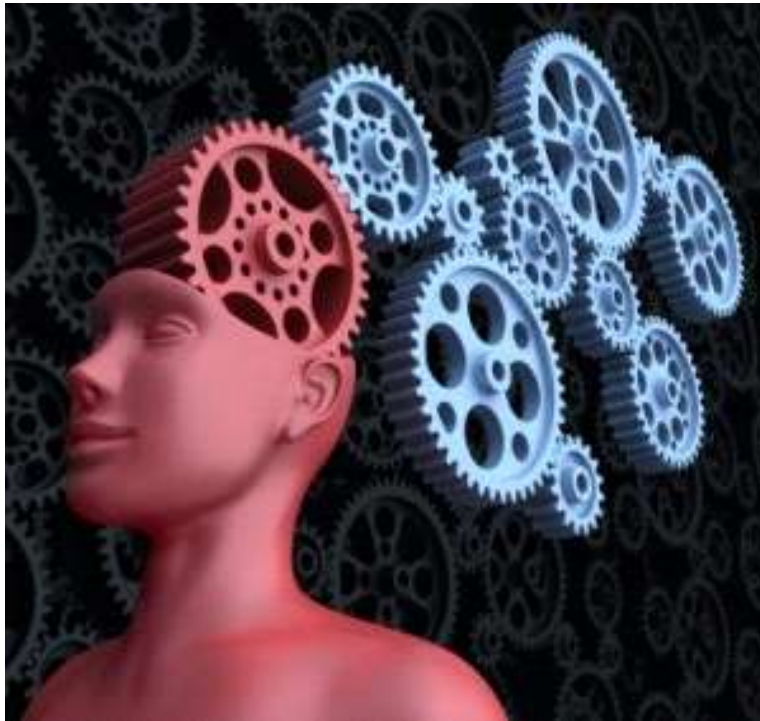


Hypnotic Mind Control Techniques and Mind Control Stories You Thought You Knew ~ Are You Susceptible to Be Controlled?



by Terry D. Clark

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Chapter 1: Understanding the Relationship between

the Mind and the Brain.

We all have heard the terms “Use your Mind” or “Use your Brain”. These sayings are used interchangeably yet the mind and the brain are two different things. Our brains are part of our central nervous systems located in our skulls which are part of our heads. It includes two cerebral hemispheres which are two parallel masses of deeply furrowed tissue. Also part of the brain includes a brain stem and cerebellum. The functions of the brain include; muscle control and coordination of our bodies, sensory reception and integration, speech production, memory storage and the elaboration of thought and knowledge.

The mind is the term used for describing the higher functions of the brain. This includes those things we humans do that are subjectively conscious such as personality, thought, reason, memory, intelligence and emotion. Although other species have mental capacities it is the mind that is associated specifically with humans and their higher brain functions such as intelligence. However when there is damage to the brain it can affect our cognitive abilities as well as physical capabilities.

The term “mind” is however also ascribed to those people with super natural endowments such as esp. and telepathy. For some the mind is a reference to those things in the supernatural realm. It could be a supernatural being with human qualities. An example would be the expression “the mind of God” meaning those thoughts keeping in the vein with our perception of what “god” would think as he is represented to us.

In simple terms the brain is physical while the mind is not. The mind is a non physical entity while the brain is a concrete physical piece of grey matter. The brain is the concrete matter and the mind is how it operates. There is a debate however, whether the electrical activity that occurs in the brain is the mind. Included in the debate also is the question “Does the brain give way to create the mind independently which is shown as electro biochemical activity?”. This is a philosophical question that is grounded in the world of empirical science. The inference is that the mind can indeed be

seen through the various machines that monitor the electro biochemical activity in which the brain waves are recorded as result of stimulation in the brain that is produced biochemically.

Brainwaves are patterns of electrical activity in the brain. They can be measured by a machine known as an EEG. EEG stands for electroencephalogram. An EEG is a graphical record of electrical activity of the brain; produced by an electroencephalograph. Electrodes are attached to the scalp in order to record the electrical activity that is produced by the brain. Brainwaves can be observed when a person is sleeping, having a seizure, in a coma, concentrating or even meditating. People can consciously learn to change their brain wave patterns through neurotherapy. Neurotherapy is much like an EEG scan except the activity recorded is filtered through a computer. Through the filtering process we can see areas of the brain that are affected in specific ways by measuring brainwaves that are fast and those that are slower than others. The slow brainwaves are then separated from the fast ones. Everyone needs a balance between the slow and fast brainwaves. Areas of the brain that are not in balance are then analyzed so they can be worked on with the therapist and the patient. I will discuss the brain waves in a separate chapter.

The brain is actually soft nervous tissue. What happens is that it responds to various stimuli which in turn activates sets of bio chemical reactions in the brain. When the brain is stimulated bio chemically, the reaction then spreads out through the rest of the central nervous system. The mind is the abstract non tangible part of a person that enables them to be aware of the world around them as they experience it. It is the faculty of consciousness and thought.

They physical reactions of the brain and central nervous system cause the mind to work. Things that happen to us trigger responses that stimulate the mental capacity of the mind. The occurrences we experience are subjective based on the physical responses that happen in the brain to begin with.

Thanks to strides in neuroscience in the later part of the 20 century; science has learned how to actually see how thoughts play out in our brain through magnetic imaging. The magnetic imaging devices are able to show activity in different parts of the brain. Science knows what part of the brain does what function so they point to what is known as epiphenomenalism in regards to the mind. Epiphenomenalism is the idea that human consciousness is actually the effects of neural activity in the brain. Scientists further hypothesize that if you can see the activity in the brain with magnetic imaging in regards to thoughts then thought must occur in the brain with that activity. Although it is a sound scientific answer it still does not address where the thoughts we have are formulated.

It appears from all the research that conscious thought is like a byproduct of the activity as it occurs in the brain. As the brain is stimulated and bio chemical reactions occur; different thoughts and actions are released by us consciously. An analogy would be like the brain is letting off steam from the activity it physically produces and a thought is then released. There are however other points that science still questions in regards to epiphenomenalism. It still doesn't accept completely that chain of activity occurring in the brain causes the thoughts to go firing off in the first place. Science still is trying to figure that point out. Because actual thought cannot be seen by the eye they still are not sure exactly from a scientific view point what a thought actually is.

The brain functions in simple terms by sending electrical signals from one place to another through the central nervous system down to other parts of the body. While the signals are being transmitted very small charges pass between nerve cells. What accompanies the nerve cells changes are electrical potential in voltages. The brain activity is both measured and displayed as a wave which comes from the brain. This is obviously called a brain wave or brain rhythm. The wave's height is the measure of potential difference and the frequency measures the rate at which the electrical impulses pass through a nerve cell or fiber. Depending on the wave activity determines our level of conscious or unconscious thought.

We can see from the brain waves that a person's brain is indeed active all

the time. This includes when one is asleep and when one is awake. The brain waves are distinct based on the changes of consciousness we experience and are grouped as such. Our mind is not uniform. It operates in two distinct modes. This is what is referred to as the Bipartite mind. Our thinking part of our minds called "our thinking selves" executes what is voluntary knowledge based ideas such as plans, goals and strategies. Our "automatic selves" acts like an internal robot for us. It drives our involuntary aspect of our mental makeup. This includes behaviors we display automatically.

Most of the times these two parts of our selves work harmoniously in parallel to one another. An example would be our thinking self would create a story to tell and the non verbal parts of communication such as facial expressions, tone of voice, gestures and things of that nature will also be executed while telling the story which is automatic. Thus both parts of the mind are functioning at the same time in order for us to tell a story.

The human brain in and of itself weighs approximately 3 pounds. It is estimated to have 100 billion cells. To really understand the complexity of the brain we can look at it in comparison to this. If we took "all" the telephones on the planet and combine their wires; all the connections that those entail one day would not equal the complexity and activity of the human brain in a day. Keep in mind that there are 4 billion phones on this planet. Now let's look at what happens to the brain when there is brain interference or an injury based on the above analogy. Imagine every phone was broken in your home state and the wires were cut. This is how brain interference or an injury to it can be compared to. Because of the complex circuitry of the brain, if one is to recover from such interference or injury it takes years usually. Keep in mind the idea of the world and states in regard to the brain. This would mean any injury or interference to your brain may just be the size in comparison to one state. That part of the brain would be where the phones were broken and the wires were cut which is just one portion of your brain. The rest however still works fine. This happens when people are injured physically or go through processes of mind control. It takes years some times for healing and deprogramming to occur in the brain again. It's like all the severed connections are slowly repaired to work again.

Now that we get a picture of how complex the human brain actually is; how do we get information in and out of the brain? Well a lot of information actually comes through the spinal chord at the base of the brain. If we use a telephone analogy again, the spinal chord is like a thick wire made of many thousands of smaller ones that connect to it as the central wire. If you cut the Main line which is the spinal chord the first thing that happens in the body is that we won't be able to feel anything or move. This is because information goes "OUT" of our brains to the spinal chord to the various body parts to make them move. This is how they do their job. Example; we move our arms and legs because of this communication that interacts through the spinal chord to those parts of the body.

Information in relationship to the spinal chord goes straight up the spinal chord to the middle section of the brain. The information branches out from the chord across the brain surface which is called the grey matter. It is called grey matter because the body cells in that area are grey. White matter is the color of the cells in the brains wires or axons.

Okay, so now this is how information goes out to the rest of our bodies; simultaneously information is being received and coming in. Examples of this would be experiencing hot, cold, joint pain etc. Vision and hearing do not go through the spinal chord. These processes go directly from the brain to and from those two areas. (the eye area and the ear area) This is why someone who is paralyzed can still hear and see.

Now just like there are two eyes, ears arms etc. there are two parts of the brain. They are called the left and right hemispheres. The right hemisphere of the brain has a different job than the left side. The right side deals more with visual activities and putting things together. The left side is more the analytical part. This side deals with analyzing information that is collected on the right side. The left side takes that information and applies language to it. An example of the right side of the brain and how it functions would be this; it would see an object and recognize that object. For instance you see a house and say to yourself, I know that's a house. So the right side says: "

It's a house" and the left side says I know it's a house but "That's Uncle Bills house." The right side identifies it and the left side personalizes it specifically as to who's house it is.

So now if the brain is injured or affected in some way what occurs then to our perceptions? What happens is; if the right side of the brain is bombarded until there is damage or injured, there is a failure to put things together as a result. One cannot process important information. As a result the person goes into denial and says there is nothing wrong with me. The brain may not realize that it is injured in some sort of way and that it is not collecting all the information it needs. An example would be someone who loses sight in one eye partially causing blindness. They still have sight in the other eye and partially in the damaged one but does not realize it and thinks they see perfectly well.

If the left side of your brain is overworked or injured then you may be aware that something is wrong but can't put your finger on it. That is because the left side deals with language and analysis. You will however be aware that the right part of the brain is doing its job. For instance you can see that a chair is a chair, but may not be able to solve complex problems or do a complex activity if there is left side interference or injury. People with injuries on this side of the brain tend to experience depression, have organization skill problems and have problems with language.

When there is an injury or bombardment as in a mind control to our brains; the brain faces impairment in the memory department. There are different types of memory. For example "music". We all listen to music and one song may stir a distinct association in the brain. The brain processes the music and puts that information in the appropriate part of the brain. We also have memories for taste and smell. For instance we know what a particular food tastes like and what a particular smell is. We also have physical memory. We can recall what something feels like. Each type of memory occurs in a particular part of the brain. Two more very important types of memory we have is vision and hearing. These are crucial parts of memory especially in terms of words or language. Visual memory enables us to know the things we see. It helps to identify something, someone or some place. We also

have memory for language. This includes things we have heard or have read and things we read are translate into language. Verbal information is stored in the left hemisphere while visual information is stored on the right. Again the idea of both brain hemispheres functioning together in a parallel way is illustrated.

How information enters the brain is processed in several stages. Immediate memory lasts minutes, it doesn't last long. An example would be something like calling a telephone operator for a phone number, where you don't write it down. You have just enough time if your memory is good to redial the number. Short term memory can last up until 30 minutes or so. Long term memory is any memory that is over a day. People with injuries or brain manipulation have these parts of their brain tampered with or injured.

With mind control the information that a person is receiving is being selectively put into the persons brain. When we receive information in our memory it flows through the middle of the brain and then branches out. Before the information reaches the appropriate area in the brain it is filtered and channeled to an appropriate area first. This is the part of the brain that is dealt with in things like brainwashing or mind control. Information is being selectively bombarded on that part of the brain to affect a change.

Chapter 2: The Brainwaves

Since one's state of consciousness is crucial in mind control then understanding brainwaves is important. It is the brain wave activity that lets us know what state of consciousness a person is in. There are 4 main types of brainwaves. They are called; Beta, Alpha, Theta, and Delta. "Beta" waves represent our conscious or awake state of mind.

The Beta mind does not respond to suggestion very well. The conscious mind is responsible for reasoning, logic, thinking and putting into action

what it already knows. The Beta Waves are seen electrically at 14 cycles and up per second when they are imaged by an EEG. It is the Beta mind that is responsible also in higher cycles for ritual behavior that requires a lot of energy input. Things like “revenge” fall into this category. An illustration of beta wave function would be likened to a circle cone of power. The more excited a person becomes the higher the electrical cycles in the brain are activated are per second.

The “Alpha” brain waves work on a lower cycle. They work on a 7 to 14 per second cycle level. The Alpha wave cycle is a trace state. In this cycle the body can no longer be felt. Sounds can actually even be painful at this level of brain activity. Alpha brain wave cycles are sleep and mediation level of brain activity cycles. However when one goes into “deep” meditation one is then going into the Theta brain wave state. It is in the Alpha state that people are opened to suggestion. This is because the conscious mind is subdued. Those that use mind control on others aim to put their targets in an Alpha state when they work on them.

When we are in an Alpha state the conscious guard we have is down. Hypnosis takes place in this brain wave cycle. We can program ourselves and others in the Alpha brain wave state. The deeper in an Alpha state one goes the closer to theta one becomes. People are influenced greater in the Alpha state or when they are actually sleeping. (For this reason many people who do magic and spell work prefer the night time to do so. They feel it hits their targets better.) This is also why people use things like subliminal programming such as tapes to help them with various things as they sleep. The premise is they play the tape while they sleep and the information for change goes directly to the brain from the ears.

When you talk to someone who is sleeping you can program their minds. This can be done even at a distance if the person doing the programming uses deep concentration, visualization of the target, and directing the thoughts into the targets head. The process may have to be repeated on the target several times to affect a change. The strength of the programmers mind set determines the success of the programming. The programmer many times sets their thoughts as commands to the target. They may tell the target in a clear, definite way what they want the target to do. The commands are firm and persistent. Psychic experiences can also happen in the Alpha brain wave state as does dreaming and day dreaming.

Now the “Theta” state is where all our emotional experiences are stored. These are put into our subconscious. The Theta state is where brain activity is at 4 to 7 cycles in this level of consciousness. It is the Theta mind state that opens the door to deeper psychic and astral worlds. Although it is possible to have psychic experiences in the Alpha state the more profound ones occur in the Theta state. It is at this level of consciousness that one can experience things like, astral traveling and psychic communication. What we call “enlightenment” is achieved in this state. One can also enter other dimensions at this level of consciousness as well as access their past lives.

The Delta state is when someone is totally out of consciousness as in a coma state. In this state brain activity ranges from 0 to 4. This is when people are called almost brain dead or a vegetable because of such little activity.

Mind control and hypnosis occur in the Alpha state. Self hypnosis can also be induced while a person is in the Alpha brain wave state. It is at this state that one's mind set can be changed. The subconscious is open to suggestion. It is recommended that if one is aware when they are in the alpha state to make use of it with positive affirmations and visualization to achieve what they want in their lives. When in the Alpha state if one visualizes their desires as if they are real it is possible that this is how we manifest them in reality. This is because the subconscious mind propels our conscious efforts. For this reason some people mediate and use positive mantras as a reinforcement of their desires. The main reason why this works is because the subconscious mind believes what it is told in the alpha state to be true. It is because of this reason hypnotists and those that use mind control state their demands in the present. The subconscious thinks in the here and now. It is also true that the subconscious mind does not register words like “will” and things of that nature because they are of an undefined futuristic nature. “Will” is never happening its conjecture.

When people are programmed either through self hypnosis, mind control or hypnosis, the wording to the target is crucial. What the programmer directs through his word must be clear, stating what is wanted and looked at from

every aspect before the directive is planted. Not to do so can mean things can go wrong.

The more intense the target or the person experiences a visualization; the stronger the mind output will occur when the person is fully conscious. This is because the subconscious plants the action for the conscious state. When a person output is strong they are more apt to succeed with what they have in their subconscious.

Chapter 3: Short History on Mind Control

We have all seen spy, action and espionage movies at one time or another. Especially in the 60's and 70's there was always a mind control/brainwashing scene in a movie. The victim was usually captured by enemies and attached to a machine in a shed. In the shed head quarters the captured victim was both tortured and either reprogrammed or forced to talk. These images of mind control and brainwashing were conjured up as a result of the media and political climate of the cold war. Prior to that in the 1950's we had such strong anti communist sentiment in the United States the good old US government went on a "communist feeding frenzy". Innocent people were railroaded, black listed and destroyed in an attempt to control what the US felt was anti United States. This included the death of a few individuals. Julius and Ethel Rosenberg were put to death when the US created a false case against two people who were decent and believed that many of the United States policies and practices against its Citizens were wrong. The campaign against the Rosenberg's was they were "communists" and guilty of being spies who gave information to the Russians. Just like in the movies, the United States found two "real communists" and decided to use them as examples of what not to be in the United States. It was the United States political response to anything they thought of as politically subversive. My father knew these people up close and personal. They were decent hard working people who wanted equality for everyone in this country. They felt the working man should have a better

life. That was considered “communist propaganda” because the idea of the “working man” was considered communist by the Capitalists who controlled the United States Government at that time. This was blatant attempts as mind control on the United States Population. People who did not agree with the US government at that time were systematically targeted and victimized to show the rest of the population what happens to those who want to change things.

In the 60's was anti war and civil right sentiment spreading through the United States like wild fire. There were anti war movements against the Vietnam War and also the Civil Rights Movement going on at the same time. Black Nationalism started to grab hold of the people as well. So, things like the spy movie brain washing scenes were messages put into movies for anyone who thought they would go against the "United States Government" at that time. Most of the time it was the other country or the bad guys doing the brain washing in the movies and the United States saving freedom.

Historically we know this is “NOT” the truth. But, it was used as a deterrent to hopefully make any one who doubted the USA think of what was in store for them if they strayed to the other or subversive side. Well, this was a form of subliminal mind control. It was an idea that permeated the movies and media at that time in an effort to keep the people who sought political change sometimes radically at bay. When that didn't work the next best thing was hiring hit people to do the job. The Kennedy brothers, Malcolm X and Martin Luther King were all assassinated in a final statement of manipulation by the CIA and the United States Government.

It doesn't stop there. The media and advertising all picked up the techniques uses by the United States government politically and incorporated these “mind stimulation” techniques subliminally. This means messages may be embedded in advertising to get us to buy things we don't want both on the TV and Radio as well as now in the computer through codes. All of these things which were originally implemented to fight politics that was believed to be subversive by Capitalist United States Standards is now employed in other things in order to get people to comply.

After Water Gate and Nixon's impeachment, laws were put into place to try and protect people against invasion of privacy as in phone wire tapping and things of that nature. These laws however are very hard to enforce especially if you don't have the financial means to fight them. Today's mind control techniques are so advanced with the use of technology; at times its hard to even prove that you are a victim of such atrocities. In fact worldwide mind controlling is used in different countries for various reasons. It boils down to if you don't agree with an established idea that the "establishment" has put into action then you are susceptible to being victimized through technological mind manipulation. The United States government both nationally and on the local level knows full well that these things go on and turn their heads because they sanction a lot of it. The only thing we can do to protect ourselves against mind control is to know what it is and when we see the signs we can fight against it ourselves. In this case knowledge is power. When armed with this information you can fight to make sure you are not a victim of this occurring phenomenon. In conclusion it is safe to say that mind control is a technique that is used against anyone who disagrees with how a government implements its laws on the people. This includes the economic and socialization that takes place in a society as well. Anyone who fights for their rights no matter on how small a level is subject to becoming a victim of mind control. It even occurs in local neighborhoods where the person who has been living in an apartment for 40 and 50 years are suddenly mysteriously harassed by the landlord and cannot prove it because they do not have the money to fight the system. It is not uncommon for someone who has succession rights legally in an apartment to be made so uncomfortable through manipulation to force the person to leave that apartment. When they flee the landlord wins because they do not have to buy the person out and the apartment can be sold at market value. The landlord will tap the persons phone, pay people to do mind control intimidation techniques such as "street dramas" (discussed in later chapters) and other things in this book. I write these things because I "KNOW" for a fact they occur. Anyone who is a "victim" of this type of harassment and abuse is hurt by extremely unfair means. The unfortunate thing is the technology is so sophisticated and the techniques are covered so well the person is deemed mentally unbalanced by their close friends and family to discredit their situation. This too is all part of the mind controllers goal. Once the victim has no allies and is considered mentally unstable they can continue to do their mind manipulation until they get their

desired results. People who employ these techniques on innocent people for gain are criminals. They are violating personal rights period. This is especially true when the ones behind the mind control are politically and financially affluent. They have the connections and the money which enables them to employ mind control techniques against the poor and those who cannot defend themselves against it. Those who use mind control in cases as such are criminals and should be punished to the fullest extent of the law. They are criminals against humanity.

My hope is that people open their eyes so they begin to see how they are systematically railroaded and would not have questioned it otherwise. If this book opens one persons eyes to what's really happening around us today then I have done my job.

Chapter 4: What is Mind Control

Mind Control is also known as brainwashing, coercive persuasion, thought control and thought reform. All these terms for mind control actually mean; a process that either a group or individual systematically use to force someone to do what they want through the persons thought processes. These systematic tracts are for the most part done without the persons conscious knowledge.

There are times when we can use mind control on ourselves for various reasons. Self Hypnosis falls under this category. When we use this kind of mind control which is willful on our parts; with our conscious knowledge, it's usually done to enforce a positive idea or change in our own minds ourselves. This however is not the same thing that the phrase referred to as "Mind control" or brainwashing implies. Those phrases really mean the persons mind is being systematically altered without either their knowledge, consent or even against their will. It is done through unethical manipulative tactics both psychologically and other wise all in an attempt to control

someone's mind. In these cases it is done so a person or group can gain complete control over the thinking and actions of another. So, when terms "mind control" and "brainwashing" are used what it is saying is that specific tactics are employed to gain control of another at the expense of the person being manipulated. These terms foster the concept of taking the persons free thought and free will away. In cases like this it is the manipulator who works actively with the intention of controlling another's free will to serve their own agenda. They care nothing of what the victim believes, wants or feels. The manipulator wants to impose his agenda on the victim and get the results he desires. It's that simple. In brainwashing or mind control there is no room for free thought or will. Free will and thought are eradicated at the expense of the agenda implanted in the victims mind.

It is interesting because the idea of "brainwashing" falls into the category of social influence. This is because the idea of brainwashing is used to induce thought reform on the victim. This means that brainwashing and mind control are used to totally change how one thinks and perceive things in relation to his beliefs in a particular societal setting. It's done by using various means to change a person's attitudes, beliefs and behaviors. It sets out to make the person like a puppet in which they do whatever the manipulator wants. Here are some basic examples of mind control techniques .

1. **Compliance Method** - The "**Compliance Method**" is where the manipulator is not concerned with beliefs of the victim. He is concerned with the victim doing what he says only. The compliance method is also considered a "Do As I Say" Tactic.

2. **Persuasion Tactic**- The "**Persuasion Tactic**" style attempts to change the persons attitude. The manipulator of persuasion sets out to make the person believe that what they are trying to force into the victims minds are good for them. They want the victim to believe that if they do what the persuader wants of them that they will be happy, good, successful and healthy.

3. **Education Method**- The "**Education Method**" which is also referred to

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