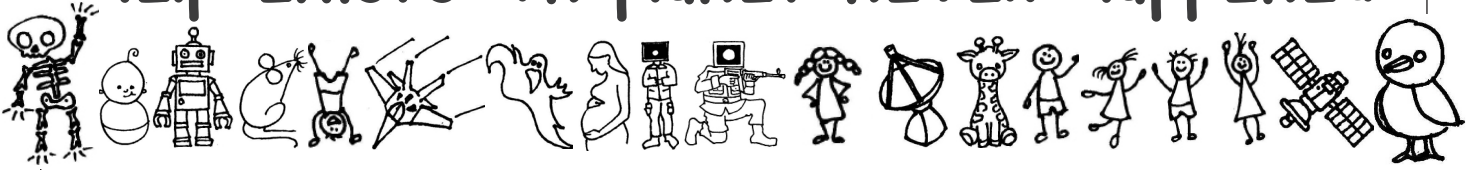


help EXISTS ♥N planet NEVER-happened



a NEWSLETTER by friends helping friends RECOVER FROM
ORGANIZED EXTREME abuse and TORTURE-based MIND CONTROL

Our newsletter is created by friends in recovery from organized extreme abuse and torture-based mind control and the kind people who support us in healing and building community together. Our intention is to share hope and connection amongst survivors—especially those of us in isolation, geographic and otherwise. This newsletter aspires to be a beneficial aid for any person in throws of such abuse, in recovery, and in helping contact with survivors.

The word survivor may imply a state of post-trauma or recovery—but—in the context of ongoing organized abuse, the terms survivor and victim are synonymous. In other forms of trauma, the trauma ends and it's in the past. In organized abuse the trauma continues. For many survivors, traumatic environments are pervasive—not time-limited, but ongoing, and bound by materially unaffected conditions. Our community gives attention to the engineered causes of these realities.

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Survivors and people who support survivors are invited contribute in the creation of this newsletter by sending your writings, letters, poems, arts, jokes, questions, suggestions, or anything that anybody wishes to share! All parts of all everybodies are invited to contribute! Page 8 share information about how to contribute to the next newsletter!



a N♥TE T♥ PEOPLe READING

Material in this newsletter may trigger painful awarenesses and memories for readers, and is best read with caution and appropriate support. At the same time, when people have extreme-organized-abuse-level trauma, triggering is just the normal state of the nervous system. While we seek to be skillful and respectful together, it is necessary that we also may be explicit and direct about our experiences because we have nowhere else to process any of this. We are cultivating community wherein reality is not ignored, but is observed, engaged, attuned with, and responded to—while individual members maintain our own agency in terms of contact with traumatic and disturbing material.

fORM & function ♥f ORGAnized ABUSE

We understand organized abuse as when the agendas of any group of people perpetrating systemic and chronic harm extend far beyond the gratification of the perpetrators, into functional, commercial, and military domains. From the side of the survivor, organized abuse functions to replace our sense of self, including all of our own needs, wants, and agencies with those of the abusing system. Organized abuse seeks to transfer all power and agency from the victim to the perpetrating system. To this end, perpetrating systems engage methods for exercising extensive control over the victim's experiences, environments, accesses, perceptions, information, choices, and as a result, volition.

While the methods and agendas of perpetrating systems are complex, the function of organized abuse is simple: to disengage the victim from their agency and replace their inherent ability to make choices for themselves with the agenda of the perpetrating organization (McDermott, 2020). Regardless of the perpetrating organization's ideology, culture, size, resources, secrecy, or integration into societal structure, this statement holds true. In this context, the dissemination and practice of ideological frameworks and rituals have a function beyond espoused beliefs (Woodley, 2015; McDermott, 2020) as tactics that facilitate the agenda of the perpetrating organization to maintain power and control (Galliot & Lotz, 2015; Krishnan, 2016; Salter & Richters, 2012; Schröder, Nick, Richter-Appelt, & Birken, 2020).



a SUMMARY f♥R ThE kIdS

YOU ARE THE EXPERTS ♥f YOUR OWN SYSTEM. Yah, THERE ARE PEOPLE THAT WENT TO SCH♥OL AND SEE PATTERNS AND USE BIG WORDS T♥ DESCRIBE THEM, BUT N♥ ♥OUTSIDE PERSON HAS AUTH♥RITY ♥VER YOUR EXPERIENCE. Kids and PEOPLE ARE THE EXPERTS ♥f THEIR ♥WN EXPERIENCES! WE WANT T♥ KNOW WHAT HEALING THESE EXPERIENCES IS LIKE f♥R YOU? WRITE IN AND TELL US!

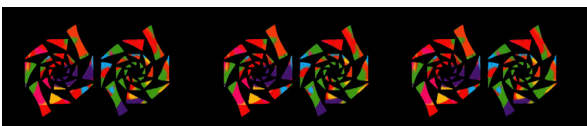
definitions

Ritual abuse. We recognize ritual abuse as being any repeated, systematic abuse that is perpetrated in furthering the agenda of the perpetrating system. This abuse may conditon all domains of human experience (mental, physical, emotional, spiritual, sexual, etc.) in attempt to point every aspect of the victim's humanity towards the perpetrating agenda.

Torture. Torture in the context of organized abuse is when a perpetrating system intentionally designs and enacts discrete and specific applications of sensory overwhelm and underwhelm upon a victim, with the intent to control the will of the victim. Torture functions to control the victim's experiences, attention, and perceptions, so that ultimately, the perpetrating system controls the volition and any subsequent actions the victim might take in response; generally towards furthering the agenda of the perpetrating organization.

Mind Control. Mind control—in the strictest sense—is the ultimate goal of torture. We understand mind control as when the perpetrating system intends to deliberately control the objects of victims' attention, and in turn the victims' behavior.

Programming. The term programming is generally used to describe the effects of organized abuse upon the victim, relative to the effects of more organic abuse. We understand programming as when a perpetrating system deliberately causes conflation of the victim's experience of self as being indivisible from the perpetrating system's agenda. Programming functions to disengage the volition of the victim and replace it with perpetrator-designated information, emotional responses, reflexes, and patterns of behavior.



a summary fOR the kids

THIS KIND OF ABUSE FOCUSES ON
KIDS NOT BEING ABLE TO SHARE
THEIR REALITY WITH ANYONE ELSE
TO ENSURE THAT KIDS DON'T
GET COMFORT, DON'T GET SEEN,
AND DON'T GET LOVE. OUR INNER
WORLDS REFLECT WHAT WAS DONE
TO US. TOGETHER WE CAN HELP
PEOPLE INSIDE SHARE ABOUT WHAT
WAS DONE TO US WITH OURSELVES
AND WITH EACH OTHER.



METHODS OF CONTROL

To varying degrees of sophistication and intensity methods for control over victim perception and experience may entail:

Pervasive control over the victim's material conditions, especially those of biological, survival, and attachment needs. This may include the victim's birth and developmental conditions, including access to resources, money, and so forth.

Demonstrations of total environmental and societal control. While the organization may not have the resources to pervasively control an entire environment over time, demonstrating instances of such control can create the illusion of total control, thus having the same effect on the victim.



Systematic acute violence, rape, torture, and the threat of death and near-death experiences create conditions wherein the victim's social, economic, and political environs maintain the effects of disorientation and traumatic dissociation.

Slavery, commercial exploitation, forced labor, extortion, economic and political entrapment, and forced displacement are tactics used to affect the victim's volition and capacity to act independently or reorganize socially.

The strategic use of commercial pornography to directly affect the volition of 'consumers' both individually (i.e., through blackmail and bribery) and across broad ranges of societies (i.e. the effects of pornography use on attention, relationships, socialization, child-rearing, etc.). Similarly, the effects of such abuse on the victim are intended to disable their volition by means of blackmail by the perpetrating system; personal and cognitive difficulties related to traumatic dissociation; substance abuse; institutionalization; and so forth.

Sensory overload and deprivation designed to induce altered or dissociated states of consciousness. Sensory overload techniques range from providing such an excess of data that the victim's ability to process and make choices collapses (Roetzel, 2019; U.S. Joint Forces Command, 2010), through to the application of torture (sleep, food, and water

deprivation; solitary confinement; drugging; electrocution; etc.). Unrelenting back-to-back perpetration of these tactics increases the effects.

The isolation of the victim from experiencing any kind of relationship or information that is outside of the organization's influence. This may be achieved through media filtering; ongoing placed actors in the victim's everyday life; re-abuse of the victim directly (to prevent any kind of help-seeking behavior or to inhibit growth away from the organization); monetary control; deprivation; and so forth, often using tactics such as convincing the victim that outside people are dangerous for one reason or another.

The avolitional exchange and exploitation of information between the perpetrating organization and the victim. The actual mechanics of exchange vary a lot, ranging from direct body-to-body contact; technology-based contact (social media, digital tracking, information technology, IOT and IOBNT, etc.); engagement with reporting alters or parts of the victim's system; and so forth.

The institutionalization of the victim by the perpetrating organization across social domains: being disabled and unable to relocate; psychiatric committal and misdiagnoses; social economic controls such as circumstantial homelessness or refugee status; probation; forced housing; penitentiary systems; indigenous school systems; conscription; militarization; and so forth.



The intermittent appearance of material reinforcement by the perpetrating system (gang-stalking, re-accessing, injuring, torturing, etc.) reinforces the programmed responses of the victim. Further, the association of programmed experiences and reflexes with everyday stimuli (i.e., objects from active torture: numbers, colors, times, dates, phrases, etc.) maintains the programmed response in absence of active reinforcement, even when direct contact has ceased.

Manipulation of religious, spiritual, and metaphysical media, public figures, and so forth greatly influences the victim's "free will" by conflating cultural, religious, and spiritual practices with the agenda of the perpetrating organization. This has been described as an arena of advanced warfare technology by the U.S. Department of Defense, the U.S. Defense Advanced Research Projects Agency, and military think-tanks the world over (Giordano 2015; Krishnan 2017; U.S. Joint Forces Command, 2010), including memetic warfare and the propagation of memes in social media.

Media control delivers functions of information barrage, message repetition, and various methods for achieving reflexive control of audiences by exploitation of cognitive vulnerabilities (Yang, 2016). The influencing of audiences is a thoroughly documented strategic PSYOPS tactic, whereby dissemination of tailored information is intended to influence perceptions, emotions, and behavior of the target (Krishnan, 2017; U.S. Department of Defense, 2003). This is enacted differently across systems by varying means: limitation of choices; meta content filtering; corporate media monopolies; state information contracts; etc. (Campbell, 2010; Dovybysh & Mukhametov, 2020; Hinck, Kluver, & Cooley, 2018).

Technological superiority is a primary tactic for dominance and control at any level of social organization. The creation of technology gaps between powers and their targets confer



tactical and strategic advantages. Emergent technologies used by governments and commercial entities in operational use across defense, intelligence and national security applications (i.e., U.S. DoD: SIGINT, DOMINT, COMINT, GEOINT, etc.) include a range of non-kinetic to kinetic means. Emergent technologies include convergences between synthetic biology, genomics, neurotechnology, nanobiotechnology, cybernetics, artificial intelligence, IoT and IoBNT, fields of simulations and modeling, and so forth (DeFranco, J., DiEuliis, D., Bremseth, L. R., Snow, J. J., & Giordano, J., 2019; McCreight, 2013).

a SUMMARY f♡R THE KIDS

THE ways that abusers control kids and pre-teens and teens and adults are really complicated. The truth is that no system is all-powerful or all-knowing, and no kid is unlovable or inherently evil. Love is really really simple, but also really terrifying if people have never been allowed. Love is something that we learn and practice together! We want to know what's coming up for you all connecting on this stuff?

RECOVERY IN COMMUNITY

In the context of ongoing organized abuse, the terms survivor and victim are synonymous. For many survivors, traumatic environments are pervasive—not time-limited, but ongoing, and bound by materially unaffected conditions.

Recovery during ongoing abuse depends not on the passing of time, but rather on the changing of internal, relational, and environmental conditions. Most systems of therapy specializing with traumatic dissociation frame the path to recovery with methods of action completion, meeting unmet needs, secure attachment, meaning-making, and so forth. However, there is no effective action a victim can take in active organized abuse—there is no defense to be completed, no words that can help, no other person to share the experience with, and so forth. Bridging that isolation is the foundation upon which help depends. We want this community to function as a bridge for all of us in need.

Help really depends upon relational attunement with kind others so that love may be experienced and integrated. Kind helpful others must reflect our reality, our traumatic dissociation, and mirror our experiences of pervasive and ongoing non-safety. Consistent new relational experiences help make new systems to which survivors can adapt. Traumatic dissociation occurs in the absence of attunement with loving humans and the breaking down of isolation is a most direct opponent to conditions of ongoing abuse. Even if the perpetrating system remains extant in conventional power, and executing direct harm in relationship with the survivor; the survivor may begin to experience an accurate mirror, and thus, may begin to integrate meaningful and reorganizing connections.

In the context of ongoing organized abuse, conventional agency of the body—choosing what, where, when, and how the body exists—is often not feasible. Rather than focusing on attaining material safety, survivors and helping systems are first tasked with helping survivors to develop clarity of our own conditions, and agency of our own minds.

Agency of mind is our ability to determine our own mental actions, attentions, intentions, and so forth, independent of external conditions. Our goal in survivor community is to cultivate clear, flexible, and reliable helping systems together in which all of us may increase our ability to identify, study, and control the actions of our own minds—and, share friendship and secure love together. For people experiencing ongoing abuse, these actions lay the foundation for survivors' abilities to witness the state and functioning of their own mind as it observes, interacts with, and dissociates from the effects of ongoing abuse. Cultivation of clear, attuned, and relational mental agency person to person gives rise and support to the relationships and communities that may replace organized abuse with organized mutual benefit.

LIKE what we wish to engage and experience together!



Ongoing abuse functions to isolate victims from helpful others, community, and from parts of ourselves inside our own systems. Isolation, disablement, and incapacitation leaves survivors without hope to be known by others, and without hope for relief. Many of us never had a loving family, friends, or community come to our aid—and we remain in search of such compassion and mutual support. We hope that actions we take together may give hope for hopeless people, connection for connectionless people, and protection for protectorless people.



Email listserv

We have an email listserv for survivors and people who support survivors to connect and make mutual aid together! Survivors need flexible help with advocacy, personal representation, legal help, medical care, case management, financial support, and all manner of help for unmet needs. Together we are growing infrastructure to offer flexible, need-dependent help for ourselves and each other. The ultimate goal of our community is to help everybody experience, create, generate, and join whatever social structures mirror our actual reality. We hope this listserv helps people to make and share more help. New people to the listserv are kindly asked to sign a liability waiver and do an orientation to make sure that we are all good fit together. Waivers can be downloaded at helpexists.org/join. Please email registration@helpexists.org to arrange for orientation.

helpers GR♥UP

Sundays 3:15pm EST ♥N ZOOM!
Fridays 4:30pm live in COLUMBUS, OH!

We coordinate groups for helpers who are actively assisting and seeking support for people healing from formal programming and torture-based mind control, and egressing active conditions of the same.

This group meets weekly on Sundays for 2 hours at 3:15pm ET. New people are kindly asked to sign a liability waiver and do an orientation to make sure that we are all good fit together. Waivers can be downloaded at helpexists.org/join. Please email registration@helpexists.org to arrange for orientation.

SUBSCRIPTIONS

We intend to generate a quarterly newsletter made of contributions from the survivor community! Digital copies are made available at helpexists.org/newletter. If you want to receive a printed copy in the mail too, submit the below form to admin@helpexists.org and let us know it's for the newsletter!

Name: _____ Phone number: _____

Mailing address: _____

Email address: _____

HOW TO CONTRIBUTE & PERMISSION TO PUBLISH

Survivors and people who support survivors can contribute in the creation of this newsletter by sending your writing, letters, poems, art, jokes, stories, questions, suggestions, and anything else that may be helpful! Please limit submissions to 4 typed double-spaced pages or less. Questions about recovery are welcome too! If sharing art, please send high resolution scans. Everybody inside is welcome to contribute! Please send submissions to admin@helpexists.org and include this signed permission to publish form here:

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