

## Psychic Attack

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Psychic Attack - mind-control devices - diet for strengthening aura

You will examine the body and the Records and conditions in the life of ...(Name)... You will comment on the conditions that cause ...(Name)... to believe that she is being manipulated or controlled by some forces outside herself. You will please describe the means of overcoming these unwanted influences.

A-1. Yes, we have this body and the condition as described. Now, we would first attempt to make all more aware of the many influences about this plane which would attempt to control, to use, to possess to manipulate the mind of mankind both individually and collectively. If those about you were sufficiently aware of the many influences which attempt to control, there would surely be more concern, more care taken to protect the self and the mental faculty against these various influences.

There are influences of others incarnate, present on your plane, particularly of governments, both your own and those of other countries. One or two so involved in attempting to influence the emotional state of the citizens of countries they consider to be enemies and, in some instances, those countries which they would desire to control. To this end, the Soviet Union has built and deployed satellite instruments designed to bombard the consciousness of individuals with such charges, rays or radiation as would attempt to depress the consciousness and to make individuals more susceptible to suggestion, particularly to subliminal suggestion.

However bazaar such activities might appear to you, these are operational even at present, and there are large numbers of individuals influenced by such rays, beams or radiations, influences, you see. And there are those working diligently to counteract such influences as those working with what they have begun to call hyper-space technology. And further information about such activities might be obtained from these.

Now aside from these influences, there are the occult influences which similarly, in some instances, attempt to control the emotional state and the thinking process of others. And most are not sufficiently aware of the dangers of falling under such influence.

Beyond these, there are influences of entities that in a manner of thinking you might term human-like entities, though in appearance not given a similar physical body, you see, but are about earth and have even for centuries influenced and attempted to influence the activities of mankind.

Now, in any instance of these and other attempted influences, there is a natural barrier given each, each human being, a wall of resistance which when maintained in perfect health, resilience, is sufficient to deflect most any of these influences. But when there is an influence which opens the door, so to speak, of the natural force field about the body/mind, the body then become susceptible to any or all of these influences. Subsequently is generally considered by those of your culture to be psychotic or at the least extremely neurotic and treatable perhaps for insanity. And the experiences described by them are generally discounted.

We would have you understand that the experiences described by this individual whom we now examine are quite valid. Some interpretation of where the influences come from and how they are received or communicated are less than accurate, but the experience itself, that she is experiencing is accurately described. There are, in fact, entities here, sometimes controlling, other times attempting to control or influence the body, the mind, the emotions and the activity.

It is fortunate in this instance that there is such a strong identification with self, a strong ego, a strong determination, a strong will to maintain the self and overcome these influences. Now we must take advantage of this inner strength, for there is little can be done to treat or protect from without. In such instances as these, the strength and resilience must be rebuilt from within.

Now the force field that is maintained for the protection of the individual from such bombardments, or radiations, can be described as an electro-magnetic or bio-electro-magnetic force field. It is maintained by providing the proper, necessary elements, particularly metal minerals, vitamins and hormones within the body that the brain and solar plexus, nerve system throughout the body might maintain sufficient strength of this force field.

Be aware that the words we are using in the description are inadequate, for the reason that we are not literally speaking of a strong, electrical current, although this force field is electrically generated and requires the maintenance of sufficient electrical balance in the electrical life field or electrical potential on the surface of the skin and about the body.

The word magnetic is also inadequate in the sense that while there are opposite poles of the body, each of which must be charged and active, these are not readily detectable as magnetic polarities, for the energy is subtler or more importantly different than your instruments readily detect.

It is important that these factors be present for the maintenance, for the healthy, resilient force field.

First, that there be available to the glandular system, the brain and the solar plexus, the vitamins, minerals, metals, as are necessary to stimulate and maintain the force field. It is as well essential that such energies as fear and guilt, sometimes grief as well, be avoided as much as possible in the extreme, for these emotions can be, at times, extremely destructive to the maintenance of this force field.

Now, to describe or explain, we may use this one we examine as an example here. During the period of surveillance by the police unit, those concerned for drugs and political contacts, some years hence, there was generally in this one, and others about, a field of fear, guilt, paranoia. The extent of recognition of privacy invaded, hostility, surveillance, eavesdropping, all these drove the influences of the field, the force field within, you see. For those under such conditions, being constantly observed and feeling invaded, have a tendency to attempt to be unseen, to make self, as it were, as small as possible. There is a tendency in such instance to withdraw the field that is maintained ordinarily about the self.

If this mental, emotional condition is combined with psychic weaknesses, inadequate nutrition, as were present from drugs and improper diet, then the force field is not sufficiently maintained. This produced the opening, you see, so that the surveillance that was begun then or maintained for a time is not that same at

all as is now encountered in this individual. Only produced the opening, you see, and no coordination between that experience and the present experience of attempt at control of the body, mind, emotions. But the door was opened, left open, not rebuilt within the self for the self-protection.

These other influences, then, have been able to, as it were, wander into the open door. This one we examine is not in particular important to a movement or a cause in the sense of attempting to take over this particular one for political purposes and such, but rather that those influences that seek to be successful in manipulating human experience have entered this door. The veil, as it were, has been pierced. Not so unusual that these entities attempt to communicate with and have influence over a one and another in your plane with varied degrees of success. But with the opening in this particular individual, we have almost no resistance to the communication with these, although there is a great deal of resistance to being totally occupied or manipulated by these influences.

Fortunately, this one, ...(Name)... has insisted on maintaining her identity and her bond with the body. This is important and fortunate.

Now, to build a barrier within the self and a source of strength within the self for eliminating these influences, you must counter these radiations with electrical or bio-magnetic energy within the self sufficient to create a barrier impenetrable by the rather low-grade radiations of these instruments and entities, you see.

Let us begin, then, to build this source of energy within the self. Will require not as might be considered normal dosages of nutritional supplements, but extraordinary dosages in these ways.

First, of the B Complex Vitamins -- B6, B12, niacin, pantothenic acid -- these particularly important from the B Complex and should be taken in mega-doses - 800 milligrams a day of niacin in timed-release form, 200 of Vitamin B6 and of pantothenic acid, 12. In addition to a reasonable supplement of the entire B Complex. Best taken as nutritional yeast, two tablespoons or so each day which might well be combined with juice, yogurt, milk and such and flavored to become more palatable. But in addition to the complex, the nutritional yeast, these mega-doses of niacin, B6 and 12 must also be taken each day without fail.

At the same time, the exceptionally large dosages of Vitamins E, C, A, and D should be taken as well daily. Of C, several thousand units up to 10,000; of E, 400 of the mixed tocopherol, you see; and a mixture of C as well. Take both the acerola and ascorbic acid, 50 milligrams or so of the acerola and of the ascorbic acid, the remainder of several thousand milligrams. Of E, both the alpha and beta or delta tocopherol from the varied sources, you see, for these will have a different influence. Of D, 400, and of A, 30,000. Now these will be taken without fail daily. And added to these, a metal mineral supplement such as contain zinc, magnesium, manganese, chromium, and even traces of copper. All of these taken as trace elements so that given dosage is irrelevant here, but taken as trace metal minerals in a mineral supplement, you see, along with calcium.

Now these metals will allow for a scaffolding, as it were, for the flow, the maintenance, the network of electrical energy in and about the body and its force field.

Now it will take some weeks, several weeks to begin to build an inner strength in this manner. As will begin to produce something of an antennae for the purpose of deflecting rather than receiving thoughts, influences and energies from outside the self.

It will also be of assistance to massage the body thoroughly, every inch of the skin's surface with combination of peanut and olive oil. This once daily, if possible, for the assistance in sealing the auric field, as it were, sealing the self from influences beyond the periphery of the body.

Now, would be of assistance as well to have others who care about this one to use the influence of their own minds in prayer, in meditation, in visualization, to first of all understand the very reality of that she describes and suffers from. No assistance will come from those who find themselves incapable of believing the experience, or those who think of it as imaginary or a mental, emotional aberration of her own causing or activity, you see. These will be of no use.

Those who can understand the reality of the experience we have described can also use the consciousness to be of assistance in forming a barrier, a shield about her and making uncomfortable the penetration by outside influences. Then this will be of some assistance.

It will be important, then, for this one to record, to keep an accurate record of the experience from beginning, for it is essential that more begin to become aware of the dangers of mind-control or manipulation by outside influences, of the need for protection, the need for proper maintenance of the body and the field about the body, for too few are aware of the possibility of such experience as described here. Even the professionals in your culture have inadequate understanding of the phenomena.

Now this will serve to comment upon the condition as allowed this attack, and the condition, situation, which has maintained the difficulty, and some recommendation as to rebuilding, overcoming these conditions.

Turn the experience to greater purpose, to beneficial purpose by recording the experience and preparing to give assistance to others exposed to similar conditions.

That is sufficient for this examination of this body, mind, life at this moment, and we are through for the present.

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