

# The reality of MK-ULTRA

I speak not just as a researcher of hidden history, but as one who has lived through it — as a super soldier, a galactic emissary, and an experimenter.

## Origins and Expansion

The public was told MK-ULTRA ended in the 1970s. What really happened is different. The seeds were planted much earlier — in the 1940s — under names like **BLUEBIRD** and **ARTICHOKE**. These weren't just "studies"; they were gateways to entire systems of trauma-based programming, psychic conditioning, and military experimentation on civilians, soldiers, and even children.

When the name "MK-ULTRA" was retired, the projects continued. They always do. They hide under new code names, new faces, but the agenda remains the same.

## Subprograms and Systems of Control

I've seen, heard, and felt the layers of programming that exist under this umbrella:

- **Monarch** – where trauma fractures the mind to create alters, controlled like chess pieces.
- **Montauk** – involving time manipulation, teleportation, and psychic warfare.
- **Project Talent** – children trained for telepathy, remote viewing, and off-world missions.
- **President's Models** – programmed for service to the elite and political figures.
- **Fairy Tale & Ritual Abuse Programming** – cruel symbolic systems to anchor obedience and dissociation.
- **Manchurian Candidates & Supersoldiers** – operatives designed for combat, assassination, or galactic assignments, often without their conscious memory.
- **Project Atlas** – a quieter but devastating layer of control. Atlas targets individuals across the globe, mapping their neural and energetic signatures like a living database. It is about surveillance, tracking, and influence — ensuring that no awakened soul, no experimenter, no potential dissenter can rise without being monitored.

## Technologies of Control

The methods have advanced beyond crude experiments with LSD and electroshock. Today they employ:

- **Remote Neural Monitoring (RNM):** reading thoughts and memories directly through EEG-pattern extraction.
- **Voice-to-Skull (V2K) & ELF Frequencies:** synthetic telepathy transmissions that mimic internal voices.
- **Scalar Waves & Directed Energy Weapons:** used for harassment, holographic projections, and psychic manipulation.
- **Gang Stalking & Targeted Individual Programs:** orchestrated harassment and destabilization campaigns.
- **Atlas Integration:** A global system mapping not just bodies but also souls — using frequency grids, AI surveillance, and dimensional tracking.

## From the Galactic Perspective

As a galactic emissary, I know that what is happening on Earth is not isolated. These programs are tied into agreements and exchanges with non-human factions. Some of the supersoldiers trained under MK-ULTRA and its successors were not just deployed in terrestrial wars — they were sent off-planet, to colonies, to secret bases, to missions in timelines the public doesn't even know exist.

## The Continuation

MK-ULTRA was never about ending; it was about evolving. They change the names, the covers, the agencies, but the essence is the same: control, fragmentation, weaponization of consciousness. Those of us who lived it know the scars, the memories that bleed through, and the truth that history books won't admit.

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## Practical Tips for Targeted Individuals

The greatest act of resistance is stepping into sovereignty. The control grid feeds on fear, trauma, and disconnection from Source. These practices help shield and reclaim your energy day by day:

### 1. Energetic Shielding

- Visualize yourself in a sphere of violet flame, mirrored on the outside, allowing love in but reflecting interference back.
- Call in Archangel Michael, your higher self, or your galactic team to strengthen the field daily.
- Only work with guides, beings, ET and entity's that's are benevolent, of the highest light and resonance with No conflicting agenda towards you.
- **Law of One Statement:** *"I am a being of infinite worth and infinite light. I am one with the Infinite Creator. No force has dominion over me, for I am sovereign in love and free will."*

### 2. Grounding Rituals

- Barefoot contact with the earth (earthing) discharges built-up electromagnetic interference.
- Salt baths or Himalayan salt scrubs clear lingering energies.

### 3. Detox the Frequencies

- Switch off Wi-Fi and devices at night.
- Use orgonite, shungite, or black tourmaline near electronics to help neutralize EMF.

### 4. Energetic Hygiene

- Daily cord-cutting meditations to remove parasitic attachments.
- Practice sovereignty statements: *"I revoke all agreements made without my conscious consent. I stand as a sovereign being, aligned with Source."*

### 5. Community & Witnessing

- Connect with others who understand targeting. Isolation fuels the program; connection disrupts it.

- Sharing testimony validates your truth and reduces the psychological warfare impact.


## 6. Claiming Your Timeline

- Affirm daily: *“I choose the organic ascension timeline. I align with the highest path for my soul.”*
- This shifts you out of the synthetic, AI-driven control grid and into your sovereign frequency.
- *“My energy is mine and mine alone. I do not consent to my energy being altered, tampered, Implanted or siphoned”.*
- **Law of One Statement:** *“I walk the path of service-to-others. My choices align with love/light, light/love, and the highest good of all beings.”*

## 7. Laughter, Joy & Creativity

- These frequencies are disruptive to programming. Sing, dance, create, laugh — they rewire your energy body beyond trauma.
- **Law of One Statement:** *“Joy is the natural expression of the Creator. In laughter, music, and play, I return to the vibration of unity.”*

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 **Remember:** Their systems are built on illusion and coercion. Your sovereignty is built on truth, love, and alignment with Source. Once you remember who you are, no frequency fence can hold you.