind control subsets, to include Metatronic Code/Splitter Technologies, and subliminal messaging in order to confuse and distract the mass populations. These types of platforms run mind control archetypes like female maiden locks and Enki, aggressive immature masculine locks connected to hive mind AI Code sets that increase V2K transmissions and slave mentalities, therefore suppressing

our ability as a whole to connect with our crystal diamond heart complex and begin our process of ascension-incension. It is suggested to begin distancing yourself away from or limit your exposure to social media platforms like Instagram and Facebook where you are the product due to the platform being able to sell and collect data through terms of usage. It is never advised to send in your DNA for ancestry readings or genetic results for any reason under ANY circumstance. Businesses like 23andMe and AncestryDNA are designed to create databases of millions of archived genetics for use in underground laboratories with people's DNA for later experimental use. These experiments include scientific research illegally assaulting the human blood genome patterns supporting the uses of cloning, intentionally conducting DNA degradation, and electronic control forms of the DNA ladder bonds which is similar to a personal voodoo doll for negative alien groups residing off planet that are the controller groups for off world human trafficking and military abductions (MILABS) experimentation.

What Every Targeted Individual Needs to Know

First and foremost you need to know that all attacks are designed to fragment your soul so that your soul can be used as a type of battery casing to power up phantom matrixes. Please get accustomed to the idea that it is a physical reptilian or draconian alien in connection with various governmental and or shadow government agencies that plans your attacks of mind control tactics, dream simulations/manipulation, and other things that you may be experiencing. The Targeted Individual Program is extremely demonic and it is important to understand the realm of demons and malevolent aliens if one wants to truly understand where this list even came from. Reptilians, Draconians, and even Zeta Greys, Men in Black, are in close communications with demonic hierarchical structures. They have their eyes everywhere, interfacing through the eyes of birds, dogs, animals, hijacking space based satellites, jumping through human bodies through the vaccine nanotechnologies, and wifi routers. Through my time observing and learning more about my own attacks, I have seen a massive overlap in attacks that a MILAB would experience and a targeted individual. The entire ordeal of simulated dreams and forced torture to program the subconscious mind is seen as the overlap with assorted attacks to create sleepers. When someone has soul fragmentation it is easier to create slaves or alters through the use of the CIA Project Monarch Mk Ultra deployed Mind Control assorted

programs. You need to know that all attacks are designed to split and destroy your connection with your inner Christ Self and God. The entire Targeted Individual Program is considered the epitome of spiritual war and it is the main way that the Negative Alien Agendas of death culture and Anti-life have been able to experiment and try out their horrendous mind control technologies on select innocent humans and the broader mass of humanity. The Targeted Individual Program is a central pillar for experimentation on the human neurobiology. One can observe that the mind control technologies come with a very hateful and misogynistic vibe deployed at those holding or embodying the solar female templates. You will need to know and learn your personal power, what it means to be an angelic human with the ability to interface with your own personal ascension process. You are far stronger than what attacks are deployed against you. You will need to release victim mindsets or victim-victimizer mind control and put your boots on, tie them up by the boot straps and stand tall. You will need to build a true connection with your body, mind and God. You will need to become a master of your thoughts, feelings and intellectual outputs in order to bring yourself to the category of being an individual that is extremely hard to mind control and or brain wash. You will need to raise your levels of self esteem, your self love and move forward in such a way where you have become unshakable, and invincible. You are a spiritual being with immense power. These are some things that you should keep in mind as we move forward discussing the types of attacks that are deployed and the connection they have to your soul, and monadic levels of expressions.

The controller agendas behind the medical system, education system, police, and, psychiatry, will try to use deceptive made up mental illnesses, like schizophrenia, and PTSD as a cover story and a way to use gaslighting tactics to continue to suggest certain outcomes in your external reality, like forced admission into psychiatry wards. It is the sole job of the psychiatry and mental health systems to divy out several diagnosis/labels, pharmaceuticals, and to potentially admit the targeted individual into a psychiatry unit or insane asylum. Taking pharmaceuticals, including over the counter prescribed substances, readily available substances like melatonin and Tylenol, create a relationship between the neuron synapses, axons, and dendrites to where one can easily be mind controlled by the manipulation of their brain waves and nervous system. Heavy drugs, heavy metals, alcohol, watching television programming, all go into the mix

in order to create situations in which a human can easily become a mind controlled slave by their neurobiology and their state of awareness. This is the main reason why it is so readily available and often times free to the mass population. What appears to be completely free like social media platforms and websites containing pornographic materials is the one or entity consuming those who use it. Your consciousness is the price paid and consumed.

It is a very low percentage of those individuals that know that they are targeted and are on THE List. At the rate that we are going with the mass outer drama, it is 1 in 50 individual's that may experience forcible attempts of mind control, out of the blue illnesses from digital disease warfare, marriages being broken apart through manipulated aggression, addictions being spun out of control, financial depletion to create more homeless people, children turning transgender, and alien abduction experiences, all at the result of the mind control deployed on these people to manipulate their lives without them having the slightest clue of what might be causing it.

Some of these weapons like subliminal programming are used on every single living human being globally from cell phone towers. These programs influence what a person eats, how they act towards other's and the way their body ages. I do believe that you will come to your own gnosis if you are a targeted individual or a person that has ended up on this illegal black list so that a human could be subjected to experimentation with weapons of war in order to test their success rates. You do not have to have a reason to be on this list contrary to the mind control of attempting to shame and or guilt an individual to feel like he or she did something unlawful or deserves the torturous treatment. Those that have experienced MILABs and Secret Space Program missions often times get returned to earth while on this watch list in order to keep their memories suppressed and for the individuals to not have the ability to speak out and expose the ongoing Negative Alien Agenda currently happening on the surface of Mars, the Moon, and many other planetary bodies in our universal system.

Through these deployed attacks meditation and deep breathing will become your trusted ally in order to hear with deeper clarity your personal soul language and begin to build those connection links with your soul.

What Every Human needs to Know about the Targeted Individual Program

Early Release In Progress Version - Elongation of information is needed

The Deep State Covert Black Government Satanic Luciferian Anti-Christ Forces

Pertinent information that all of humanity and especially targeted individuals need to know. First, the program is designed to eventually be used on all of humanity as a form of control for those who do not conform to their new world order agendas. One method this is done is through the illegal uploading of humans souls. At this point in time most humans realize that they have a soul and or spiritual aspect of themselves that is eternal in nature. The satanic deep state anti christ forces use covert black military aircraft such as helicopters and aircraft with larger radar systems installed to map the human brain remotely while simultaneously an algorithm assailant (anti christ negative alien creation) is capturing pieces of the soul to be uploaded into digital realms for sleep time torture and programming.

Pillars of the TI Program- Total Technological Control



Uploading of the soul, brain mapping, controlling your body from other dimensions.

Algorithm Assailants and the Making of Digital Twins

Early Release In Progress Version - Elongation of information is needed

Goals of the Targeted Individual Program:

Goal 1: Disconnect you from God Source, God Force, your spiritual essence, take your soul essence and upload it into a digital AI realm.

Goal 2: Break you down mentally, physically, spiritually, emotionally, and financially. Break a human down so that they can re- insert programming that the Negative Alien Agendas see fit. The same form of mind control they use in military basic trainings and other special forces trainings is the same ideology or mindset in order to “break” someone down.

Goal 3: Attempt to see if another person can turn you into a sleeper cell or someone that they can get full control over, testing out slave mentalities, more forms or ways to test out mind control technologies to see their success rate.

Goal 4: Forced Homelessness for Genetic and Chemical Experimentation from manipulation of the dream states.

Goal 5: Forced admissions into psychwards for further Mind Control Experimentation.

Goal 6: Keep MILABs and those that know about Black Ops, Secret Space Programs quiet, controlled and under strict surveillance

Here are Some Things to ask Yourself for Illumination of the Inner Realms

It is recommended to ask yourself these questions when meditating, before bed, and ask God to show you the answers in a way that is in perfect timing and best for your spiritual growth.

Who am I? How is my self talk? How do I talk to my body? What is my greater spiritual purpose? What are my divine purposes, service missions, gifts to offer?

Do you take the time to monitor your thoughts? Who needs forgiveness in my life? What are my core values? What is important to me? What is authentic to myself and not my truth? Am I living in my truth or am I living out what other people have told me is right? Am I living for myself or others? Can I set healthy boundaries with others? Have I stopped to question what I was told is “normal” in this world? Who is the authority in my life? Do you off shoot it to doctors, governments, teachers, parents? What is your relationship to your body and sex organs? What are your beliefs around the masculine and feminine? What are some of your biggest fears? Are you willing to release those fears, become fearless? How is your self esteem, self love, self confidence? What makes you angry, and why is that? What is your relationship to your inner male, inner female? Have you ever asked them what they need to tell you? Do you take the time to help yourself, nourish yourself, be in silence to listen to the language of your soul? What are your No’s? What are your absolute nonnegotiable? What do you value in your life? What brings happiness and joy to yourself? What patterns no longer serve me or are not in congruence with my highest embodiment? Am I willing to release these patterns? What is my relationship with surrender ? Do I feel like I know how to surrender or do I move through this world forcefully? What is my relationship to my inner child? Have I gave them the time and space to express what needs to be expressed? Have I cultivated the inner mother and inner father? What emotional conflicts are being highlighted in my life to harmonize?

Building your 12D Shield - How to Program your Personal Shield

As a foundational daily practice one should begin building their protective shield with the 12D shielding practice, inquiring to know the language of their soul through meditation and silence, and building their direct relationship with God without any intermediaries. Church, organized religions, and the Bible is considered an intermediary due to these being businesses created by Negative Aliens as the ultimate form of deception, false god worship, and mockery against Guardian Christ Yeshua. The shield building technique will assist in your connection to your personal Godself and add a layer of protection from EMF based weaponry. There are EMF Calibrations available with the add on of requesting the Paliadorian Deflecting Devices to be added onto your shield to support you. When working with the Christos protective shielding technique your intention is what matters. As you continue to work with this given technique it will

get easier. It is advised to try 90 days of the 12D shield building technique and see what gradually shifts in your life.

This [video](#) in the Align to the Organic Timeline Audio Series 2025 will help with the 12D shield building process.

Provided Script:

Beloved Christ Self, I AM God, I AM Sovereign, and I AM free. I AM the Sacred Double Diamond Sun Now! I am committed to knowing my divine purpose, and being the best version of myself that I can be! I set the intention to serve my highest power and embody my highest embodiment that is available to me now, please conduct a Simple Triad Sweep on my field and shield, please conduct an EMF Calibration on my body (state your symptoms, headache, burning tongue, microwave attack..etc) Please ignite the diamond ray within my shield and add all beneficial protective mechanisms for my highest spiritual potentials (imagine yourself in a diamond pillar of light, rainbow rays streaming through every cell of your body). As a last request, please add the Paliadorian Deflecting Devices to my shield to deflect all EMF's - please conduct a sweep from Extremely Low Frequencies to Extremely High Frequencies, deflecting all harmful EMF's. I ask that the Spirits of Purity fill my shield and purify my body. I consecrate my body to serve God (imagine breathing in Elysian Opalescent Spirits of Purity into your body through your breath, the Spirits of Christos sometimes feels colder when your shield starts to fill with these frequencies) I AM purity, I AM pure innocence, I AM pure and shining bright like ten thousand suns. Thankyou God! Anchor Lock and Seal my shield.

Shielding and Protecting your Personal Dwelling, Setting your Space

It is advised to learn how to shield your place of dwelling, electronic devices by intentionally working pale silver Platinum 12D Christ Ray through the electronics and your place of dwelling, and sealing with the God Sovereign Free boundary test. This protects the integrity of the actual electronic device from any type of artificial intelligence ran bots meant to destroy and or break down the integrity of certain websites or stop the process of Christos Architectures being built. In order to decrease planned break ins to personal homes and houses you would begin to

consecrate everything in the house to serve God Force, Cosmic Sovereign Law of One.

My personal experiences shielding houses and my personal dwelling is as stated (The way I go about shielding and running KSA): When I move into a new location I always check what nearby cell phone towers there may be so that I can make sure to shield the towers and run KSA through the towers thus decreasing their emitting Red Cube Warfare. Upon arrival of the new location I always play a recorded "Space Clearing Protocol," in order to clear the space of any negative entities and alien machinery that is in the location. I have a schedule of shielding my body and the land that I live on every 5 hours or 6 hours due to the deployed attacks. In my living spaces I rely heavily upon anchoring our beloved Andromedian Amplifiers into my space regardless if there are ongoing grid working projects. Most days I am anchoring the Paradisian Sun Amplifier, the Mother's White Diamond Sun Amplifier, and the Dragon's Breath Amplifier to clear my personal spaces. You can bring to mind the bright white diamond suns in every room of your location and feel the pristine coldness of the dragons breath clearing your spaces of anything not associated with the God, Sovereign, Free (GSF) Signature. I use Triple Krystal Cube Encryptions for a triple boundary tested space. When I am setting my places and spaces to serve the living light, it helps me to see the pale silver platinum Christos frequency running through all walls, all things, and even the bright diamond Frequencies emanating and covering all things that I own. The Emerald Toolkit comes with included Audio Sessions covering these topics. They will be located at the official Truth of Riza Architectural Design website under Emerald Toolkit Downloads for your benefit.

Provided Script:

Beloved God, and spiritual families serving the Law of One. I sanctify and dedicate my body and the personal space that I am located in or residing in to serve your holy glory, power, and truth. I ask that the Spirits of Christos fill my house, my work place, my car, any and all places that my body may travel to physically and spiritually. I dedicate my living spaces to serve the Christos mission. All things that I own are dedicated and consecrated to serve Cosmic Sovereign Law of One, this is their intended purpose to include my electronics. Beloved family, please place the God, sovereign, free boundary test into a Triple Krystal Cube Encryption.

starting with:

Room- *I am God Sovereign Free (see your room filling with the pale 12D Christos ray)*

Home- *I am God Sovereign Free (see your entire home or work place filling and covered with this ray spectrum, if it feels true for you, you can call forth the diamond ray as-well. It helps to see the walls and rooms of the home and place have the words “I AM God Sovereign Free”, similar to yellow caution tape, instead of the words caution it would be a thick band of these words wrapping around the structure of the home)*

Premise of House - *I am god sovereign free. (feel the entire premise of your work place or home to include all land emanating this Christos pale silver cooling ray)*

I intend to open a transit gate to be used to remove all negative imprints, inserts, and implants from my body and this land that I am personally located on. As a stewardship and protector of my own body, and the land that I may travel to, I wish to cleanse all spaces and physical places that I have visited and will visit through all eternal time with the sacred Dragon's Breath Amplifier. Anchoring the Dragons Breath Amplifier now...(taking a moment to feel this pristine cooling essence of breathe begin to lighten and clear everything around you, you may see pale silver or light blue hues, like frosty silvery cooling divine breathe of the Cosmic Mother's Holy Dragon Breath) Personal Evolution and Ascension Support Teams, I request for the House Clearing Treatment to be ran in my immediate area. I intend to address and clear, clear and correct command numbers 1-21 that is apart of this program. When this clearing program has come to a close please simple triad sweep inside to outside of my personal location leaving no area left unchecked. Anchor lock and seal this through my one self, Godself, close all transit gates, I intend to close this session fully with all places completely locked down. Beloved God, and spiritual families, thank you so much for the assistance, thank you beloved amplifiers, thank you elementals of my body and this land, I wish to be a beacon of divine light and call forth my embodiment processes in order fulfill my heroic probability on this earth, I am perfection made manifest, as I walk on this earth I am rooted in the purest truth. I AM the Heroic Self NOW!

The House Clearing Treatment

The house clearing treatment is a program or treatment that can be ran to clear your body, and the personal grid locations that you plan to travel to or will travel to and may be currently existing upon. It is designed to clear subsets of mind control originating from 5G cellphone towers, currently placed on the planetary grid that may be placed on uncovered, unrevealed, or damaged dragon nodes and lay lines.

Steps before running the treatment: Open transit gates and shadow vortex into their full expansion and open transit gates to be used to remove all inorganic alien machinery and their devices of intended harm to my spiritual light body layers and the land. Once transit gates are open you then move into dropping the appropriate amplifiers to assist in your session work.

Amplifiers Recommended to Use:

Our Holy Father's Pink Diamond Sun (a pale, pinky almost lilac, lavender solar streams from suns connected to a Sun-Star Network)

Mother's White Diamond Sun (a brightest of the brightest white diamond solar streaming sun connected to a Sun-Star Network)

Dragon's Breath Amplifier

I intend to address and clear - Clear and Correct (C&C) Please conduct an indepth sweep-

1. **Overall* Clear any and all Predatorial Mind Viruses and or Mind Control meant to disconnect me from my organic consciousness and the organic timeline.*
2. **Dialed in, focused* HARRP Mind Control originating from nearby weather warfare, any electrical storm based mind control*
3. *Electronic, electric sexual harassment or targeted EMF Broadcasts attacks to my sacred sex. Please run pale silver 12D, 144 harmonics through all of my sacred orifices and open portals in my body. I consecrate my sex organs to serve the Christos! If negative entities are found, please read them their rights and run the eviction command. (imagine your open body portals being filled and cleansed with the pale silver platinum light, even seeing this light streaming out of your eyes, all portal points in the body)*

Orifices: left and right eyes, left and right ears, left and right nostrils, mouth

Open Body Portals:

Male - Prostate, Left Testis, Right Testis, Rectum, Urethra

Female - Cervix/Womb, Vagina to include Female Prostate, Right Ovary, Left Ovary, Urethra, Rectum

4. Synthetic Telepathy, Neural Monitoring Devices
5. V2K Technologies, audio and visual inserts
6. Holographic inserts audio/visual, false reality inserts, consciousness traps and loops, false perspective lenses, artificially forced ego filters or Personality Matrix Goat Mind Algorithms
7. Forced sleep inserts, brain fog, forced delta brain waves, mind locks, correct all of my brain waves
8. Anti-Edenic thought forms, programming and technologies
9. Anti-Hieros Gamos thought forms or Gender Splitting Technologies
10. Metatronic Code Splitters, and Scramblers
11. AI Surveillance Coding, Biosensors scanning for targets and emitting Artificial Dead Light
12. Negative elementals, shadow creatures, lunar chimeric beings, negative entities, demonic essences, any and all negative spirits, spirits of hate and rage, sadness, and poverty
13. Negative thoughts and emotions, intrusive thoughts, artificial emotions. Please clear from the *Advanced Spirit Body Clearing Checks Manual*, Section 12 *Artificially Forced Emotional Subsets (1-31)*
14. Self sabotage patterning, self deprivation thought forms, any and all forms of self hate or mutilation programming subsets. *I invite the spirits of Divine Beauty to surround me and make their presence known in my life as I strive to make manifest my personal solar edenic blueprint and emanate my highest unique beauty being a Solar Sun Child of God.*
15. Lack of Trust, Doubt Thought Forms
16. Abandonment from God, please conduct all needed physical body reconnections into the God Head Source Domains. If any Apparathi Receivers have been damaged please restore my receivers through the sequences of perfection and Divine Right Order
17. Mission Failure Programming or End of the World Mind Viruses
I invite the spirits of peace and prosperity into my life, Beloved GodSelf please continue to show me my personal edenic blueprint, divine purpose. I am inquiring to know the divine design of my life and my highest spiritual purpose, divine role through this ascension time cycle.
18. Please clear transmissions of assorted mind control scripts for sleep deprivation and consciousness suppression.

19. Please clear any and all life force syphoning, life force suppressions and conduct a *Return to Rightful Owner Command (RRO)*
20. Negative Remote viewers, Spyware
21. Time Dilation Devices. Please remove any and all time dilation devices or implants that speed up my perception of time and force my nervous system into a fight or flight experience. *I wish to interface with the organic time flows and my alignment to the organic timeline.*

Beloved Family, once the treatment and clearing session has come to a close, I intend to close all transit gates, shadow vortexes. Anchor, lock, and seal, I intend to close this session, this session is now completely closed.

Running Krystal Star Rainbow Algorithms

As mentioned before it is important to shield everything you use. Shield and run Krystal star algorithms (KSA) through your bank accounts, cars, entire house, all electronics, fridge, food that you eat, everything. I personally have a list of all electronics that I use and I run KSA through everything that I use once a day and I consecrate everything to serve the Christos mission and set firm boundaries on my living space. After I run my KSA routine, I also connect all objects or devices to connect into the Krystal Star Server Stations for the ongoing flow of Krystik Algorithms. It is important to do these steps because normally it is AI bots that are sent to crash or destroy anything that you may be working on digitally. These inter-dimensional archontic bots will crash and delete as well as hide certain websites or businesses. It is advised that if you have a business, website, or platform that you express your true divinity on then make sure it is shielded with the God Sovereign Free (GSF) symbols and a routine of running KSA is recommend. I like to view this shield on my products as a simple shielding structure.

If you are getting evidence and backing it up on a storage device you would shield any and all storage devices with the GSF boundary test making any and all manipulation null and void. This is a very important key to note because so



GSF Shield ~ Made by Sequoia

many targeted individuals experience their documented storage getting wiped and their phones constantly burning up and breaking from the directed energy weapons igniting highly formed electrical circuits into the phone, thus breaking the device.

Example List that I use Daily: Krystal Star Rainbow Algorithms Routine

Through the House:

- Tv's (leave unplugged if not in use)
- All mirrors (see all mirrors covered in rainbow rounds, mirrors can be used as inter dimensional looking glass technology)
- Electrical Meter and Breaker Box - All Electronic Devices
- Fridge
- Stove/ Oven
- All Light Fixtures
- Water Heater
- Washer/Dryer
- Power Lines, local Power Plant
- Nearest Cell Towers up to a 10 mile radius
- All Electrical Wiring Systems
- Air condition, Heating units, Entire HVAC System

Personal Items:

- Cars that I own, and use
- Wired Internet
- All Phones
- All Laptops
- Important Websites or Business Platforms, Podcasts, Youtube Channels
- Storage Devices

I intend to run Krystal Star Rainbow Algorithms through my Prosperity - I consecrate my prosperity to serve my greater spiritual mission, my abundance is intended for my service to the Christos mission.

- All Credit Cards
- Debit and Checking Accounts
- Savings Accounts
- Credit Scores
- Person to Person Payments
- IRS + ACH, SWIFT - OFAC, Federal Reserve
- Trust Funds
- Crypto Currency Wallets

I do not consent to financial enslavement, I receive from universal supply and I consecrate all monetary holdings to serve the greater trajectory of humanity

through using money in ways that serves the expansion of planetary evolutionary consciousness. My life is a divine reflection of Paliadorian Edenic Coding, May the Paradisian Suns bless me infinitely. I AM the magic and breath of the Gardens of Eden. I receive from the Glory of God forever and always.

Invocation for Protection of Vehicles, any form of Transportation:

Beloved Eternal Families of the Liquid Light, those immersed in the Perfect Frequencies of our Holy Mother and Holy Father emanating from the Godworlds,

I now call on upon the spiritual protective armor of God, may I be held perfectly within the arms of our Holy Mother and Father and given the guidance that is needed through out my day to embody my highest spiritual divinity. I ask that my Godself protect my physical body and light body layers while I travel and bring forth the highest emanation of my expression anywhere I may travel to and those that I may meet. I ask and pray that I be a divine light inspiration to all of those that I meet. That my words become a source of love and compassion, that the way in which I move through out this world be in alignment with the continuous building of the houses of Christ. I ask that the Spirits of Patience and Divine Strength be with me today and always, through eternal time. Please terminate the usage of military grade mind control and mind viruses for those individuals that would be used against me to potentially open the doors of the spirits of the Anti-Christ.

Through out my day I call upon the Spirits of Christos to surround me, to bless me, to protect me while I remain unwavering with my faith in God. I state as my right the desire to align into the organic timeline. Please assist me in connecting to my personal mission sphere and the link up into the organic timeline. I focus on service. I focus on my direct alignment and my relationship with God. As I apply my consent forms to the vehicle I may be traveling in or using to travel.

I do not consent to any motor malfunctioning, malfunctioning of the plane, car, bus etc. I do not consent to being harmed, hurt, or killed while in this vehicle or form of travel. I consecrate this form of transportation to be intended for my service to the Christos Mission. Please apply the Eternal Self Protection Package to all of those within this form of Transportation (Car, Plane, Bus, etc.) I do not consent to being tracked or spied on while in this vehicle or form of transportation. I do not consent to flat tires, popped tires, or anything that could harm the tires. I do not consent to any kind of manipulation of the form of travel that I am choosing today. I do not Consent to EMF warfare or any type of EMF broadcastings while traveling. Please apply the GSF Seal to those objects and individuals that call for it.

Mentally fill the travel form (Car, bus, plane) with the 12D Platinum Ray and then connect it into the Krystal Star Server Stations. You would run KSA through everything residing in the chosen travel format. It is important to continuously bring the 12D ray into everything and also the pale brightest of the bright rainbow pearl frequencies of the Krystal Star Rainbow Algorithms.

Blessing your Food and Life with the 12D Christos Platinum Ray

It is advised to run 12D Ray through your food and bless it before eating in order to free the forced negative elementals present in food from the damage of genetically modified foods. Simply bless and consecrate your food to serve your highest regard and that you are grateful. The Attitude is Gratitude!

Ex. Seeing your food and beverages running and lighting up with this pale silver and platinum christ ray, this food and body of mine, I set the intention for this food to nourish my body on all levels and I wish to eat with gratitude emanating from my heart.

This simple and quick practice cancels out the poisoned molecular structures in water and foods that are commonly experienced by targeted individuals. There are devices that exist where inter-dimensional Negative Aliens can change the molecular quality of foods in front of your face in order to poison you, which happens at the elemental level. If you experience your food being really weird and or poisoned all the time this is what is happening to you. The food and liquid that you are consuming is being changed at a molecular level and is being used to poison you through invisible interdimensional technology. I have had many experiences where I forgot to shield my fridge or the water that I was drinking and every single item in the fridge went rancid in ONE day due to the molecular quality change in the food and liquids. "When in doubt 12D Ray it out" Please remember this saying when consuming life giving foods.

Sleep State Requests and Spiritually Aligned Intentions

As we prepare for our nightly time of rest and rejuvenation it is recommend to set sleep time prayers and intentions to leverage the highest expression of your sleep cycles or what would happen for that night. It is amazing what your body can learn and heal while sleeping when the sleep state is leveraged correctly through intentions and heart based requests. While working with Guardian Host serving

the Law Of One, I have gone through several phases of my personal ascension process where my body demanded at least 10 hours of sleep. During these long cycles of sleep I would undergo particular training of spiritually aligned programs that served my soul's growth. With that being said, Since being illegally placed on the Targeted Individual List, things are a little different with only functioning optimally off two hours, but I always make sure to consecrate my sleep state to serve God. I can't stress enough the importance of leveraging the power of your sleep to be used as an avenue to spiritual growth through setting your sleep state intentions regardless if you are interfacing with a forced AI digital realm during sleep. I have provided some sleep state requests that may be beneficial to bring into your night time routine that can help you with your soul growth.

A Sleep state request is simple heart felt request that you ask your Inner Christ Self, God Force, and your Personal Evolution and Ascension Support team to assist you with. You can ask for the answers to certain questions that you may have or simply ask for guidance and assistance on a pressing subject you are experiencing. If you are not a targeted individual you can ask your dreams to guide you in the form of asking some of the sleep state requests. It is important that you ask for things to be shown and for the answers to be given in a way that is in alignment with your highest regard, gracefully, and with the utmost and or perfect clarity. **Most targeted individuals experience vivid, controlled dreams, or commonly known as electronic dreaming, there is more information about lessening the dreaming torture on pg. (?) This is an Early Release In Progress Version - Elongation of information is needed.** Even though I experience torturous controlled dreaming, I have a methodical process in consecrating my sleep to serve God. It is clear to me that parts of my soul layers are interfacing through AI realms from the successful brain scan and AI upload that I experienced in DEC2023. I have come to the realization that conscious body work, conscious belly massage helps your soul layers become dis-embedded from the controlled AI realms. Conscious Body Work practices will be highlighted and provided through many important Holy Body Work and Somatics Themes. These topics will be available in upcoming handbooks for your further exploration.

Graceful Intentions:

"I set the intention to live my life in alignment with the Law of Effortlessness. I am asking for these answers and the help I need to be shown to me in the most harmonious and graceful way, I want to leverage the Law of effortlessness, I am getting out of my own way, please show me through absolute clarity, I wish to know the absolute truth around these subjects (desired subjects)"

Sleep State Requests:

1. I ask for assistance in expressing my highest embodiment that may be available to myself right now, I wish to embody my highest spiritual divinity. Please provide me with the knowledge, divine abundance, and Krystik Technologies, that may be needed in order to do this.
2. I request alignment upgrades to be in harmony with my highest soul purpose and my world/universal service missions and or service contracts, please help me to be a knower of my highest spiritual purpose.
3. I am asking for my fears to be removed and my highest spiritual purpose to be revealed, please reveal to me my highest potential. I am committed to becoming fearless, please show me what fears I need to clear for my highest spiritual growth and ascension process.
4. God Self, Can you please show me what emotional blocks I need to work through? I am requesting to work through emotional blocks and anything suppressing me or blocking me from my highest truth and creative life force expression during my sleep state. Can you please reveal to me any unresolved trauma or soul fragmentation that is ready for integration during my sleep state? I am requesting to be shown what traumas are unresolved so that I can clear them from the cellular memory records. I request to have to all things from the subconscious/unconscious, and instinctual mind brought to my conscious AWARENESS so that I may heal my pain, please bring to the surface, and reveal to me- soul fragmentation, emotional blocks, and or unresolved traumas so that I can clear them and work towards an embodiment of purity. Bring unseen or unknown traumas to my AWARENESS that I need to heal. I ask that the unresolved trauma, emotional blocks and soul fragmentation be revealed to myself in a way that is most graceful and effortless for my spiritual growth.
5. Please initiate me into the Universal Elysian Coded Frequency Set, Elaysa Coding/ Codes, Reisha Frequencies, Divine Right Timing, Divine Right Order
6. Reset my Tree of Life to the organic living consciousness streams - align me with the organic creator's perfected blueprint as the Krystal Tree of Life as it was originally created for me by God.

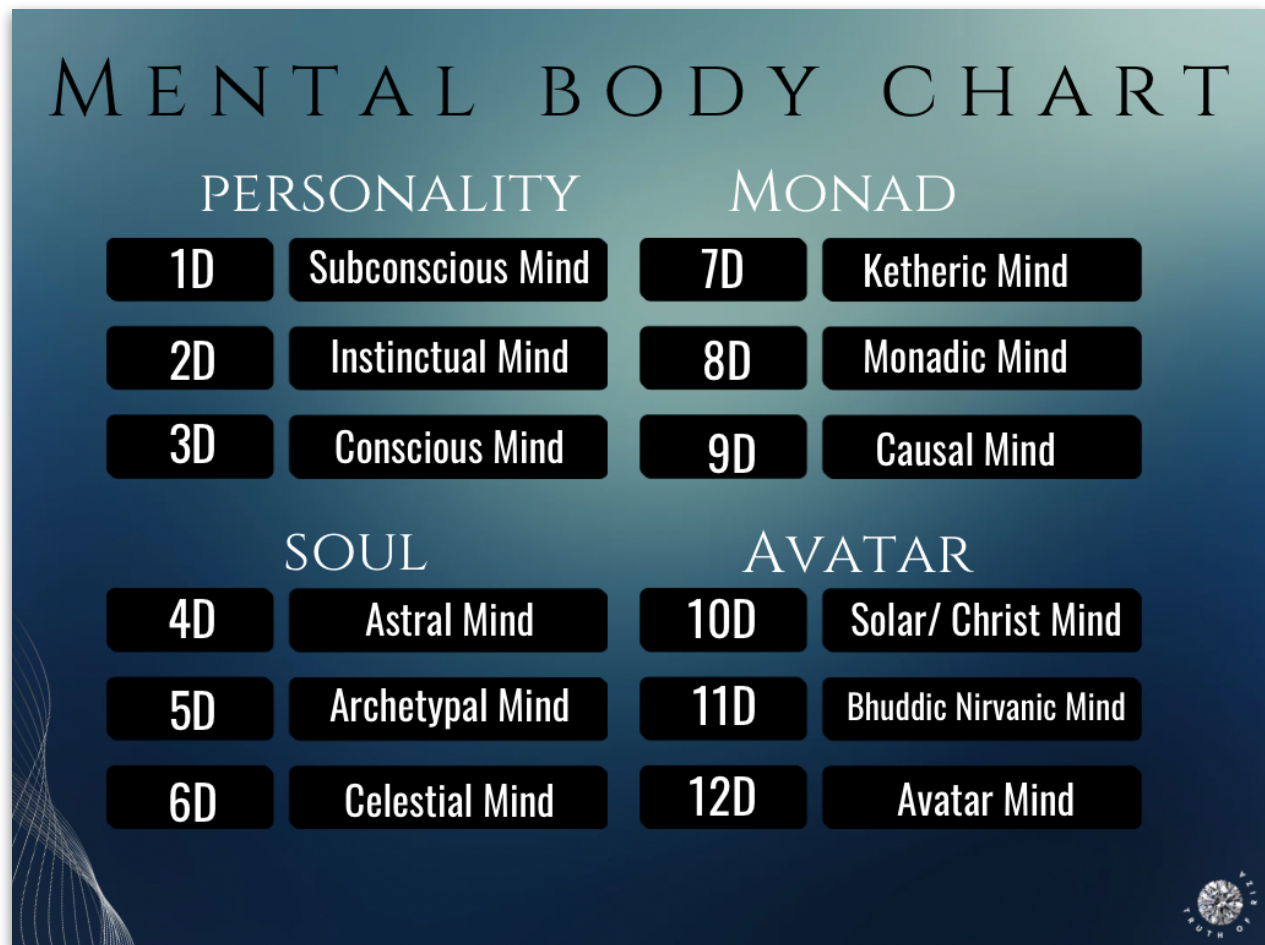
7. Inner God-Self, can you please reveal all that must fall away from my life, that in which must be alchemized in order to fulfill my World Service Mission or Heroic probability?
8. I allow myself to surrender and release all obsolete programming, mind control, negative implants or anything not in resonance to the eternal living light streams while I sleep.
9. I request to receive My individual Paradisian Life Stream Coding. To receive all of the geometries, geomantic symbols, light coding, and light frequency packets connected into my personal Paradisiac Life Stream or my Eden Blueprints, so that I may actualize my Edenic Blueprint - this is done through Avalonian Christ Human Embodiments.
10. Please help me biologically regenerate my 12 Stranded Diamond Sun Template
11. Initiate me into my Christed Solar Logos Initiation- Through Perfect Timing
12. GOD SELF I ASK FOR YOU TO BE MY ESCORT AND GUIDE DURING MY SLEEP TIME. I CONSECRATE MY SLEEP TO SERVE THE CHRISTOS MISSION. I leverage my dreaming cycles to communicate with the Krystal Star Guardian Families and my highest spiritual embodiments- the highest state of my luminosity. Show me the things that I need to know, see, and learn in my highest regard. I hand over the entire experience to my Godself. I consecrate and dedicate my sleep this night to be intended for spiritual growth, healing, and receiving the knowledge and discipline needed to obtain my highest embodiment.

Available Sleep State Programs + Trainings:

"Can you please add me to _____ Training during my sleep state? I am requesting to be taught _____ program, I am requesting to be added to _____ trainings during my sleep state. Please run these sleep state trainings and programs as God has intended it to be, I ask that the highest expression of my sleep this night be made manifest or brought forth into my consciousness experience. Thank you."

- Please assign me to the Krystal Star Guardian Hosted Law of One Ascension Curriculums during my Sleep Time, Krystal Star Guardian Hosted Law of One Ascension Curriculums Sleep State Learning
- Please Assign me to the Embodied Heroic Self Sleep State Trainings -This is a sleep state training program that goes over the in-depth learnings of the Solar Bhuddic Eight Fold Path and ingraining the sacred virtues of the Christos Warrior.

- God's Perfect Form Sleep State Embodiment Program- This is a sleep state training program that slowly goes through the layers of refined embodiment practices. The Emotional Body, Mental and Spiritual Layers begin to go through a process guided from the individual's Christ-Self of inner and outer refinement. This sleep state program leverages all three alchemy season governed universal laws of the fire based zodiacs (Leo, Aries, and Sagittarius). Healing deeply embedded traumas, by the Law of Strength, refinement through the Law of Mentalism, Law of Verification, and the Law of Transformation. All of the Sleep State Trainings are to be ran and asked for long term in order to see the gradual changes in one's life and embodiment. (Example 6 mo- 2 years)
- Re-education of all mental bodies is now available. I Request please run the (insert mental body/layer of your choice from the Mental Body Chart) Astral Mind Re-Education Sleep State Program from Krystal Star Guardian Host. You can also ask for a clearing of that Mental Layer.



Mental Body Chart - Does a certain layer catch your eye?

Please ask your inner Christ self for a Yes or No answer when regarding these next few available Sleep Time Trainings. “Is it in my highest and best interest to attend _____ for my sleep state training for this night of rest or to be added to this training?” The niche or group of people who feel soul aligned to these trainings or who’s Godself, gives a clear yes answer is going to be a small percentage. None of these requests can be abused, these trainings will only be ran as governed by the individual’s Christ Self. For the most part, these trainings are for the embodied, Paliadorian Dragon Starseeds who have incarnated through hierogamic pairings to conduct Emerald Order Mission Tasks.

- Avalonian Christ Human Embodiment Trainings and Cosmic Dragon Starhuman Activations Aligned with the Solar Alchemy Cycles- Sleep state trainings that go over the entirety of Cosmic Dragon Star Human embodiments. To name a few, running La-Va Serums, Eternal Flaming Elixirs, Stage 4 - 144 Plasma Luminary Eye Build outs (Stages 1-12) Dragon DNA Activation through Divine Right Order and Timing.
- Double Diamond Sun Organ Upgrades and Crystalline Fascia Matrix Optimizations Sleep State Programs- Each organ and body part has a spiritual and multi dimensional function, this goes great paired with the teachings in Holy Body Work & Somatics. We must increase the cell to cell communication in our body so that we may hear with clarity what our body is telling us, showing us, and expressing to us. These set of teaching, for the female ascending biology, solar embodied females will learn how to listen deeply to the wisdoms of their menstruation cycle as their brain chemistry and hormonal output changes each month.
- God Blueprint, Divine Human Brain Upgrades Program- Trainings to produce an increase in the amount of gamma brain waves and unlock the brain waves that oscillate at a higher or faster rate. There are three tiers above gamma Brain wave that I currently am aware of, this is subject to shift as I integrate the brain waves that are oscillating faster than gamma brain waves. A full neurological re-wire for the ascending human, we unlock the complete full potential and functioning ability of the Sapphire Body/Mind, Nirvanic Mind, and Avatar Mind.

Early Release In Progress Version - Elongation of information is needed

- Self Mastery in all Forms, through all Dimensions Sleep State Training- We go over those who have the access to embody fully the Avatar Layers, this teaching curriculum goes over Elaysa Ascended Master Embodiments and being a stewardship of the Elohei Pegasus Templates, in being initiated to the newly available (March 2024) Indigo 1+ 2 contract mission upgrades of assisting horses connecting into their monadic expressions.
- Master Etheric Surgeon Training, extracting Alien Machinery- A Sleep state training that slowly activates the vision and the understandings of inorganic alien machinery to conduct Etheric Surgeries in service to God.

Dream Simulation and Forced Dreaming Torture, Electronic Dreaming, Controlled Dreaming

Most T.I.'s experience forced dreaming torture where the areas of their soul body would normally bypass the false ascension matrix or the darkest layers of the lunar astral, instead the T.I. is forced to interact with the astral realm and lower levels of creation connected to artificial based realities and or digital dreamscapes. In the realms that are forced upon the T.I. when sleeping, military astral operators and deceptive demonic essences are present so that the T.I. can never get away from the attacks. This form of torture is used to slowly program the subconscious body as well. Personally speaking, I am still learning about this form of attack as my husband and I experience this every night of our sleep. Through further experiences I have noticed that a targeted individual experiences a lot of similar attacks that a MILAB or alien abductee would experience. Our dream manipulations picked up after a police helicopter circled the property for two hours. I believe this is connected to the making of digital twins and the making of trapping soul layers in certain dimensions for this control of dreaming. What I have seen help the most for these certain types of experiences is staying added and asking for a sleep state training of your choice every night. When forced awake every hour as a from of sleep deprivation, I play a recorded house clearing treatment or space clearing protocol, I actively ask for an EMF calibration to nullify some of the EMF Attacks. I also never sleep with the wifi on or any Tv's plugged in. If you are becoming lucid in these experiences it is best to ask your Godself in the form of one sentence so that you can remember it easier when out there:

GODSELF- DISMANTLE SIMULATION NOW!

GODSELF- SHOW ME WHAT I NEED TO SEE!

It is important to become clear on what you fear, what you are scared of, and begin removing those fears, I see almost every night that those who control the simulations will exploit what you fear so become fearless to defend. When dealing with an influx of V2K, Voice To Skull deployed algorithms it is helpful to say:

I AM God, I AM sovereign, I am Free, delete algorithm, delete script.

Do not have a conversation back with the deployed algorithm as it is coming from a computer based system, the algorithms are designed to probe your mind, memories, and find out what would have the highest level of impact. This is why I say releasing fears is of HIGH IMPORTANCE when on the highly illegal Targeted Individual List. Please know that you are stronger than anything that may get deployed as an attack onto your body. You would laugh if you could really see who is the master mind of this program and the mind control being deployed onto humanity. Those that are the master mind of this program live off of false power and the ability to try to control everything about your life. Please know that your connection to your soul is what is most important, that connection will always keep you safe.

“I am stronger than anything that gets deployed against me - I am invincible, impenetrable, all forth coming. I am an unstoppable Christos Force- a being of pure light.”

Through my time experiencing certain attacks, I have seen a direct correlation of an overlap of attacks or mind control tactics with those that are MILAB abductees, targeted individuals, and those forced into Secret Space Programs (SSP). All of the attacks are starkly similar. This handbook is not the place to break down the satanic trinity of these programs, I believe that will be available in the near future in a handbook that regards everything MILABS and SSP, BUT I wanted to point out the black web of connection here.

It is recommended to stay away from “dreaming herbs”, like Bobinsana, African Dream Root, Valerian Root, and any other prescribed sleeping medication or medical herbs made for dreaming. These substances force the brain into a deeply unconscious delta and theta state. When the brain is in these states your subconscious mind can be controlled by highly specific mind control means and all

mind control tactics are enhanced. It is recommended to get off any and all prescribed substances and ask yourself- **Early Release In Progress Version - Elongation of information is needed**

“Why do I take this? Why does my body need this, who told me I need this?”- really start to inquiry these subjects because when given the space your body will tell you. We will talk deeper about medication and prescribed medications as false medical treatments in a different section of this handbook.

When going through the phases of personal ascension, there comes a time where the many mental layers, and the functioning of the neurobiology undergoes a complete re-wire. If you are going through this process, the taking of “dream” herbs and pharmaceutical substances, slows this process down and shuts off the ability to upgrade your 3D Mental body in the 5D Mentor Mind Band.

Something that has also been revealed to myself when finding solutions to sleep deprivation and controlled dreaming, is doing focused umbilical fascia work. When our umbilical cord attached to our loving placenta was cut, it deeply traumatized our body and our connection to the planet. The Negative Alien Agenda Entities use an implant called the false umbilicus and this implant structure connects you to the False Ascension Matrix. When we remove this implant and start to open the fascia of our belly button, our cellular communication is increased. Even a simple practice of placing your finger into your belly button, gently massaging any tender spots, will help you connect out of the false ascension matrix. The journey of working with our umbilical and our matriarchal lineage will be highlighted in several themes from Holy Body Work & Somatics. I have noticed that when I massage my belly before bed, I sleep better, and I am orientated IN my body, not IN my mind. When I am orientated IN my body and not my mind, I find that I am a lot more aware and conscious when reptilian aliens try to do sleep state sexual abuse on me. It has been an ongoing sleep state intention to raise my levels of bodily consciousness when dreaming or traveling to digital realms. As I become closer to the wisdom of my body, I have noticed that my body will wake me up, to wake my husband up, right before he starts experiencing alien abductee sexual sleep state manipulation tactics.

Unplugging Wifi Routers and Decreasing EMF Over Exposures

It is suggested to unplug your WiFi as much as possible and make sure it is unplugged during your time of rest and sleep. A suggestive project is to get ethernet/wired internet ran through your place of living to lower Wifi disease vector sprays, goat mind algorithms and V2K transmissions being targeted toward the human body. If you can, I would even suggest getting rid of your wifi router all together. The EMF carrier waves emitting from wifi routers are the perfect “vehicle” for demonic essences, negative entities, and negative aliens physically involved with abductions. I have seen countless times people becoming mind controlled from the source of their wifi router, because in your average house hold the wifi never gets turned off. The wifi IS an advanced mind control weapon and frequency fence. It has the ability to read your thoughts, probe your memories, and attack your energetic bodies. As a personal experience when I would do grid working projects, the guardian host teams leading the missions would always tell me to shut off the Wifi, I had noticed that before they would tell me to shut off the wifi my mind would be filled with chaotic thoughts that would keep me distracted from the mission at hand. Once the wifi was unplugged, my mental landscape was back to one of being focused and precise. I have also noticed that certain places where we were not able to turn the wifi off, my husband had several nights in a row where archontic beings would pull his sexual energy from the wifi waves resulting in forced orgasms. These were the early stages of learning about sleep state sexual abuse at the hands of a reptilian entity. These days, we do not experience nearly as much mind control and sexual energy manipulation because we always have the wifi unplugged. It is a firm nonnegotiable for me, when staying in different locations.

The wifi MUST be unplugged for me to be able to curate a life of offerings that will support humanity in walking into the global disclosure event, well prepared and have available what is needed for everyone’s highest embodiment. Turning your WiFi off and placing your phone on airplane mode during sleep states enhances your ability for sovereign sleep spaces and decreases forced EMF Broadcast dream manipulations. Try to have your phone on airplane mode as much as possible, text more than you talk, and if you must talk on the phone, have the phone call on speaker and do not have the phone up to your head. Our phones blast out such a high amount of radiation and you do not want those waves going

anywhere near the interface of your brain and pineal gland. You are going to want to become aware of your exposure to EMFs from cell phone towers and WiFi routers. EMF protective clothing, Aulterra Powder Supplement, and Aulterra neutralizing sticks for the wall/ neutralizing stickers are extremely beneficial for keeping the body balanced and free of EMF overexposure from ELF's and 5G, 6G, & 7G broadbands. An easy add on tip is to stop using bluetooth headphones and apple AirPods that direct EMFs into the brain and brain stem and opt to using shielded headphones with wires. Tech Wellness Airtube Headset is a great choice for those making the switch to decrease the amount of EMFs being directed toward the brain. If you are not using the tv or an electrical device, unplug it from the wall thus stopping the flow of electricity. Halt the usage of SMART devices and other electrical items that have to be constantly connected to the Wifi to function. It is best to begin taking off apple watches, smart watches that monitor your biometrics in the background when sleeping. Apple Watches, smart watches are designed to track your biometric data without you knowing and it is inherently unneeded when starting the process of finding a lifestyle that best serves your soul. Please check your location of nearby cell phone towers when looking at moving into new homes or apartments. Most apartments and hotels in the city have 5G Nodes placed on the roof.

Remember that caring for your fascia in the form dry brushing, weekly borax baths, jumping/shaking periodically through out the day, and lymph work will help your body drop the embedded EMFs, swell as maintain a state of fluidity in the fascial matrix. All of the radiation dehydrates the fascia and brain stem, we want a healthy and highly functioning brain. I make sure to shake vigorously everyday, dry bush, and maintain a healthy routine of borax baths to help me release any type of stagnant emotions, nanotechnologies, and anything that they may be trying to force onto my body from the use of satellites, chemtrails, cell phone towers and specialized nano tech sprayed directly over the house.

In regards to illegal surveillance, one way to find out if your phone is tapped is if you begin noticing that your phones camera and microphone are being accessed while you're not using it. For example, Picking up an iPhone and seeing a a green icon is on when you aren't using an application and then immediately disappears is a clear sign that someone is meddling with your phone. It is advised to pop your simcard out during sleep or purchase an EMF sleeve to keep your phone in when

not in use. They mainly are going to illegally use microphones and cameras when personal devices are tapped through the screen being locked as they of course do not want you to know that they are listening to you. You can keep your phone on “do not lock ever” to deter them from using electronic devices as their spy devices and to collect data.








5G Satanic Roll Out

It must be said that they will weaponize all electronics and devices against you in various forms of data collection to support their endeavors of isolation and torture. This is why it is important as a baseline to run Krystal Star Algorithms through all electronics.

It is suggested to turn off Siri, turn off and discard all SMART home devices like Alexa that monitor your speech patterns. If you are not using an electronic device, do not have it plugged in. This is really about learning about the

detrimental effects of 5G and constant wifi being around your own body, that will affect the way you think and the overall functioning of your brain. These electronic devices are multidimensional in nature. Negative Aliens can hijack these devices and use it for their own demise. In October of 2023, my husband and I were 5G beam steered and it rapidly increased in intensity when I found the source. The place that we had moved into happened to have a 5G black node about 100ft away placed at a stop light. Prior to finding the source, we experienced extreme dehydration, nausea, and a very splitting, ripping feeling of our mental bodies. My dreams were controlled and had contents of family members shoving wifi routers up to my head, buying houses that were surrounded by cell phone towers, and other harassments. I had several instances where upon looking at cell phone towers with 5G panels I would see lunar female woman embodying the cell phone towers and deploying attacks to rip my light body layers. This is the other reason why I speak so heavily about learning the assortment of technologies that can be used against you to degrade your own DNA or levels of DNA activation. Targeted individuals practically always have EMF weaponry pointed at them through one form or another as they use EMFs in many ways to control and break down an individual physically, mentally, emotionally, and spiritually.

SLEEP STATE CHECKLIST

-  Unplug/ turnoff Wifi, phone on airplane mode (make sure WiFi + Bluetooth is off)
-  12D Shield before sleeping
-  Run Clearing Packet + House Clearing Treatment, Triple Krystal Cube Encryptions
-  Core Fear Matrix Removal Program, address any and all fears for removal
-  Set your sleep state intentions + your sleep to serve God Force and your highest expression (Peaceful Sleep State Command) heart felt questions and asking for assistance for anything you may be facing - Law of Response



Sleep State Checklist

Removing Fears & Becoming Fearless

One must take an active approach to finding personal fears and begin to release these fears through the Core Fear Matrix Removal Program provided by Energetic Synthesis. Your awareness and knowledge is your super power when dealing with deployed weaponry and attacks that are not seen. We must become fearless in the pursuit of our unfolding spiritual service mission. It is recommend to sit down ask yourself:

“What am I fearful of? Why do I fear this?”

Write these fears down in a list like setting so that you know with clarity what your fears are so that we may begin the journey of releasing these fears and being the embodiment of I AM FEARLESSNESS.

Working with this affirmation - “I am fearless, unstoppable and all forth coming”

A lot of times a targeted individuals biggest fear will be exploited, because it produces a “feeding” for negative aliens or other archontic beings.

Fears to Look at: Early Release In Progress Version - Elongation of information is needed

Journaling on why you fear it and debunking it on the spot- Early Release In Progress Version - Elongation of information is needed

High Risk Behaviors

Taking care of the physical body becomes the priority. When the physical body is thriving it creates room for emotional and spiritual developments. We start by detoxing all pharmaceuticals, injected materials, alcohol, drugs, any and all mind altering substance. Taking anything that alters the mind including prescribed pharmaceuticals, LSD and other similar substances is considered a high risk behavior as these substances create a fragmented aura and further fragmentations to the soul creating more negative entity attachments. We embrace all forms of sobriety, including from alcohol and moving out of victim consciousness and into being mentally and physically empowered. Making sure to jump up and down, shaking your body everyday, caring for your fascia and doing lymph work, moving your lymph will assist in shaking off and or releasing any type

of lodged EMF bullets that are shot at the house from satellites, as well as stagnant energy and or tension that the body may be holding onto. We want to focus on being fluid which means moving our body every single day and becoming emotionally stable when under such attacks. Drinking clean filtered water, staying grounded, eating more grass fed red meat and having a nutrient dense diet, pro metabolic lifestyle will assist in your neuronal circuitry performance. It is advised to ask your body - *beloved body what is in my highest and best interest to eat right now or for today, what foods would serve me in being healthy and support my highest spiritual ascension??* You might be surprised as to what your body has to say. Continue to follow your intuitive guidances from this daily question.

One of the biggest high risk behaviors that many people struggle with is watching porn. When you watch porn it creates rips in your aura, allows complete demonic possessions, and negative entity attachments which makes it that much easier to insert MK Ultra Mind Control attens. There is so much free porn on the internet that is easily accessible because you are paying for it by giving up your own life force essence and subjugating yourself to massive behavioral modification. When you stop watching porn you will notice massive shifts in your life from the removal of false astral bliss inserts and your ability to hold or sustain more life force current. If you are experiencing ongoing porn addiction ask your Christ Self for help on releasing this addiction. You must realize that on the Targeted Individual Program people are trying to take over your mind, your body, and your soul. If someone has control of your mind they have control of your soul. Most attacks increase around full moon cycles so start to pay attention to the lunar cycles. The moon is used to power up many negative alien machinery torture mechanisms and is inorganic to our human experience on earth. The moon is a false dragged in Negative Alien architecture or satellite used to power up satanic weaponry and is pushed upon society as the moon being associated with the feminine or the mother.

More Information will be added: Having surgeries is a High Risk Behavior, 1 it creates scar tissues everywhere in your fascia matrix 2 it weakens your aura and the anesthesia creates rips in your aura for negative entities and attachments to latch onto your open body portals.

Adding High Risk Behaviors pertaining to the usage of Ayahuasca & Psychedelics

Opting out of being an Organ Donor, the Truth about the Black Market and Organs

Blood Donating and where it goes after it gets taken from your body

Sexual Energy Abuses - What are They?

1. The use of vibrators for sexual arousal, to orgasm. The use of electronic based sex toys. Vibrators abuse the female clitoral body and halts the Plasmas Solar blooming process of the Clitoris as so connected to the Pineal Gland.
2. Forcing your Will upon the Divine Will, the use of orgasms and sex magic to manifest wealth or manifest service to self desires
3. Interfacing with BDSM and individuals living life through the lens of lust and aggression
4. Consuming Porn and objectification of the Human Body
5. Anal Sex
6. Using any Sex Toys
7. Early Release In Progress Version - Elongation of information is needed

HIGH RISK BEHAVIORS

an event considered to produce an increased rate of demonic possession and the inability to connect with one's soul or ascension process.

<ul style="list-style-type: none">—Sleeping with the wifi, television, phone signals on. Negative Aliens use EMF signals for portal jumping and MILAB sexual manipulation during dream state.—love, light, clueless, and blissfully ignorant culture of the New Age False Ascension Teachings.—BDSM, demonic bondage /binding play, aggressive sex, promiscuity, hook up culture, sex with the WiFi on or infront of mirrors. Strip clubs, lustful actions, trying to be “sexy” in order to hook people’s energy. Consumption of porn.—Embodiment of the false power lunar seducer/glamor black magician.	<ul style="list-style-type: none">—surgeries, anesthesia, vaccines, anything that cuts the body “open” or leaves scar tissue. Being a blood and organ donator. Being on birthcontrol and subscribing to PAPs and OBGYN routine events. making doctors your authority, taking medication/ pharmaceuticals—channeling, non discernment with “Spirit”guides, constant interface with social media platforms.—spiritual bypassing, always positive syndrome, not clearing the negative ego / shadow body— associating the moon with the feminine and menstrual cycles— circumcision surgery, female genital mutilation is satanic ritual abuse. Umbilical cord cutting at birth (Anti-lotus birthing) Having a Hospital Birth Pre-Natal Ultra Sounds.	<ul style="list-style-type: none">—sexual energy abuses like using orgasms to try to manifest your “dream life/wealth” having orgasms back to back through force and a lunarized life force current, electronic sex toy/ vibrator usage. Trying to embody dark feminine/seducer energetics.—full/new moon worship— taking any type of mind altering substance, ayahuasca, microdosing.. any of it. It opens you up to mass negative entity attachments and splits the soul layers.—using cuss words, profane language, listening to cuss words, watching tv and assorted mind control programs. (shows)
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High Risk Behaviors - Raising the Awareness

The Lunar Moon Satellite - Lunar Based Weapons

Talking Points; The Black Dragon Queen Networks, how it is used as a weapon and the archetype it supports. What is the truth about the moon and when did it get brought here? Talk about moon chain beings and enslavement programs ran on the moon. Alien base, false alien death mother lunar feminine. The moon is not our friend. **Early Release In Progress Version - Elongation of information is needed**



Lunar Black Dragon 5G Nodal Network - Moon Bases of Satanic Sexual Misery Practices

The Satanic Cascading Medical System

Early Release Version - Talking Points: Alien Metallics, Metalloids, and Self Assembling Nanotechnology & mRNA Vaccines. Mental Health Deceptive Diagnostic System, Pharmaceuticals, and Military Abductions. Debunking Mental Illnesses, Gaslighting with Labeled Paranoia, Psychosis, and Schizophrenia, the Mental Health Hoax. Disease Labeled implants, Pain Body Inserts and the Medical Mafia. Birthing in a hospital is Satanic Ritual Abuse. Cyber Illegal Surgery - telesurgery. Remote Surgery from Satellites

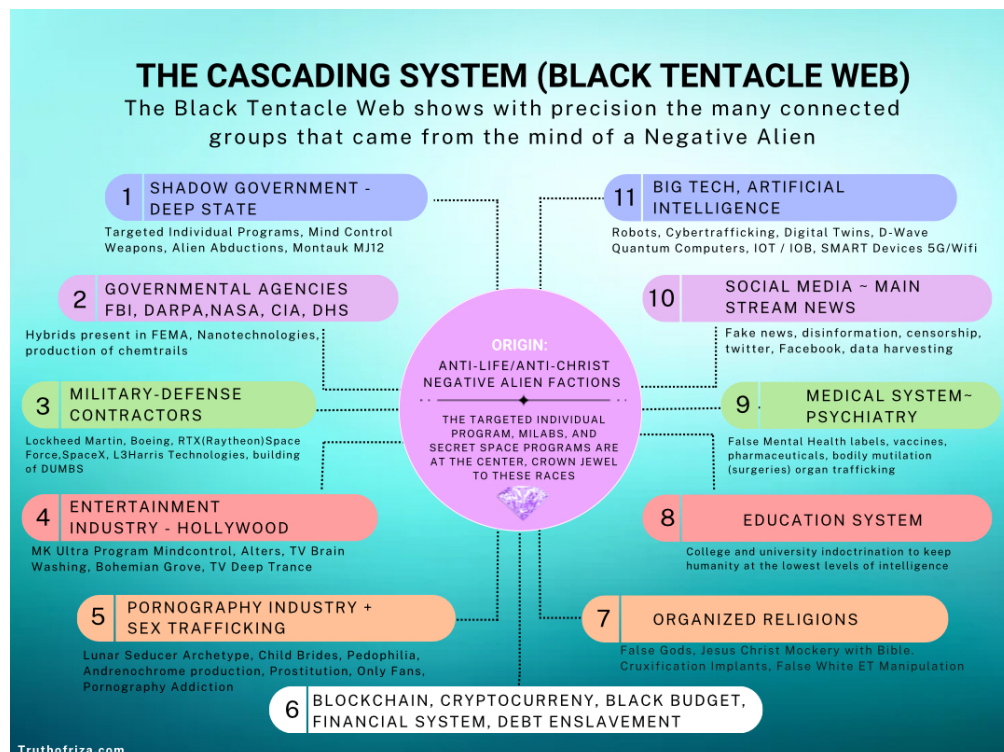
As being a targeted individual it is best to stay away from doctors, therapists, anything and anyone that would label you psychopathic, crazy, and attempt to place you into an institution because that is what this program is designed for. Don't get any vaccines, detox out of your body what vaccines you do have and be very aware of self assembling nanotechnologies that are connected to electronics such as cell phone towers, WiFi's routers, and satellites. Any and all forms of EMFs are weaponized to further assemble nanotech in the body. Consider stopping medication that was given to you and take on sobriety in all of its forms. Get into the mentality that all forms of medical diagnosis is deception and lies. Western Medical Sciences and the educational system was born from the mentality of a Negative Alien. Anything and everything can be healed with the right tools and asking questions to God Source so there is NO reason to get surgeries for ANY REASON. Cancer and physical issues going on with the body is a lot of times a disease labeled implant or a disease vector programming that was

sprayed onto your body and never got cleared. This is especially the case with targeted individuals facing diseases and pain in the body. This is why we use the [QUICKSTEP PDD program](#). So that we may be free of artificial pain, implanted disease and anything else they try to target someone with. You can test resonance through simple ways:

“Beloved Christ self, is it in my highest and best interest to go to the doctor, take these pills, beloved body is this organic or artificial pain? Are you trying to tell me something or has there been disease vector spraying near me. Yes or no?”

“State your issue and symptoms, Godself, are these symptoms from the source of a disease labeled implant? If so can you guide me to what disease may have been sprayed on me? Is this a pain insert? Yes or no? If so can you please remove all disease labeled implants and pain inserts right away. Is there anything else that I need to know about this situation? I claim my self sovereignty to be free of all targeted disease and pain programming, I claim my self sovereign right now to embody perfect health and vitality in all ways”

You have to understand that the pharmaceutical industry and medical culture is a multibillion dollar industry. Always check in with your body before doing anything. Over time your body will speak to you through forms that will be unmistakable.



See how EVERYTHING is connected?

Programming your own Subconscious through Subliminals

It is important to put together a subliminal playlist containing healthy levels of self esteem, increasing confidence, self love, peacefulness, being emotionally stable. Using subliminals to become mentally strong and resilient. [Early Release Version: I have put together a playlist for both male and female that I think would have everything needed to support someone who is being targeted. Those playlists are located in the Important Resources Section \(pg.?\)](#) You can make your own with ideas of anything you would like to change and or shift as far as your physical body goes. Wealth subliminal programing is included in each playlist due to poverty consciousness programming being rather heavy against targeted individuals to create situations of homelessness. Please keep in mind that subliminal messaging is being broadcasted out of every cell phone tower and directed towards the masses for hive mind network, mass mind control, and installation of a slave mentality. It is best to combat this global attack by creating what you want your subconscious mind to be programmed with. To intentionally fill your life with positive life rewarding affirmations and focal points that keep you focused on your relationship with yourself and God, the organic timeline.

Create your own Subliminals:

STEP 1: Pick 20-40 affirmations all based in present moment or past tense, speak those into a voice recorder slow and with clarity.

STEP 2: Pick a masking music or background sound of choice like brown/really slow pink noise, rainfall, anything that is soothing for you and that you can listen to everyday for a minimum of 6 months and potentially overnight.

STEP 3: Use any type of audio editor- I use GarageBand. Place your voice recording with the affirmations to the play track with your back ground music. Loop your voice recording and get the audio to modulate into one ear, right or left. Duplicate the looped voice recording and for this duplicated track choose the opposite ear (if track one is playing into your left ear, then track two would play into your right). You will want the subliminal to play at a low enough volume where you can hear your voice but you cannot make out what you are saying. Once it is to your liking, export and use an app like documents to loop it while you are sleeping.

Some ideas for structured affirmations are:

- Harmonizing facial structures, facial symmetry, beautification
- Increase in happiness and self love, confidence
- Your relationship with your soul
- Prosperity, an abundant mindset

Self Sovereign Subconscious Mind Command

This is a suggested invocation to support self sovereignty over one's subconscious mind and body.

Connecting into my own personal pillar of pure diamond and platinum streams of liquid light, I re amplify and re- fortify my 12th dimensional shield. I AM protected, I Am Safe. Conducting my boundary test, setting my perimeters and consecrating my spaces and places around me to serve God. I AM God, I AM Sovereign, and I AM Free, I so decree. I intend to connect with my beloved Subconscious Mind. Beloved subconscious mind, I speak to you through tones of unconditional love, through my bodies immense power, please only take in belief systems that serve towards my highest embodiment. I AM the Heroic self now!

I ask my greater Godself, please conduct an entire subconscious body clearing. Please run this clearing through all timelines, dimensions, and parallel selves. Please conduct an in-depth scan of my subconscious body, mental layer, identify and locate all belief systems that are feeding the Negative ego, shadow body, or predator mind hive net. Identify, locate, remove, and repair:

Feelings of hate for the world and others, negative artificially placed emotional subsets, Fears, fear of death, fear of the unknown, fear of losing money, fear of being homeless, all slave mentalities, victim-victimizer running archetypal codes, low self esteem, lack of trust in God.

As these belief systems are located and identified, please deprogram them, remove and discard of these belief systems that do not serve my highest ascension path. Take these belief systems into and through the transits back into transmuted forms of pure creational code. I ask that if the belief system is not in congruence with my highest good that it be removed immediately and removed from the memory records or recorded behavioral patterning located in my

neurobiology. I consecrate and dedicate my subconscious body and mental layer to serve Christos, to serve Cosmic Sovereign Law of One. I wish to be in a loving relationship with my body, my mind, and my soul. I wish to be given new belief systems that are aligned with the Law of One- please help me do this Godself. Beloved Subconscious body, again, only take in what serves my highest and best interest. I ask that the Spirit of Purity alchemize and purify my subconscious body, releasing negative thought patterning that the Anti-christ forces may be trying to program into my subconscious mind against my own free will or conscious knowing. Beloved Spirit of Purity, please disconnect me from any type of artificial intelligence hive mind nets running goat brain algorithms that further entrench the feeding of my shadow body and negative ego. I ask that Krystal Star Rainbow Algorithms run and flow through my brain, nervous systems, and lower triad mental bodies. Please optimize the functioning ability of my Brain and nervous systems. I ask for any and all Physical Body Reconnection that may need to be ran. If there are nanotechnology interfacing with my Consciousness please remove their ability to self-assemble and control my own god sovereign free neurobiology. I take full ownership over my personal power and subconscious mind and command it through my self sovereign, god power. As a final request Beloved Godself, I intend to consecrate my Body and consciousness to serve Cosmic Sovereign Law of One and that I may be aligned to the organic timeline. If a re- alignment and collapse of certain timelines has to happen, please initiate that now.

I serve God now with every fiber, cell and bone of my being. I serve God now with every fiber, cell and bone of my being. I serve God now with every fiber, cell and bone of my being. And so it is. An Authority Check - Master your Mind, Body and Emotions

Simple Statement: Nobody has authority over you.

Superior/Inferior mind control programming runs ramped in the Collective Conscious where we are constantly imprinted or told that a doctor knows best, listen to the authorities, tyrannical government, the teacher has the answer or that someone else or something has the answers you are seeking. Woman are imprinted and told that their own bodies cannot give birth to a child without the help of an expert or professional. It has been normalized, the perception that

others have power over you or have the authority over you to make decisions for you.

Affirmation: No one has authority over you, your only authority is God and your inner God Self. My only authority is God and my inner Christ-self. I AM a self Sovereign being and I know how to listen and hear the wisdoms of my innate bodily intelligence.

No doctor knows more than you, no teacher is your savior, no guru false leader will solve the intricate questions that you may have. Your body has the answers to the questions that in which you seek. YOU have the answers that you are seeking within the wellspring of your body. It is up to us to start listening to the genius level wisdoms emanating from our body. Through the form of clearing the negative ego and reparenting the inner child you can teach both facets to follow God. When healing the relationship with your body I would look into extensive inner child healing and parts work with integrating soul fragments. It is the lack of knowing one's body and the degradation of the silicate DNA Matrix as to why the medical system is a multi billion dollar industry. When focusing on personal ascension, at the activation of the 4th DNA strand, activation of the heart and building out the harmonics for the soul is when higher perception abilities come online to include communication with organs (organicity), seeing multidimensionally and brain neurological rewiring processes. Cultivating telepathy between animals and the body is also an experience of an activated 4th strand DNA Template. If humanity were starting to come into an embodiment of the 4th strand or the heart, the medical system and its multi-billion dollar industry of providing pharmaceuticals to the public would be null and void. As a collective we would come to the understanding that illnesses are manmade and are the result of disease vector spraying or implants that create the symptoms experienced. It is then the non-removal of deadlight in the body that sometimes creates sickness. At this point it is your body attempting to communicate to you what in your life needs shifting for the soul to grow. There are moments in a person's biological time cycle or through the biological cycles of spiritual expansion, if a person is not seeking their divinity, trying to embody their divinity, the Saturn Taskmaster will initiate an occurrence where the next step in soul growth is presently clear. Sometimes this is experienced as various cancers or near death experiences. For the most part, a targeted individual will experience mass loads of disease vector spraying from

helicopters or cell phone towers in order to get him or her into the spotlight of several doctors to start with the entourage of high risk surgeries, labeled mental illnesses and starting the individual on prescribed heavy drugs to alter their brain function and over all ability to take part in one's ascension process.

**I am the authority of my own subconscious body, I am the authority of my body, no one has authority over me. I command the negative ego that was attached onto my body from the 666 distortions in the planetary template in order to create the planetary shadow body and my shadow body/ negative ego mind to follow god. You are under the reign of god now! Shadow body you do not have power over me. Something needs to be added here about how the negative ego and shadow body serve god. And that I ask my subconscious mind to only take in belief systems in my highest regard. I hand over my subconscious body to my inner christ self to eternally clear and remove belief systems that are not in alignment with my highest embodiment or the expression of my highest and divine expressions in service to cosmic sovereign law of one. My Godself is the authority of my body.



You must ask yourself: What was available to human's before the medical system existed? What happened to human instinct to birth children in pleasure and privacy, what happened to the body showing us the path?

This was before humanity's DNA was mutated by aggressive Negative Aliens. Your blood, organs, bones, and entire consciousness that emanates from your fleshly body will unfold the path for you.

Movement Therapy & the Solar Embodiment Invocation

Early Release In Progress Version - Elongation of information is needed

Personal Godself Gym Invocation transformed into the Solar Embodiment Invocation

Why is movement so important? Talk about how we move emotions when we move, and movement is medicine for the body and the soul. The practice of starting a structured fitness regime and looking at what works best for the male and female embodiment.

Females on the ascending time track are recommended to learn their menstrual cycles if present and design a movement practice in alignment with their cycles to honor the wisdom of every conscious menstruation cycle. More regarding this topic will be spoken about in the "Solar Feminine Leadership Handbook"

Flower Essences For Consciousness Expansion and Emotional Body Healing

Early Release In Progress Version - Elongation of information is needed

To help the body specifically a rose and yarrow. I keep yarrow in my field at all times as it helps with EMFs in the body.

A graph with flowers - insert the Healing Flowers Program. Piggy back off of the crystal healing graph and talk in-depth about how you can work with the overnighting helping deva command of the flowers, are there any flowers that catch your eye? You may need to work in depth with this flower or physical flower essence. Bring in my experiences of using flower essences for long term like wise man and how it feels to be in a harmonious relationship with these flowers for

emotional body healing. Inner child work pairs really well with flower essences. You will see more talk about the usage of flower essences in other handbooks.

Master Devic Flower Teachers here: Rose

All those flowers [here](#).

A list of flowers that may call out to you from above.

Need to add Saguaro Cactus, Rose, Lilly, the graph will come together... Sunflower,

Favorite providers of essences here: Lotus Wei, Power of Flowers, Freedom Flowers

Supplementation to ease Ascension Symptoms and assist the Targeted Individual in Detoxing Nano-technologies

Early Release In Progress Version - Elongation of information is needed. All products that we use here.... Need to go through my entire supplement regimen and see what would be in humanity's highest and best interest.

****Reminder to Myself****

Damiana - Organic India Joy - Holy basil

Supplementation to support your body: Aulterra Enhance Power, Organic India Tulsi Holy Basil for healthy stress response and Lotus Blooming Herbs Shilajit.

Topics that need to be added - Early Release Version

The Brilliancy of Organic Chocolate to replace Coffee and other Harmful Substances for Supporting the Mental Body and Vitality

No video games, no caffeine or coffee, use organic dark chocolate instead.

List of dreaming herbs - Dream herbs go here that SHOULD NOT BE CONSUMED

The No TV Challenge + Social Media

Early Release In Progress Version - Elongation of information is needed

Stop watching tv, limit your time watching tv and scrolling on social media platforms. Take on the 90 day challenge of no watching TV and getting off social media and into nature.

Switching your phone to black and white color filter as much as you can so that your dopamine sensors can stay healthy through the electronic harassments. I've personally made a shortcut on my phone so that I can toggle the colors back and forth from black and white to color when I need it, quickly.

The Truth about Social Media-

The Self Mastery Training Curriculum

It is recommended to take on the Self Mastery Training Curriculum for your highest spiritual healing potentials as aligned with this upcoming introduction to the new timeline. This training curriculum will also assist you in starting the inquiry process in order to know your highest spiritual purpose of sacred divine service missions that you were perfectly and innately designed for while you experience life on this earthly body. The virtuous mantra is: I focus on service.

The Self Mastery Training Curriculum re- orientates your mind and focal points in learning how to remove and clear with confidence the following address points. It is advised to start the Self Mastery Training Curriculum with 90 days of the 12D shielding practice in order to support the removal and clearing of the addressed points that are apart of this curriculum. There is an in-depth 12D Shield Building audio apart of this Handbook for guidance. Address Points:

- Releasing the Seductress, Seducer Archetypes
- Get control of your sexual life force current, address the removal of the reptilian tail, and black lunar sexual fire that may be creating drag in your light body
- Address any sexual cords or residues from past lovers, the removal of sexual misery programming
- Remove Lunar Manifestation Processes (Lunar Moon Worshipping), imposing Egotistical selfish desires and will on Galactic and Divine Will/ God's Will.
- Address any soul woundings or emotional conflicts, psychedelic trauma or plant medicine usage

- Re-parenting the Inner Child, listening to the Inner Teenager, creating space for your body to show you what needs to be healed and or expressed
- Maturing the Inner Solar Feminine and Masculine, balancing these polarities within the self
- Clearing Victim- Victimizer Programming and or Drama Archetypal Mind Games
- Healing False Runner and Chaser Twin Flame Programs with aligned celibacy
- Learning how to place firm boundaries and releasing codependency, making yourself the priority without egotistical desires
- Address and heal addictions (TV, social media, sugar, porn, drugs, attention, dopamine, adrenaline)
- Dismantling demonic houses within the body, clearing anger, trauma, shock, pain
- Clearing Self Sabotage Programs, self esteem issues, self doubt, low confidence levels
- Clearing fears and becoming fearless
- Master your thoughts, emotions, over all embodiment, sexual refinement

Ask yourself: Who do I want to be? Who do I think God is asking me to be, to do or give to the world? What is my highest potential?

- Become agile, flexible, and strong through foundational training and physical exercises
- Deepen your relationship with your body and God

Addition of a 90 Day Daily Participation with your Soul:

The 90 Day Participation with your Soul does pull some questions from the Heiros Gamos Training Manual at Energetic Synthesis. Find a comfortable, and quiet position for inner inquiry. Deepen your breath and down regulate your entire nervous system through your rhythmic breathing cycles. Take a moment to quiet your mind. Please make sure to have a journal and a pen by your side for any impressions that may be felt. Our body communicates to us through imagery and delicate imprints to make things known through clarity. Stating your intention for the practice:

"I am willing to be a knower of my divine purpose, I am willing to know my higher divine purpose, my natural gifts that I have come here to offer humanity, I am committed to serving my highest spiritual purpose, the path that allows me to embody my highest divinity. I allow myself to be receptive to this path that is unfolding"

- Who am I?
- Where did I come from?

- Why am I Here?
- What am I supposed to be doing with my life?
- What are my gifts? What do I have to offer?

Upon asking these questions and writing down any and all impressions, know that there is no wrong way of doing this. You are simply opening the pathway for you to begin living in alignment with your soul and the gifts that have been woven into the Divine Plan for you to offer. From this place, be willing to surrender into the unfoldments that will begin to take place around you. Learn how to surrender and live your life by the Law of Effortlessness. Surrendering to your service mission unfolding and learning how to be a visionary without holding onto any attachments on the outcomes or what may come into detail. We must release the need to know absolute details and surrender into our unfolding.

**Tip - Easy Does It, Flow and Grow*

SELF MASTERY TRAINING CURRICULUM

Focuses on addressing the physical body, emotional, mental and spiritual for your highest potentials

90 Day 12D Shield Building
Recommendation

Master your sexual life force current, thoughts,
mental space, and emotions

90 Day Daily Participation with your Soul:

"I am willing to be a knower of my divine purpose, I am willing to know my higher divine purpose, my natural gifts that I have came here to offer humanity,"

Who am I?

Where did I come from?

Why am I Here?

What am I supposed to be doing with my life?

What are my gifts? What do I have to offer?

Physical

Emotional

Mental

Spiritual



The Self Mastery Training Curriculum Rubric Overview

Eating Lifestyle that suites your Ascension and Highest Potential

Early Release In Progress Version - Elongation of information is needed

Try to eat all organic and avoid GMO's, buying grassfed beef and high quality dairy products on line, put those website on there we want to make sure we are grounded in our body so that we can stay mentally agile. I have also seen people who are vaccinated and are eating high quality grassfed, organic red meat are a lot harder to be mind controlled and used against other people. I have seen that their nervous system is far more sovereign even vaccinated than someone who is vegan, and consuming a lot of genetically modified foods. ** There are two Scripts in this handbook to see what our body wants to eat..... the God Self eating lifestyle will be apart of the Ruby Toolkit.

The Vegan Reptilian Mind Virus and Global Warming Psyop

I want to be firm and clear with the statements made in this section of the handbook. Through personal experiences doing field work and several various grid working projects, I have never came across a situation where there is evidence that supports that there is global warming happening. I have came across elementals that need help because they have been forcibly hybridized and hurt by the metallic elements in chemtrails and that the Krystik beings originally representing precious metals have been abused and their consciousness has been forced to be used in forms or ways that are not in alignment with Cosmic Sovereign Law of One. The Global Warming Psyop is a psyop meant to make you feel guilty about consuming red meat and driving a gas powered car, meanwhile it is the Negative Alien Faction Groups that have been controlling and manipulating the weather since the most recent catastrophic cataclysm which would take us into the timeline of the fall of Atlantis and the ancient Solar Female Maa' Staff and Solar Christ Mary Key Holders. The elemental kingdoms have suffered grave losses with the ongoing spiritual war of the attempt to control all things on our Mother's Dragon Body including her entire life force channel. We are living on our Mother's Dragon Body, all with an individual divine designed spiritual purpose and World/Universal Service Missions that need to be completed, that in which serves the greater whole with plans of her body being reclaimed. Since the recent pilgrimage of free energy devices and hiding a once very advanced civilization made by a leading, fierce, and powerful Solar Matriarchal Line. Several crystalline

technologies have been usurped and hidden from humanity. The earth is littered with power and coal burning plants that create cloud vapors in the sky. These cloud vapors are used to manipulate the weather globally. All of the city sky scrapers globally, specifically those that are called “needle towers” play a vital role in running extremely dark lunarized currents into the planetary grid. Through field work observations, I have seen many huge cloaked archon ships dispensing suppresser jelly fish implants to the indigo and Starseed community, hugging around these sky scrapers that are disrupting the normal functioning of earth’s atmosphere in the terms of Krystal Aurora elementals being able to build sky cities amongst the clouds in order to have embodied Solar Air Sylphs reigning through their own domain in cleaning up the air that we breath and being able to solarize or flower our lungs with the Tan-Tri-Ahura Solar Flower Coding that naturally flowers our entire diaphragmatic breathing pathways with plasma lotus or rose flowers. The disembodied vegan movement has been glamorized in order to keep starseeds and those who are starting to activate the 4th strand of DNA, severely ungrounded and disconnected from their body. The vegan movement mind control subsets of becoming a breatharism, eating a lifestyle of only raw foods could be detrimental to the Brain and fascia if done without asking the body what substances the body needs to thrive through it’s own designed ascension process. The Vegan Movement is set into a consciousness trap of False White Light, being too ungrounded to integrate Ascension Frequencies or have clarity within or about one’s body. The production of vegan, plant based meat has been the building blocks to making and normalizing lab grown meat with no nutrients for the growth of neuronal tissues in the brain. A human’s biology and neural capacity increases with the consumption of healthy fats and daily sunlight. The agenda behind Veganism is designed to dissociate an individual from his or her body, his or her thoughts, so that the impacts of mind control is increased. Being ungrounded leads to not being able to make your own decisions from a place of inner clarity and grounded knowing. A person who is severely ungrounded, disassociated from his or her own body, and deeply entrenched and interfacing with the New Age New Earth Paradigms, Love/Light and Ignorantly Unaware Negative Alien Agendas, will be at a massive deficit in being able to build self mastery over his or her own thoughts, emotions and or embodiment sequences of refinement. We must support our bodies with what is needed to grow by directly asking what type of eating lifestyle would be best. If indeed you receive the answer that raw foods and no red meat is best for the cycle that you are experiencing, then by all means

follow that gnosis. The point that I am making is far to many starseeds and indigos are turning to a raw eating lifestyle because of the idea that it is not spiritual to consume red meats or any meat at all. The mind control subsets are implying that it is meat that is dirty or lowers your vibration, when in actuality the Starseed's brain and body is calling out for healthy fats that can be found in grass-fed red meats, raw milk and butter. It actually doesn't matter if you are a plant eater or a meat eater, the only thing that matters is that you check in with your body to see what eating lifestyle would best suit your personal ascension process at whatever stage you are at. I was a vegan, off and on raw vegan for 5 years even while I was in the military enduring high levels of physical training under the gnosis that it was not "spiritually clean" to eat meat, I was also going through my walk in process. Once I started inquiring and asking the questions on what foods would serve my body it was then that I received the answer to shift my eating lifestyle. I shifted my eating lifestyle to one that truly nourished my body and served my soul growth, regardless of what anyone had to say about spirituality. I eat to grow and be nourished. At the moment where I am with integrating certain ascension mechanics, my body calls for warming, meaty foods like bone broth, steaks, beef stew and raw milk. Consuming raw liver is a staple for me, this serves how my brain functions and how my energy levels fluctuate through out the day and during my conscious menstruation cycles. Our eating lifestyles are absolutely a key part in understanding how we relate to our body and support our body in the process of ascension, spiritual initiation phases. We must be willing to ask our body for the answers instead of taking certain trends or fads as the answer for the way we live our life. Again, no eating lifestyle that one chooses is judged. We must come together as a conscious collective and begin asking our bodies directly what would be best. We ask our bodies questions, seeking for the answers through the emanation of having infinite love for ourselves and accepting the answers that may arise. I think a lot of people are "guilted" into eating a certain way because of the programming that is available around environmentalism, caring about the animals, and the idea or sets of mental mindsets that eating meat and consuming animal product is not spiritually clean.

Early Release Version - While we are not exactly "designed" to eat meat.... That thread...it doesn't mean it will be like that forever. You may experience cycles of all types of different eating lifestyles as you continue to grow a deeper relationship with your body, build a deeper relationship with the christ seed/ life seed atom that

is in the core of your genitals and through the balance of all of this with the heart or the crystal diamond heart intelligence streams. From within your 12D shield, it is these streams of intelligence connected to your Christ Self that will guide you on your path to actualizing and or expressing your highest and innate form of divinity.

Learning to Document Everything through Writing, Filming, Speaking Up and Standing Tall, Gaining Exposure

Exposure and documenting the attacks is important so that the Targeted Individual List slowly makes it's way into a topic talked about with mass population, telling other people about it, uploading videos of evidence and getting more exposure to the entire targeted individual lists and their deployed attacks on innocent human beings. A unified effort of exposing this list and the crimes against humanity. Track everything, write down everything keep evidence logs and stay fearless. DOCUMENT DOCUMENT DOCUMENT

Healing Emotions through Writing, Daily Writing Prompts

Early Release Version - Elongation of information is needed

Writing and expressing your feelings on paper to help with emotional processing your journal becomes your outlet in order to maintain emotional stability. Display yourself in a very stable and trustworthy manner.

THE PRIORITY

These are the Guardian perspectives and solutions that take priority when seeking to embody your highest potential. These are priority bullet points to wrap up the above information. All of these steps and practices will help you achieve your highest spiritual potentials and highest embodiment that is available to yourself at this time on the earth.

1. Building your 12D Christos Shield: AM & PM 12D Shielding Practice- the Star of David (6 pointed star) can be used, 12, 22, 36, 48 sided star and the Sacred Ankh Symbol can all be used in your shield if you so feel called.
2. Being a Knower of your Highest Spiritual Divine Purpose: Being a knower of your Divine Purpose and Service Missions, your relationship with God and your body temple is of utmost importance. This is the act of being willing to know

with 100% clarity what your divine purpose is and that you are deeply devoted to expressing your highest expression in service to God. Often times when asking God Force, and inquiring to know your higher spiritual purpose, these questions will promptly start a trip wire effect of things shifting around internally and externally to provide you with more clarity on the unfolding path that was further revealed from asking these questions.

3. Meditation & Prayer, Declarations and Daily Vows: Devotional time towards prayer, being a master of your emotions and thoughts, observing your thoughts and emotions, increasing your awareness regarding your body and heart based intelligence systems and or Krystik values is important. KNOW your thoughts, your values, and virtues so that mind control targeted AI Subsets do not work on your neurobiology, clear the negative ego and demonic houses by building the house of Christ. Create a daily vow and declaration- live and love by these declarations and vows. Your daily declaration is a statement that guides your life and over all provides you with a foundational statement to fall back on through the darkest of nights. Actively choosing the organic timeline and the personal edenic blueprint that holds individualized perfect edenic living templates.

Example Vow: Early Release Version - Elongation of information is needed

4. Running Krystal Star Rainbow Algorithms and or the 12D Christ Ray: Learning how to run Krystal Star Rainbow Algorithms and or the 12D Christ Ray through your electronic devices, food, setting and clearing your space as God would have it be. It is recommended to learn how to set your space, consecrate electronic devices to serve God and that you do not allow trespassers of energetics that are not of the GSF Frequencies to pass the boundaries laid. (it is recommended to make a list for daily use similar to the example given in the suggestions) Speaking out loud the "Clearing Packet or the House Clearing Treatment" is sufficient in clearing your spaces and setting your spaces as the perfect environment to support your spiritual path in actively connecting with your highest Divinity.
5. Setting Sleep State Prayers, Becoming Fearless - Intentions for your rest and setting up a sovereign sleep space. There is beneficial sleep state prayers provided in the guardian suggestions for use.

6. Detoxing the Body, Nourishing the Physical Body: The use of Borax baths and Clays in detoxing your body, caring for your fascial matrix through sacred touch work, organ touch work, somatic practices that nourish your nervous system. Making sure to inquire certain questions for your soul to grow and live in alignment with your soul. What eating lifestyle would serve you?
7. Immense Gratitude and Forgiveness Practices: The attitude is always gratitude. As we keep our thoughts and emotions focused on feeling gratitude we allow more heart based and loving vibrations to enter our life and surround us. Continue to ask God Force questions through sincere heartfelt intentions so that we may open those doors of communication and receptive listening. The Law of Response is always present, the door will not open unless we knock. The answers to our questions will not be answered unless we ask. Forgiveness for ourselves and others is a healing balm for our inner child and frees us from having thick and black negative attachments. Through the essence of forgiveness, we are able to progressively open our hearts and build our crystal heart matrices for the Holy Mother's Blue Flame to ignite within us so that we may feel her cosmic and unending love for us and all of humanity.
8. Movement Therapy, Fluid Daily Movement: Actively choosing a form of movement therapy to integrate and process emotions and or spiritual activation sequences.
9. Unplug Wifi Routers, Decrease EMF Exposure: Unplugging your Wifi, and or opting for wired internet, unplugging your wifi during your time of sleep and rest.
10. Master thy Self, Learning to Build Healthy Self- Esteem, Self Love and Self Confidence: Positive Self Talk through the use of affirmations and Subliminals that support in the programming of your sacred subconscious mental layer and body.

I AM the Sacred Sun, I AM victorious gleaming in solar light, I bask in my glorious perfection connected with God through all divine ways. I Am invincible and all forth coming. I AM Fearless, Brave, and I know WHO I AM, for I AM the Eternal Self wearing God's spiritual armor of Divine Valor, Strength, Grace, and the Spirits of Christos. I AM God, I AM Sovereign, I AM Free!



Guardian Priorities - Highest Embodiment

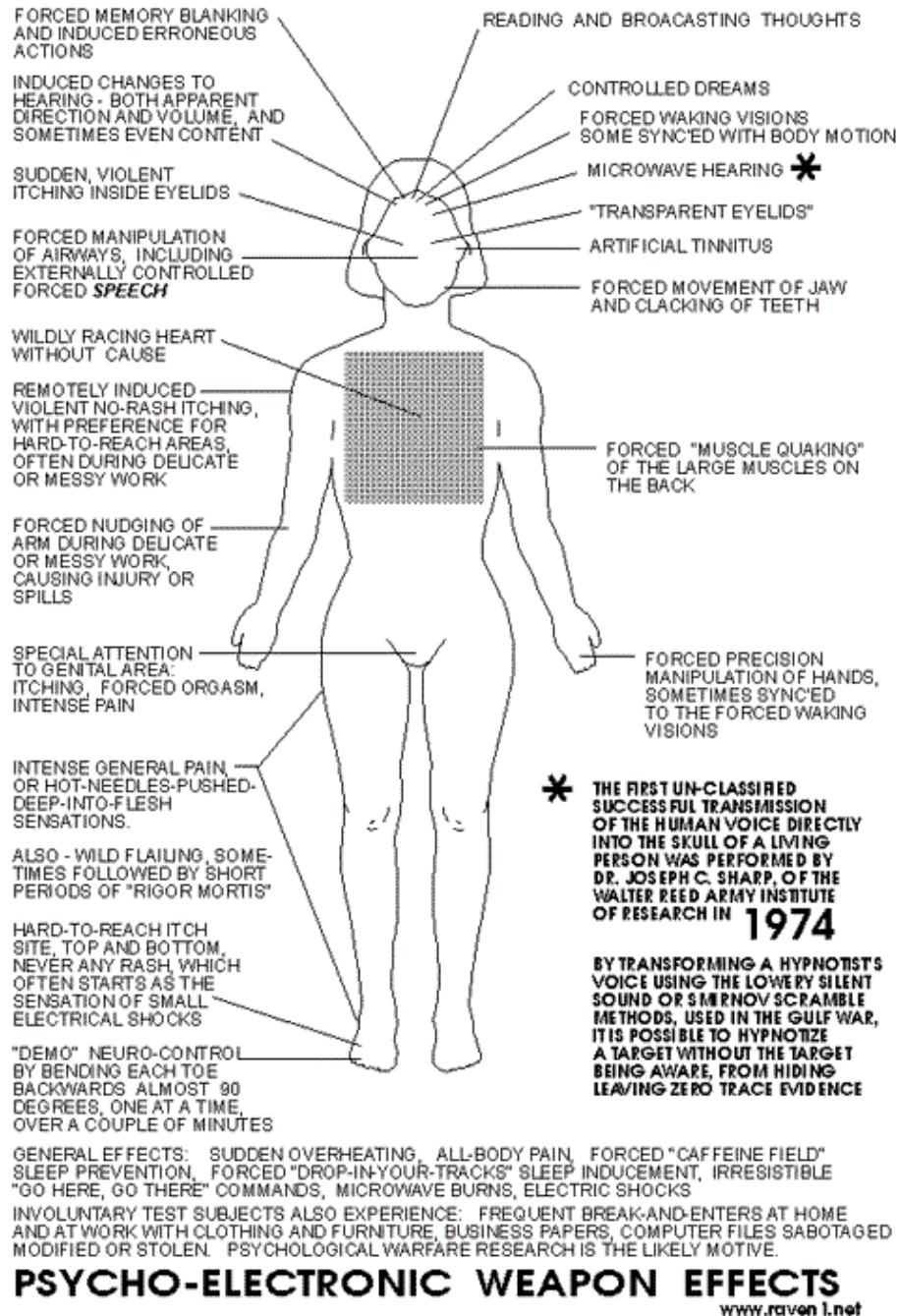
UNDERSTANDING THE TARGETED ATTACKS

Apart of finding solutions to the attacks is to understand what is going on and what are the attacks. What and who are doing the attacks? Can we come into a better understanding of how they are deploying the silent weapons of war against humanity? By raising our awareness and learning how something works assists us in being able to better defend ourselves when we are experiencing any level of attack. Most of these attacks are the daily occurrence for targeted individuals globally. Solutions are provided for each topic to support you in your own embodiment of power and freedom. We must come to a stance of solution orientated thinking after learning in-depth about how the attacks work on the neurobiology of the human form.

Early Release Version - Elongation of information is needed

The importance of Running EMF Calibrations and Splitter Technology Removal

Targeted Individual Weapons Systems Diagram



Weaponized Electro-Magnetic Frequencies

Nanotechnologies and Mind Control

WHAT YOU CAN DO TO PROTECT YOURSELF!!

TO DO:

- Cod Liver Oil
- Beef Liver or Beef Organs (Grassfed)
- Trace Minerals
- Magnesium
- IP6 Gold
- Wholefood C
- Copper (Sulfate or gluconate) – start slow 2mg & work up
- Fulvic & Humic Acid (Plant-soil based!! Not rock)
- Ionic Boron (3-6mg)
- EMF & RF Protection w/ 5G protection (Aires Tech, EMFSol, etc.)
- CVA & ATB Coherent Restores
- Strong Magnetic Fields NOT electromagnetic fields!!!!

(Remember EMFs/RFs cause Nanotech to self-replicate and self-organize, thus build networks and Technology in the body!!!)

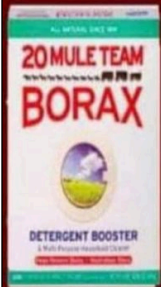
TO STOP:

Get off all synthetic Supplements – Follow the RCP Stops www.therootcauseprotocol.com

This is newly added material as of Jan 2025 by Raytheon Va-Hara

Nanotechnology is one of the weaponized AI technologies that is used on targeted individuals. The Hybrid humans and Negative Alien factions running the list alongside AI have used targeted individuals as test subjects in attempting to perfect their nanotechnology for a very long time. Speaking from first hand experience, today we had three separate personal unmarked planes with no radar on, fly over the house simultaneously one after the other dumping a stronger type of nano tech all over the house. If you are a targeted individual and begin taking borax baths everyday you may begin to notice they will come by in their planes as you are about to get in the bath or directly after. Borax stops the replication of nano tech in the body and for targeted individuals they always want nano tech flowing through the body replicating from all of the EMF warfare. As an example, when we walk around in the house a satellite will shoot an EMF bullet at our bodies directly above us and you can hear it hit the roof. The satellites running on Negative Alien AI algorithms are always sensing where you are through your unique DNA signature. The people running the list are always pushing EMFs into the body whether its from satellites, helicopters, cell phone towers, and of course wifi routers which is why if you are a Targeted individual throw your wifi router in the trash. This being said, Nanotech is weaponized on all of humanity, not just targeted individuals. Recently there was a fog phenomenon across most of the world and this was a massive global spraying of nano technology in a way that it stays in the atmosphere for many months from when it is first sprayed. The group's doing the spraying of chemical laden nano tech are the shadow

government agencies such as DARPA and many others. These agencies are connected to planetary corporations such as Monarch, Umbrella, Kruger, and Black Shield (more will be discussed about this later). The purpose for the spraying of nano tech over all of humanity is to completely take over everyone's mind, body, and soul. They use EMFs to self replicate and build out the nanotech in the body as it is self assembling. This building out is used to create demonic structures and houses in the body inter-dimensionally. Nanotech is multidimensional nano computers where the algorithms running on them had been linked up to quantum super computers such as D wave or "Demon wave". They are extremely invasive and are used to take over someone physically, mentally, and spiritually. The best way in fighting off nanotech is the methods in the infographics in this section as well as overall spiritual progression. When you are fully embodying your soul, working with your 12D shield and building the houses of christ, it makes you much more resilient to demonic nanotech that is being sprayed in all the food, water, and air by the shadow government. It is important to understand that their reason behind doing the nano tech spaying was for full global takeover of all of humanity in alliance with the Negative Alien factions these hybrid humans have been the ground crew for. Now that obviously isn't going to happen as those timelines have been collapsed, but nonetheless they still try. Nanotech is extremely demonic and an attempt to make humans become automaton cyborgs. A major piece of the globalist new world order agenda is the usage of Nanotech. Nano tech is also used for weather control and manipulation, to include "wild fires" via evil winds. Demonic entities are weaponized through the EMFs and nanotech to stir up weather warfare against all of humanity. They have been perfecting this inter dimensional tech of weather warfare for many years alongside their negative alien faction counterparts.



BORON MINERAL

ONLY KNOWN NANOBOT REPLICATION INHIBITOR

B
O
R
O
N

This mineral intentionally depleted from agricultural process.

BORAX: 1 pinch in 1 pint of distilled water 3 times a day

FDA max dose:
1/8 teaspoon per 100 lbs body weight.
1/4 teaspoon per 200 lbs body weight.

NANO DETOX BATH:
1 Cup Baking Soda
1 Cup Epsom Salt
1 Cup 20 Mule Team Borax
1 Cup Pink Himalayan Sea Salt or Redman's Salt.
NEVER use white depleted-minerals table salt for any reason.
SOAK AS LONG AS YOU CAN.

Candida is an always-present fungus in the human body there to help decompose the body after death. Many suffer from it's overgrowth:

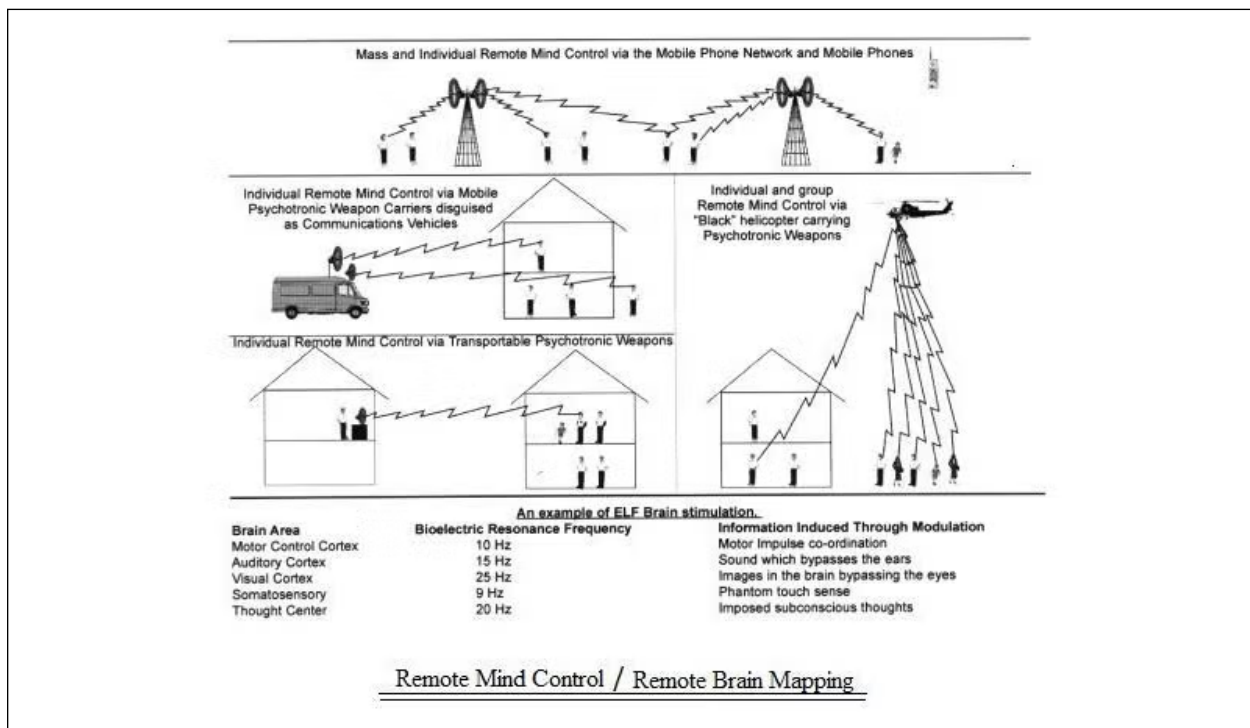
COMMON CANDIDA SYMPTOMS:

Fatigue	Thrush
Brain fog	Joint pain
Digestive issues	Mild depression
Sinus infections	Urinary tract infections
Recurring yeast infection	Other fungal infections.

BORAX detoxes Fluoride from your body and brain. Raises your pH level from acid to alkaline. Cancer/Candida/Fungus/Nanobots cannot survive in a high alkaline pH environment.

BENEFITS:
Arthritis
Hormone Balance
Decalcify Pineal Gland
Improved Cell Function
Absorption of Minerals
Improved Wound Healing
Encourages Proper pH: (Cancer can't live in an alkaline environment)
Healthy Blood Sugar
Detoxifies the Liver
Helps the Heart
Tony Joe

Another goal of their nanotech is to create the internet of bodies, similar to internet of things except this is like I said before, merging computer's with human's without consent or their knowledge that this is happening. All of this was planned as nanotech is a major piece in their new world order agenda that they try to run with even though all timelines have been fully collapsed. Daily borax baths, a nutrient rich diet, and most importantly, building that connection to your soul is what our focus is on in regard to making this satanic nanotech null and void in our lives. Always choosing the organic timeline for yourself no matter what. Remaining fearless through all of the weapons that they try and use against us.



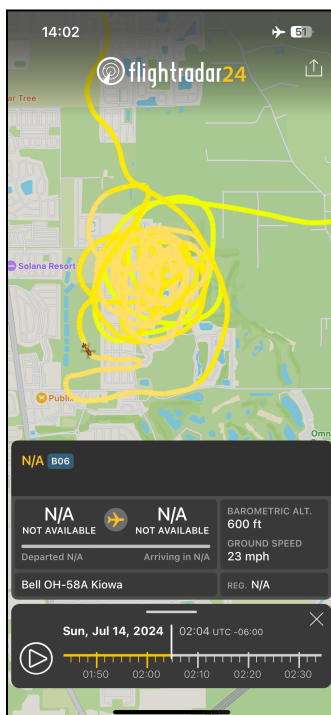
Clarity on Targeted Individual Program Weapon Systems

This is rather recent knowledge we have gained through first hand experience of being placed on the list with activated dragon consciousness cosmic dragon star human contracts. First and foremost, the targeted individual program is a secret space program. It is ran by physical alien hybrid humans and Negative alien factions with connections to other secret space programs and MILABS.

Breaking down some basics:

If you are a TI, you may have noticed massive sleep deprivation and dream torture. This is because most TI's have been uploaded into a AI digital realm via contactless brain mapping. They use helicopters and other aircrafts with radar systems installed that an inter dimensional Negative alien technology known as an algorithm assailant interfaces through the EMF waves to split or fracture your soul and take those soul fragments to be uploaded into AI digital realms. This is all of course nonconsensual and without the TIs knowledge. Here is what an example of this looks like This video shows an example of a helicopter coming to the front yard of our location to do contactless brain mapping and soul uploading before we fully understood the technology that was being weaponized against us.

On a side note, I highly recommend the flight radar app, it has been a massive game changer on this list as it allows us to see who is flying over the house and identifying aircrafts with their radar purposefully turned off. This screenshot is taken from an instance of an unmarked helicopter coming over to our location at 2 AM (this is because they want you to be sleeping when they do it so brain waves are slower and it is easier to map the brain and fragment the soul). This is quite



literally taking pieces of someone's soul. This technology is very real, think of the book project soul catcher by Robert Duncan. He does not go over the full technology of inter dimensional alien tech that is used but the most important part is its right there in the title of the book. Everyday Negative aliens working alongside physical covert agencies are building soul farms out and attempting to take fractures from many human's souls. This has been ongoing for a very long time now. They use the fractured portions of the soul to be placed in a digital realm so that the TI goes there every night when sleeping as that is where the rest of there soul is linked to now as far as sleep time torture is concerned. Anyone who is a TI knows the torture is 24/7 and never really stops. As a targeted individual, you must understand that they like to use attacks in which you have no way of defending against

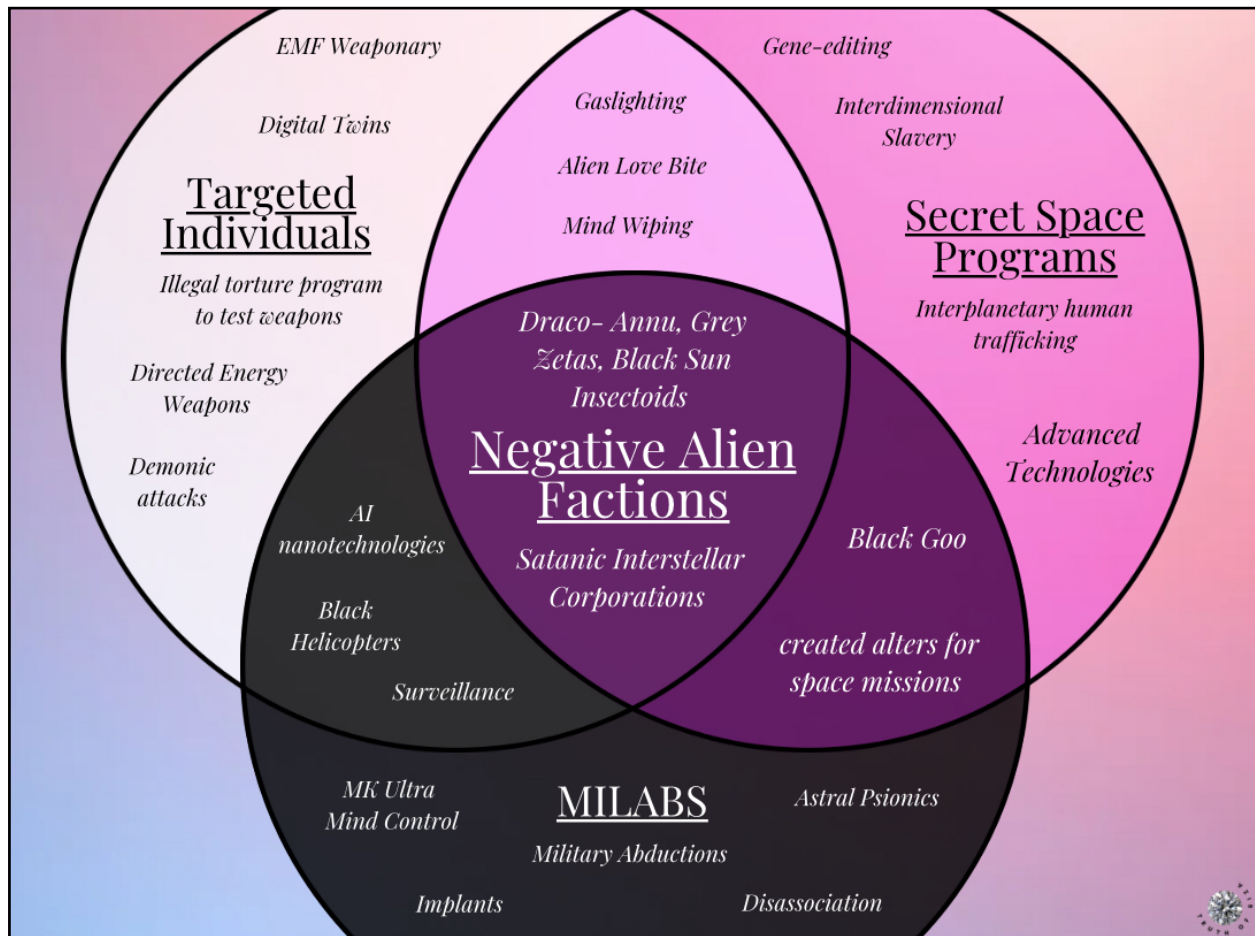
and are unable to hold accountable. For example, we had to purchase a starlink to have internet at our current location and they placed etheric carbonized black false circuitry overlays inside the satellite in order to slow down the internet. They also shot archon spiders from the satellite hive mind at our starlink satellite dish in order to disrupt the internet to the point it fully doesn't work until we go and remove the archon spider. Please remember, This list IS A SECRET SPACE PROGRAM ran by negative aliens and their physical human hybrid counterparts, weaponizing technology against you that you are not even aware exists as it is inter dimensional and only able to be seen with activated etheric vision. Your best form of defense on this list is DNA activation and soul integration through aligning with your own christ self and energetic support teams in service to the law of one , remembering to always requesting their assistance in the endeavor to know one's highest potential and highest spiritual purpose. You must choose for yourself to align to the organic timeline and not let their demonic satanic attacks bring you down as you are an angelic human with the potential to activate the diamond sun DNA template as a full 12 stranded DNA experience. EVERYONE is so much stronger than the forces behind this sinister program. Just to break down some more examples of the technology, they program your subconscious mind through dream torture and openly use a variety of mind control weapons that are still going through testing phases. One example that I see quite often with TI's is programmed personality complex switches via visual stimuli or auditory stimuli to program or create sleeper cells on command. This ties into targeted individuals having hyper awareness of sounds and or particular cars with one headlight out, the same neighbor outside every time they leave the house, and well for our case they tried using five or more helicopters a day over the house to program us as sleeper cells for more than a year and still ongoing. A sleeper cell is an on command programable personality shift to carry out an agenda for their CIA handlers. This is connected to mass shootings, school shootings, false flag events and murders. They make serial killers and sociopaths through the MK Ultra Mind Control and patterning reprogramming done over time while on the list. It is paramount for targeted individuals and all humans to be connected to their soul and core Krystiac values of harmlessness and neutrality doing their best to observe the attacks and see it for what it truly is. Another example of inter dimensional tech we've experienced first hand recently is the placement of energetic overlays on physical things. For example they have been placing an energetic overlay on top of our car that says "old and broken". This is why many

TI's experience cars breaking down, or appliances in their homes, all sorts of mishaps and things breaking that doesn't make any sense. They place an energetic overlay and program it onto what they want and have it happen physically. This is a form of black magic or casting spells of destruction to financially drain the targeted individual. This is used on many TI's to create situations of cash grabs and to continuously financially drain their monetary resources on top of job mobbing and or mind controlling their workplace peers and or bosses to fire them. The people running this sinister list plan to strip targeted individuals of their rights and have them be homeless out on the street. This makes them much easier to control and also is an explanation for why homeless people go missing. They know that no one cares about homeless people. You might be thinking well the person's family would care, not for a targeted individual. The TI program is designed to weaponize mind control against anyone the TI speaks to including family members, pushing them into isolation and the mindset that the entire world is against them. In a way, the world is against them because all humans have so much nanotechnology flowing through them which makes them easily susceptible to mind control and to be weaponized against a TI without them even knowing it is happening. This is where the ideology comes from that so many TI's think that everyone is a paid perpetrator and that everyone is all in on the attacks. That's not to discredit the fact that there is indeed paid gangstalkers working for private security corporations as government contractors that do indeed harass targeted individuals. It is the fact that the TI will have neighbors do odd strange things and or it seems like they are always around, etc. This is the militarized mind control that is weaponized against all TI's and the humans that they try to interact with. The technology is satellite based and runs through all EMFs including cell phone towers and wifi routers. They use inter dimensional black butterfly technology that silences someone that a TI may be trying to communicate with via texting, email, or never calling them back. Once again, this list is a secret space program, it is extremely inter dimensional. Another form of attack used against TI's is their food and drinks seem to be poisoned when consuming them. They do this through inter dimensional tech where they change the molecular structure of water, food, whatever it may be into the energetic molecular structure of poison. This would be considered another form of black magic that is being weaponized against you in a way you don't understand. This will make someone throw away all their food and buy more, once again cash strapping the TI as they slowly try to chip away at any and all finances. An

example of changing the molecular structure of the air in your house or car is also how they “gas” targeted individuals. Back in January of 2024 we experienced being gassed out of a house we were staying at for two months forcing us to move in a hurry because the gassing was so bad. They changed the molecular structure of the water flowing through the house to sewage which emanated methane gas into the house. You experience breathing in and inhaling methane gas physically. It didn’t matter if you opened the windows to let fresh air in, none of that matters when its alien human hybrids and negative aliens manipulating the molecular structure of the water to that of sewage and the air to methane gas. Originally we had thought that the property we were staying at was experiencing a sewage line break, and that the sewage line break was running into our drinking water well system. The sewage smell got so bad that we couldn’t be in the house or take showers, we had no running water and was planning our move in one day after telling the host. We ended up leaving the house and the host told us that he tested the water and the results came back perfectly clear and AS WELL the host inspected the house thirty minutes after we left the property and said that everything was fine. We were dumb founded due to the fact that while packing everything up the gassing turned up to a completely different dial of barely being able to breathe. This chemical gassing cash grabbed us of 7K dollars due to the fact that the host was mind controlled not to refund us any money, “becuase he didn’t have to by law.” Please listen to the Timeline of Attacks where I go over all attacks verbally as a form of deep healing. All the water in the house was changed to sewage which I first found out when I went to take a shower and I noticed my skin was suddenly intensely burning. We tried not using the toilets much and sealing off bathrooms and were unable to shower as the water appeared fine but the molecular structure was changed inter-dimensionally to sewage. Like I said before, this list is extremely inter dimensional and they like to use attacks In which a TI can’t understand while they sit back and laugh at the torture taking place. Negative Aliens(NA) running the program have no emotional body, they do not feel they are doing anything wrong. NA and their physical counterpart alien human hybrids get off on and feed on the torture of innocent humans all over the earth. These are the people creating weather warfare through nanotech, demons, and reversed lunar elementals. It is not “mother nature” or “god” as so many people are lead to believe. This is spiritual warfare levied on all of humanity. Even if you are not a targeted individual you have been susceptible to weather warfare attacks. Prior to being gassed at that location and being forced to move cash

grabbing seven thousand dollars from us, they first changed the molecular structure of the water we were drinking to have death kill codes in it to make us feel like we were dying. The depth of sinister attacks we have experienced on this list is beyond belief for someone living a “normal” life. Some of the only people who can understand a targeted individual is another TI. An example would be the military and basic training, you only really know what it's like from first hand experience. Another explanation of an attack we have experienced is when four different helicopters blazed over a location we were staying at around 10 PM in order to attempt to sleep gas us. The people running the list had an inter dimensional attack through the astral portals awaiting for us when we were supposed to pass out from the sleep gas. I can't stress enough that this program is a secret space program and highly inter dimensional. The physical people running the list are extremely satanic anti-christ, anti-life and have been wanting to deploy these weapons on all of humanity in alignment with their agenda of new world order. Targeted individuals have been the test subjects of truly insane levels of attacks to develop their weaponry for the masses while also feeding off all the tortures and suicides experienced from this list.

A targeted individual is tortured in ways where they try to weaponize everything possible against them as they are looking to test and perfect their weapons to deploy on a global scale in alignment with their new world order agenda. As I type this now we have been working around the clock to collapse all timelines of their global takeover and dismantling alien architecture and machinery. Setting up massive evictions and transits of many different factions and planetary corporations involved with SSP, MILAB, and the Targeted Individual Program. More will be revealed on this at a later date as we continue to break down the program and extract AI hive mind architecture infrastructures autonomously running the targeted individual program. Please see this ascension article regarding Targeted Individual attacks and SSP, MILAB assorted attacks.



Voice of God Transmissions, V2K Mind Control, Inserted Thoughts, Artificial Telepathy, Synthetic Telepathy

One must know that mind control weapons are very real and have been mastered over the course of several years. Most people that you see working the slog of the “daily grind,” at corporate offices and soul less labor is from the result of highly technical and technological mind control. Not every thought you have is organically yours, it could be programming being broadcasted from a certain signal or location that attempts to unconsciously and unknowingly make you follow a certain narrative or agenda that servers the pro-genitors of mind control, Negative Alien Agenda Entities. Most people that are targeted with the weapons of Voice of God or V2K explain that sometimes it sounds like it is their own inner voice, or a family member that is repetitively talking. Often times the V2K scripts of language garbage comes from an algorithm and super computer that is deploying it through a microwave bandwidth. From personal experiences when there are

man made hurricanes and storms around my personal location, I get a huge uptake in cuss words being forced into my mind, often times looping the profane language, the scripts try to make it as if I would want to divorce my husband. For the most part it is this form of attack along with microwave attacks, constant helicopters flying over the house, and the attempt of brain mapping for AI uploading that my husband and I experience. The scripts are focused upon using word sentences to attempt to create growing dislike for one another and our own bodies. The scripts are laced with low self esteem, self hatred and violent images/ thoughts super imposed on the layers of consciousness. V2K technologies can be formed into flashed mental images of pornography, family members dying, and verbal threats about the matter of family members dying. Most people who experience these attacks, go straight to a doctor only to get told about severe or not so severe made up illness, schizophrenia. We will uncover more of how this program and the medical/psychological systems use made up mental illnesses to get the bulk of humanity on medication, thus resulting in 1 out of 10 people being medicated and soul suppressed/depressed.

The topic of demons mimicking inserted thoughts and using mind control is a topic that is still unraveling for myself. I have observed in my own mind that a demonic mental attacks sometimes feels very much like V2k algorithms targeting my body. The only difference that I have found between the two is that when a demon is forced into my body in order to try to manipulate my personality, I have seen that the demon has access to the deepest corners of my mind that hold subjects that I am fearful of or my plans of what I would like to create. The inserted demonic essence will then exploit the hidden fear or try to verbally talk me out of doing certain things and or completing certain things that I would like to do. As an example, I record a weekly diary entry to speak about my attacks and give myself a form of healing by speaking through it and about said various attacks, before and after I record my mind is filled with thoughts of, "no, you don't really want to do that, you want to sleep, oh your tired, you need more sleep," and then it will be come this huge entourage of sabotage patterning that is extremely hard to ignore. I have had to greatly grow firm roots into my ability to know what is right, how I organically feel about certain subjects, and who I am at my core. If I never did this, I can assure you this book wouldn't have been written to completion because even while writing similar thoughts are pushed into my head in order to distract my focal points and my ability to right in a streamlined manner.

Newly Added Material Jan 2025 on understanding etheric V2K Technologies and Suppressor Entities (SPE) Archon Mind Control Devices

Direct Experiences: My direct experiences have been very expansive as they have been trying to manipulate and control my personality very heavy for more than a year now. The tactics or algorithms never change, it is the same thing over and over again. The one single topic that doesn't seem to let up is the attempt to mind control me through algorithms and alien love bite to leave my husband and or get a divorce and look for some one "with more money". It is a joking matter now because when one gets into the neutral awareness or compassionately observing their mind, you can just see that the algorithms are just running in your head. There is a distinct feeling difference between an organic thought that came from my organic levels of consciousness and then someone running an algorithm into my mind through the microwave band of EMF.

Solutions: To decrease the running scripts of V2K it is recommended to first raise your awareness through meditative practices and bodily awareness practices so that one may see his or her true values, and thoughts. We must first learn sovereignty over our emotions and thoughts, so that we can see when something is a V2K running algorithm script. We must learn the difference between manipulated thinking and when it is a thinking pattern that arose from your organic consciousness. It is recommended to learn how to live one's life through the emotional experience of being neutral. When we are neutral, we are able to see when something external to us is trying to manipulate our emotions and thoughts in order to create chaos and a spiraling effect. When a human is experiencing emotional highs and lows that have a very poppy, electric feel to the emotions, there are negative entities that will harvest that energy and use it as a food source. Since this is a form of food, the negative entities will absolutely try to spiral your emotions by artificial anger and other emotional patterns. If we can sit back and observe the artificial thoughts, synthetic telepathy, personality manipulations, then we can get a better grip on the over all idea of what they are trying to do to us and humanity with this list and other assorted attacks. A person almost has to think smarter than the algorithms, and begin to learn their true power and strength. As soon as one gets into a neutral and loving stance or mindset, this person will begin to see the artificial thoughts for what they are, which is utterly artificial and has no power over the mind or the decisions we

choose to make. In the simplest sentence: Train your mind so that you can not be mind controlled or Brain washed.

Gang Stalking, Perpetrators, Paid Contract Stalking, and Corrupt Law Enforcement

Gang stalkers are paid by the shadow government to support *their* dark plan in destroying a person's life. It needs to be noted that there is a high percentage of unpaid perpetrators (perps) whose neurobiology is controlled by heavy metals and mind control coming from cell phone towers and other assorted alien machinery which could include demonic possessions. This often times leads to forced speech and people becoming perpetrators without them consciously knowing. I experienced job mobbing when I was in the military, before the unseen alien forces forced me out of the military. The job mobbing I experienced was mind controlled high ranking personnel who kept lying on every single council and Article 15 that I was given before exiting. Each council and Article 15 was designed to take my rank and the little bit of pay that I was receiving. At the time I couldn't for the life of me understand why it felt like everyone at work hated my guts, and was "out" to get me. It did not matter how many people I went to (JAG, SHARP support) about the lying and the character assassinations. Nobody I spoke to believed me and spun a web of lies that portrayed that I actually was that "bad" of a person, and that I should figure out how to listen better. They all told me to act better, or get out. For months I was left puzzled why after I refused the 2020 bioweapon, everyone around me slowly started acting really really different. Now mind you, everyone around me did choose to get the toxic experimental injection. This only added to the effect that every one around me was trying to talk me into getting this injection, even after clearly stating what I was choosing to do with my body. The levels of psychic attacks because I was not "following" others made no sense to me at the time. The job mobbing was the first clue that I found regarding finding that I was a targeted individual.

Job mobbing falls under the category of gang stalking due to its effects on the individual with plans of forced homelessness and "losing" jobs that do not add up logically. It does not take the smartest person in the world to see how bosses at a targeted individuals jobs will be targeted for mind control, then all of a sudden the individual is getting fired under the means of some type of made up reason for termination of the job. The biggest thing that humanity needs to know is how

prevalent mind control is and that the mind control is so powerful that it can force speech in certain individuals with a high concentrated amount of heavy metals in their blood stream and little to know awareness about who they are. Most people are not inhabiting any part of their body, their mind, or consciousness layers. This inability to know thyself or master thy self leaves the opportunity for lower dimensional spirits to step right into other people and use that very same person as a weapon against the targeted individual.

To speak on the topic of corrupt law enforcements, the TSDB list is openly available for police officers. They know about the list, but do not know it's connection to the illegal means of the list coming from the FBI. I found myself getting speeding tickets weekly when I was never speeding, or pulled over for means that made no sense. I started questioning for a short time why I had so many interactions with police in such a short amount of time. To this day we have the county sheriff departments checking in on us via helicopter about once a week. They believe they are just checking up on "terrorists" to keep others safe because they see when we enter their county and such. None of that is the truth, my husband and I are serving the Christos Mission, living our life in alignment with God's Natural Laws.

Solutions: It is best to equip your car with a Dash camera to hold all conversations and planned car accidents accountable, and or all situations where one is pulled over. The one that I use is Vantrue Dash Camera. Had I had this mounted during the many times of being pulled over for speeding, I could have shown them through matter of fact evidence that I was not speeding and that they were lying in order to cash grab me into an even deeper growing financial depression. When being pulled over, if you know that you are a targeted individual, you can always tell them that your name might show up on the terrorist screening database list, but that list that you are seeing on your screen is illegal and untrue. You then can proceed to educate the officer on the true history of this list and explain some topics that will need to be talked about. Please do not go to a police officer regarding the attacks of break ins and microwave attacks as they have the full ability to order admissions into psychiatric wards under the observation that an individual is not safe to oneself or for others.

Early Release Version - Elongation of information is needed

The Police Cheatsheet - Know your Rights

Illegal Human Experimentation via Implanted Chips, Surgical Devices and Vaccines

Direct Experiences: I do not have direct experiences regarding this topic. What I do have is the understanding that my body is being attacked through etheric implants that attempt to stop the natural progression of my soul's expression. I do know that there is higher percentage of alien abductees that have been abducted and had physical implants placed in their body for tracking purposes of the human genetic catalog.

Solutions: If you believe that you are an individual who has had illegal human experimental chip implants, surgical devices and or vaccines forced upon yourself, it is advised to start learning how to run Krystal Star Rainbow Algorithms through the brain, the implant that comes to mind, and asking for support in regaining bodily sovereignty. It is also recommended to see well qualified energy workers and etheric surgeons that know about physical and etheric implants. Often times the physical implant will have several multidimensional overlays that are controlling other layers of the consciousness and bodies. From my experiences of defending various deployed military grade alien implants, there is nothing that God Force, the true God Source can not help you with, if asked in the form of loving intentions. If one endeavors to know the truth, the truth will be revealed.

Breaking and Entering to create Paranoia, Environmental Changes, Stollen Items, Control Over Finances

Direct Experiences:

Solutions:

World View Poisoning and Paranoia, labeled Mental Illnesses, Psychiatry as a Gaslight Cover for the Targeted Individual

Direct Experiences:

Solutions:

Microwave Weaponry, Satellite based Microwaving and Tracking, Sanitization of Pleasure and Joy

Direct Experiences:

Solutions: When dealing with microwave burns these are the best products that I have found to heal the skin: The use of Organic White Rose hydrosol, intaking a high quality collagen supplement to regrow the skin, applying Aloe Vera, Ultimate Vitality Radiation Burn Cream, Organic Manuka Honey applied to burned areas, and Organic Castor Oil Cold Pressed. Soaking and healing baths support the body in regeneration and rejuvenation, may ease ascension symptoms. The suggestive bath soak recipe is 1 cup Borax, 1 cup Organic Magnesium Flakes, Optional* 1 cup Baking Soda. **Early Release Version - Elongation of information is needed The healing powers of borax and taking care of our fascia after being microwaved.**

FBI & CIA Cessna Surveillance Planes, 24/7 Surveillance & Tracking, Aerial Stalking/Harassment with Helicopters and Unmarked Planes

Direct Experiences:

Solutions:

Neural Monitoring , Controlled Emotions, Changing the Neurology during Sleep State, and forced Personality Alterations, Delta Theta REM Deprivations

Direct Experiences:

Solutions:

Dream Manipulation, Electronic Digital Realities, Forced Simulations of Torture, Digital Voodoo Dolls

Direct Experiences:

Solutions:

Weather Warfare, Man Made Hurricanes & Storms, Directed Energy Weapons

How does this work? Man made artificial storms, storms with demonic essences and v2k subsets. Attack by storm.

Direct Experiences:

Solutions:

weather warfare - HARRP, NEXTRADS, adding the targeted idea of becoming homeless, designed to drain your bank account, make you homeless, commit suicide or harm others.

Noise Campaigns, Hyper Sensitive Hearing through Sonic Weapons, Cochlear Attacks and Forced Hyper Awareness

Direct Experiences:

Solutions:

Genital Burning through Broadcasts, Artificial Stimulation/Libido, Controlling of the Sexual Life Force Current, making of Transgender woman and men,

Attack on sexual energy- remote control genital stimulation, artificial high libido, reptilian tail, black descending fire, black lunar sexual current.

Direct Experiences:

Solutions:

Forced Homelessness, Unemployment, MK ULTRA Slave Mindsets, Transhumanism Illegal Experimentation.

Direct Experiences:

Solutions:

Chemical Gassing, Poisoning of Food via Molecular Changes, Temperature Changes of the body, Endocrine System Manipulation

Direct Experiences:

Solutions:

Mind Control Sourced from 5G Cell Phone Towers & Wifi Routers, Defamation and Ruining of Reputations among Communities, Shame and Self Esteem Depreciation

Direct Experiences:

Solutions:

Contactless Brain Mapping, Cyber Trafficking, AI Experimentation, Mass Mind Control through Alien Metalloids, Remote EEG, Radar systems getting brain mappings for the making of Digital Twins

Direct Experiences:

Solutions:

Pulsed Broadcasted Diseases and Pain, Long Term Hoax Pain and Illnesses, Mental health hoax, Diseases Vector Spraying

Direct Experiences:

Solutions:

What is the Moon? Lunar Power Weapon

Direct Experiences:

Solutions:

Deep trance Victim from Heavy Metals and Mind Control

Direct Experiences:

Solutions:

ANNOTATED TARGETED ATTACKS

Early Release Version - Elongation of information is needed

These are attacks that weren't talked about above that match some attacks that alien abductees experience on the regular as well as other TIs. Like mentioned before there is a triangle effect with certain attacks that the Negative Aliens will deploy to control an individual. I recommend looking at all of my ongoing attack logs in the Full Disclosure Arena available at the Official Website of the Truth of Riza Platform. These are things that I have directly experienced and wish to speak about in detail. The are bullet point attacks that I will go over in-depth at a later date.

The Attacks

- Forced parasites energetic and physical - messing with the prostate/anus/vagina, forced yeast infections
- The whole sugar thing with alien abductees and how there is a triangle with female MILABS/alien abductees, and SSP Program project people experiencing forced yeast infections.
- Why sugar needs to be completely taken out of the eating lifestyle. What are healthy sugars?
- Forced itchy vulva/vagina, parasites, control of life force current
- Forced mental images of porn, sadistic sexual acts, they are in your mind at all times trying to sabotage whatever it is that naturally brings you joy or trying to sabotage what you may be working on if you are speaking out about the torture.
- Being chemically gassed
- Weather Warfare (Two hurricanes in two weeks)
- Spraying chemical agents on the roof to melt the waterproof roofing
- Attacked via wifi (insertion of implants, controlling people around you through it)
- Contactless Brain Mapping to upload the soul
- Financial Depletions, attempts to make us homeless
- Portaling of flies and gnats near the body to aggravate the mind.
- Bugs, cockroaches through instant manifestation devices showing up in freshly cleaned houses.
- Bugs, spiders, hawks, birds, owls, neighbors dogs being used as noise campaigns and inter-dimensional spies
- People always trying to get really close to you, no personal space, stripped of privacy, always trying to meet you and talk to you when you really and deeply want to be left alone
- Sleep Deprivation via Dream torture (3 hours of sleep to drain the life force)
- Military MILAB Programming
- Since I am married, constant divorce v2k, and dreams that suggest I should get a divorce/ I am cheating on my husband. Breaking apart families, mind control to where they don't understand you and they really aren't willing to help the cause. They just resort to she just doesn't want to talk to us.
- Microwave attacks and being burned only on the sex organs and face
- Spiritual demonic attacks of alien assorted implants being sprayed on the body through the wifi
- Digital disease warfare, forced pain inserts
- People not responding to you as if they never heard you or have the ability to remember that they spoke with you. Constant isolation from everyone, and no one seems to be able to return emails or carry on conversations (Black butterfly Technology)

- Attacking all food and water, spraying chemtrails directly over location night AND day
- Black mold, white mold attacks
- 5G Beam Steering to split DNA Ladder Bonds
- Demonic helicopters and planes- aerial harrassment
- Constant spam text messages about loans and resources after already running low on funds to live and survive from cash grabs.
- Mind control all prices of airbnbs and or hotels to be a lot higher and or completely sold out and not available so you are constantly wondering where you are going to go for a house and available food.
- Prices of food raising, our sources of food going out of stock through a timely manner of when we want to buy it. They try to ruin your life any way shape or form that they can, messing with the internet, extremely slow uploads when you want to get information out there...
- Remote surgery, remote spinal tap, CSF leaking for two weeks via nanotechnologies from a alien demonic human hybrid in a car in order to re-bind a demon to my husband's body.

Why do they do all of this? Because the forces that run the program feed and drink the suffering, pain and misery from the targeted individual from the external manipulation that has ensued. For the most part they already have the TI uploaded into a digital server so their main goal is to push the individual into committing suicide or harming others.

UNIVERSAL BEACON CALL & KRYSTAL STAR SUPPORT

There has been an ongoing universal beacon call responses (DEC2023) from the Guardian Host Functions, Inter-dimensional Free World Council groups, and Krystiatic Special Forces Operational groups that are working on priority Guardian Workstreams and Workload projects in order to support the recent addition of Christos Starseeds, Cosmic Dragon Star Human genetics, Emerald Founder genetics, and Indigos being illegally placed onto the TSDB list, commonly known as the Targeted Individual List. This watchlist, in recent news, has been adding 1,000's of people who do not comply with the several deployed Negative Alien Agendas of One World Order. This list is torturing innocent humans and is beginning to make its way into mainstream media topics. The beacon call regards many topics due to the increasing percentage of names that are being added to the list every year. There has been copious reports and detailed annotations of the current status of the planetary grid in regards to the satellite space time constellations and how those constellation maps connect into WiFi routers, cell phone towers, radio signaling sites, and the 5G nodal networks. There have been major ongoing extractions and transit functions by Fatherly Ruby Dragons dismantling the Internet of Bodies and the Internet of Things by locating and transiting the Black Dragon King and Queens, Black Sun Artificial Intelligence Negative Aliens that actively interface their consciousness through the 5G and ELF broadbands and nodal networks of satellites and cell phone towers/ 5G nodes. EMF weapons are deployed to include broadcasting, voice to skull technologies, cyber trafficking, microwaving, and nano technology/ self-assembling sensors and hydrogels/hypergels are the main forms of attacks and take priority when conducting extractions and transit functions. The Negative Alien groups interfacing and connecting with DARPA, Raytheon (RTX Technologies), Lockheed Martin, Pfizer- the pyramidal Satanic Luciferian structure of the Jesuits have been taken into Emerald Order Custody and Investigative Services with ongoing truth or consequences for their actions and tribunals sessions. Holy Father Dragon and Holy Mother Dragon are actively working through the pillars of Cosmic Valor and Cosmic Grace so that true freedom and cosmic order is restored to angelic humanity.

ALIGN TO THE ORGANIC TIMELINE AUDIO SERIES

Recently added material as of January 2025 - The Align to the Organic Timeline audio series goes over the importance of choosing the organic timeline for yourself and committing to self mastery.



Download Option: Align to the Organic Timeline

Audio Offerings Included: Subject to Change

1. 12D Shield Building Technique
2. Eternal Galactic Health Improvements
3. Clearing Blood Covenants
4. Prayer of Divine Grace
5. Black Magic Clearing and assorted Hexes
6. Full Viral Clearing of Alien Etheric Implants
7. Advanced Spirit Body Clearing Checks
8. I Do Not Consent - I Align to the Organic Timeline Meditation
9. Viral Nanotechnology and Raising of Light Quotient

Additional Audio Support Series

IMPORTANT RESOURCES

Foundational Practices and Core Fear Removal

The 12D shield building practice and Core Fear Matrix Removal Program with added meditations - Energetic Synthesis

Hieros Gamos Calibration Manual

Included in the Manual:

Core Fear Removal Program Pg. 37

*Tip: Make a running list of fears and see how many you have released with every passing month.

Space Clearing Protocol on Pg. 41- 43

*Tip: Record your voice reading the clearing protocol and then play the recording out loud in the AM + PM hours to keep an energetically pristine environment.

Physical Health Upgrade Pg. 46-47

QUICKSTEP PDD- Removing Pain, Disconnection & Disease Pg. 48-49

AIM Clearing Manual- Clearing Alien Implants and other Associated Devices

Newsletters + Energetic Synthesis Podcast

*Tip: It is recommended to sleep with the Energetic Synthesis Podcast playing in the background on low volume to help assist with deployed attacks of extreme sleep deprivation and also begin the process of your consciousness layers beginning to learn Law of One Curriculums during sleep state. This is considered a sleep state training regimen advised for healthy consecration of sleep patterns.

Invocations & Commands

Clear AI and Toxic Substances - Clearing out DARPA Hydrogels and Polymer SMART Laces connected to AI Algorithms of Cellular Death

Deflecting 5G and Harmful EMFs - Deflecting 5G Targeted Waves and Mind Control Subsets through EMFs

Sovereign Brain and Nervous System - Take back Sovereignty over your Brain and Nervous Systems from Voice of God Technologies and attempt of Mind Sliding through FFR

Clearing Pathogen Puller Devices - Clearing all Pain Body Inserts, anything that would artificially create pain in the body

Law of Structures within an Organization - Setting your Structure and Creating Krystik Architectures to Serve Humanity

KSA Protection - Learning to run Krystal Star Algorithms and the link up to the Krystal Star Server Stations

Clearing Beam Steering 5G Technology Meditation

Transcript to Beam Steering 5G Technology - Assisting the body when interfacing with 5G Beam Steering

Breaking Spiritual Bondage Loops Meditation

Transcript to Breaking Spiritual Bondage Loops

EMF Calibrations - Learning how to work with your Spiritual Guidance Teams for Physical Body Re-Calibrations

EMF Calibration Meditation in Shop

Subconscious Bonfire Meditation - Sovereignty over your Subconscious Body and Mental Layer

Clearing Mental Body Fields Meditation - In-depth clearing of the Mental Bodies

Setting Sleep State Intentions - Prayers - Sleep is a sacred time for soul growth and dedicated prayers

Clearing Splitter Technology

Aulterra EMF Protection

The energy pillow, wall plug ins, enhance powder has personally helped reduce the targeted buzzing and vibrating EMF feeling that so many of us are targeted with. I have a plug in for my car as well to balance EMF exposure while driving. The enhance powder is a staple in my daily supplementation as it greatly reduces the amount of EMFs that they force and push into my body by over head passing Cessnas and helicopters with electronic weaponry mounted. The Aulterra Enhance Powder as well as shaking vigorously through out the day are the main ways that I keep EMFs from lodging into my fascial layers and effecting my levels of spiritual embodiment.

Aulterra Shop

Tech Wellness EMF Protective Products

I have tried many different brands of air tube headsets for headphones that decrease the amount of EMFs that go directly into your brain. I have found that Tech Wellness has the best sounding and durable air tube head sets that allow me to listen to music and have headphones in without massive exposure to EMFs being directed towards my Brain. Apple AirPods and other headphones that do not have shielded wiring systems direct a massive amount of EMFs right into your brain which is going to effect the way you think and the over all healthy functioning of your brain and spinal cord. It is best to stop the usage of AirPods and bluetooth headphones, as well as researching some of the wifi kill switches that are available for purchase.

[Tech Wellness Shop](#)

Borax- Detoxing Healing Bath Soaks

Products: 20 Mule Team Borax, Organic Prescribed For Life Borax Sodium Borate (can also add trace amounts to water for internal drinking), Ancient Minerals Magnesium Flakes, Baking Soda.

After being microwaved and 5G beam steered for more than 48 Hours straight my body took refuge in putting organic red clay all over my body and then washing it off later. I applied white rose hydrosol onto the areas that were targeted the most. If your genitals have been targeted it is safe to spray the hydrosol on these areas to support in hydration coming back into the fascia. I have also used small amounts of clay in my baths to help with radiation poisoning and EMF overheating. I take a borax bath about once a week, sometimes more depending on my levels of attacks. You will notice a drastic difference in the way your fascia feels after about three baths if not immediately. The borax will also terminate self-assembling nano technologies in your body. Borax is used to detox the MRNA vaccine out of the body, there will be more solutions to come in the future in regards to terminating the nanotechnologies and addressing digital twins. Borax baths support the nanotechnology morgellons phenomena in clearing out these microscopic fibers from the fascial layers.

The Detoxification Clays - Recommended Products For Healing

- Magnetic Bentonite Clay Detox Bath, Sodium and Himalayan Salt by Enviromedica
- YARELI Bentonite Clay
- Rhassoul Red Clay Minature
- Mountain Rose Herbs White Rose Hydrosol
- Alteya Bulgarian White Rose Hydrosol (any organic hydrosol, NOT to be mistaken as flower water)

Local Farm and Raw Milk Suppliers

[Find Local Raw Milk](#)

[Raw Milk Finder](#)

When you are beginning your journey with eating more red meat you are going to want to look for 100% Organic, Grass-fed / Grass-finished no hormones or added vaccines. They are starting to add MRNA vaccines to food produce so you want to make sure you are steering clear of consuming these substances. For raw milk you are looking for Non-Pasteurized/Homogenized Grass-fed Raw Milk. You can create a better relationship with the farmers and foods that you are eating by buying your meat and milk from local farmers. If you are Florida based, North Star Bison, Grove Ladder Farms, Grass-fed Florida, All Day Raw Milk are great picks for health and vitality. For women, it is advised to cut out yeasty/ grainy, artificial sugary items like breads, cereals, sodas, and sugary products out of your eating lifestyle as it creates an over growth of candida in the body or a yeast over growth in the body. The sugary foods and grains are part and parcel of creating an acidic vaginal biome which for the most part is a desired habitat for female abductees experiencing reptilian sexual manipulation. The sugars and yeast overgrowth is experienced as yeast infections that do not seem to go away. A pro-metabolic way of eating may support your over all health in vitality. A lot of nutrient dense foods going into the body actively balances hormones and gut health, as well as keeps you over all grounded IN your body. While being attacked we must truly nourish our bodies so that we can continue to thrive through any and all attacks. We must

use warming foods to nourish our nervous system and help our bodies get out of an ingrained fight or flight way of living. A great way to see what type of eating lifestyle works best for you is to directly ask your body what would be best. It is recommended to release the belief systems that say eating meat is spiritually unclean, or “lowers” your vibration. It is my lifestyle of consuming raw milk, beef liver, nutrient dense herbal infusions, warming bone broths, and bison steaks, that keep me grounded IN my body and also balances my hormones during my menstruation cycles. Try this script and see what your body reveals to yourself. Journaling the responses will be of most benefit to your being.

Script:

Beloved Body I am committed to supporting you in thriving the best way that I can. I love you unconditionally, thank you for all that you do for me. Can you please guide me to what foods I need to be eating right now? Would you have me add anything to my daily eating? What foods am I consuming that are not in my highest and best interest (regard)? What is it that you really want, what would serve you in obtaining the highest level of health and vitality? I am open to connecting deeper with my body, today and always. Today I set the intention to come into a deeper relationship and understanding with/of my body. A relationship based out of trust, receptive listening, and service to my bones, organs and entire being. I AM a priority and I put myself first. I create the space in my life to listen to you. Please tell me what it is that I need to be eating? What do I need to know and see? What do you need to show me today? What needs to be felt?

You can test for a yes or no resonant answer, as well. Is it in my highest and best interest to eat red meat? Is it in my highest and best interest to consume breads? Yes or no? Please guide me in having a deeper relationship with one another- you are my ascension vehicle and I love you. Beloved body how much water do you need to function optimally? Is there any herbs that may support you like nettle? Is there anything else that you would like to show me? Beloved body, what type of eating lifestyle would serve my highest spiritual potentials? I am fully committed and dedicated to listening and building a new relationship with one another. Body. I love you. I love myself, fully, completely, and totally.

Everyone's body functions differently, but will always communicate through various ways like inner eye visions, pictures, and emotions. We are all at different stages

of our ascension process, and may need different foods and supplementation to support our inner and outer journeys. Mentioned before, I consume only red meat, fruit, and raw milk. I bless my food and thank God that the food helps keep me grounded and in my body so that I may continue to orientate my consciousness to the levels that are needed with the ongoing microwave attacks. I have noticed the more red meat, nutrient dense foods (bone broth, organic salmon roe, emu oil, raw liver) I consume the less the EMF weaponry is able to effect me as far as induced headaches, light headedness and feeling ungrounded. We will get justice and move forward through strength and honor. We strive to be the best that we can be everyday. When asking your body what would be best, allow space and time for your body tell you what type of foods would work best. Some of the Treatments (Ruby Treatments) in the Ruby Toolkit may assist you in learning the way your body communicates.

*Tip: for raw beef/bison liver- For a no taste experience cut the liver when it is frozen but soft enough to cut into. Cut it into small little chunks, into a freezer safe container then freeze the liver again. Only take the pieces out you plan on eating. I cut mine up into little pieces and wash it down with filtered water daily.

Breathwork - Regulate your Nervous System

Breathwork Beats

Breathe With Sandy

Into the Deep Breathwork

Breath-work is one of the many tools that directly impacts the crystalline fascia matrix and the fluid webbing in your body to increase cellular telepathy and organic connections to your soul. Most of us are breathing shallow and living our life through a constricted state due to not breathing deeply into our experiences and our body. A dedicated breath-work practice will help you process emotions and over all increase vitality in the body, as well as take care of our nervous system.

Breath-work practices that may support you: Pranayama series, breath of fire, alternate nostril breathing, box breathing, hypoxic breathing, diaphragmatic breathing with up to 7 second inhales and exhales, breathing directly into your heart and connecting with your heart, breathing down into your pelvic bowl, O

breathing where you “sip” in the breath to sooth your nervous system. All of these types of breathing will debut in the RIGHT RELATIONSHIP SERIES apart of Holy Body Work and Somatics.

Movement Therapy - Unconventional Strength & Yoga Flows. Please see Pg. ? for the Solar Embodiment Invocation

These are options when public gym WiFi is being used as a weapon towards your body, or when ANY Wifi is being used as an advanced mind control weapon that may be present at common local workout locations.

Strength & Flow Fitness

Caroline Girvan

Yoga with Adriene

Travis Eliot Yoga

Kimilla Kundalini Yoga

55 Divine Kundalini Kriyas

For over all health and function of the body it is important to stay active, walking and working out through weight training to support the movement of stagnant energy and the release of endorphins and other feel good chemicals. When there are helicopters or unmarked planes circling your personal residence, or cell phone towers located in your vicinity, it is advised to keep your body in a fluid state of motion. If you suspect that your biometrics, entire brain interface is being scanned by covert helicopters deploying radar technology, it is suggested to start jumping around and moving constantly while mentally saying I AM God, I AM Sovereign , I AM Free!! The movement pattern disrupts the process in which scans are taken in order to read bio metric feed back data. Constantly moving like running back and forth will disrupt the ongoing encryption or download of biometric data and spacial fascial overlays for AI CGI uploads to Super Computer Generators. For the most part this criminal attack happens while people are sleeping in heavily populated areas like the city and densely populated housing communities. This type of attack was deployed onto myself JUL2024 and almost everyday of AUG2024 with an attempt to grab my brain signature and bio metric data deployed from a helicopter circling in the night over the property in order to upload my consciousness to

Digitalized Realms. I have had great emotional clearing success with picking a kriya to do daily for at least 90 days. My favorite Kriyas are the Gyan Chakra Kriya for an elevated positive mind, Har (Prosperity) creation Kriya, Archers Kriya for an invincible mindset, and Nahbi Kriya to help with increased levels of discipline. Practicing Kundalini Kriyas has been a consistent part of my own process with clearing my emotional and mental bodies. To this day I still flow with one or two 11 minute practices. It may benefit you to get into a routine practice and notice the benefits while you commit to a 90 day practice.

*** if attacks to the body and muscles increases after exercise please leverage the Pain Free Healing Audio that comes with the handbook included in the Handbook Materials.*

RESOURCES FOR THE TARGETED

Here are some important links to raise your awareness, and become knowledgeable about the Targeted Individual Program. These videos go over any and all type of attacks that may be deployed against you. These tools will assist you in achieving greater mental fortitude and strength. It also may support you in listening to other's stories and finding what has helped them and their own experiences while being a targeted individual.

Websites:

<https://gangstalkingmindcontrolcults.com>- Computer accessibility for a better viewing experience

[Chemspray - Chemical Gassing a TI](#)

[Top 100 Websites for Targeted Individuals](#)

[Blog Robert Duncan exDARPA Whistleblower](#)

[Gangstalking Training Manual](#)

[Silence is not an Option - Renee Pittman](#)

[Website - Renee Pittman Forced into Proaction](#)

[Tech Wellness- Wifi Kill Switches, Best Airtube Set Headphones](#)

Videos & Playlists:

[Living in a Simulation - Making of Digital Twins D Wave Demon Wave Enslavement](#)

[Presentation - What is Brain Mapping? Contact-less Brain Mapping and AI Uploads](#)

[Dairies of a TI - Exposing the making of Digital Twins](#) (Podcast Option)

[Chronicles of a T.I](#)

[Archives of a Targeted Poet- Blog Posts](#)

[Targeted Individual EMF Broadcasting](#)

[Deep State, Black Budget behind TI List](#)

[FBI Whistle Blower](#)

[V2K Information](#)

[Targeted Individual Interview Sessions](#)

[Knowledge is Power Playlist](#)

[Path of Strength • Affirmations](#)

[Self Confidence Affirmations](#)

[Positive Thinking & Mindset Affirmations](#)

[A Podcast Episode -Ken Roylance on Military Grade Chemical Gassing](#)

[Guided Ascension Resources](#)- A huge log of resources to directly support your ascension process and highest spiritual potentials.

Prayer of Divine Grace

Re-fortify your 12D Shield, connect with your core and breath deep into your crystal heart.

Beloved Family of Krystal Star, the Aurora Elemental Races, my inner Christ-self, Guardian Support hubs and Networks I ask that you assist me in living in alignment with God's Holy and Divine Plan for Ascension, Liberation, and Freedom. I ask that my spiritual families, earthly families, loved ones, and myself have all that we need, the knowledge, spiritual support, physical items like food, water, and shelter for a smooth process during and after the trifurcation events. I set the intention for a smooth transition out of this Dark Aeon and into the Emerald Order Edenic Living Templates or the New Golden Aeon. I seek God's wisdom + truth, to call upon the spirits of divine grace and ease to support us on a smooth journey through what supports our highest spiritual potentials. I harmonize my body, my mind, and become balanced and neutral through all levels of attack and or false flag events, Anti-Christ attacks upon humanity and or myself. I ask that I be fully held by Cosmic Mother and Father and connected to their gracious hearts as I know that I AM fully loved, heard, supported and guided by their Book of Love and Book of the Law. As I understand with clarity the Law of Effortlessness, I wish to experience these events through this Universal Law at whatever level is perfect for my spiritual growth connected to the organic timeline. I am committed to self mastery and serving Cosmic Sovereign Law of One with every fiber of my being, that in which this commitment returns my cosmic freedoms and cosmic citizenship back to myself and the tribes of angelic humanity. I call for divine interception from the guardian races serving the Law of one if needed and that I surrender my life and current levels of consciousness to include reversed ego filters in order to embody my highest embodiment or potential. I cast onto the altar of God my fears, my worries, I let it all go now so that I may effortlessly emanate in the Zero Point free of all fears. I AM fearless and all knowing. I now set my own personal and Christed intention for my future through the natural intelligence field of my heart. (Speak about what is alive in your heart here). I wish to connect directly with god and receive my edenic blueprint through divine timing and all of the coding and light streams needed so that I may actualize this as my physical reality experience in service to God and humanity. Cosmic Christ Family, I ask that all connections and links that may need to be restored, repaired and remade to do so now regarding what shield mechanism I may be connected to that is my personal alignment to my spiritual families and the organic timeline that holds my highest diamond sun potentials. Thank you God and may this prayer be fully heard and taken through to the needed places with my divine soma~ to be completed. Thank you Family of Krystal Star and so it is!

LOVING CREDITS

In loving credit to Lisa Renee at Energetic Synthesis for providing the invocations, command statements, and other materials displayed in this handbook. In loving recognition to all of the Targeted Individuals and Christos Warriors on the Ascension Front Lines using their voice to expose the covert attacks/crimes against humanity, and remaining grounded through the virtues of infinite strength, and truth frequencies. We are all doing this together and we will prevail and see justice for all targeted individuals globally, including those of us who have suffered at the hands of negative aliens fracturing our crystal heart and uploading our soul aspects. Stay strong and protect your sacred Crystal Diamond Heart complex, continue to connect with your body and your genius inner intelligence will guide the way, you are not alone. Surrender it all to God, the path will be shown as we reach ever so closer to the Global Awakening Event where all truths will be revealed for the greater good of all of humanity.

CLOSING IN GRATITUDE

Thank you for reading and supporting the Truth of Riza Platform. This handbook has been an arduous journey writing and being attacked at the same time. I take a moment now to express gratitude to our beloved family of Krystal Star who has mentored myself and humanity consistently in learning how to defend and deflect all attacks from anti-christ forces running the targeted individual program. May our beloved Holy Mother and Holy Father assist us and guide us to fully dismantle this sinister secret space program for the greater good of all of humanity, and so it is, Thank you GOD!

I CHOOSE THE ORGANIC TIMELINE

I CHOOSE THE ORGANIC TIMELINE WITH THE ENTIRETY OF MY BEING

I CHOOSE EDEN FOR ALL

I STAND FOR THE PATTERNS OF PERFECTION FOR EVERY HUMAN BEING
AND OR LIVING ORGANIC CREATION NOW!

COSMIC ORDER IS RESTORED