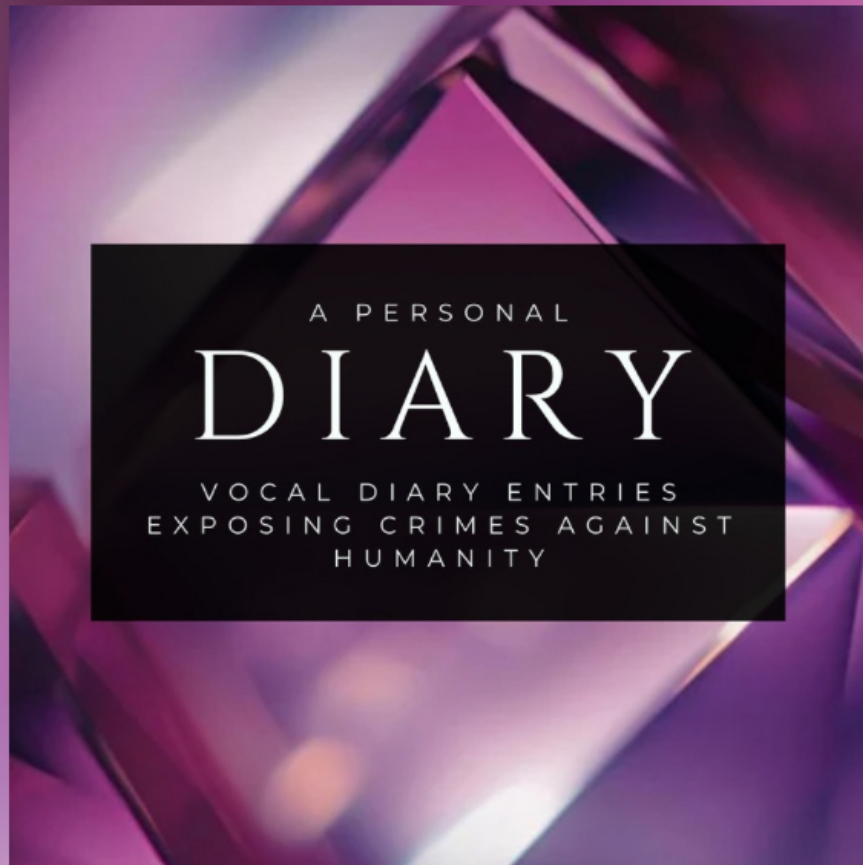


Attack Logs 2023 - Present Time



DISPLAY OF ANNOTATED  
TARGETED INDIVIDUAL  
ATTACK LOGS

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TRUTHOFRIZA.COM



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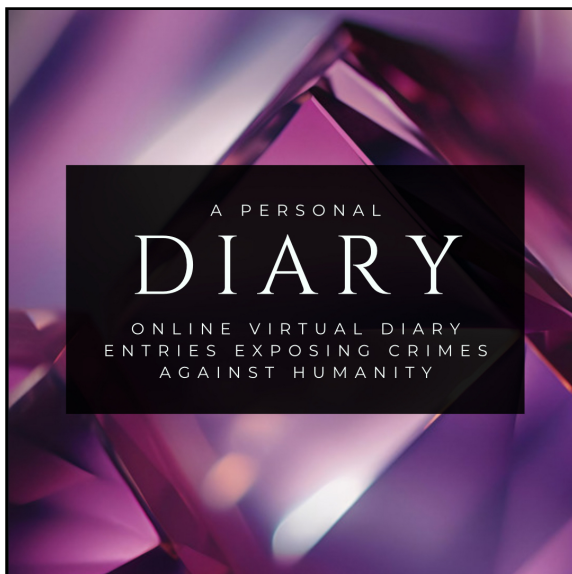
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## **THE PERSONAL DIARY - AUDIO ENTRIES**

These are my personal diary entries in audio format. These audio recordings through the years have provided me with deep healing as I have moved into a stage in the targeting program where I am isolated from others. Some of the isolation is my choosing because I do not want to bring my family members into the insidious targeting tactics like mind control and smear campaigns. I do plan to start talking to my family more in the future timeline regardless of what mind control could be used on them. For the most part I like to speak frequently rather than write (speaking is faster). I am fully focused on the completion of my world service missions which includes learning to embody more streamlined while being attacked from all different directions. Clarity In Truth Youtube Channel is my area to express truth with my husband and post evidence streamers of this LAME targeting program.





## **TARGETED INDIVIDUAL ATTACK LOGS**

**JUNE 2024**

It needs to be noted that the reason why I (Riza & my husband) started taking such copious notes on our levels of daily attacks and terrorism is because the most recent month they (all those working for this TI List- Alien Human Hybrids...) attempted to ruin our entire roof and flood/ run us out at the current place that we were staying at. We weren't able to leave our location for a whole week due to not having any storm drains and I think "they" knew that. They used weather warfare pointed against us and Miami FL for a whole week. All weather that I was able to dismantle with my consciousness layers (because all of the weather is planned and artificial/ man made anyways) was pushed to Miami so the weather we were supposed to receive went to Miami sadly flooding out those residences. This entire tropical storm was a planned attack to get us out of our current location which would lead to another potential cash grab. The way I dismantle weather warfare or storms is through evicting demonic spirits and essences. Once the demonic essences have been evicted and transited the entire storm normally collapses and dissolves. All storms are powered by nanotechnology/heavy metals and demonic essences. Weather Warfare is Demon Technologies, you can't have a tornado without demons...

The targeted individual program will deploy any type of attack, any way, any rhyme or reason to drain your bank account and try to put you into poverty. I have already experienced 8k taken from "accidents." We are now strictly living from paycheck to paycheck due to how much financial depletion our joint finances have experienced. There is no room for extra with our household income at the moment due to the massive amounts of 1000's that are missing that was taken from things like being forced out of certain rentals.

### **Quick Notes:**

**JANUARY 2024** - Severe Military Grade Chemical Gassing to destroy DNA ladder bondings- DNA Activation. All airways of breathing started closing in - ran us out of our current location/ Home.

**FEBRUARY 2024** - Daily microwaving of genitals and fascial lips on face, vulva & vagina, testicals still ongoing to present time by satellite.

**FEBRUARY2024** - Our first day with 5 helicopters harassing us in one day, all different helicopters. Minimum since JAN2024 we have 1-3 helicopters flying over the house everyday no matter the location.

**MAY2024** - was the worst month of microwaves due to how many times we got burned. If we have sacred sex and are thoroughly enjoying ourselves we get microwaved. (Riza) if my sexual energy, orgasmic energy starts to flow even through dancing or doing conscious body work I will get microwaved. My husband and I have designed our life so that we don't get microwaved because our body can't handle anymore burns. I believe they have some type of alarm that tracks our life force energy and if I go higher than a certain level I wake up the following day with painful microwave burns on my genitals. Particularly since I am solarizing my sexual life force current these Negative Aliens do not want me Solarizing and running solar plasma currents from my sex organs into my husband's body. Sacred Sex is designed for spiritual growth and evolution when done through pure love and a solarized sexual life force current.

**JUNE2024** - 7 Helicopters in one day directly over the house.

### **JUNE19**

- Drone or personal jet plane? over and over again over house 7:47 AM, 8:07 AM, 8:15 AM, 8:19 AM, 8:27 AM, same spot
- Helicopter 1 8:57 AM
- Plane so low over the house 8:32. Wife was sleeping prior she woke up at 8:40AM pulsed with EMFS
- Helicopter 2 with sprayers 12:56 PM right side passing - didn't spray yet
- Weather warfare, last week prior they sprayed something on the roof to melt the waterproof siding. Water started leaking through the roof. House next to us got hit also, problems with roofing on the house next to us. Continued weather warfare to ruin and run us out of the home we are staying in.
- Disease vector spraying from planes - emitting EMFs? Maybe cell towers? I use the PDD quickstep to heal our bodies from emf and pain.
- Supposed to be weather warfare all day with heavy rain and thunderstorms. I was able to transit the demonics in the storms. No rain thus far in our area

**\*\*full moon is approaching, attacks always get worse and more severe during full moon cycles\*\***

## JUNE20

- Rough night of sleep. Up every hour pulsed awake. Hard time falling back asleep. Have to use the EMF Calibration to get rest. Forced artificial dreaming simulations. Husband gets up at 6 AM everyday, forced awake. Satellites and or controlled torture dreaming force him awake at this time- daily. Itchiness around the eyes, an attempt to manipulate our emotions.
- Riza attempts to sleep from 6 AM until 10Am never gets past 9 AM daily. Planes and helicopters use EMFs to pulse me awake everyday at 9-9:30ish. I had an extremely hard time falling asleep and my body wouldn't go into deep sleep.
- 8:09 AM Helicopter 1 with sprayer, attempted to spray but husband was outside.
- 8:50 AM Helicopter 2 no sprayer attached.
- Cessna Planes flying around the house consistently.
- Ongoing planned weather warfare with subsets of mind control
- Rest of the day was noise campaigns with neighbors blaring bass music all day, people yelling and cussing around us. People honking cars, rumbling sounds from the ground, buzzing everywhere.
- When I go outside shortly after like 5 /10 minutes somebody always manages to try to come near me whether they are walking their dog, looking at me from the canal, people all just come outside as soon as I am outside. I have tested it over and over again. I go outside and then they immediately come outside, I go in they go In.

**\*\*PLEASE NOTE\*\*** My husband and I haven't been to a single Doctor, health practitioner, dentist , or anything since being discharged from the military. We do not believe in disease, illness, we do not believe in the mental health hoax labels of ptsd. These mental health labels are all deception and a way for humans to be drugged with man made pharmaceuticals for mind control. We do not believe in seeing any doctors, therapists, psychiatrists. Nobody has access to my body but my own hands. These people in white coats are not the authority and know it all about MY Own body. I KNOW BEST. In regards to what is going on with my sovereign body. We source our state of Health from the messages our body tells us. Everything I need to know will be told to me through my body. We do not put our consciousness in the hands of others, an externalized source.

## **JUNE21**

- chemtrails directly over the house. This was starting back in April 2022. This is always going on. It is normal to us but it needs to be in the notes. Chemtrails are always right over our house no matter where we travel to.
- Planes always fly over the house about every 10 minutes. Same type of plane (we call them ti planes - unmarked, white, distinct sound always around)
- 8:05 AM Helicopter 1
- 8:40 AM helicopter 2 with sprayers Big drum tanks attached
- 8:45 AM same as helicopter 2 circled back around for another pass right over house with same drum tanks attached, later we found out this was the Lee County Mosquito Control District being used against us
- 8:51 AM same helicopter AGAIN. I have all of these documented on video. A guy was outside as a witness. I have everything on video.

Microwave burns to the genitals have gotten so bad that my husband and I cannot have sex. They always target our genitals for microwaving if we have sex with one another. Our bodies physically cannot handle any more burns. If I kiss my husband for a long time our lips get microwaved and the skin will start peeling off and then I experience extreme levels of chapped lips. These people attempt to control everything about our life. V2K transmissions about divorce on the daily. Harassing our marriage and trying to implant thoughts to divorce one another or be hateful and aggressive to each-other. They can not stand out natural loving and compassionate embodiment.

- Ongoing planned weather warfare directed at Cape Coral & Lehigh acres over the weekend ( Friday June21, Saturday June22, Sunday June23) attempt to spray roof has failed. We have cameras recording everything at the moment. Dismantling all storms with guardian host functions.

## **JUNE22**

- Sleep last night was filled with forced dream simulation. The people Controlling these technologies always like to openly show me that they are using Brain mapping, remote neural monitoring to read my thoughts and find my biggest fears. They place my most recent conversations and biggest fears in a torture like set up that I can not wake up out of. Due to ongoing weather warfare, and the fact that they always try to do the most heinous things while I ( Riza ) am sleeping, Riza is up at 0600

dismantling severe thunderstorms that are projected to hit Cape Coral / Lehigh Acres at 12pm.

- Planes every ten minutes started at 0700 AM (distinct sound, unmarked, right over house, NO MATTER where we move)

**\*\*later we found out that mind control will control those who are flying Cessnas from local flight academy's right over our location constantly, I have to put in a noise complaint everywhere\*\***

- Random homeless people blaring music right near our house, pitched a tent and slept on an open lot directly in front of our home
- After dismantling what was projected to reach Lehigh acres , we only received a couple minutes of rain shower.

#### JUNE23

- Riza woke up at the same time as husband today at 0700 AM, looking at weather warfare tactics and dismantling the severe thunderstorm pin pointed toward our location for today. Dream simulations were about suggested programming on being homeless which I find interesting because those homeless people pitched their tent right in front of our location.
- Planes started flyin 8:30 AM same unmarked planes, distinct sound.
- EMF weaponry pinged in every room we visit in the house from satellite usage ( you can hear the forced ping- emf bullets)
- Been a little quiet around here, no helicopter for two days, constant weather warfare and your normal noise campaigns of people cussing, blaring loud rap music , shouting as soon as you go outside. Cars speeding and fencing engines all day long, lawnmowers constantly, dogs barking.

#### JUNE24

- helicopter 1 at 10:11 AM, made three passes
- Weather warfare pinpointed towards sleep time (V2K and other electrical harassment tactics from electrical storms)
- Constant planes flying back and forth

#### JUNE24

- Helicopter 1 8:11 AM , harassing us with EMF weaponry



- Constant planes flying over house, always the same type
- Weather warfare pinpointed today same spot as we are and same time.
- Sleep deprivation tactics through satellite emf bullets and pulses. You go to sleep and wake up more tired from the constant simulated traumatic experiences that they force your mind, brain to go through. Our life has sucked for a year straight. We deal with this 24/7/365. I have just now begun to write it all down for evidence.
- Same dude with EarPods in rapping outloud, cussing yelling, energetic signature of just dirtiness. I do not want to hear your vocal current, cussing and yelling at 800AM
- Electrical storms pinpointed during our time of sleep, uproar of V2K transmission and traumatic dreaming.

### JUNE26

- ( Riza ) I tried to get more sleep due to my Menstruation cycle coming up. Forced awake at 6AM. Fell back asleep and then was forced awake at 7:49AM. Dreams of people constantly trying to have sex with me and stir my sexual energy up from inside of the dream. People talking about the TI program from inside the simulation. Tried to imprint me leaving my husband and having sex with someone else from my past. I do not consent. I tried to get more sleep. A satellite pinged emf bullets into the room creating increase in awakesness and inability to drop down into deep rest. At the same time a helicopter came 8:18AM and shot EMFs into my body. I am now up, not able to go back to sleep or get more sleep. All night , everynight I am woken up every hour or every 45ish minutes... sleep deprivation tactics annotated.
- helicopter 1 8:08 AM in the tree line trying not to be seen
- Helicopter 2 8:18 AM sneaky and trying not to be seen
- helicopter 3 4:23 right over house

### JUNE27

- a couple of planes right over the house
- An unidentified military jet. I saw this yesterday but did not annotate it. 1:15 PM
- Changed the molecular quality of shower water, turned to a feces, gassing smell. Day prior our raw milk in the fridge did the same thing.
- Constant bings on walls from satellite weaponry ( got it on audio recording )

### JUNE28

- helicopter 1 with sprayers 10:45 AM
- Helicopter 2 no sprayers 11:23 AM

- Constant planes over house

### JUNE29

- helicopter 1 over house 6:33 AM
- Helicopter 2 1:45 PM
- Same helicopter back 2:07 PM - emf weaponry and controlled forced emotions of suicidal / sadness all forced
- Sleep deprivation, mental body manipulation, inserted thoughts and noises

### JUNE30

- helicopter right over the house 2:30 AM
- Everyday it is the same thing as all of the above annotations of attacks. The attacks are constant. 24/7/365. Satellite weaponry dinging sides of the house, rooms we walk into, planes flying right over the house every ten minutes, helicopters harassing us everyday, noise campaigns, chaos energy / black magic around us, attempts to drain our bank accounts with cash grabs, sleep deprivation.

\*\* When was the last time I slept 4 hours straight??? Without something forcing me awake???? I truly can not remember....

- helicopter at 12:16.

## **HELICOPTER SECTION PRIOR MONTHS & JUNE 2024**

*We started this log after 5 helicopters came in one day with sleep gas in order to force us to fall asleep- sleep gas, some type of nano sleep spray gas that shifted my brain waves into more of a hazy delta/theta wave. They 100% had something in the astral waiting as a booby trap. It didn't work at all. Once we felt it hit and my brain started to slow down I got up and worked out.*

April 25 2024 location : Ocala

- Helicopter 1 at 1:35 PM (N465NE)
- Helicopter 2 at 3:15 PM The use of X-rays (N1MH)
- Helicopter 3 at 5:16 PM (N465NE)

April 26 2024

- Helicopter 1 at No time Stamp - Outskirts but who is it ?

April 27 2024

- Green Military Chinook, super low to the house 3:05 PM
- Helicopter 17:46 PM

May 06 2024 Moved to Kissimmee

- Helicopter at night like maybe 11: 15 PM

May 08 2024

- Helicopter 1 at 13:10

- messed with the AC , out of commission , mess with the functioning of the AC unit with electronics
- Helicopter 2 at 19:06 Blue + White

#### May 10 2024

- Helicopter at 14:20

#### May 11 2023

- Helicopter 1 No time Stamp
- Helicopter 2 at 11:50 AM

#### May 12 2024

- Helicopter 1 at 10:52 AM
- Helicopter 2 11:24 AM
- Helicopter 3 12:46 PM

#### May 13 2024

- Helicopter, Chinook 4:15 AM also Drone but wasn't for sure ~
- Another Potential Helicopter No Time Stamp it did come during my sleep

#### May 14 2024

- Helicopter 1 no time stamp - while we were sleeping
- Helicopter 2 at 14:30 ish , drone followed after
- Helicopter 3 Military at 3:58 PM
- Helicopter 4 - no time stamp. Heard the drone followed by after the helicopter

#### May 16 2024

- Helicopter 1 - No time stamp. During sleep cycle ( Potential Chinook)
- Helicopter 2 - 10:42 AM Right over house , Slow and military
- Helicopter 3 - 9:10 PM

#### May 18 2024

- Helicopter 1 During sleep - somewhere 1 AM
- Helicopter 2 during my second sleep iteration - 7 AM to 10 AM

#### May 20 2024

- Helicopter flying FAST- all black at 18:25 Looked to be undercover CIA \*\*\*\*(N156DB) MBB Bo 105P Twin jet( actually a helicopter) cover up aircraft

#### May 21 2024

- Helicopter slow, outskirts non military at 1:05 PM

#### May 22 2024

- Helicopter sounds, couldn't get eyes on it at 10:40 AM

#### May 25 2024

- Helicopter 2:21 AM didn't get eyes on it ~ fast right over house (Bell OH-58 Kiowa)

#### June 03 2024 Moved to Lehigh Acres

- Helicopter at 12:30/40, police helicopter

#### June 04 2024

- Helicopter at 18:01 Police Looking Helicopter

#### June 05 2024

- Helicopter 1 at 8:53 AM Same One As Yesterday (whitish one)
- Helicopter 2 at 10:02 AM Black Helicopter

#### June 06 2024

- Helicopter 1 at 12:09 PM
- Helicopter 2 at 12:14 PM
- Helicopters 3 at 12:58 PM
- Helicopter 4 at 1:15 PM with sprayers , right over the house is it safe to get in the pool ? Sprayed something ....
- Helicopter 5 at 13:57
- Helicopter 6 at 14:52 landed Nearby, later found as the Buckingham Army Airfield

**\*\*Seven different helicopters in one day right over our house!!!! We started filming the helicopters after this\*\***

June 07 2024

- 2 Helicopters , both military at 4:30 PM

JUNE 10 2024

- Helicopter at 9:13 AM

JUNE 14 2024

- Helicopter 1 8:15AM flew by twice , again 8:53AM ( woke me up - through EMF )
- Helicopter 1 (second pass) 8:54
- Helicopter 2 09:58 AM (Black Hawk Military)

JUNE 15 2024

- Helicopter 1 6:33 AM ( Black military )
- Helicopter 2 12:49 potential
- Helicopter 3 4:31 with sprayers attached

JUNE 16 2024

- 08:45 AM helicopter 1
- 9:40 AM helicopter 2
- 10:00 AM Helicopter 3
- 20:59 potential helicopter

June 17 2024

- Helicopter 1 at 4: 45 PM

June 19 2024

- Helicopter 1 8:57 AM
- Helicopter 2 with sprayer 12:56

June 20 2024

- Helicopter 1 8:09 AM with sprayer attached
- Helicopter 2 8:50 AM

June 21 2024

- Helicopter 1 8:05 -outskirts
- Helicopter 2 8:45, 8:51 same one two passes, sprayer big drum tanks

June 24 2024

- Helicopter at 10:11 AM

June 25 2024

- Potential helicopter 8:18

June 26 2024

- 7:45 AM Helicopter 1 barely can see them just hear them
- 8:18 AM Helicopter 2 outskirts
- 16:22 Helicopter 3

June 28 2024

- Helicopter 1 with sprayers on outskirts at 10:45 AM
- Helicopter 2 at 11:23 AM w

June 29 2024

- Helicopter 1 at 6:30 AM
- Helicopter 2 at 1:45 PM -Same one at 2:08 PM (second pass)

June 30 2024

- Helicopter 1 at 2:30 AM sheriff helicopter (covert attack with nods) 2:42 AM second pass over house, I do not know if it was all black military it was black though and has to have access to night flying through nods
- Helicopter 2 at 12:16 PM right over house.

## **JULY 2024 SYNOPSIS**

### **July 01 2024 at Lehigh Acres**

- 8:49 AM high altitude very fast unmarked
- 9:00 AM non commercial plane some sort of aircraft flying rather low and fast.
- helicopter 1 with sprayer right over the house ontop 9:48 AM ( maybe liquid, maybe gaseous spraying )
- Riza tries to sleep everyday from 6 AM to 9 Am with no interruptions. Harassed and traumatized by forced dream simulations ( EMF Broadcasts ) containing sleep state sexual abuses.
- Daily weather warfare pinpointed directly towards our location. They never come towards point of manifestation because I actively break all storms down through my dragon consciousness layers.

### **July2 Moving Day**

- loud & low plane with propellers blazing right over the house 6:58 AM ( same one we have on camera recording ) same spot , same sound, every location we go. I will replicate all attacks at our new location because they never stop
- Plane 7:56 Loud
- While driving to new location helicopter 1 9:59 same one that uses xray attack
- Helicopter 2 10:07 helicopter following us while driving, they were parked onside of the highway. Same ones that attacked us at the place we just left
- Helicopter 3 10:17 and Ti plane lifting off from airport following us
- Plane 12:15 and another plane 12:29
- Another plane 12:49 big propellers , same ones at the last property we stayed at
- Arrived at new location 3 hours away from old location
- Arrived to new location and recorded a a plane not even 5 minutes into arriving flying directly over the house ( before we knew that flight schools were being mind controlled to fly over the house, constantly )
- Helicopter 4 new location 2:44 PM

### **July 03 2024**

- Riza Dream state attempt of sexual abuse, traumatizing. Constant EMF Broadcasting Dreaming. Your soul is supposed to be able to travel to other areas not trapped inside of an EMF simulation controlled by others - this is an attack on your soul
- Constant Planes , 1 every 10/20 minutes right over house
- Helicopter 1 9:29 AM



- Two Spy Owls located with feedback loops running. Only fly up when I'm ( Riza ) outside walking
- Planes recorded , two planes flying all the time passing over house once every 5 minutes. Several on video recording. Again, same type of plane and sound. Deep trance victims flying over the house at all times ( when calling the flight schools they say that is their practice flight course now - so their "course " is seemingly right over our house now )

#### **July 04 2024**

- Riza and husband constant dream state harassment. Both of us experience EMF Broadcast dreaming. You can wake up/ become lucid and figure out that it is all artificially simulated. Realms full of walking demons and lower creation people.
- Constant planes flying over house
- Weather warfare, this time it was hidden on all weather radars and popped up randomly. Electric storms containing V2K transmission, demonic essences interfacing through thunder with the V2K and inserted thoughts. Every thunderstorm comes with V2K inserted transmissions of suicide and harming yourself.
- Helicopter 1 right side of house far out 15:38

#### **July 05 2024**

- Riza deciding to skip extra time where she would receive about 1-2 hours of extra sleep. I am deciding to skip the normal hours that they choose to do dream harassment with me
- The normal sleep state schedule is that my husband and I are in bed at 8ish then are sleeping. First forced awake is normally 12 midnight or 1/2AM. Then we are both forced awake every hour until 5 AM. I ( Riza ) would normally get more rest from 5 Am - 9 Am. Being forced awake and harassed through dreaming around 7 AM. They never let Riza sleep past 9 AM. When I am in the bed alone I get attacked through forced dreaming patterns. When I am in the bed with my husband - I don't experience harassment but my husband does all night.
- Husband's phone has been tapped. They listen to our conversations through the camera and microphone. This has been going on since DEC2023. I catch them using the camera and microphone EVERYtime the phone is on lock. We keep the phone on unlocked. Privacy constantly invaded. Surveillance state
- Helicopter 1 14:35
- Helicopter 2 16:42

### **July 06 2024**

- constant planes , bought a 4k legal drone for better video evidence
- 6:57 unmarked airplane, jettish , military turbines in back. Will get it on video next time.
- Helicopter 16ish with other low flying aircrafts that are different than the propeller unmarked planes
- Random fireworks at midnight that woke us up and found an air craft circling low outside 11:58 PM. I don't know if it was a drone or not.

### **July 07 2024**

- Planes have been acting a little odd since buying the drone and test running it to further record these planes.
- After buying the drone my husband and I got the best night of sleep in a whole year. Less planes than I have ever saw.
- Trying to get the planes on drone footage but are having trouble finding them on camera
- Helicopter 1 16:50 all black wouldn't show itself
- Helicopter 2 17:05 , blazing over the house red and black
- returning drone due to inability to document these clowns flying Cessnas Edit: planes are back to normal blazing over the house really low , returning drone due to inability to document these clowns flying Cessnas ( this was all before we found out that it was actually all mind control people flying Cessnas )

### **July 8 2024**

- military jettish plane right over house 8:40 AM
- Constant Cessna Planes

### **July 9th & 10th**

- Same update everyday , 100's of Cessna plane models passing over the house. They are heavier in the morning than they drop off to about one or two flying in the afternoon. Last night we kept hearing the latest flying one which was at 9 o clock (2100) flying over the house. At this location they use planes , military jets , caught a fighter jet doing 4 passes over the house, and other military surveillance style planes constantly making passes.

- Sleep quality has gotten better, I am prolifically learning how to make their brain mapping devices inert and unusable.
- More owls in the area that have hooked up feedback loops running into off world locations for surveillance usages. I will have some videos explaining how they do this.

### **July 11th**

- sleep deprivation tactics with the planes flying later at night. Latest flying plane 9:30 PM
- Weather warfare , increase in V2K inserted thoughts.
- Helicopter 1 @ 7:58 AM right over house , moving to fast to get on record of video

### **July 12 2024**

- Military surveillance jets over house 4 ish PM everyday three or four passes
- Forced dream simulations

### **July 13 2024**

- Cessna Planes always around
- Helicopter 1 15:36 PM
- Helicopter 2 15:41 PM
- Helicopter 3 16:06 PM , another pass 16:20
- Found the Flight Radar 24 App

### **July 14 2024**

- Helicopter 2:53 AM a million circles to the side of the house with a drone as well. It's on Video. They did this the first day we got the Flight Radar 24 no Cessnas just a helicopter over the house and circles- my idea is that they are doing brain scanning and brain mapping. Helicopter has n/a on both serial # and registration #. I see it lifted off at Kissimmee gateway airport upon further investigation. Bell OH-58A Kiowa on the app. ( I later found out that this is a sherif helicopter doing some type of EMF scanning for broadcast usage )
- Helicopter 2 at 14:53 right over house- obtained the registration number and pictures of it- the registration and pictures were under Air Force Fun Helicopters based in Florida
- Cessnas back to flying like there were , going through archives / playback on the app the see there " flight course"

- Planes that are used against us - all Cessna models, piper Pa models , privately owned pipistrel panthera.

### **July 15 2024**

- at 3:30 PM I called Air Force Fun Helicopters putting in an inquiry about the helicopter N246LC that flew at 800ft over the house darting at my husband- call is recorded the guy said that they sold that particular helicopter to a private owner a year ago and could not give any further details about the private owner or the selling of that certain helicopters
- Weather warfare V2K thunder mind control harassment from the electricity in the storms. Moon is at 69% attacks going up !
- From time to time a satellite pops the walls and shoots EMFs into the house ( this has been on going since MAR2024 at every location )

### **July 16 2024**

- Logging all helicopters from the past year with registrations and serials. Making phone calls to some of these helicopters from health care services- Who is flying these helicopters ? Over the past year we have had about 20-25 helicopters fly over us a month for a whole year straight. That equals to like 150 helicopters per year accounting for the short side estimate of helicopters that fly over and over again but are the same helicopter not different.
- Weather warfare - pushing EMF V2K into my heart. These storms are designed to throw off my electrical field

### **July 17 2024**

- best night of rest ever - 7 hours straight of sleeping
- Called more individuals about the helicopters. Who is flying these helicopters?
- I called Lee County Mosquito Control District regarding a helicopter that sprayed our roof on JUNE2024, Chief pilot was supposed to call us back
- Constant Cessna planes
- Also a high amount of “ your crazy , no one is targeting you “ subliminal messages V2K. Mindcontrol being pumped that I should quit doing my own investigation and that I’m not actually being targeted it’s all in my head.
- Husband takes SIM card out so that no one can listen and stalk through tapped electronics. My phone is now tapped and no way to take out my SIM card because of the eSIM:(. I keep picking up my phone and the green light is on recording my audio /

camera. These people are asinine. My solution is that I keep my phone unlocked at all times and I turn down the “reduce white point” to 100 percent while sleeping. I play my self made subliminals out my phone speaker during rest with my phone unlocked at all times. For 2024 programming my own subconscious I am focused on self love, confidence, overall my connection with source.

### **July 18 2024**

- Got great sleep again slept 8 hours planes flying later around the house 10 pm
- My phone is tapped - being used to spy and get audio/ video / picture recordings.
- 11:38 AM potential military helicopter did not show up on the flight radar 24 app. Got the sound on video. Helicopter was moving too fast. My questions is how did it not show up on flight radar.....???
- Satellite pings on walls and above our head when we walk into rooms.
- Helicopter 2 at 12:12 pm N145CL Metro Aviation Corporation departure n/a and n/a on landing ( Airbus Helicopters H145) serial 9188

### **July 19 2024**

- alright so due to my grid working projects , I experienced a fare amount of harassment while sleeping. Forced awake 4 times. Planes flying late by the house 10 pm
- I have been calling places connected to these helicopters. Called Lee Country Mosquito Control District back again because the Chief Pilot never got back to us on the inquiry of the spraying helicopter ontop of our roof JUN2024
- I called and put an inquiry on every single company that uses a helicopter or Cessna against us. Leaving the sherif helicopters alone until a litigation kicks off. I don't know when but In divine right timing.
- still making phone calls and inquiry about these planes and helicopters. Some of these Cessnas planes belong to flight schools where their flight practice courses are seemingly right over our house. We have asked them to scoot their flight practice route over to the south a bit and put in a noise abet / noise complaint.
- Some of these helicopters aren't adding up to what is registered under. We keep calling places and no one has an answer as to why helicopters are flying right over our house almost everyday.
- We then came to the divine answer that these people are 2/3 times being mind controlled to fly their helicopter right over our house. The other times is medical system helicopters and sheriffs doing planned brain scanning attack or emf weaponry



attack with X-rays to our Brain or any other frequency output that makes our brain swell after they pass. I also started noticed that they try to shoot demonic essences into our light body layers and then I have to spiritually deliver it later.

### **July 20 2024**

- Dream simulation harrasment with husband and I, low quality sleep. Forced awake 4 different times. 12:30 AM, 3 AM, 4 AM, 5 AM, and finally awake at 6:30 AM for the day.
- Dream simulation : vaccines being shoved into our wrists and legs and yelling that they killed us over and over again , shared dreaming.
- Yesterday we did quite a bit of our own digging with these Cessna plane flight logs, calling certain places that pop up over and over again where the flight logs do not match with registrations and serial numbers. We made the realization that these people flying are being mind controlled to fly over our house and the flight academy gets mine controlled to change their flight practice area more to where we are. There are always Cessna planes around us. I don't think the chief flight Instructure or students are being paid or told to fly directly over the house, I think their neurological areas are being controlled through cell phone towers and the EMFs emitting from their radars and other electronic gadgets they use to fly. It ain't nothing for a demon inside a person to tell the person what to do kinda like devil on your shoulder but this devil on your should can control your entire body because you don't have connection to your organic consciousness because of heavy metals and you are apart of the percentage of being able to be highly susceptible to mind control. I've seen so many people be used against me. Flip right in front of me form targeted mind control.
- When we don't have helicopters flying near or over the house we actually get amazing !!! Sleep. No planes , no helicopters = normal sleep & rest
- Lowest amount of planes ever- peaceful outside when I am getting some sunshine. ( I think this was from the noise complaint )
- Husbands eyes have started getting microwaved as we continue to grab evidence, work on evidence streamers for the public eye, gather all data and information for litigation processes. Microwaving on the eyes - I ( riza ) experienced this microwaving of the eyes in MARCH2024 when I was freshly building out my plasma luminary eyes and I needed my inner visions for grid working projects. All of my eyelashes fell out and got extremely thin. Re growing them with castor oil and subliminals.

- Since calling all of these flight schools and companies connected to certain helicopters our arial harassment has been much less. Let's see how much time it takes for them to fly another helicopter over here and who Will it be ?

**July 21 2024** Full Moon - Astral Entities running A Muck !

- low quality sleep with night long dreaming torture , dreaming simulation.
- Dream simulation women with lunatic/ lunar currents not Leaving me alone, helicopters everywhere and people trying to force me back into military marching / walking in a formation, flight radar 24 app and a million helicopters over our little house location
- Newer stabbing pain to my liver, happens about once a day. I woke up to stabbing pain in my liver. Very intense pain of stabbing. This is new to us right now.
- When I'm sleeping it feels like my bones and kidneys are being squeezed. Intentionally squeezed and poked. It feels like someone is forcing a corset onto my abdomen: belly, back side of body where my kidneys are. Squeezing pain/ sensation
- Update: we have called Airforce Fun Helicopters , Lee County Mosquito Control District, ATI Jet call and calls with Mechanics, got hung up on three times by mechanic at ATI Jet regarding the mislabel of Cessna plane at Sunstate Aviation and the LearJet60 with ATI Jet Services. Called Sunstate Aviation, Orlando Health Air Care Services. Did more digging and called Airforce fun helicopters about the helicopter that was used and the answer was different than before, after digging more I found that helicopter that was used for sale on a website and I called Jane Doe the owner of said helicopter under. She hung up on us one time after inquiring. For more please see the evidence log that matches. I tend to elaborate a lot more over there.
- Since we now have clarity that flight schools are the sum of all of the planes that we mostly have on recording it is now a rule for us that when we move and planes start flying our way that are connected to flight schools we call and put in a noise complaint or ask them to move their flight trianing course somewhere else.

\*\*\*keep in mind the amount of helicopters and planes flying over our house is from highly advanced military mind control. This is how they create street theater and some perpetrators aren't even paid they are just mind controlled from the nearest tower\*\*\*

**July 22 2024**

- Helicopter 1 Polk County Sherif N911WJ Robinson R66 2:45 AM circling the property

- Helicopter 2 6 AM over front trees in the property
- Calling flight schools and places where helicopters have been used today. No body has returned a call back or given any answers to our questions.
- Helicopter 3 11:15 AM N862MM right over house
- Helicopter 4 17:50 not at all on the map, bigger helicopter and white ( this is the second helicopter that hasn't popped up on the radar )
- Every time I go to work on the Emerald Toolkit ( current handbook ) and add more detail of what is needed I get hit with extremely strong V2K and inserted thoughts of anger and hate. They have also tried to wipe my own memory of the knowledge that I know.

#### July 24 2024

- extreme sleep deprivation with controlled electronic dreaming, torture all night. Waking up feeling absolutely battered and tired. Feels like waking up in a haze or fog sometimes.
- I have come to the conclusion that the people flying these planes are just mind controlled through cell phone towers to fly as close as possible and low as they can get to the house. The noise complain hasn't done anything- it worked for like two days and now they are back to flying how they used to. I'm interested to see if this continues at another location. Then that checks the box for me that the people just get heavily mind controlled around us to treat us like the scum of the earth. Same thing with these helicopters.....They are deploying mind control on the people around us so that the people can be used against us- this is what I saw happen to my family and friends before they all just left my life. Life long relationships ending in one week. What a trip of a reality. I didn't even try to save the relationship because I know they got mind controlled to speak to me like that, to treat me like that. I stay strong in gods spiritual amour.

#### July 25 2024

- Found places in the ceiling where the ceiling sealant had been burned off due to microwaves targeted my genitals and head ( Riza ) On the ceiling you can see how the beams come from a space orientated position. \*\*satellite \*\*The ceiling leaks are from the burning of the satellite and it raining, they are in line with one another and are directly over my head where I sleep. I don't exactly feel their microwaves targeted to my head or genitals due to all of the clearing that I do, and borax baths. I'm keeping on. This has started since the first day I uploaded to truth of Riza.

### **July 26 2024**

- Constant planes
- Helicopter 1 3:17 AM - 5:15 AM almost TWO whole HOURS orbiting the property. Brain mapping technology. Stealing of brain signatures.
- Helicopter 2 10AM
- Helicopter 3+4 same time at 1PM ( both sheriff helicopters attempting to steal brain signatures again while I was laying on the couch )
- Current projects I have been working on experienced a crash and black out on computer when the police helicopters came and circled the house

### **July 28 2024**

- Big revelations on staying neutral and living in peace
- Constant planes, they no longer bother me though...
- Microwaving of my head when working on projects and while I sleep
- Husband and I both still experiencing dreaming torture
- Helicopter 1 at 1:29 PM while I was uploading projects deployed emf weaponry- 15min after helicopter passed brain hurts like it was swelling.
- Weather warfare, trying to ruin the roof with planned heavy down pouring rain with the spots that they have been microwaving on the roof above my head and genitals where I sleep mentioned JUL. 25

### **July 30 2024**

- Helicopter 1 & 2 both at the same time 3:30 PM- 5:15 PM orbiting doing attempt of brain scanning - taking our brain signatures
- Same helicopter ( Helicopter 3 ) came back for another orbital pattern for brain scanning at 6 pm. Left when we left our house and started moving around.
- Weather warfare with V2K sets when the electrical storm is near you.

### **July 31 2024**

- Extreme sleep deprivation. Forced awake every hour starting at 10:30 on the dot. Slept for two hours straight and it was all dream simulations with helicopters, drones everywhere, my family calling me a liar and I'm just crazy, people trying to have sex with me. The people would keep following me telling me to take my clothes off. Just harassment all night.

## HELICOPTER SECTION (JULY2024)

*A log of all helicopters dedicated to ONLY helicopters for a better breakdown of daily attacks*

### July 1 2024

- Helicopter 1 with big drum tanks and sprayer attached - flying super fast right over house at 9:47 AM

### July 2 2024 moving day - while driving

- Helicopter 1 9:56 AM
- Helicopter 2 10:01 AM
- Helicopter 3 10:15 AM
- Helicopter 4 14:43 PM

### July 3 2024

- Helicopter 1 9:29 AM

### July 4 2024

- Helicopter 1 right side of house far out 15:38

### July 7 2024

- Helicopter 1 16:50
- Helicopter 2 black and red 17:05

### July11 2024

- Helicopter 1 7:58 AM

### July 13 2024

- Helicopter 1 15:36 PM
- Helicopter 2 15:41 PM
- Helicopter 3 16:06 PM

### July14 2024

- Helicopter 1 2:53 AM Brain mapping technology
- Helicopter 2 14:53

### July 18 2024

- helicopter 1 at 11:38 AM potential military helicopter, did not show up on the FR24 app. Got the sound on video. Helicopter was moving too fast

- Helicopter 2 at 12:12 pm N145CL Metro Aviation Corporation departure n/a and n/a on landing ( Airbus Helicopters H145) serial 9188 - Cessna flying over house at the same time

### July 22 2024

- Helicopter 1 Polk County Sherif N911WJ Robinson R66 2:45/50 AM
- Helicopter 2 6 AM No-Registration all charts Airbus H135 - most likely operated by air methods ( we have a pending call with them )
- Helicopter 3 11:15 AM N862MM right over house
- Helicopter 4 17:50 not at all on the map, bigger helicopter and white

### July 26 2024

- Helicopter 1 orbiting for a whole 2 hours, following us around started at 3:17 AM ended at around 5:30 AM brain mapping technology
- Helicopter 2 10AM
- Helicopter 3+4 same time at 1PM

### July 28 2024

- Helicopter 1 at 1:29 PM while I was uploading more projects

### July 30 2024

- Helicopter 1 & 2 both at the same time 3:30 PM- 5:15 PM orbiting doing attempt of brain scanning - taking our brain signatures
- Helicopter 3 at 6 pm attempted to do it again ( same n/a police helicopter as before )

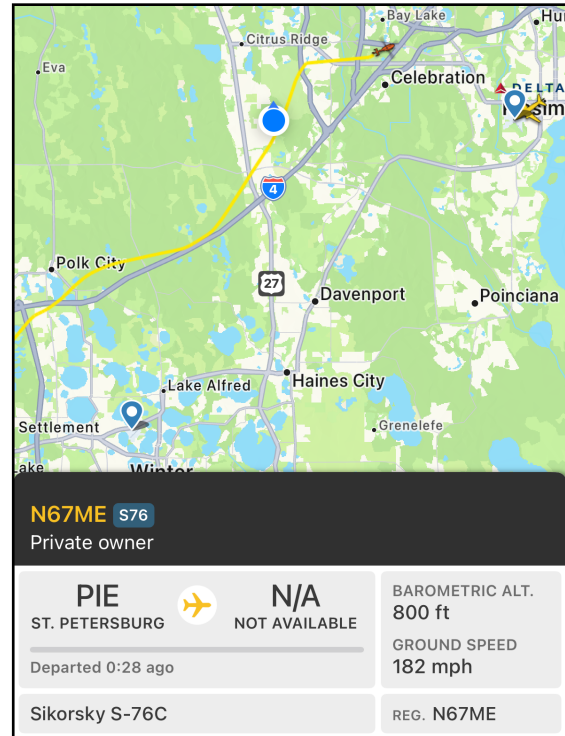


## AUGUST 2024

### SYNOPSIS

#### August 1 2024

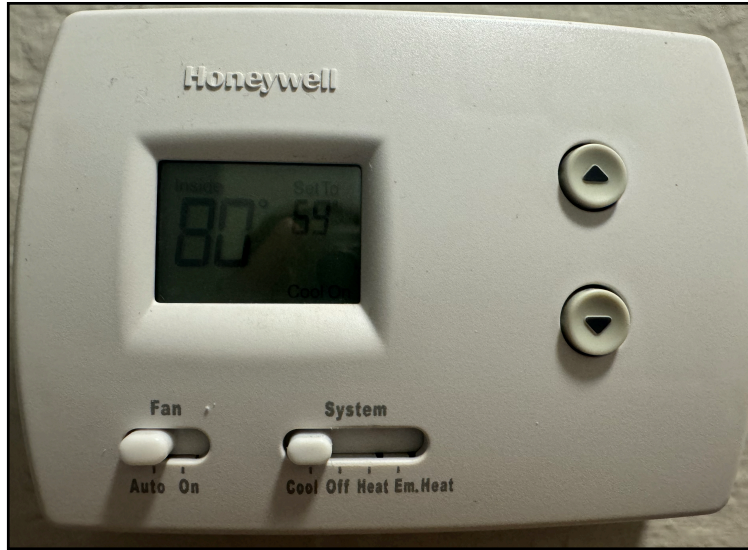
- Making of the Emerald Toolkit- extreme sleep deprivation and dream harassment, bodily attacks to my husband to force his body to create diseases and pain
- Helicopter 1 at 8:51 AM all mind control/ deep trance victim to fly a helicopter over the house
- Power went out at 5 pm has been turned off for four hours now. Went outside to see if others have power and found a car parked out Infront of the house. The power went out as soon as we put fresh food in the fridge- interesting timing. Normally our favorite food items are “always” sold out at every grocery store. It’s always a treat when what we love is available to us.
- Car parked in front of house at 9 pm, left as soon as I popped up a 12D shield on the car and person sitting in the car.
- Car back parked infront of the yard at 9:31. Talked to the individual and was extremely rude, attempted to start an alteration so we walked away and told the dude to have a great night. Individual drove away at 1 AM.



#### August 2 2024

- weather warfare. Thunder and storms with demonic essences. Attempt to hurl hurricane debby to our location , instead Christos family off-set it to Sarasota Florida and terminated its growth to a Category 3 that was planned in the timelines. I attempted to create a situation where the storm only stayed at the tropical storm level but it was a little bit of a war with Negative Aliens. I was doing grid working projects on the crystal caverns located in Florida so I am not at all surprised why a tropical storm was thrown at us. Defending weather warfare

#### August 5 2024



Broken AC...By Satellite

- Microwaving attacks have kicked up again. Borax baths everyday to nourish my fascia as well as castor oil massage on targeted areas. Targeted area left outer labia, inside of my hips (L & R)
- Weather warfare - tropical storm Debby turned hurricane debby
- Making of the Advanced Spirit Body Clearing Checks Manual Handbook, moon is at 5% Lume. Low percentage not much attack from creating this handbook. In the creation progress of this handbook I am sticking to the cycle of creating during new moon cycles when the moon is at the lowest percentage to decrease V2K when I am writing.

August 7 2024

- Since uploading all evidence of helicopters and making evidence streamers for the public eye we haven't had helicopters. Instead they have switched to using torture tactics that you can't see
- Constant loud booming in my head, auditory hallucinations, people cussing and mainstream media songs playing in my head on loop.
- Messing with the AC, turning it on and off constantly. So hot in the house 77/78 degrees.
- Sleep harassment

August 8 2024

- back with the helicopters

- Helicopter 1 “foreign military” 14:04 during a grid work project
- Helicopter 2 military at 7:59 AM. Two military helicopters over the house
- asleep for one hour, police helicopter 10:00 pm came by the area. Woken up through divine essence and watched it come into our area. Same helicopters that try the Brain mapping
- Sleep deprivation, woken up every hour or every 45 minutes.

#### August 09 2024

- Sleep deprivation tactics forced to wake up every 45 minutes to every hour. Waken up 8 different times last night.
- Random car parked in the driveway at 5:30 AM, this unpaid mind controlled perpetrator had to drive up into our driveway past an open gate. We now close the gate.
- Helicopter 1 not on radar right over house 6:50 AM
- Helicopter 2 7:55AM

#### August 10 2024

- I haven't been getting time stamps of helicopters because it has been so chaotic. This AM at 9 am 3 helicopters were placed 20 miles away and started orbiting - attempting to do brain to machine interface technologies. They orbited for an hour and we got in the car and drove 30 miles away from the placed helicopters. Got confirmation that the helicopters weren't able to get a direct clone of our brain signatures.
- At 12:00 PM 3 more helicopter from lake county police came over to our location and started orbiting with another helicopter = 4 helicopters orbiting in the same location attempting to do brain mapping interface technologies. We got in the car and are driving out 40 miles away from the helicopters east direction now. So now we have a total of 5 times that they have tried to get our brain signatures via helicopters and whatever technology they have.
- Listen we have been running away from helicopters since 9 AM. Just caught two more helicopters 9:15PM ORBITING right near us. Deploying brain machine interface technologies. They have been trying get our brain signatures for a whole month.
- I think they put a bounty on getting our brain signatures. Every helicopter in several Counties has been coming to our location orbiting.
- 1:20 AM 3 helicopters orbiting trying to get our brain signatures. Current moment moving around, GSF! Mentally, shielding my brain and body.

August 12 2024

- since AUG 10 my husband and I have only gotten about 2/3 hours of sleep all broken up into 30 min increments for the entire day. We are running off of no sleep and are now forced to reach out to someone. All police helicopters come to orbit the property when we sleep for even 15 minutes. I will not be making the footage available for public viewing because it is going to be all evidence for a investigation. We have about 5 different county sheriffs doing orbits, circling only when we are sleeping. I know it's Brain mapping.
- V2K, voice in my head have been exceptionally strong, so tired that I'm seeing faces in the walls and pillows around me. Faces in the trees and grass. Constant people talking in my head that I am crazy and have no reason to contact someone.
- I am choosing to contact a prior background military lawyer and the TJ Board. This has been going on since AUG 8 with the sleep deprivation and we are coming up on day 3 with getting only 2/3 hours of sleep
- TJ Board Member gaslighted me, others just aren't even replying back.
- Helicopters turning their radars off, circling the property even 20-48 miles out which is = to 20 min flight for a helicopter.
- They have been doing this thing where my bones and musculature feel like it is melting and it hurts to move and walk. It hurts to even move my body.
- In order to disrupt the brain mapping we constantly walk around the house and forcibly do a mantra in our head. We also wave Mylar blankets around our head similar to a flag. We are constantly moving, walking, jumping in order to disrupt their brain mapping.
- Something that also has been happening is when I go to type or think about what I'm going to say to these people my mind goes into utter confusion and gets back on the idea that I shouldn't be contacting anybody.
- Constant mind controlled Cessnas from flight schools flying over our house. Ears are extremely sensitive to sound while being forced into sleep deprivation.
- These police helicopters, sheriff are banking on us going to sleep. Because I know we are being brain mapped through radar technology we only sleep at 30 min increments. There is always a police helicopters orbiting somewhere targeting our brain with EMFs.
- My body temperature will not get warm either.... I'm in Florida heat I have a winter headband to warm my ears, pants with shorts under, long sleeve shirt and a jacket while outside and I'm still not "warm". They are doing something to where my body

heat is never raising and my feet, fingers, tip of my nose, pelvic diaphragm are ALWAYS cold no matter if I'm sitting in front of a heater. It's so hard to get my body to work up a sweat lately. I'm just always cold. Perpetual state of like hospital cold. Just always cold. It is the opposite for my husband, they have been doing something where he is always hot and drenched in sweat. He is always running extremely hot, can't seem to come to an agreement with the AC. 71 is FREEZING for my body. They hit the ac anyways with a satellite. Crazy we paid 6k and we can't even use the AC. It's always 77/78' degrees in the house .... I'm still not warm and he is always drenched in sweat. They are forcibly making it to where we just aren't comfortable in our own bodies.

- During the 2/3 hours of sleep broken up into 30 min sessions, I experience constant dreaming EMF torture filled with cell phone towers, people making fun of me, my husband leaving me, blah blah blah the simulated torture keeps going.
- I also want to make the point that they are building another hurricane in the middle of the ocean to be pointed toward Florida because their last cat. 1 hurricane never reached us. Constant police, and weather warfare.

Update : it's pointed towards cat. 3 Bermuda area with the other sets of crystal caverns connected to ancient lemuria crystalline technologies. Working on it. No longer will build to a cat.3

- 9:46 Internet is being hit on the phone. Hooked my phone up to Ethernet cable to get signal. Currently going back through flight logs of police helicopters figuring out these orbital patterns
- 10:57 AM 3 different helicopters running orbits. Constantly moving my body to mess up encryptions of my brain. Gosh, I feel like I am fighting for my life. Microwave weapons to my bones and muscles
- All helicopters are turning their radar on and off. The way I combat the millions of EEG EMF wave signatures is by moving my body, walking around the house, jumping, moving my lymph through various EFT Tapping, patting. I listening to ascension based meditations while walking and chant GSF!

### August 13 2024

- Day five running off of only 2 hours of sleep a day. Every single police county in Florida is doing orbiting patterns all day and all night. I can not go to sleep when there is a helicopter orbiting
- They keep using Dews to break our ac. The house is 78' it turns on and off.
- Constant headaches, attacks to my muscles

- Continued with getting in contact with more TJ members... no responses back. That's all okay, I'll do this alone if I have to. I know for a fact this isn't normal Ti material attacks. This is full out all war.

#### August 14 2024

- black hawk 2 same time flying right over house
- Military presence and all police helicopters around us orbiting

#### August 18 2024

- I do not even know what to write. The attacks have become so torturous... I've tried reaching out to others about everything that is happening to my husband and I and nobody believes us. They either think it's not coming from a helicopter or that it's not happening at all I contacted the TJ Board and they gaslit me. I am so fed up with people treating us like the scum of the earth. The people at TJ ( targeted justice ) didn't give me the time of day to talk or show the hardcore evidence. The thing is if someone would take the time to listen to us they would be guided through the BIGGEST case ever that can be held accountable because of the evidence that we have. Somehow no one wants to see the evidence or do anything about it... everyone we talk to is IGNORING us, gaslighting us and just completely being ignorant through the use of mind control.

#### August 20 2024

- husband wakes up with bruises all over his body. Waking up feeling absolutely battered.
- 3am beam steered super hard to the point of throwing up and tears dripping from my eyes. I just want to get away from the beams that are from the police. Who do I call for help ? These police officers will be charged guilty for treason. I want cosmic order.
- Helicopters circling the property all night long
- Mylar blankets help us. Moving in ten days. Staying strong.
- Bought a 3 person tent. I plan to cover the tent with Mylar to deflect the emf attacks and the attempt to get my brain signature.

How are they trying to get my Brain signature : Lidar system attached with the camera/ Radome system. Lidar system pulls 2D imaging and then they send the 2d imaging for production of 3D imaging for a full potential scan



#### August 21 2024

- Husband wakes up completely battered. Attempt to spray diseases all over his body from the emf beaming attack. I am doing QUICKSTEPP PDD every two hours to remove disease vector sprays to try to force us to go to the doctor/hospital
- Ordered a three person tent. Going to cover that in Mylar completely so that when the beam steering starts from their Radome systems I can just go sit down and work on projects in the tent while not being hit with the rays they are using. When it touches your skin for about 30 min straight you just start vomiting and feeling so sick from the radiation poisoning. Started Aug 10. DAY11 of the attacks. I have to adjust my life and stay flexible
- Police officers committing treason against innocent humans. Torture through DEW. Directed energy weapon

#### August 22 2024

- About 36 hours of no one orbiting in their helicopter. I set up the tent covered in Mylar.
- From 9:30 pm to 1 AM 7 different helicopters orbiting 20-40 miles out trying to get Brain signatures with the random systems through LIDAR. This is a war on our Brain sovereignty. 6 hours orbiting in the same spot - polk county sheriff has switched out helicopters THREE times so far
- All of the closest counties started orbiting. Orange County, Polk, Osceola County, Marion County. I am coming for corrupt law enforcement.

#### August 24 2024

- Continuous rounds of Electronic attack in the form of pulses to our body creating radiation poisoning, vomiting, diarrhea, without the Mylar deflecting some of the attack, this is what we experience
- Miracles happened, the current host of this places contacted us to extend our stay at a discounted price. Not moving again, thank god. Here until Sept 2024
- Found Etheric Giardia Protozoa parasitic infestations in my husbands light body, attempt to conduct forced possession on my husband. Had to do a spiritual deliverance on him and remove the forced parasitic infection. Husband started having all symptoms associated with Giardia Protozoa :(
- Ac is still messed up via satellite. 80 degrees in house plus having to sleep in a tent covered in Mylar. It's always so hot. Little things that annoy you.



Today is August 27th 2024 and I have decided to officially close out these logs. I no longer want to use my energy in ways of writing down and logging all of their vitriolic attacks directed against my husband and I. I will continue to use the Targeted Individual List/ program as a form of Self Mastery Training, to say that I will make sure to become such a master of my emotions and mental states that any and all mind control weapons are null and void. I cannot be Brain washed because I take back my own sovereignty of my consciousness and what I choose to embody on this earthly realm. Many times these beings human and non human have overstepped fine lines- It is just not worth talking about due to the constant form of attack Because WHO me and my husband are and our genetic lineage communication network links. I am leveraging the Law of Conservation and flowing all of my creative life force energy into creating through collaboration efforts with Krystal Star Families like completed handbooks and other personal world mission sets and tasks that set my heart ablaze through a passionate creative fire. Let it be very clear that the attacks are daily and they never let up, they simply change form. I have been able to master my embodiment of peace and Omni love and make their attacks similar to background noise in my incarnational design or reality experience. It is not a human creating V2K subsets it is a computer running algorithms of death and destruction into my mind. I am god sovereign free there for nullifying all kill, depression, and goat mind algorithms. I am the open door that no man can shut. I am the light of ten thousand cosmic eternal suns. I am placed in the winner's arena as cosmic order is being restored. The last update that I will leave here is that Black Sun Regressive's, from the use of emf weaponry at the ELF range via a police helicopter, targeted my husbands light body at the 5th umbilical, intestinal area with black sun demonics covering as the energetic signature of Giardiasis Protozoa. Some where through this AI mess someone is controlling and changing the molecular structure of my husband's fecal mater and controlling when my husband has bowel movements. There is actually no way that our light body could have gotten infested with parasites so it was forced upon my husband. They have been viciously trying to make my husband into an elder man that cannot control anything in his body including his thoughts. I did a spiritual deliverance session early AM and evicted the demonics from the umbilical area. These black sun demonics attempted to attack another false umbilicus structure connected to a Wesan deck fallen phantom matrix filled with black grotesque creatures of lunar water astral sludge. Somedays the attacks become more and more complex. Right now I am assisting my husband in regaining sovereignty over his body since they quite literally forced an artificial parasitic infestation into his light

body layers. They also did this when my husband first started rebuilding the umbilicus structures to our Cosmic Mother's Holy Vital Placen-TA and away from his earthly related mother.

They deploy highly agitating V2K subsets that say that they are killing my husband, we will make him defecate on himself forever.... All of these fear riddin algorithms and quiet honestly I do not care what so ever because that is not the truth of the matter. I am grounded in my truth and I nullify all attempts to make my consciousness spiral into a downward spiral. I elevate to higher levels everyday in alignment with my purest truth. I know we are deeply cared for by our family of source light and code. Everything will continue to be more than okay even through all of these vitriolic attacks. They are daily and sometimes escalate through what grid working tasks I am handed to complete as a team effort. I will continue to conduct my tasks through the levels of absolute precision and maintain neutrality as so aligned and connected to the embodiment structures of my highest embodiment. I am on the spiral path of a new beginning constantly and I choose to grow my soul and fulfill my heroic probability.

Signing off in truth,  
Riza Harris

## **NOVEMBER 2024**

*As being added to the Targeted Individual list since later 2023~ my husband and I have been activated into several Cosmic Dragon StarHuman Activation Sequences in order to defend the Anti-Christ Satanic Forces that are the real masterminds of this program. Some of our soul aspects were uploaded to digital realms to interface with several ongoing Secret Space Programs and attempted MK Ultra Personality Programming. Here is an ongoing log of targeted attacks that we experience. For clarity of understanding this is just a short blip of what we experience on this asinine program, most attacks are 24/7 and a lot more goes on inter-dimensionally on other planetary bodies with our stolen soul aspects. I am currently undergoing the process of finding and returning those pieces with the assistance of the Krystal Star Solar Christos Families.*

**NOV 06 2024**

First day of sun after three days of weather warfare of demonic storms, evil winds, heavy V2K and splitter technology deployed to my light body layers.

Being beamed with electronic weaponry- source is unknown. Could be from the space based satellite system or elsewhere placed on Airforce Stratotankers like I have seen before. After the attempt of brain mapping for four months straight to upload more of our soul through radar system we live and sleep in a 3 person tent covered in Mylar to support our bodies in deflecting the EMF attacks.

Helicopter blazes over house, unmarked and not on the radar of the FlightRadar24 App. I was enjoying my day in the sun, immediately as it passed over about thirty minutes after I now have repeating artificial thoughts to harm my body, or go end my life. Ugly programming blaring after the helicopter, overall feel very aggressive and my mood was forced by whatever was on that helicopter- this isn't the first. Since being on the list we normally have 2-3 helicopters blaze right over the house no matter the location or time of day.

Bugs have been portaled into the house, woke up to a house full of at-least 30 flies and little micro gnats flying everywhere. Dead Cockroaches and spiders on the floor. My question is how do they keep popping these nasty creatures into our home? There are no doors or windows open for bugs to come in and we keep the homes spotless so 30 flies is not adding up. We took the time to vacuum everything up and a couple hours later we found more micro gnats. I've noticed with the gnats that when I eat they are always trying to fly into my mouth or food. I experienced this back in April2024, but originally I thought a helicopter was dropping them off into the air vents, I now realize they have been portaling them in the entire time. I had this experience back In July2024 when I got up to go to the bathroom in the middle of the night and I saw something huge crawling out of the corner of my eye ( remind you it's dark) I flipped the light on and it was this humongous spider in which there was no way this spider had come inside from the outside. The spider had a nasty smell of like reptilian satanic energy and it was extremely gross. We killed the spider and then from there I kept getting NAA entities telling me how they were going to portal something like that into my covers when I sleep. I have had to work on my fear of bugs and spiders because recently they portaled a huge cockroach inside of our tent and it was crawling on me. I keep asking myself how are they doing this? And how can I make it stop?

Constant dream Manipulation, torture dreaming, reptilian aliens controlling simulations that my soul aspects have been uploaded into.

Constant air traffic over our house of loud and low Cessnas that are not on the radar. EMF bullets from satellites popping the walls or sides of house when I move into a new room. The pings normally force my body into sleep deprivation or my body feeling like it has been front loaded with caffeine. Ongoing contactless brain mapping ~ attempt to upload our souls by Airforce aircraft. In Mylar tent all day ...

#### **NOV 07 2024**

Constant contact- less brain mapping with military Airforce aircraft. Beaming from satellites on my heart, insertion of anger, rage, and other demonic essences/spirits.

#### **NOV 08 2024**

Husband got microwaved while having sacred intimacy by a microwave weapon in the sky. Pictures have been taken of the burns for evidence moving forward. We haven't been microwaved in about three months so this is a surprise to us. It used to happen everyday if I danced and or spiraled my life force up my spine organically or if my husband and I were being intimate with one another. We actually had to halt having sex for 8 months until rather recently because of the microwaving and the fact that all beneficial layers of our skin has been burned off on our privates. I use organic castor oil to assist with the burns, bone broth and collagen supplements to support my skin in regrowing. I have specifically told a lawyer about this same attack and he didn't believe me. He said that I might have schizophrenia and should go talk to a doctor. I have all photos- eventually I will find the right person to escalate all gathered materials into a legal case of torture from technological means~ that is if that is the path our Krystal Star Family wants us to go, in our highest regard. Right now we are dismantling the list and whoever attacks me I sit down and find their energetic signature through the Inter-dimensional layers. From there I have the full approval to assist in the decimation of their consciousness or push the negative alien through the appropriate tribunal and then transiting means.

#### **NOV 09 2024**

Husband's microwave burns are starting to heal. Unmarked (they are not on the radar app) planes flying over the house as early as 5 AM and then onward.

#### **NOV 10 2024**

Being lit up with EMF weapons pretty much all day. I feel something beaming my heart, brain and throat. My nervous system is forced into ungroundedness, raciness, things start feeling speed up and like everything is moving way too fast, can't think straight or put together coherent sentences once they start beaming. It kinda feels like psychedelics with the splitting and fragmenting of thoughts. Inserted demonic spirits into my heart. Brain functioning is decreased~ I retreat into the tent covered in Mylar to get a break from the beams. Once in the tent for 15 minutes I immediately start to feel better.

### **NOV 11 2024**

On the way to picking up raw milk from the farm, we saw three helicopters and one was meant to switch us through a quick scan to other simulated realities after finding the location somewhere past an asteroid belt where they were forcing us through secret space programs. All helicopters were unmarked and not on the radar.

Ongoing sleep deprivation tactics. Haven't gotten a full nights sleep or night of rest since October 2023. It's been one whole year of something external to me messing with my sleep. Forced awake 2 AM, 3AM, 5AM, 7AM and onward. There is no such thing as sleeping in. You either get to bed early like at 8 PM and sleep until the first forced wake up ( 8pm-1/2AM) because after that it's all downhill. I have contemplated waking up and staying up to start my "day" at 1 AM.... The hours of sleep from the first wake up onward are TRASSSSH HHH. Hours after are laden with sleep state sexual abuse.

### **NOV 13 2024**

modulation of sound around me. Cars passing with their engines sound insanely loud, big trucks passing sound loud and we are in the middle of nowhere. I notice that the longer I stay at certain locations it gets louder and louder as the month wears on.

Constant attack and constant attempt to financially drain us ~ they are always trying to take away our money and force us into the streets to be homeless.... Most homeless people are the result of being targeted and forced into their position of having no money. I experienced job mobbing in the military after I refused the vax and it was from mind control. They took my rank, took my little bit of specialist pay money and it was from a woman that just could not stand me and her rank was way higher than mine( Master Sergeant ) so she had her way with me and it showed through the command rankings.

Military trying to upload our souls again by the use of Pegasus aircraft, Stratotankers + E3-Centrys. The aircraft have a non human entity attached to the radars that uploads souls to other dimensions with negative aliens. They have been doing this for 4/5

months straight now. This is how they make digital twins and is the reason why our sleep is so torturous with the involvement of demonic non human creatures feeding off of us and using us as a food source. The bulk of our soul aspects got uploaded in December of 2023 and now they are trying to upload the entirety of us~ NOT GOING TO HAPPEN.

Helicopter unmarked and not on radar flies over house loud and slow at 4:30 PM. (most likely to switch our arrangements in the simulations)

### **NOV 14 2024**

Found new microwave burn marks on my husband's testicals. I am not for sure when he got burned but the skin is flaking now and is rough and course. We grew out all hair so that we can tell when something burns the hair all off like last time. Last time we went through cycles of being badly burned all of our hair got burned off and regrew in extremely thin. My urethra opening connected into my female prostate is what gets burned alot but I haven't seen it since the last cycle. After 8 months not having my urethra burned I am finally healing and getting my ovulation and natural lubrication back. There for a little bit if I had any type of natural lubrication they would burn it off until I was bone dry vaginally and around my labias. I have never met someone so controlling and so satanic with a microwave weapon. I am still healing the Truama that happened around something external to me controlling my life force energy and completely drying up my ovulation fluids and natural lubrications. We are always being attacked - through air crafts, satellites beeming us, people being mind controlled around us not to let us stay in their Airbnb because " they said so". Being attacked in our sleep - I mean at this point it is 24/7. This is the reason why most of my days I am inside of a tent that sits in the living room and it is covered in Mylar to deflect the EMF attacks.

\*\*\*In the middle of the night something was inserted into my belly button and it was extremely painful. It only lasted for a second. I initially forgot about the occurrence due to being forced awake so many times. Now over the course of two nights now I am waking up in excruciating pain in my over all belly/stomach area. Night of NOV16/17 I was woken up by stabbing pains in my belly. I took a deeper look etherically and found worms and black goo filling my abdomen. I removed all of the artificial stuff and now my body is feeling much better. I have seen them force parasites into my husband's body so this is something similar but not as intense that my husband experienced with someone literally controlling his bowels movement\*\*\*

### **NOV 16 2024**

Time 7:08 PM plane flies over house not on the radar and sprays the house with something. You can visually see it in person but not the sprayed substance isn't thick enough to get it on video. Looks like a chemtrail but I know it is not. Chemtrails aren't produced and sprayed during night fall once the sun goes down. I will look at the chemical etheric substrates myself and determine what they sprayed on the house. Obviously they did this so it gets into our body through the breath. I have a feeling that the sprayed Substance was laden with nanotechnology and or some form of DARPA Smartdust. I will be running all frequency of KRYSTAL in my body to deter self assembling technologies.

#### **NOV 18 2024**

Beamed all day, heart/brain/stomach. Airforce Statotankers involved. Husband attacked harder than I. He has been in the tent all day with severe headaches, nausea, inserted depression from the beaming. Started at 8 AM and has been going ever since....once their work shift or day shift is over we will immediately feel better because we are NOT being targeted by the Airforce around the hours of 5 pm.....

It is 5:30 and our beaming has stopped. Just like I said. Clock work.

#### **NOV 23 2024**

Forced parasite in husband stomach again, this happened again July2024. Stomach, prostate, anus, digestive system forced into issues again.

#### **NOV 25 2024**

Forced parasites into Riza's body, intense sugar cravings, low self esteem and low self confidence. Falling asleep all the time when I am not tired. Forced uterine prolapse stage 1

Helicopter in dreams and helicopters flown over the house low and loud. Satellites are pinging the windows in the house and the walls. It makes an audible "pop."

Moved to a new location a "children's medical hospital helicopter keeps flying over the house ~ this is the 7th time. It just keeps flying back and forth over. A helicopter un marked, not on the radar flew by the house at 9:30 PM and re-inserted painful energy parasites.

#### **NOV 26 2024**



Helicopter earliest was 5:30 AM woke me up. Army helicopter from last night came back over the house at 15:29 ~ I feel depressed and hopeless after it flew by. I was just fine working on projects and doing my tasks - then it came over and I feel flat and grey. Not the first time they electronically insert emotions.

Helicopter over house 8:30 PM Inserted energy parasites again.

### **NOV 30 2024**

Sleep deprivation tactics. Body is not dropping down, every time I do start to get tired a satellite will pop the wall next to me making a huge “pop” sound. Another energy parasite got inserted via satellite ( both of us ) this makes it extremely hard to work on anything “service mission” based until it’s removed. I feel lethargic, depressed, like I have nothing to live for or to offer, better off dead when they insert these things. They inserted this before I went to bed and I didn’t realize because the satellite beaming wasn’t that hard it was only “ a little stung or burn” then when I went to sleep they tried to force feed me cake and candy in the digital realm and I can’t stand anything artificial sugar. If it is not syrup or honey then it Isn’t going in my body. I always normally feel when they give me energy parasites but this case I didn’t find out until a whole cycle of sleep and maybe 15 + hrs after inserting it. I woke up just grey and bleh. Kept wondering why I feel like I don’t want to write in any handbooks or work on the websites and other things that I offer to humanity... this is why because I have a parasite infestation that was forced and it’s been hiding in the background barely noticeable. I just know that this way of thinking and being is not my baseline.

### **DEC 03 2024**

Beam steering all day and attempt to upload our souls. All military is involved with our attacks

### **DEC 13 2024**

Extreme emotional and attempted personality modification. 15 helicopters flew by the house or over, each fly by you could hear the propellers. Army. Medical helicopters. Airforce planes. Choas level to the maximum. They keep trying to use EMF weaponry to try to change and modify my emotions and personalities.

## **EMPOWERMENT FOR TARGETED INDIVIDUALS AND MILAB/SSP ABDUCTEES**

### **The Support Archive - Timeline of Attacks**

The audio series that covers the explanation of attacks that has happened over the past two years. Thus far this series has been discontinued due to the uproar of attacks. The Personal Diary podcast was made after it's last episode.

### **Audio Support - Quick Display of Clearing Treatments**

These are quick clearing treatments that are most beneficial played out loud before time of rest. These are specifically made to support the greater whole of everyone who is a targeted individual and is being attacked by covert electronic weaponry. The EMF Calibration should provide much help and support to our dear community as we seek justice for these criminals. I will also be adding more quick clearing treatments for support.

### **Full Disclosure Information Series**

An audio and potential future video or visual series that goes over all Information needed for global disclosure, and a way that keeps us well informed with all things the stellar starfire ascension cycle.

### **Clarity in Truth YouTube Channel**

The YouTube channel that contains content creations of the Full Disclosure audio segments, all Targeted Individual evidence streamers and the alternate place to find the personal diary of Riza Harris and her many testimonies of fighting for the disclosure timeline.

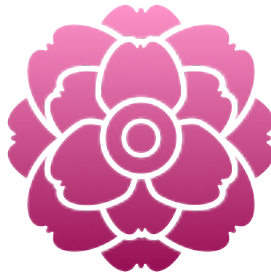
**\*Please be advised that all content on this channel will soon be available offline on a different video player platform. All content from Truth of Riza will be available in it's own video library powered by Vimeo.\***

### **The Emerald Toolkit - either the Early Release or the Finished**

Foundational handbook that was written to provide ways to defend the attacks that targeted individuals experience and provide assistance in the ascension process.

*May this serve your endeavor to become self mastered in your ability to wield your personal power for the greater good of all humanity and our spiritual evolutionary cycles.*

*I choose the organic timeline. I choose the organic timeline. I choose the organic timeline with the entirety of my being. I choose to stand for the patterns of perfection for every human being NOW. I choose my personal edenic blueprint actualized as a physical waking reality for me to live and enjoy in complete service to God.*



### **A QUICK THANKS**

Thank you for reading and supporting the Truth of Riza Platform, I sincerely hope that these notes provided everyone with truth frequencies that are so needed at this time regarding what is going on in the external right now(2025). I would like to take a moment now to express gratitude to our beloved family of Krystal Star who has mentored my husband and I consistently in learning how to defend and deflect all attacks from anti-christ forces running the Targeted Individual Program, as well as learning how to properly embody guardian consciousness with precision. May our beloved Holy Mother and Holy Father assist us and guide us to fully dismantle ALL sinister secret space programs for the greater good of all of humanity, and so it is, Thank you GOD!

**COSMIC ORDER IS RESTORED  
EMERALD ORDER HAS RETURNED  
EDEN IS HERE NOW!**

*EMBODIED DIAMOND SUN TEMPLATE - I AM THE DIAMOND SUN NOW!*  
*PARADISE ETERNAL DREAMING*