

# UFO HUB

## WEBCAST

WITH  
ADNAN ADEMOVIC

LISA O'HARA



1  
00:00:07,909 --> 00:00:05,430  
hi everyone

2  
00:00:10,150 --> 00:00:07,919  
welcome to the ufo hub webcast today's

3  
00:00:12,470 --> 00:00:10,160  
guest is going to be lisa o'hara

4  
00:00:13,430 --> 00:00:12,480  
she's the author of the book abducted

5  
00:00:15,990 --> 00:00:13,440  
and furious

6  
00:00:17,029 --> 00:00:16,000  
how i fought back and how you can too

7  
00:00:18,870 --> 00:00:17,039  
and as always

8  
00:00:20,150 --> 00:00:18,880  
i'm going to let the guests get into the

9  
00:00:23,269 --> 00:00:20,160  
background information

10  
00:00:24,790 --> 00:00:23,279  
so let's get to it hi lisa welcome

11  
00:00:26,550 --> 00:00:24,800  
thanks for being on

12  
00:00:28,230 --> 00:00:26,560  
thank you so much for having me i really

13  
00:00:31,029 --> 00:00:28,240

appreciate it

14

00:00:33,110 --> 00:00:31,039

well so um i'm glad we're able to make

15

00:00:35,430 --> 00:00:33,120

it today because earlier today i

16

00:00:36,950 --> 00:00:35,440

had to text you regarding the storm and

17

00:00:38,229 --> 00:00:36,960

we had a power outage and

18

00:00:40,229 --> 00:00:38,239

i wasn't sure if we were going to have

19

00:00:41,270 --> 00:00:40,239

it but thankfully everything worked out

20

00:00:43,830 --> 00:00:41,280

great so

21

00:00:45,190 --> 00:00:43,840

you know now you're here so i figured uh

22

00:00:47,510 --> 00:00:45,200

why don't you start out with a little

23

00:00:50,869 --> 00:00:47,520

bit of background about yourself

24

00:00:51,430 --> 00:00:50,879

um i lived in california for quite a few

25

00:00:53,910 --> 00:00:51,440

years

26  
00:00:55,750 --> 00:00:53,920  
and moved around a lot as a child every

27  
00:00:59,830 --> 00:00:55,760  
year or two years

28  
00:01:02,950 --> 00:00:59,840  
and i moved to arizona 10 years ago

29  
00:01:04,710 --> 00:01:02,960  
and although i've always had

30  
00:01:06,070 --> 00:01:04,720  
some strange experiences i couldn't

31  
00:01:08,310 --> 00:01:06,080  
explain or label

32  
00:01:09,429 --> 00:01:08,320  
i was until i moved to arizona that i

33  
00:01:13,350 --> 00:01:09,439  
began

34  
00:01:16,310 --> 00:01:13,360  
recently figured out that i uh

35  
00:01:17,910 --> 00:01:16,320  
i'm abducted by aliens every night oh

36  
00:01:20,310 --> 00:01:17,920  
wow that's interesting

37  
00:01:22,469 --> 00:01:20,320  
so can you maybe go a little bit into

38  
00:01:26,390 --> 00:01:22,479

that about how you found out

39

00:01:28,870 --> 00:01:26,400

sure um because i was uh constantly

40

00:01:32,310 --> 00:01:28,880

having these unusual experiences

41

00:01:33,270 --> 00:01:32,320

um i around i guess i'm i'm gonna be 60

42

00:01:37,590 --> 00:01:33,280

soon so

43

00:01:40,069 --> 00:01:37,600

10 years ago i was almost 50 and i

44

00:01:40,789 --> 00:01:40,079

started you know trying to label what i

45

00:01:45,190 --> 00:01:40,799

was

46

00:01:45,990 --> 00:01:45,200

uh you know what are these weird

47

00:01:49,510 --> 00:01:46,000

experiences

48

00:01:51,749 --> 00:01:49,520

in my past and so i um

49

00:01:53,510 --> 00:01:51,759

started you know trying to label it you

50

00:01:55,749 --> 00:01:53,520

know i started reading books

51  
00:01:57,190 --> 00:01:55,759  
and trying to figure out if i was an

52  
00:02:00,230 --> 00:01:57,200  
intuitive or

53  
00:02:02,230 --> 00:02:00,240  
a psychic or a medium and i

54  
00:02:03,350 --> 00:02:02,240  
read a book called how to tell if you're

55  
00:02:06,709 --> 00:02:03,360  
a medium

56  
00:02:08,070 --> 00:02:06,719  
and um i thought well you know i mean it

57  
00:02:10,550 --> 00:02:08,080  
was sort of vague

58  
00:02:12,630 --> 00:02:10,560  
it sort of seemed like it was kind of

59  
00:02:14,869 --> 00:02:12,640  
like a horoscope where you

60  
00:02:16,390 --> 00:02:14,879  
feel like it can fit you but not really

61  
00:02:19,830 --> 00:02:16,400  
and you know so

62  
00:02:21,750 --> 00:02:19,840  
i thought well um you know this could be

63  
00:02:23,110 --> 00:02:21,760

true but it could not also not be true i

64

00:02:24,710 --> 00:02:23,120

mean it's kind of vague

65

00:02:26,470 --> 00:02:24,720

and so i thought you know i'm not

66

00:02:28,229 --> 00:02:26,480

married to being a medium

67

00:02:29,670 --> 00:02:28,239

uh if that's not true because i didn't

68

00:02:32,390 --> 00:02:29,680

want to you know have the ego thing

69

00:02:33,670 --> 00:02:32,400

oh here finally i found it you know uh

70

00:02:36,150 --> 00:02:33,680

and as soon as i started

71

00:02:36,869 --> 00:02:36,160

saying that i heard knocking on the wall

72

00:02:38,869 --> 00:02:36,879

and i thought

73

00:02:41,750 --> 00:02:38,879

that's strange i mean you know it's not

74

00:02:44,869 --> 00:02:41,760

my imagination i can hear this knocking

75

00:02:45,910 --> 00:02:44,879

so i started meditating quite a bit and

76

00:02:48,949 --> 00:02:45,920

um

77

00:02:51,750 --> 00:02:48,959

and then i asked my spirit guides uh

78

00:02:52,390 --> 00:02:51,760

you know what i my purpose was on this

79

00:02:55,910 --> 00:02:52,400

earth

80

00:02:57,190 --> 00:02:55,920

and they said to be a beacon of light

81

00:02:59,670 --> 00:02:57,200

now i don't know what i didn't know what

82

00:03:01,589 --> 00:02:59,680

that meant at the time uh eventually i

83

00:03:03,030 --> 00:03:01,599

figured out that it means like showing

84

00:03:04,869 --> 00:03:03,040

the way but

85

00:03:06,550 --> 00:03:04,879

at the time i just thought that is

86

00:03:09,030 --> 00:03:06,560

really cryptic i have no idea what that

87

00:03:12,390 --> 00:03:09,040

means um i'm just going to

88

00:03:15,430 --> 00:03:12,400

continue you know on my merry way

89

00:03:19,509 --> 00:03:15,440

um then later um they were telling me i

90

00:03:22,869 --> 00:03:19,519

started getting messages from ghosts

91

00:03:25,430 --> 00:03:22,879

and one of them was from my mother and

92

00:03:27,430 --> 00:03:25,440

she made me to go through very specific

93

00:03:30,550 --> 00:03:27,440

things to tell my sister

94

00:03:31,910 --> 00:03:30,560

some very important message and it kept

95

00:03:33,030 --> 00:03:31,920

happening like that so i thought well

96

00:03:36,149 --> 00:03:33,040

maybe i'm a medium

97

00:03:39,509 --> 00:03:36,159

and i just didn't know it all this time

98

00:03:40,550 --> 00:03:39,519

so i started looking for a medium mentor

99

00:03:42,869 --> 00:03:40,560

or teacher

100

00:03:45,509 --> 00:03:42,879

and it took a long time i finally found

101  
00:03:48,949 --> 00:03:45,519  
one in 2016

102  
00:03:49,990 --> 00:03:48,959  
uh i said okay i went to there i went

103  
00:03:52,710 --> 00:03:50,000  
there to talk to her

104  
00:03:54,390 --> 00:03:52,720  
my mother um at the time who had passed

105  
00:03:56,550 --> 00:03:54,400  
in 2014

106  
00:03:57,830 --> 00:03:56,560  
and i told her i really want to talk to

107  
00:03:59,350 --> 00:03:57,840  
my mother and she said well you could

108  
00:04:00,630 --> 00:03:59,360  
talk to her anytime you want you're just

109  
00:04:03,589 --> 00:04:00,640  
like me

110  
00:04:04,869 --> 00:04:03,599  
you're a medium so that's how i found

111  
00:04:07,830 --> 00:04:04,879  
that out so i started

112  
00:04:09,509 --> 00:04:07,840  
working with her to become a medium a

113  
00:04:12,710 --> 00:04:09,519

practicing medium

114

00:04:14,070 --> 00:04:12,720

and uh went through that for uh i'd say

115

00:04:16,550 --> 00:04:14,080

about six months

116

00:04:18,390 --> 00:04:16,560

but um i got to a point where i don't

117

00:04:19,749 --> 00:04:18,400

know if anyone else can understand this

118

00:04:21,189 --> 00:04:19,759

but when you

119

00:04:23,909 --> 00:04:21,199

there are times when you say oh i'm

120

00:04:25,510 --> 00:04:23,919

gonna go try to do this as my job

121

00:04:26,950 --> 00:04:25,520

and you go and go and go and then at

122

00:04:28,790 --> 00:04:26,960

some point there's some sort of

123

00:04:30,629 --> 00:04:28,800

loss of momentum and you think to

124

00:04:32,390 --> 00:04:30,639

yourself you know what this just doesn't

125

00:04:34,310 --> 00:04:32,400

feel right anymore it doesn't feel like

126

00:04:36,070 --> 00:04:34,320

i'm really going in that direction

127

00:04:38,070 --> 00:04:36,080

at first i could see myself in this

128

00:04:39,830 --> 00:04:38,080

position but now it's sort of like

129

00:04:42,390 --> 00:04:39,840

fading i mean i don't know where i'm

130

00:04:46,150 --> 00:04:42,400

going but it's not this place

131

00:04:48,230 --> 00:04:46,160

um so my medium at the time did say

132

00:04:50,550 --> 00:04:48,240

you're at a crossroads right now so you

133

00:04:53,030 --> 00:04:50,560

can be a medium or you can learn more

134

00:04:54,070 --> 00:04:53,040

and i thought well i want to do more

135

00:04:57,590 --> 00:04:54,080

because i don't

136

00:05:01,110 --> 00:04:57,600

see myself in this position anymore so

137

00:05:03,590 --> 00:05:01,120

um i'm still meditating and one night

138

00:05:05,909 --> 00:05:03,600

i'm in bed meditating because a lot of

139

00:05:09,189 --> 00:05:05,919

times i would meditate to go to sleep

140

00:05:12,550 --> 00:05:09,199

and i would i felt this incredibly

141

00:05:13,029 --> 00:05:12,560

um negative presence in my room and it

142

00:05:16,070 --> 00:05:13,039

was

143

00:05:17,909 --> 00:05:16,080

you know just dark and menacing and it

144

00:05:20,310 --> 00:05:17,919

just didn't feel good at all

145

00:05:22,070 --> 00:05:20,320

and so i asked my spirit guide and i

146

00:05:24,790 --> 00:05:22,080

found out his name was korig

147

00:05:25,909 --> 00:05:24,800

um korig what is that feeling just what

148

00:05:28,230 --> 00:05:25,919

is that

149

00:05:29,350 --> 00:05:28,240

and then he said oh it's the grays

150

00:05:30,790 --> 00:05:29,360

they're here to take you

151  
00:05:32,870 --> 00:05:30,800  
they took all your eggs and that's why

152  
00:05:36,070 --> 00:05:32,880  
you don't have children

153  
00:05:37,590 --> 00:05:36,080  
and i thought what i mean i always felt

154  
00:05:39,270 --> 00:05:37,600  
sorry for people who were taken by

155  
00:05:41,590 --> 00:05:39,280  
aliens and here i am

156  
00:05:43,110 --> 00:05:41,600  
finding out that i am also being taken

157  
00:05:45,189 --> 00:05:43,120  
by aliens

158  
00:05:46,150 --> 00:05:45,199  
and it was very very jarring and

159  
00:05:48,550 --> 00:05:46,160  
horrible and

160  
00:05:50,150 --> 00:05:48,560  
um i just felt you know like the bottom

161  
00:05:52,950 --> 00:05:50,160  
of my world

162  
00:05:54,310 --> 00:05:52,960  
fell out from under me and i didn't feel

163  
00:05:57,270 --> 00:05:54,320

safe

164

00:05:58,950 --> 00:05:57,280  
and i just felt like it was horrifying

165

00:06:02,230 --> 00:05:58,960  
and terrifying

166

00:06:05,270 --> 00:06:02,240  
um at that point um i just

167

00:06:08,469 --> 00:06:05,280  
just felt freaked out basically

168

00:06:10,230 --> 00:06:08,479  
um i did eventually tell my husband he

169

00:06:12,550 --> 00:06:10,240  
said ah that's not true that's

170

00:06:15,830 --> 00:06:12,560  
impossible he's very sciencey and

171

00:06:16,309 --> 00:06:15,840  
he's an engineer and so i actually felt

172

00:06:18,469 --> 00:06:16,319  
better

173

00:06:19,990 --> 00:06:18,479  
because i felt like yeah he's right that

174

00:06:23,110 --> 00:06:20,000  
can't be true that doesn't sound

175

00:06:25,670 --> 00:06:23,120  
right and um so

176

00:06:27,350 --> 00:06:25,680

i it kind of gave me that feeling of i

177

00:06:28,710 --> 00:06:27,360

can get used to this a little at a time

178

00:06:32,230 --> 00:06:28,720

i don't have to get used to

179

00:06:36,230 --> 00:06:32,240

this all at once you know um so

180

00:06:39,110 --> 00:06:36,240

i that continued for a while uh with me

181

00:06:40,070 --> 00:06:39,120

starting to notice after i got out over

182

00:06:44,070 --> 00:06:40,080

my freakout

183

00:06:46,629 --> 00:06:44,080

um and just kind of got used to the idea

184

00:06:48,150 --> 00:06:46,639

i started thinking i'm really mad i

185

00:06:50,710 --> 00:06:48,160

don't like this um

186

00:06:51,430 --> 00:06:50,720

you know it's helpless it's you know

187

00:06:54,550 --> 00:06:51,440

tortured

188

00:06:56,629 --> 00:06:54,560

most people can't talk about this and

189

00:06:57,670 --> 00:06:56,639

i didn't want this to happen anymore i

190

00:06:59,430 --> 00:06:57,680

wanted out

191

00:07:00,950 --> 00:06:59,440

so while i was still at the medium at

192

00:07:03,510 --> 00:07:00,960

that time i

193

00:07:06,469 --> 00:07:03,520

started telling her about this and she

194

00:07:09,909 --> 00:07:06,479

started helping me try to get out of it

195

00:07:13,029 --> 00:07:09,919

um she was of the opinion that we had um

196

00:07:13,749 --> 00:07:13,039

contracts before we were born here on

197

00:07:17,110 --> 00:07:13,759

this earth

198

00:07:20,150 --> 00:07:17,120

and that we chose these experiences

199

00:07:22,469 --> 00:07:20,160

to learn lessons and

200

00:07:23,589 --> 00:07:22,479

um i didn't think that that sounded like

201  
00:07:26,870 --> 00:07:23,599  
me uh i

202  
00:07:29,990 --> 00:07:26,880  
i can't imagine choosing this so

203  
00:07:32,469 --> 00:07:30,000  
i um so but i thought well

204  
00:07:34,469 --> 00:07:32,479  
i'm just gonna go with it um so we tried

205  
00:07:38,150 --> 00:07:34,479  
everything we tried um

206  
00:07:41,270 --> 00:07:38,160  
deleting akashic records we tried uh

207  
00:07:44,309 --> 00:07:41,280  
breaking the contracts we tried healings

208  
00:07:47,749 --> 00:07:44,319  
we tried um demanding

209  
00:07:51,350 --> 00:07:47,759  
our right to sovereignty and free will

210  
00:07:52,710 --> 00:07:51,360  
um i had a um a piece of paper that was

211  
00:07:55,670 --> 00:07:52,720  
i kept in one of those plastic

212  
00:07:58,710 --> 00:07:55,680  
protectors that i could read every night

213  
00:08:00,629 --> 00:07:58,720

my husband called it my manifesto so i

214

00:08:02,070 --> 00:08:00,639

would read it out loud and demand my

215

00:08:04,869 --> 00:08:02,080

right to free will

216

00:08:05,350 --> 00:08:04,879

i would say no i'm not going um you know

217

00:08:07,510 --> 00:08:05,360

i tried

218

00:08:09,270 --> 00:08:07,520

we tried everything like i said but

219

00:08:11,909 --> 00:08:09,280

while i this was happening

220

00:08:13,430 --> 00:08:11,919

i was also searching madly and

221

00:08:15,909 --> 00:08:13,440

frantically on the web

222

00:08:17,670 --> 00:08:15,919

for what things other people had done

223

00:08:19,589 --> 00:08:17,680

and uh you know i found a couple of

224

00:08:20,869 --> 00:08:19,599

websites they showed the tools that

225

00:08:23,990 --> 00:08:20,879

people used for

226

00:08:25,990 --> 00:08:24,000

um for abduction what they had seen what

227

00:08:28,550 --> 00:08:26,000

they hadn't seen

228

00:08:29,830 --> 00:08:28,560

while this was happening um i started

229

00:08:31,909 --> 00:08:29,840

feeling like

230

00:08:34,149 --> 00:08:31,919

you know what i can i can turn this

231

00:08:36,790 --> 00:08:34,159

around i mean i can be fearful

232

00:08:38,389 --> 00:08:36,800

and um you know and i'm at that time i

233

00:08:40,389 --> 00:08:38,399

was still very fearful

234

00:08:42,630 --> 00:08:40,399

but one of the things i should do is i

235

00:08:45,509 --> 00:08:42,640

should start looking for clues i should

236

00:08:45,750 --> 00:08:45,519

flip the script you know i mean instead

237

00:08:47,750 --> 00:08:45,760

of

238

00:08:50,230 --> 00:08:47,760

me being their guinea pig they could be

239

00:08:52,230 --> 00:08:50,240

my guinea pig to a degree

240

00:08:53,990 --> 00:08:52,240

um so i started noticing things one of

241

00:08:56,870 --> 00:08:54,000

the things i noticed was that my

242

00:08:58,150 --> 00:08:56,880

clothes had this funky smell at certain

243

00:09:01,590 --> 00:08:58,160

days

244

00:09:03,910 --> 00:09:01,600

and um and no matter what i did um

245

00:09:05,670 --> 00:09:03,920

if i if i left it on my counter in the

246

00:09:07,190 --> 00:09:05,680

bathroom it would smell

247

00:09:08,870 --> 00:09:07,200

and then there would be times when it

248

00:09:10,870 --> 00:09:08,880

would be in the laundry room

249

00:09:12,470 --> 00:09:10,880

and it would smell and i thought for a

250

00:09:13,269 --> 00:09:12,480

while that i wasn't putting in laundry

251  
00:09:15,910 --> 00:09:13,279  
detergent

252  
00:09:17,509 --> 00:09:15,920  
correctly or not enough or whatever so i

253  
00:09:18,790 --> 00:09:17,519  
tried different experiments trying to

254  
00:09:21,190 --> 00:09:18,800  
see if i could figure out where the

255  
00:09:25,110 --> 00:09:21,200  
smell was coming from

256  
00:09:26,949 --> 00:09:25,120  
and um so i i i

257  
00:09:28,710 --> 00:09:26,959  
you know took them took them out of the

258  
00:09:29,430 --> 00:09:28,720  
dryer right away and hung them up in my

259  
00:09:31,430 --> 00:09:29,440  
closet

260  
00:09:32,710 --> 00:09:31,440  
i mean it took an absurdly long time but

261  
00:09:34,310 --> 00:09:32,720  
i finally realized that

262  
00:09:36,710 --> 00:09:34,320  
the reason that the clothes smelled and

263  
00:09:38,870 --> 00:09:36,720

they smelled like bo and feet

264

00:09:42,389 --> 00:09:38,880

all the time was because those were the

265

00:09:45,910 --> 00:09:42,399

clothes i put on when i left

266

00:09:48,550 --> 00:09:45,920

and so um i

267

00:09:49,990 --> 00:09:48,560

realized that that was a huge clue and

268

00:09:52,470 --> 00:09:50,000

if i smelled my clothes

269

00:09:53,509 --> 00:09:52,480

uh every morning i would know if i'd

270

00:09:55,750 --> 00:09:53,519

left

271

00:09:57,590 --> 00:09:55,760

sometimes it's you know mostly smelled

272

00:09:59,750 --> 00:09:57,600

like bo and feet like it had been in the

273

00:10:01,750 --> 00:09:59,760

dirty clothes hamper for too long or if

274

00:10:04,150 --> 00:10:01,760

that was the environment

275

00:10:06,710 --> 00:10:04,160

that i was in when i was wearing those

276

00:10:09,030 --> 00:10:06,720

clothes it was affecting my clothes

277

00:10:11,590 --> 00:10:09,040

um so after that when i made that

278

00:10:14,470 --> 00:10:11,600

discovery that was pretty huge for me

279

00:10:15,829 --> 00:10:14,480

i had been writing down all my dreams

280

00:10:17,910 --> 00:10:15,839

and

281

00:10:19,190 --> 00:10:17,920

i added that to it so then i started

282

00:10:21,670 --> 00:10:19,200

sort of obsessively

283

00:10:23,990 --> 00:10:21,680

and methodically looking at everything

284

00:10:25,829 --> 00:10:24,000

so before i went to sleep i would find

285

00:10:27,030 --> 00:10:25,839

that i would feel like i was getting hit

286

00:10:29,190 --> 00:10:27,040

by a dart

287

00:10:30,150 --> 00:10:29,200

or a mosquito you know like a mosquito

288

00:10:32,949 --> 00:10:30,160

biting you

289

00:10:35,030 --> 00:10:32,959

and and i realized that that was the

290

00:10:36,069 --> 00:10:35,040

tool they used to make me fall asleep

291

00:10:37,829 --> 00:10:36,079

right away

292

00:10:40,470 --> 00:10:37,839

because a lot of times i could not stay

293

00:10:41,750 --> 00:10:40,480

awake uh for very long after hitting one

294

00:10:43,910 --> 00:10:41,760

of those sleep darts

295

00:10:45,509 --> 00:10:43,920

unless i really really tried really hard

296

00:10:46,069 --> 00:10:45,519

i could stay awake and then they'd hit

297

00:10:49,269 --> 00:10:46,079

me again

298

00:10:51,190 --> 00:10:49,279

with another sleep dart so um

299

00:10:52,949 --> 00:10:51,200

and if they hit me too many times i

300

00:10:53,350 --> 00:10:52,959

would stay awake a really long time

301  
00:10:55,269 --> 00:10:53,360  
maybe

302  
00:10:56,550 --> 00:10:55,279  
three hours and then finally i would

303  
00:10:59,269 --> 00:10:56,560  
fall asleep

304  
00:11:00,710 --> 00:10:59,279  
so i just started you know noticing all

305  
00:11:03,829 --> 00:11:00,720  
these things

306  
00:11:06,790 --> 00:11:03,839  
i started noticing that um you know

307  
00:11:09,430 --> 00:11:06,800  
sometimes i would hear things

308  
00:11:11,110 --> 00:11:09,440  
sometimes i would see things against my

309  
00:11:13,190 --> 00:11:11,120  
windows

310  
00:11:14,790 --> 00:11:13,200  
so i just wrote everything down if

311  
00:11:17,030 --> 00:11:14,800  
planes went over my

312  
00:11:18,150 --> 00:11:17,040  
house you know at strange times i wrote

313  
00:11:19,910 --> 00:11:18,160

that down

314

00:11:21,910 --> 00:11:19,920

one of the things i noticed with the

315

00:11:22,710 --> 00:11:21,920

sixth and the seventh of the month every

316

00:11:24,550 --> 00:11:22,720

month

317

00:11:26,949 --> 00:11:24,560

no matter where i was even if i left

318

00:11:28,630 --> 00:11:26,959

town these things i would hear the low

319

00:11:32,069 --> 00:11:28,640

flying planes and then

320

00:11:35,430 --> 00:11:32,079

i would be taken um and i'd hear

321

00:11:37,910 --> 00:11:35,440

helicopters a lot of helicopters um

322

00:11:38,949 --> 00:11:37,920

so at that point i just started writing

323

00:11:41,430 --> 00:11:38,959

everything down

324

00:11:42,790 --> 00:11:41,440

and i started writing down my dreams now

325

00:11:43,590 --> 00:11:42,800

one of the things that was really

326

00:11:47,190 --> 00:11:43,600

important

327

00:11:48,230 --> 00:11:47,200

um was i also read everyone else's

328

00:11:50,310 --> 00:11:48,240

accounts

329

00:11:51,509 --> 00:11:50,320

because i felt like there were nuggets

330

00:11:53,350 --> 00:11:51,519

of information

331

00:11:54,870 --> 00:11:53,360

in all these other people's accounts

332

00:11:58,790 --> 00:11:54,880

that i could use in my

333

00:12:01,750 --> 00:11:58,800

situation so one of the things

334

00:12:02,389 --> 00:12:01,760

i read was a whitley strieber's book

335

00:12:04,389 --> 00:12:02,399

commune

336

00:12:05,829 --> 00:12:04,399

communion and one of the things he

337

00:12:07,829 --> 00:12:05,839

talked about which i thought was really

338

00:12:09,910 --> 00:12:07,839

fascinating

339

00:12:11,030 --> 00:12:09,920

because of course my memory is wiped

340

00:12:12,949 --> 00:12:11,040

every time

341

00:12:14,870 --> 00:12:12,959

and that's one of the problems that's

342

00:12:15,590 --> 00:12:14,880

why people you know can't tell their

343

00:12:18,629 --> 00:12:15,600

story

344

00:12:19,590 --> 00:12:18,639

because they don't remember anything and

345

00:12:21,590 --> 00:12:19,600

you know

346

00:12:24,790 --> 00:12:21,600

that's a problem so one of the things i

347

00:12:27,430 --> 00:12:24,800

read in whitley street's book was about

348

00:12:28,710 --> 00:12:27,440

screen memories and that is a thing that

349

00:12:31,190 --> 00:12:28,720

you hear about when you hear about

350

00:12:34,790 --> 00:12:31,200

hypnotic regression

351  
00:12:36,710 --> 00:12:34,800  
but in my case i was realizing that

352  
00:12:39,030 --> 00:12:36,720  
there was a way

353  
00:12:39,990 --> 00:12:39,040  
that i could get behind the screen

354  
00:12:43,910 --> 00:12:40,000  
memory

355  
00:12:46,629 --> 00:12:43,920  
created by us our bodies

356  
00:12:47,750 --> 00:12:46,639  
our brains create it for us and it's to

357  
00:12:49,990 --> 00:12:47,760  
help us get through

358  
00:12:50,870 --> 00:12:50,000  
whatever trauma we've been going through

359  
00:12:53,430 --> 00:12:50,880  
but instead of

360  
00:12:54,629 --> 00:12:53,440  
making it about trauma it makes it about

361  
00:12:57,269 --> 00:12:54,639  
something common

362  
00:12:58,949 --> 00:12:57,279  
you know like um if you've lost your

363  
00:13:02,389 --> 00:12:58,959

purse or your wallet

364

00:13:03,990 --> 00:13:02,399

and you're stressed um if you have a

365

00:13:06,150 --> 00:13:04,000

i found that if i had a stress dream

366

00:13:09,350 --> 00:13:06,160

that meant there was some trauma behind

367

00:13:10,949 --> 00:13:09,360

the dream and so i

368

00:13:12,790 --> 00:13:10,959

was really happy to find that

369

00:13:14,310 --> 00:13:12,800

information because that meant i could

370

00:13:17,269 --> 00:13:14,320

find out what went on

371

00:13:18,790 --> 00:13:17,279

behind the dream that i had there was a

372

00:13:22,069 --> 00:13:18,800

screen memory

373

00:13:24,230 --> 00:13:22,079

and before the memory wipe um

374

00:13:25,430 --> 00:13:24,240

so in the meantime and of course this

375

00:13:27,910 --> 00:13:25,440

story is not

376

00:13:29,750 --> 00:13:27,920

linear kind of goes all over the place

377

00:13:33,829 --> 00:13:29,760

but while i was still with my medium

378

00:13:35,910 --> 00:13:33,839

at that time i was um studying healing

379

00:13:39,030 --> 00:13:35,920

and uh so i was t

380

00:13:40,550 --> 00:13:39,040

i was learning um angelic healing and

381

00:13:42,710 --> 00:13:40,560

all kinds of healing

382

00:13:44,870 --> 00:13:42,720

and uh since i'm kind of a type a

383

00:13:46,870 --> 00:13:44,880

personality kind of an all-in

384

00:13:48,069 --> 00:13:46,880

um i started buying books on healing

385

00:13:50,389 --> 00:13:48,079

because thinking

386

00:13:51,910 --> 00:13:50,399

if i get more experiences healing who

387

00:13:53,670 --> 00:13:51,920

knows where i can go i can go in this

388

00:13:57,110 --> 00:13:53,680

direction in that direction

389

00:13:59,110 --> 00:13:57,120

and uh on amazon i came across a book by

390

00:14:02,470 --> 00:13:59,120

stuart swardlow

391

00:14:04,150 --> 00:14:02,480

and he wrote about you know a healing

392

00:14:04,949 --> 00:14:04,160

handbook i read it you know it was a

393

00:14:07,910 --> 00:14:04,959

little bit

394

00:14:09,829 --> 00:14:07,920

kind of esoteric but i bought all of his

395

00:14:11,509 --> 00:14:09,839

books that mentioned healing

396

00:14:13,670 --> 00:14:11,519

and one of them was called healing

397

00:14:16,550 --> 00:14:13,680

archetypes and symbols

398

00:14:17,430 --> 00:14:16,560

and actually i have it right here this

399

00:14:20,629 --> 00:14:17,440

is it

400

00:14:21,189 --> 00:14:20,639

and um so i bought it and first i read

401  
00:14:23,350 --> 00:14:21,199  
it

402  
00:14:25,110 --> 00:14:23,360  
and i thought to myself oh my gosh this

403  
00:14:26,710 --> 00:14:25,120  
is way over my head i don't think i'll

404  
00:14:29,829 --> 00:14:26,720  
ever figure this out

405  
00:14:33,110 --> 00:14:29,839  
and i also found this one called

406  
00:14:35,110 --> 00:14:33,120  
hyperspace helper and so um

407  
00:14:36,870 --> 00:14:35,120  
i read both of these and i thought well

408  
00:14:37,910 --> 00:14:36,880  
this is so over my head i'm just gonna

409  
00:14:41,670 --> 00:14:37,920  
have to wait until i

410  
00:14:44,710 --> 00:14:41,680  
figure this out a little bit more um

411  
00:14:48,629 --> 00:14:44,720  
but at the same time i was you know

412  
00:14:51,670 --> 00:14:48,639  
dealing with this these et situations

413  
00:14:51,990 --> 00:14:51,680

and um you know so i needed something

414

00:14:53,750 --> 00:14:52,000

but

415

00:14:56,069 --> 00:14:53,760

at that time it was just too much too

416

00:14:59,350 --> 00:14:56,079

much for me um

417

00:15:03,189 --> 00:14:59,360

but then i i was uh i

418

00:15:05,829 --> 00:15:03,199

i actually saw a couple of e.t and um

419

00:15:06,790 --> 00:15:05,839

and here's the story so i got cut a cut

420

00:15:09,910 --> 00:15:06,800

on my um

421

00:15:11,910 --> 00:15:09,920

we have tall recycling bins in arizona i

422

00:15:13,350 --> 00:15:11,920

was walking backwards and i fell over

423

00:15:15,269 --> 00:15:13,360

something and i got to cut i'm at the

424

00:15:18,230 --> 00:15:15,279

top of my right knee

425

00:15:18,790 --> 00:15:18,240

and so i you know throbbbed you know cuts

426

00:15:20,870 --> 00:15:18,800

are they

427

00:15:22,310 --> 00:15:20,880

if they're thick if they're deep they

428

00:15:23,990 --> 00:15:22,320

throb for a while

429

00:15:25,509 --> 00:15:24,000

uh so mine was throbbing and then

430

00:15:26,069 --> 00:15:25,519

eventually i went to bed it stopped

431

00:15:29,030 --> 00:15:26,079

throbbing

432

00:15:30,550 --> 00:15:29,040

was in bed and i thought that was so

433

00:15:32,870 --> 00:15:30,560

strange

434

00:15:34,790 --> 00:15:32,880

but i looked up and there was a praying

435

00:15:38,150 --> 00:15:34,800

mantis next to my bed

436

00:15:41,189 --> 00:15:38,160

begging me to let her take me to my ship

437

00:15:43,189 --> 00:15:41,199

her ship and um saying

438

00:15:45,110 --> 00:15:43,199

um you know please let me fix your leg

439

00:15:45,910 --> 00:15:45,120

and she was doing this telepathically

440

00:15:53,030 --> 00:15:45,920

and she was

441

00:15:53,990 --> 00:15:53,040

i was just kind of mesmerized by it

442

00:15:57,350 --> 00:15:54,000

because i really

443

00:16:00,629 --> 00:15:57,360

never expected to see a praying mantis

444

00:16:01,509 --> 00:16:00,639

next to my bed and of all the things i

445

00:16:05,189 --> 00:16:01,519

had ever heard

446

00:16:06,389 --> 00:16:05,199

about abduction i had never heard of any

447

00:16:09,749 --> 00:16:06,399

praying mantises

448

00:16:13,269 --> 00:16:09,759

i'd only heard of grays so at that time

449

00:16:15,350 --> 00:16:13,279

i you know i kind of felt weird i mean i

450

00:16:17,829 --> 00:16:15,360

didn't feel like i couldn't move

451  
00:16:19,910 --> 00:16:17,839  
like some people do i just felt so

452  
00:16:20,230 --> 00:16:19,920  
fascinated i couldn't tear my eyes away

453  
00:16:22,870 --> 00:16:20,240  
from

454  
00:16:23,829 --> 00:16:22,880  
it and i didn't want to move because i

455  
00:16:27,110 --> 00:16:23,839  
wanted to con

456  
00:16:30,150 --> 00:16:27,120  
continue staring at it um

457  
00:16:32,150 --> 00:16:30,160  
so um so but i was concerned because

458  
00:16:33,829 --> 00:16:32,160  
while she gave me gave off this kind of

459  
00:16:36,870 --> 00:16:33,839  
motherly figure

460  
00:16:37,990 --> 00:16:36,880  
um she wanted me to take wanted to take

461  
00:16:40,870 --> 00:16:38,000  
me to her shift

462  
00:16:41,749 --> 00:16:40,880  
and i was violently opposed to that so i

463  
00:16:44,550 --> 00:16:41,759

kept saying no

464

00:16:45,829 --> 00:16:44,560

no no i'm sorry i can't go i can't go

465

00:16:48,389 --> 00:16:45,839

i'm not gonna go

466

00:16:49,670 --> 00:16:48,399

um and she was saying well what if the

467

00:16:51,990 --> 00:16:49,680

bad guys get you

468

00:16:53,910 --> 00:16:52,000

you know well will you let me take you

469

00:16:56,150 --> 00:16:53,920

then i was like well

470

00:16:57,350 --> 00:16:56,160

i think i said yes and then i fell

471

00:17:01,110 --> 00:16:57,360

asleep

472

00:17:03,430 --> 00:17:01,120

um and also i had another

473

00:17:06,949 --> 00:17:03,440

which i felt like was a male figure

474

00:17:10,309 --> 00:17:06,959

another praying mantis come into my room

475

00:17:11,750 --> 00:17:10,319

he he used either a spoon or a tuning

476

00:17:14,789 --> 00:17:11,760

fork which really hurt and

477

00:17:16,829 --> 00:17:14,799

smacked me on my lady parts and then he

478

00:17:18,150 --> 00:17:16,839

just pointed at me and i fell asleep

479

00:17:21,510 --> 00:17:18,160

immediately

480

00:17:23,750 --> 00:17:21,520

so having those two things

481

00:17:25,909 --> 00:17:23,760

after a while i was extremely motivated

482

00:17:28,230 --> 00:17:25,919

to find out what was happening to me

483

00:17:29,270 --> 00:17:28,240

for the memory wipe before the memory

484

00:17:31,750 --> 00:17:29,280

wipe

485

00:17:32,630 --> 00:17:31,760

so i kept asking my spirit guides to

486

00:17:39,270 --> 00:17:32,640

please help me

487

00:17:42,470 --> 00:17:39,280

this because i had searched in vain

488

00:17:44,870 --> 00:17:42,480

and i had also my medium would you know

489

00:17:47,270 --> 00:17:44,880

we tried everything and nothing worked

490

00:17:49,750 --> 00:17:47,280

and i was just getting really desperate

491

00:17:50,789 --> 00:17:49,760

um and you know they've pointed me back

492

00:17:53,270 --> 00:17:50,799

to those

493

00:17:55,029 --> 00:17:53,280

healing books that i found so esoteric

494

00:17:57,510 --> 00:17:55,039

the year before

495

00:17:58,950 --> 00:17:57,520

and it turns out that they were very

496

00:18:01,029 --> 00:17:58,960

very helpful

497

00:18:02,950 --> 00:18:01,039

um one of the things i and i did

498

00:18:05,590 --> 00:18:02,960

everything by trial and error so

499

00:18:06,470 --> 00:18:05,600

um that's but that's one of the reasons

500

00:18:08,710 --> 00:18:06,480

i wrote the book

501  
00:18:10,070 --> 00:18:08,720  
to save everyone else from having to do

502  
00:18:11,830 --> 00:18:10,080  
it too

503  
00:18:13,590 --> 00:18:11,840  
if you want that but if you don't you

504  
00:18:15,510 --> 00:18:13,600  
know then that's up to you

505  
00:18:16,870 --> 00:18:15,520  
but i started reading the hyperspace

506  
00:18:20,549 --> 00:18:16,880  
helper which i

507  
00:18:23,669 --> 00:18:20,559  
showed you earlier and they have some

508  
00:18:25,510 --> 00:18:23,679  
um exercises in it one of the exercises

509  
00:18:27,750 --> 00:18:25,520  
is called the green spiral staircase

510  
00:18:29,510 --> 00:18:27,760  
and basically what you do is you have

511  
00:18:30,070 --> 00:18:29,520  
your dream your scream memory in your

512  
00:18:31,909 --> 00:18:30,080  
mind

513  
00:18:33,909 --> 00:18:31,919

as you walk down a screen spiral

514

00:18:36,950 --> 00:18:33,919

staircase

515

00:18:39,590 --> 00:18:36,960

feel compelled to walk step

516

00:18:41,510 --> 00:18:39,600

off a screen will be in front of you and

517

00:18:42,390 --> 00:18:41,520

you'll be watching yourself as if you're

518

00:18:44,070 --> 00:18:42,400

in a movie

519

00:18:45,669 --> 00:18:44,080

you're not experiencing it you're not

520

00:18:48,150 --> 00:18:45,679

looking at it through your own eyes

521

00:18:49,350 --> 00:18:48,160

you're actually watching yourself go

522

00:18:50,870 --> 00:18:49,360

through things

523

00:18:53,190 --> 00:18:50,880

and you might see all kinds of crazy

524

00:18:57,029 --> 00:18:53,200

things

525

00:19:00,870 --> 00:18:57,039

then you write it all down

526  
00:19:03,669 --> 00:19:00,880  
and um and then you have a better idea

527  
00:19:05,830 --> 00:19:03,679  
of what's happening to you every night

528  
00:19:07,350 --> 00:19:05,840  
um so that's why when you get up make

529  
00:19:10,070 --> 00:19:07,360  
sure you write down all your dreams as

530  
00:19:11,430 --> 00:19:10,080  
quickly as possible because your dreams

531  
00:19:13,750 --> 00:19:11,440  
are kind of like smoke and they'll

532  
00:19:15,430 --> 00:19:13,760  
disappear right away you know or

533  
00:19:17,990 --> 00:19:15,440  
sometimes i'll lay back down on my bed

534  
00:19:19,669 --> 00:19:18,000  
and i'll be able to remember parts of it

535  
00:19:21,590 --> 00:19:19,679  
but the intricate details i can't

536  
00:19:22,630 --> 00:19:21,600  
remember or you know if i have six

537  
00:19:25,830 --> 00:19:22,640  
streams

538  
00:19:26,870 --> 00:19:25,840

i try to get them all down um the al the

539

00:19:30,070 --> 00:19:26,880

other book

540

00:19:30,470 --> 00:19:30,080

is the healing archetype and symbols um

541

00:19:31,830 --> 00:19:30,480

had

542

00:19:34,549 --> 00:19:31,840

a couple of things in it called the

543

00:19:37,110 --> 00:19:34,559

brown x which is when you brown x out

544

00:19:38,950 --> 00:19:37,120

all unnecessary negativity in your life

545

00:19:39,270 --> 00:19:38,960

and also the ultimate protection where

546

00:19:46,150 --> 00:19:39,280

you

547

00:19:49,350 --> 00:19:46,160

i started using this and using the green

548

00:19:52,310 --> 00:19:49,360

spiral staircase going through

549

00:19:54,390 --> 00:19:52,320

um this you know trial and error trying

550

00:19:56,310 --> 00:19:54,400

to figure out what would work for me

551  
00:19:58,549 --> 00:19:56,320  
and uh when i used the green spiraled

552  
00:20:00,470 --> 00:19:58,559  
staircase i would use the brown x

553  
00:20:02,230 --> 00:20:00,480  
to brown x out all unnecessary

554  
00:20:04,470 --> 00:20:02,240  
negativity in my life

555  
00:20:06,950 --> 00:20:04,480  
and anything negative that i saw i brown

556  
00:20:09,110 --> 00:20:06,960  
extra doubt and um

557  
00:20:10,870 --> 00:20:09,120  
so i did that over and over and i

558  
00:20:11,590 --> 00:20:10,880  
started seeing a pattern i started

559  
00:20:13,669 --> 00:20:11,600  
seeing

560  
00:20:15,190 --> 00:20:13,679  
the things started disappearing you know

561  
00:20:18,950 --> 00:20:15,200  
it felt like things

562  
00:20:22,710 --> 00:20:18,960  
the same ets weren't showing up uh in my

563  
00:20:26,390 --> 00:20:22,720

screen memory or behind them and so

564

00:20:29,750 --> 00:20:26,400

i continued and my um

565

00:20:30,950 --> 00:20:29,760

my medium kept saying

566

00:20:32,630 --> 00:20:30,960

i don't think you're doing something

567

00:20:34,470 --> 00:20:32,640

right i think you need to go back and

568

00:20:37,669 --> 00:20:34,480

start over and work harder and

569

00:20:40,549 --> 00:20:37,679

that kind of thing but i felt like i was

570

00:20:41,830 --> 00:20:40,559

but i went to one of her angelic message

571

00:20:44,149 --> 00:20:41,840

nights and she said that

572

00:20:46,149 --> 00:20:44,159

the angels said that i was leveling the

573

00:20:49,430 --> 00:20:46,159

playing field

574

00:20:51,909 --> 00:20:49,440

and so i decided to um

575

00:20:52,789 --> 00:20:51,919

you know continue because it was really

576

00:20:55,190 --> 00:20:52,799

working for me

577

00:20:57,110 --> 00:20:55,200

and i could really see a difference um

578

00:20:59,669 --> 00:20:57,120

now one of the things i would see

579

00:21:00,710 --> 00:20:59,679

you know for instance i did did see some

580

00:21:03,350 --> 00:21:00,720

ships

581

00:21:04,070 --> 00:21:03,360

um but not much you know you'd see a

582

00:21:07,270 --> 00:21:04,080

room

583

00:21:09,990 --> 00:21:07,280

um i sometimes saw like these

584

00:21:10,390 --> 00:21:10,000

bluish energy looking beings that didn't

585

00:21:14,310 --> 00:21:10,400

have an

586

00:21:15,990 --> 00:21:14,320

outline but were people shaped

587

00:21:17,350 --> 00:21:16,000

and sometimes they'd help me they pull

588

00:21:20,230 --> 00:21:17,360

stuff out of my body

589

00:21:21,590 --> 00:21:20,240

other times i saw spiders i saw tons of

590

00:21:24,630 --> 00:21:21,600

spiders um

591

00:21:27,510 --> 00:21:24,640

spiders and people suits i saw

592

00:21:29,350 --> 00:21:27,520

very large hairy spiders and white

593

00:21:31,669 --> 00:21:29,360

spiders with no hair

594

00:21:32,950 --> 00:21:31,679

and a lot of beetles and it was just

595

00:21:36,149 --> 00:21:32,960

very buggy which i was

596

00:21:39,750 --> 00:21:36,159

sort of surprised but um they

597

00:21:43,029 --> 00:21:39,760

were also um you know putting me in

598

00:21:45,909 --> 00:21:43,039

big water tanks and um

599

00:21:46,630 --> 00:21:45,919

drowning me or pumping me full of fluid

600

00:21:49,669 --> 00:21:46,640

um

601  
00:21:50,789 --> 00:21:49,679  
so i saw a lot of interesting things i

602  
00:21:54,230 --> 00:21:50,799  
also saw you know

603  
00:21:57,830 --> 00:21:54,240  
like some sort of cross-cloning like

604  
00:22:01,190 --> 00:21:57,840  
uh a cat with the spider legs but a

605  
00:22:04,310 --> 00:22:01,200  
cat head and stuff like that um

606  
00:22:07,590 --> 00:22:04,320  
so all of this was going on um

607  
00:22:09,190 --> 00:22:07,600  
i then was went

608  
00:22:10,950 --> 00:22:09,200  
back to my medium and said you know

609  
00:22:14,310 --> 00:22:10,960  
let's get together and

610  
00:22:16,070 --> 00:22:14,320  
you know use these tools to um

611  
00:22:17,750 --> 00:22:16,080  
you know get together and help other

612  
00:22:19,430 --> 00:22:17,760  
abductees because i found these tools

613  
00:22:20,070 --> 00:22:19,440

that really worked and she didn't really

614

00:22:23,029 --> 00:22:20,080

want to

615

00:22:23,830 --> 00:22:23,039

because i think she just wanted to be

616

00:22:25,990 --> 00:22:23,840

the teacher

617

00:22:27,430 --> 00:22:26,000

and not the you know not the student i'm

618

00:22:29,430 --> 00:22:27,440

not really sure

619

00:22:32,070 --> 00:22:29,440

um but anyway so i wrote this book

620

00:22:34,710 --> 00:22:32,080

because i wanted to

621

00:22:35,110 --> 00:22:34,720

give give the tools that i found tell

622

00:22:37,270 --> 00:22:35,120

them

623

00:22:39,990 --> 00:22:37,280

everyone about the stuart sword low to

624

00:22:42,390 --> 00:22:40,000

tools and then sort of have a handbook

625

00:22:43,110 --> 00:22:42,400

of tru you know the things that i like a

626

00:22:45,750 --> 00:22:43,120

map

627

00:22:47,430 --> 00:22:45,760

that you can use that i did or you can

628

00:22:48,230 --> 00:22:47,440

create your own you don't need to have

629

00:22:51,350 --> 00:22:48,240

my map

630

00:22:54,789 --> 00:22:51,360

um but it's sort of like a handbook to

631

00:22:57,830 --> 00:22:54,799

sort through the situations um

632

00:22:58,870 --> 00:22:57,840

in the back of the book or in the sort

633

00:23:02,950 --> 00:22:58,880

of after

634

00:23:06,710 --> 00:23:02,960

the middle i have my um

635

00:23:08,789 --> 00:23:06,720

my journal and i write down everything

636

00:23:11,029 --> 00:23:08,799

now i call this um

637

00:23:13,909 --> 00:23:11,039

i call the green spiral scarecase

638

00:23:16,230 --> 00:23:13,919

basically a remote view of your own mind

639

00:23:18,070 --> 00:23:16,240

because you're looking at your dreams

640

00:23:19,510 --> 00:23:18,080

and your memories and your

641

00:23:22,549 --> 00:23:19,520

you know everything else and you're

642

00:23:24,710 --> 00:23:22,559

looking at it in a different way

643

00:23:26,710 --> 00:23:24,720

and so that's what i call a remote

644

00:23:28,630 --> 00:23:26,720

viewing your own mind

645

00:23:30,149 --> 00:23:28,640

some people that i've talked to on

646

00:23:32,070 --> 00:23:30,159

different podcasts

647

00:23:33,750 --> 00:23:32,080

i've challenged them to try the green

648

00:23:36,470 --> 00:23:33,760

spiral staircase for

649

00:23:37,350 --> 00:23:36,480

different things one of the things is

650

00:23:40,510 --> 00:23:37,360

anxiety

651  
00:23:42,310 --> 00:23:40,520  
because i found that i'm a

652  
00:23:44,310 --> 00:23:42,320  
procrastinator sometimes

653  
00:23:45,350 --> 00:23:44,320  
and i found out that it was related to

654  
00:23:46,789 --> 00:23:45,360  
anxiety

655  
00:23:49,110 --> 00:23:46,799  
and i never thought of myself as an

656  
00:23:52,310 --> 00:23:49,120  
anxious person but i do have

657  
00:23:54,390 --> 00:23:52,320  
some quirky things that i do

658  
00:23:55,590 --> 00:23:54,400  
but procrastination is one of them and i

659  
00:23:57,029 --> 00:23:55,600  
thought you know what this would be a

660  
00:23:59,510 --> 00:23:57,039  
really great way of

661  
00:24:01,430 --> 00:23:59,520  
learning you know figuring out what is

662  
00:24:02,390 --> 00:24:01,440  
behind if you can find out what's behind

663  
00:24:04,070 --> 00:24:02,400

your dreams

664

00:24:06,470 --> 00:24:04,080

you can also find out what's behind your

665

00:24:09,350 --> 00:24:06,480

phobias your anxieties

666

00:24:10,950 --> 00:24:09,360

um so i'm uh less i have to say that

667

00:24:15,430 --> 00:24:10,960

after drilling down

668

00:24:17,830 --> 00:24:15,440

from and procrastination and find out

669

00:24:19,190 --> 00:24:17,840

that it's anxiety related and then

670

00:24:21,350 --> 00:24:19,200

finding out behind that

671

00:24:23,269 --> 00:24:21,360

because keep looking behind it was

672

00:24:25,590 --> 00:24:23,279

related to fear of failure

673

00:24:27,350 --> 00:24:25,600

and you know after a while um you just

674

00:24:27,990 --> 00:24:27,360

get to nothing and then that feeling is

675

00:24:30,310 --> 00:24:28,000

gone

676

00:24:33,190 --> 00:24:30,320

so that's one thing i found the same

677

00:24:36,390 --> 00:24:33,200

with claustrophobia um i've

678

00:24:38,630 --> 00:24:36,400

gone to um you know figured out that i

679

00:24:40,950 --> 00:24:38,640

was claustrophobic after the age of 40

680

00:24:42,470 --> 00:24:40,960

and um i couldn't figure out why it

681

00:24:45,750 --> 00:24:42,480

didn't make sense to me

682

00:24:47,190 --> 00:24:45,760

so you know again i drilled down

683

00:24:49,110 --> 00:24:47,200

looking at all these things using the

684

00:24:51,510 --> 00:24:49,120

green spiral staircase

685

00:24:53,590 --> 00:24:51,520

to look at what was behind my

686

00:24:54,149 --> 00:24:53,600

claustrophobia and i found out it was

687

00:24:55,909 --> 00:24:54,159

fear

688

00:24:57,269 --> 00:24:55,919

and then it was darkness and then it was

689

00:24:58,950 --> 00:24:57,279

a black box

690

00:25:01,590 --> 00:24:58,960

i mean it was all these different things

691

00:25:04,230 --> 00:25:01,600

and as soon as i got to the end

692

00:25:06,230 --> 00:25:04,240

now i can i'm not claustrophobic anymore

693

00:25:07,029 --> 00:25:06,240

so i think this is a very very useful

694

00:25:10,149 --> 00:25:07,039

thing

695

00:25:12,870 --> 00:25:10,159

not just for ets but why not

696

00:25:13,590 --> 00:25:12,880

um if you want to use it that way and

697

00:25:16,070 --> 00:25:13,600

this book

698

00:25:17,830 --> 00:25:16,080

the healing archetype and symbols has

699

00:25:20,070 --> 00:25:17,840

quite a few other things in it

700

00:25:22,390 --> 00:25:20,080

and i highly recommend everybody use

701

00:25:26,630 --> 00:25:22,400

them as much as possible

702

00:25:29,909 --> 00:25:26,640

um uh then okay at the end

703

00:25:31,510 --> 00:25:29,919

one of the times i did go to um i talked

704

00:25:34,470 --> 00:25:31,520

to someone at mufon

705

00:25:35,830 --> 00:25:34,480

and um they told me about this

706

00:25:39,029 --> 00:25:35,840

experimenter

707

00:25:40,390 --> 00:25:39,039

group that they have through mufon and i

708

00:25:41,110 --> 00:25:40,400

went to it and i got to be with my

709

00:25:43,029 --> 00:25:41,120

people

710

00:25:45,190 --> 00:25:43,039

because you know what this is a very

711

00:25:45,750 --> 00:25:45,200

lonely and isolating thing to have

712

00:25:48,230 --> 00:25:45,760

happen

713

00:25:50,310 --> 00:25:48,240

it's scary everybody has different

714

00:25:52,149 --> 00:25:50,320

stories and it's really hard it's really

715

00:25:53,110 --> 00:25:52,159

hard to figure out where everything fits

716

00:25:55,669 --> 00:25:53,120

in

717

00:25:57,190 --> 00:25:55,679

um and so it's good to have a support

718

00:25:59,110 --> 00:25:57,200

group because you can't really talk

719

00:26:02,230 --> 00:25:59,120

about this with regular people

720

00:26:04,149 --> 00:26:02,240

when they find out or if you mention it

721

00:26:05,430 --> 00:26:04,159

in passing or whatever you can just sort

722

00:26:09,029 --> 00:26:05,440

of feel them

723

00:26:09,990 --> 00:26:09,039

slowly move away from you and so it's

724

00:26:11,750 --> 00:26:10,000

really hard to talk

725

00:26:13,350 --> 00:26:11,760

about it's sort of i think it's the last

726  
00:26:16,149 --> 00:26:13,360  
taboo subject

727  
00:26:17,830 --> 00:26:16,159  
so everyone should join groups there's a

728  
00:26:21,269 --> 00:26:17,840  
group called the opus network

729  
00:26:23,510 --> 00:26:21,279  
and it's for people like us uh to

730  
00:26:25,350 --> 00:26:23,520  
you know get be along and tell each

731  
00:26:28,630 --> 00:26:25,360  
other our crazy stories and

732  
00:26:31,510 --> 00:26:28,640  
you know and not be judged um

733  
00:26:33,430 --> 00:26:31,520  
also i was reading terry lovelace's book

734  
00:26:34,470 --> 00:26:33,440  
and this is how i even came to write a

735  
00:26:37,590 --> 00:26:34,480  
book

736  
00:26:43,029 --> 00:26:37,600  
an

737  
00:26:44,710 --> 00:26:43,039  
before but i thought wow that's really

738  
00:26:46,149 --> 00:26:44,720

interesting so i read his book

739

00:26:47,990 --> 00:26:46,159

and while i was reading his book i kept

740

00:26:50,390 --> 00:26:48,000

seeing ghosts

741

00:26:51,990 --> 00:26:50,400

walking around my house but i felt

742

00:26:54,070 --> 00:26:52,000

compelled to write to him

743

00:26:56,230 --> 00:26:54,080

and i wrote to him and said you know i'm

744

00:26:58,950 --> 00:26:56,240

so proud of you you're so brave

745

00:27:00,149 --> 00:26:58,960

and uh to tell your story and to write a

746

00:27:02,789 --> 00:27:00,159

book about it

747

00:27:03,909 --> 00:27:02,799

and he encouraged me to write my book

748

00:27:06,070 --> 00:27:03,919

and so

749

00:27:08,070 --> 00:27:06,080

um you know at first i just felt

750

00:27:09,669 --> 00:27:08,080

extremely like why why what

751

00:27:11,110 --> 00:27:09,679

you know what would i do how would i

752

00:27:14,310 --> 00:27:11,120

write this down

753

00:27:16,630 --> 00:27:14,320

and um then i did obviously but

754

00:27:17,750 --> 00:27:16,640

uh i did the whole writer thing where

755

00:27:21,350 --> 00:27:17,760

you get to the eighth

756

00:27:24,070 --> 00:27:21,360

eighth page and you go what now um

757

00:27:25,590 --> 00:27:24,080

but i highly recommend people write

758

00:27:26,149 --> 00:27:25,600

their books and tell their stories

759

00:27:28,549 --> 00:27:26,159

because

760

00:27:30,950 --> 00:27:28,559

now that the media has finally caught on

761

00:27:32,549 --> 00:27:30,960

to the fact that ets are real and so are

762

00:27:35,750 --> 00:27:32,559

ufos

763

00:27:38,070 --> 00:27:35,760

it's really important that everybody who

764

00:27:41,350 --> 00:27:38,080

has an experience like this

765

00:27:42,549 --> 00:27:41,360

you know feels more comfortable to tell

766

00:27:44,310 --> 00:27:42,559

their story

767

00:27:45,830 --> 00:27:44,320

i know it's hard it's getting going to

768

00:27:48,549 --> 00:27:45,840

be easier

769

00:27:49,669 --> 00:27:48,559

and easier but it's really really

770

00:27:52,149 --> 00:27:49,679

important

771

00:27:53,430 --> 00:27:52,159

and i told you know i told my story

772

00:27:56,149 --> 00:27:53,440

because i wanted to help

773

00:27:57,190 --> 00:27:56,159

other people and i wanted to find other

774

00:27:59,990 --> 00:27:57,200

um

775

00:28:01,269 --> 00:28:00,000

people like me because one of the things

776

00:28:05,190 --> 00:28:01,279

i've found is that there are

777

00:28:07,990 --> 00:28:05,200

lots of contactees who enjoy being taken

778

00:28:09,430 --> 00:28:08,000

but i cannot find other people like me

779

00:28:11,350 --> 00:28:09,440

who are not enjoying it

780

00:28:12,710 --> 00:28:11,360

and want it to stop and i know you're

781

00:28:14,870 --> 00:28:12,720

out there

782

00:28:16,789 --> 00:28:14,880

but i just haven't been able to find you

783

00:28:18,549 --> 00:28:16,799

um

784

00:28:20,870 --> 00:28:18,559

i've tried multiple ways and that's one

785

00:28:22,470 --> 00:28:20,880

of the reasons i wrote the book

786

00:28:24,310 --> 00:28:22,480

not to make money but to spread

787

00:28:27,190 --> 00:28:24,320

information because

788

00:28:28,710 --> 00:28:27,200

this is an important subject and it's

789

00:28:29,430 --> 00:28:28,720

important the people that don't want it

790

00:28:32,549 --> 00:28:29,440

to happen

791

00:28:36,549 --> 00:28:32,559

to them you know can get some relief and

792

00:28:39,350 --> 00:28:36,559

also become less desirable

793

00:28:40,070 --> 00:28:39,360

to the et's and i think that's what i've

794

00:28:44,149 --> 00:28:40,080

done

795

00:28:47,269 --> 00:28:44,159

so you know i always uh encourage people

796

00:28:50,870 --> 00:28:47,279

that um you know write books because

797

00:28:51,990 --> 00:28:50,880

um it helps to get all your thoughts in

798

00:28:54,389 --> 00:28:52,000

some form

799

00:28:55,990 --> 00:28:54,399

and organized way so that now it can be

800

00:28:58,149 --> 00:28:56,000

conveyed to somebody else

801  
00:29:00,389 --> 00:28:58,159  
you know and what better way to do that

802  
00:29:01,669 --> 00:29:00,399  
than a book it's just unfortunate that

803  
00:29:03,590 --> 00:29:01,679  
you know first people's minds

804  
00:29:04,149 --> 00:29:03,600  
immediately jump to oh prophet it's like

805  
00:29:07,669 --> 00:29:04,159  
no

806  
00:29:10,389 --> 00:29:07,679  
here

807  
00:29:11,990 --> 00:29:10,399  
tell stories and go back and forth and

808  
00:29:12,870 --> 00:29:12,000  
you know jump all over the place but a

809  
00:29:14,710 --> 00:29:12,880  
book is

810  
00:29:16,470 --> 00:29:14,720  
better organized you know yeah and

811  
00:29:17,190 --> 00:29:16,480  
that's the way i've always looked at it

812  
00:29:18,789 --> 00:29:17,200  
you know and

813  
00:29:20,789 --> 00:29:18,799

i'm sure everyone else has the right to

814

00:29:21,830 --> 00:29:20,799

look at it the other way but but

815

00:29:24,149 --> 00:29:21,840

that's not the point of this

816

00:29:25,909 --> 00:29:24,159

conversation now but uh i wanted to ask

817

00:29:29,510 --> 00:29:25,919

you specifically about your

818

00:29:29,909 --> 00:29:29,520

screen memories um what what particular

819

00:29:33,110 --> 00:29:29,919

things

820

00:29:34,870 --> 00:29:33,120

do you remember occurring that were

821

00:29:35,909 --> 00:29:34,880

screen memories and what were you able

822

00:29:39,430 --> 00:29:35,919

to kind of

823

00:29:41,269 --> 00:29:39,440

um i would i guess dissolve

824

00:29:42,470 --> 00:29:41,279

would that be right word to where you

825

00:29:45,510 --> 00:29:42,480

see past it

826

00:29:48,549 --> 00:29:45,520

and see what was actually going on um

827

00:29:50,789 --> 00:29:48,559

well what you do when you use the green

828

00:29:53,430 --> 00:29:50,799

spiral staircase you actually have

829

00:29:55,430 --> 00:29:53,440

sorry i guess i forgot this in my steps

830

00:29:56,789 --> 00:29:55,440

but you actually have the screen memory

831

00:30:00,310 --> 00:29:56,799

in mind as you go

832

00:30:01,350 --> 00:30:00,320

down the stairway and then when you get

833

00:30:03,990 --> 00:30:01,360

to the uh

834

00:30:04,549 --> 00:30:04,000

the stuff that you step off of the

835

00:30:07,990 --> 00:30:04,559

screen

836

00:30:11,029 --> 00:30:08,000

what was happening behind

837

00:30:13,430 --> 00:30:11,039

it and so that's how you know

838

00:30:14,630 --> 00:30:13,440

uh and then you write all that down um

839

00:30:16,630 --> 00:30:14,640

while you're there

840

00:30:17,669 --> 00:30:16,640

if you see a lot of negativity like i

841

00:30:20,630 --> 00:30:17,679

saw you know

842

00:30:22,710 --> 00:30:20,640

i was usually in an operating room um

843

00:30:25,909 --> 00:30:22,720

then i would use the brown x tool

844

00:30:27,669 --> 00:30:25,919

to brown x that out um and you can say

845

00:30:30,549 --> 00:30:27,679

it or you can use the brown axe

846

00:30:31,269 --> 00:30:30,559

um either way but it's a specific color

847

00:30:34,389 --> 00:30:31,279

because um

848

00:30:38,389 --> 00:30:34,399

steven swerdlow is very big on certain

849

00:30:41,909 --> 00:30:38,399

colors so um you know you put a green

850

00:30:44,950 --> 00:30:41,919

a medium green um color around your body

851  
00:30:46,870 --> 00:30:44,960  
in order to help you remember and so in

852  
00:30:50,710 --> 00:30:46,880  
the meat it's a medium brown axe

853  
00:30:54,230 --> 00:30:50,720  
medium color and so you're basically

854  
00:30:56,710 --> 00:30:54,240  
removing all unnecessary negativity

855  
00:30:57,430 --> 00:30:56,720  
and so when you do that then it helps

856  
00:31:05,029 --> 00:30:57,440  
you

857  
00:31:08,310 --> 00:31:05,039  
there are so many

858  
00:31:10,070 --> 00:31:08,320  
ets and et groups um one of the groups

859  
00:31:12,470 --> 00:31:10,080  
kept poking me in the eye

860  
00:31:13,350 --> 00:31:12,480  
and i actually didn't even write talk

861  
00:31:15,909 --> 00:31:13,360  
about that

862  
00:31:17,909 --> 00:31:15,919  
in the book except that it did happen

863  
00:31:20,149 --> 00:31:17,919

but that's a group that's really scary

864

00:31:21,029 --> 00:31:20,159

and um i couldn't talk about in the book

865

00:31:22,549 --> 00:31:21,039

because there was

866

00:31:24,470 --> 00:31:22,559

they're always poking me in the eye and

867

00:31:27,269 --> 00:31:24,480

i didn't appreciate that so

868

00:31:28,630 --> 00:31:27,279

i thought if i talk about this um who

869

00:31:31,669 --> 00:31:28,640

knows what they'll do to me

870

00:31:33,509 --> 00:31:31,679

so i was too nervous to write about it

871

00:31:35,590 --> 00:31:33,519

even though i did sneak some some

872

00:31:38,470 --> 00:31:35,600

aspects of them inside the book

873

00:31:39,350 --> 00:31:38,480

um here and there whenever i felt like

874

00:31:42,230 --> 00:31:39,360

it was safe

875

00:31:43,669 --> 00:31:42,240

um so basically you just keep doing that

876

00:31:45,750 --> 00:31:43,679

and doing that and basically what's

877

00:31:48,870 --> 00:31:45,760

happening is you're piecing together

878

00:31:50,789 --> 00:31:48,880

all of your little uh stories

879

00:31:52,870 --> 00:31:50,799

and eventually a pic kind of a picture

880

00:31:55,269 --> 00:31:52,880

emerges it's like for me i was

881

00:31:58,149 --> 00:31:55,279

constantly in operating rooms i was

882

00:31:59,990 --> 00:31:58,159

you know they would have my eyeballs out

883

00:32:02,870 --> 00:32:00,000

on a table and they were doing things

884

00:32:03,669 --> 00:32:02,880

to it sometimes they cut me down the

885

00:32:06,070 --> 00:32:03,679

middle

886

00:32:06,950 --> 00:32:06,080

there are quite a few scenes of me being

887

00:32:10,070 --> 00:32:06,960

having my

888

00:32:12,630 --> 00:32:10,080

eggs having them

889

00:32:14,070 --> 00:32:12,640

maturing me and then having my eggs

890

00:32:17,110 --> 00:32:14,080

removed and then

891

00:32:18,630 --> 00:32:17,120

regressing me back to a certain age you

892

00:32:20,310 --> 00:32:18,640

know i'm not sure what all of these

893

00:32:22,230 --> 00:32:20,320

things are completely about but you just

894

00:32:23,110 --> 00:32:22,240

kind of get a better idea of what

895

00:32:26,470 --> 00:32:23,120

they're doing

896

00:32:28,710 --> 00:32:26,480

while you're not conscious of it

897

00:32:30,149 --> 00:32:28,720

and so or you know if they knock you out

898

00:32:30,470 --> 00:32:30,159

then you'll see the knockout but then

899

00:32:33,909 --> 00:32:30,480

you

900

00:32:36,470 --> 00:32:33,919

things happened

901  
00:32:37,509 --> 00:32:36,480  
so it's just a way of determining this

902  
00:32:39,269 --> 00:32:37,519  
huge puzzle

903  
00:32:41,669 --> 00:32:39,279  
of what in the heck is happening to me

904  
00:32:42,310 --> 00:32:41,679  
when i leave you know and do i get up

905  
00:32:45,590 --> 00:32:42,320  
and leave

906  
00:32:46,630 --> 00:32:45,600  
um you know do i um how do they get me

907  
00:32:48,789 --> 00:32:46,640  
out of the bed

908  
00:32:50,549 --> 00:32:48,799  
you know and sometimes you might not be

909  
00:32:53,750 --> 00:32:50,559  
able to figure that out right away

910  
00:32:56,470 --> 00:32:53,760  
i was um after a while realizing that it

911  
00:32:59,590 --> 00:32:56,480  
was some sort of programming tool

912  
00:33:01,830 --> 00:32:59,600  
which may sound far-fetched but it

913  
00:33:04,070 --> 00:33:01,840

seems to me that you know there's some

914

00:33:07,669 --> 00:33:04,080

sort of hypnosis used

915

00:33:08,789 --> 00:33:07,679

and so you know you know some code word

916

00:33:12,149 --> 00:33:08,799

or a tone

917

00:33:12,870 --> 00:33:12,159

or a sound you know causes me to get up

918

00:33:16,230 --> 00:33:12,880

and

919

00:33:18,310 --> 00:33:16,240

leave

920

00:33:19,350 --> 00:33:18,320

so you know these kind of things will

921

00:33:21,509 --> 00:33:19,360

just help you sort

922

00:33:22,549 --> 00:33:21,519

out these questions you have about

923

00:33:24,310 --> 00:33:22,559

yourself

924

00:33:25,669 --> 00:33:24,320

what's really going on and so that

925

00:33:26,950 --> 00:33:25,679

eventually you'll have some sort of

926  
00:33:28,870 --> 00:33:26,960  
story

927  
00:33:31,350 --> 00:33:28,880  
and i think that's very useful for

928  
00:33:33,029 --> 00:33:31,360  
people who are really curious and really

929  
00:33:35,110 --> 00:33:33,039  
want to know but the important thing

930  
00:33:36,630 --> 00:33:35,120  
about the green spiral staircase which i

931  
00:33:37,430 --> 00:33:36,640  
think is important for people to know

932  
00:33:39,750 --> 00:33:37,440  
now

933  
00:33:40,870 --> 00:33:39,760  
is it gives you the gist not every gory

934  
00:33:43,350 --> 00:33:40,880  
detail

935  
00:33:45,750 --> 00:33:43,360  
not too long it'll just show you the

936  
00:33:48,789 --> 00:33:45,760  
gist of what you need to know right now

937  
00:33:50,630 --> 00:33:48,799  
and um i i think that's very helpful you

938  
00:33:53,909 --> 00:33:50,640

know you don't want to relive it or

939

00:33:57,750 --> 00:33:53,919

anything you just want to know the

940

00:33:59,909 --> 00:33:57,760

important parts and then move on so

941

00:34:01,909 --> 00:33:59,919

well lisa if it's if it's not too

942

00:34:03,269 --> 00:34:01,919

troubling would it be possible for you

943

00:34:05,430 --> 00:34:03,279

to call some of the

944

00:34:07,029 --> 00:34:05,440

events that you had and if not i

945

00:34:10,149 --> 00:34:07,039

understand

946

00:34:12,470 --> 00:34:10,159

um like um while you were

947

00:34:13,510 --> 00:34:12,480

you have doctor during during specific

948

00:34:17,190 --> 00:34:13,520

times

949

00:34:19,510 --> 00:34:17,200

um let's see well i i found that a lot

950

00:34:22,950 --> 00:34:19,520

of times i went to antarctica

951  
00:34:24,389 --> 00:34:22,960  
and i would be underwater so there would

952  
00:34:27,510 --> 00:34:24,399  
be an underwater

953  
00:34:30,550 --> 00:34:27,520  
um building or something like that

954  
00:34:31,510 --> 00:34:30,560  
and i recall i would call it jelly

955  
00:34:33,829 --> 00:34:31,520  
filled

956  
00:34:35,510 --> 00:34:33,839  
it was sort of like i don't know sort of

957  
00:34:38,149 --> 00:34:35,520  
like a thick bubble

958  
00:34:40,389 --> 00:34:38,159  
uh or kind of jelly like kind of

959  
00:34:42,149 --> 00:34:40,399  
operating room and that's where i'd be

960  
00:34:44,230 --> 00:34:42,159  
and it would be you know the operating

961  
00:34:45,270 --> 00:34:44,240  
room was institution green and everybody

962  
00:34:48,629 --> 00:34:45,280  
was wearing green

963  
00:34:50,710 --> 00:34:48,639

scrubs with white masks on so a lot of

964

00:34:53,030 --> 00:34:50,720

times i couldn't see the faces

965

00:34:54,869 --> 00:34:53,040

or the faces would just not be available

966

00:34:55,190 --> 00:34:54,879

to me and i didn't know how they did

967

00:34:57,670 --> 00:34:55,200

that

968

00:34:58,310 --> 00:34:57,680

i do think they did it through hypnosis

969

00:35:03,829 --> 00:34:58,320

um

970

00:35:05,829 --> 00:35:03,839

where i'd be a little girl and i would

971

00:35:07,670 --> 00:35:05,839

have there would be an operating room

972

00:35:09,109 --> 00:35:07,680

and then a classroom right next to each

973

00:35:12,310 --> 00:35:09,119

other and

974

00:35:15,589 --> 00:35:12,320

um it was like they were you know

975

00:35:18,630 --> 00:35:15,599

teaching children certain things

976

00:35:21,910 --> 00:35:18,640

or trying to get some sort of um

977

00:35:24,470 --> 00:35:21,920

response out of them um and one of the

978

00:35:27,670 --> 00:35:24,480

little kids said just go someplace else

979

00:35:29,750 --> 00:35:27,680

don't be there you know and so

980

00:35:31,829 --> 00:35:29,760

um you know i i don't really know

981

00:35:34,790 --> 00:35:31,839

exactly what that means but i felt like

982

00:35:38,550 --> 00:35:34,800

it was extremely stressful and fearful

983

00:35:41,750 --> 00:35:38,560

um uh there would be uh tons of

984

00:35:43,190 --> 00:35:41,760

stream or screen memories with

985

00:35:45,510 --> 00:35:43,200

behind the screen memory there would be

986

00:35:47,589 --> 00:35:45,520

tons of scenes where i'd been

987

00:35:48,550 --> 00:35:47,599

be in this underground i called it a

988

00:35:55,190 --> 00:35:48,560

torture

989

00:35:57,190 --> 00:35:55,200

buildings like barracks

990

00:35:59,270 --> 00:35:57,200

and they were brown and they would have

991

00:36:01,430 --> 00:35:59,280

brown hallways everything was brown

992

00:36:02,310 --> 00:36:01,440

uh kind of a medium brown or a darkish

993

00:36:04,950 --> 00:36:02,320

brown

994

00:36:06,710 --> 00:36:04,960

so we'd have like thin bunks with i

995

00:36:09,270 --> 00:36:06,720

would be with little other little kids

996

00:36:10,630 --> 00:36:09,280

and um you know we would just be

997

00:36:14,310 --> 00:36:10,640

basically tortured

998

00:36:15,109 --> 00:36:14,320

or not treated well you know i actually

999

00:36:17,190 --> 00:36:15,119

have

1000

00:36:18,470 --> 00:36:17,200

and i i'm still trying to figure out

1001

00:36:21,190 --> 00:36:18,480

where these came from

1002

00:36:22,310 --> 00:36:21,200

and what that means but i actually have

1003

00:36:26,069 --> 00:36:22,320

indentations

1004

00:36:28,630 --> 00:36:26,079

in the back of my head and i i did see

1005

00:36:30,870 --> 00:36:28,640

once where i was being drilled in the

1006

00:36:33,990 --> 00:36:30,880

head with a drill

1007

00:36:37,510 --> 00:36:34,000

and like a hole being poked in my head

1008

00:36:39,589 --> 00:36:37,520

um and so uh you know

1009

00:36:41,589 --> 00:36:39,599

that kind of explains the indentations

1010

00:36:43,430 --> 00:36:41,599

i'm not sure if that's exactly what

1011

00:36:45,270 --> 00:36:43,440

happened or maybe that was just part of

1012

00:36:48,710 --> 00:36:45,280

my little kid mind

1013

00:36:49,990 --> 00:36:48,720

but i do have pretty deep indentations

1014

00:36:51,750 --> 00:36:50,000

in the back of my head

1015

00:36:53,510 --> 00:36:51,760

and my hair covers them so nobody can

1016

00:36:56,470 --> 00:36:53,520

ever see them you know

1017

00:36:57,030 --> 00:36:56,480

but um i also you know i never had

1018

00:36:58,870 --> 00:36:57,040

children

1019

00:37:00,950 --> 00:36:58,880

and so i don't know if that's why i

1020

00:37:06,069 --> 00:37:00,960

didn't have um

1021

00:37:07,430 --> 00:37:06,079

you know that urge to have children and

1022

00:37:09,430 --> 00:37:07,440

i always wondered why

1023

00:37:10,950 --> 00:37:09,440

because you know when you're in your 30s

1024

00:37:12,630 --> 00:37:10,960

and everybody's getting married having

1025

00:37:16,069 --> 00:37:12,640

children you think to yourself

1026

00:37:18,390 --> 00:37:16,079

why don't i feel like that you know um

1027

00:37:20,710 --> 00:37:18,400

and i didn't think i was weird but you

1028

00:37:23,109 --> 00:37:20,720

know i just found it odd that it

1029

00:37:25,670 --> 00:37:23,119

didn't happen that way and it's probably

1030

00:37:29,109 --> 00:37:25,680

because i didn't have any eggs anymore

1031

00:37:30,150 --> 00:37:29,119

um so you know that was it i also like i

1032

00:37:34,230 --> 00:37:30,160

said i was

1033

00:37:35,190 --> 00:37:34,240

put under um i had lots of surgeries on

1034

00:37:37,349 --> 00:37:35,200

my eyes

1035

00:37:38,630 --> 00:37:37,359

and they seem to in particular interest

1036

00:37:41,510 --> 00:37:38,640

to my eyes

1037

00:37:43,510 --> 00:37:41,520

and they also would put me into big

1038

00:37:46,310 --> 00:37:43,520

aquarium tanks

1039

00:37:47,030 --> 00:37:46,320

to see if i could breathe underwater and

1040

00:37:51,030 --> 00:37:47,040

i also

1041

00:37:55,270 --> 00:37:51,040

saw a couple of myself so in other words

1042

00:37:58,310 --> 00:37:55,280

i would see my own self and another self

1043

00:38:01,510 --> 00:37:58,320

that had gills and so

1044

00:38:03,430 --> 00:38:01,520

as if they were creating clones with

1045

00:38:05,109 --> 00:38:03,440

gills like they had monkeyed with some

1046

00:38:07,190 --> 00:38:05,119

of the dna

1047

00:38:09,030 --> 00:38:07,200

and just stuff like that i mean tons of

1048

00:38:11,510 --> 00:38:09,040

stuff like that where i just couldn't

1049

00:38:14,230 --> 00:38:11,520

you know i couldn't believe it but then

1050

00:38:16,950 --> 00:38:14,240

also all these bugs plus a lot of people

1051

00:38:19,030 --> 00:38:16,960

like one of the um screen memories i

1052

00:38:21,109 --> 00:38:19,040

would look behind showed me in a hanger

1053

00:38:23,349 --> 00:38:21,119

a huge hanger like an airplane hanger

1054

00:38:26,870 --> 00:38:23,359

and there were beds everywhere

1055

00:38:29,990 --> 00:38:26,880

and i was being attended to by

1056

00:38:32,310 --> 00:38:30,000

people and you know

1057

00:38:34,870 --> 00:38:32,320

i didn't get to see a lot of that or as

1058

00:38:36,069 --> 00:38:34,880

me as a baby in a cage an electrified

1059

00:38:42,230 --> 00:38:36,079

cage

1060

00:38:42,790 --> 00:38:42,240

one of the things i saw was that there

1061

00:38:47,190 --> 00:38:42,800

was

1062

00:38:50,630 --> 00:38:47,200

to the gills with

1063

00:38:51,349 --> 00:38:50,640

people in cages and they're moaning and

1064

00:38:55,190 --> 00:38:51,359

crying

1065

00:38:56,790 --> 00:38:55,200

and you know just in pain and anguish

1066

00:38:58,710 --> 00:38:56,800

a lot of times it seems like they take

1067

00:38:59,349 --> 00:38:58,720

the babies and do something to them and

1068

00:39:01,589 --> 00:38:59,359

then

1069

00:39:03,190 --> 00:39:01,599

maybe bring them back just stuff like

1070

00:39:04,630 --> 00:39:03,200

that it's just some of it is just pretty

1071

00:39:08,150 --> 00:39:04,640

horrifying

1072

00:39:08,870 --> 00:39:08,160

um but you know as a time goes by you'd

1073

00:39:12,390 --> 00:39:08,880

kind of got

1074

00:39:13,589 --> 00:39:12,400

get kind of desensitized a little bit to

1075

00:39:15,349 --> 00:39:13,599

it because

1076

00:39:16,950 --> 00:39:15,359

you're trying to figure out your own

1077

00:39:20,150 --> 00:39:16,960

situation and

1078

00:39:22,710 --> 00:39:20,160

um and your mind just gives you

1079

00:39:23,910 --> 00:39:22,720

you know like i said not not the

1080

00:39:25,990 --> 00:39:23,920

horrible

1081

00:39:27,109 --> 00:39:26,000

anguish and crying and all that and the

1082

00:39:29,190 --> 00:39:27,119

pain

1083

00:39:30,550 --> 00:39:29,200

but it shows you what what's actually

1084

00:39:33,750 --> 00:39:30,560

happening to you

1085

00:39:35,910 --> 00:39:33,760

and that's really important because

1086

00:39:37,270 --> 00:39:35,920

um you get to figure out the puzzle of

1087

00:39:39,270 --> 00:39:37,280

your life

1088

00:39:41,030 --> 00:39:39,280

and it makes you rethink everything too

1089

00:39:43,349 --> 00:39:41,040

because you know i didn't know about

1090

00:39:45,589 --> 00:39:43,359

this whole egg business before but it's

1091

00:39:48,950 --> 00:39:45,599

like yeah that kind of makes sense now

1092

00:39:51,349 --> 00:39:48,960

you know um and the same with

1093

00:39:52,630 --> 00:39:51,359

um you know almost everything you know

1094

00:39:56,230 --> 00:39:52,640

when i was in my 30s

1095

00:39:58,710 --> 00:39:56,240

i got a divorce and i was living alone

1096

00:39:59,910 --> 00:39:58,720

and i was working two jobs and one of

1097

00:40:00,550 --> 00:39:59,920

the things that would happen to me i'd

1098

00:40:02,230 --> 00:40:00,560

have these

1099

00:40:03,910 --> 00:40:02,240

horrible dreams where i was like

1100

00:40:05,670 --> 00:40:03,920

sleepwalking

1101  
00:40:07,750 --> 00:40:05,680  
and i don't even i don't remember the

1102  
00:40:09,670 --> 00:40:07,760  
dream at all i just remember a black

1103  
00:40:11,030 --> 00:40:09,680  
rectangle and that's what one of the

1104  
00:40:13,510 --> 00:40:11,040  
common themes in my

1105  
00:40:14,390 --> 00:40:13,520  
uh life is that whenever i had a memory

1106  
00:40:17,829 --> 00:40:14,400  
wipe i had

1107  
00:40:20,309 --> 00:40:17,839  
a black rectangle that was the

1108  
00:40:21,670 --> 00:40:20,319  
i guess the way my brain associated a

1109  
00:40:23,910 --> 00:40:21,680  
memory wipe with it

1110  
00:40:25,670 --> 00:40:23,920  
so when i was in my 30s i find myself

1111  
00:40:28,710 --> 00:40:25,680  
running down my hallway

1112  
00:40:30,630 --> 00:40:28,720  
i would find myself peering into my

1113  
00:40:31,910 --> 00:40:30,640

closet sort of crouched on the side of

1114

00:40:34,950 --> 00:40:31,920

my bed

1115

00:40:36,870 --> 00:40:34,960

um i just i sometimes talking to people

1116

00:40:38,710 --> 00:40:36,880

that were in my closet and just stuff

1117

00:40:41,670 --> 00:40:38,720

weird stuff like that

1118

00:40:42,230 --> 00:40:41,680

and so it makes now that i know this i

1119

00:40:45,270 --> 00:40:42,240

could say

1120

00:40:46,309 --> 00:40:45,280

hmm you know that's probably what was

1121

00:40:49,109 --> 00:40:46,319

happening

1122

00:40:49,670 --> 00:40:49,119

um i did actually eventually um look at

1123

00:40:52,790 --> 00:40:49,680

the

1124

00:40:55,349 --> 00:40:52,800

um

1125

00:40:56,150 --> 00:40:55,359

at the black rectangle and i found out

1126  
00:40:58,230 --> 00:40:56,160  
it was

1127  
00:41:00,309 --> 00:40:58,240  
it had trigger words of fear and

1128  
00:41:03,990 --> 00:41:00,319  
learning so

1129  
00:41:07,510 --> 00:41:04,000  
i i don't know if that reinforced um

1130  
00:41:09,990 --> 00:41:07,520  
you know fear every the word fear

1131  
00:41:11,190 --> 00:41:10,000  
reinforce the memory wipe or or not i'm

1132  
00:41:12,870 --> 00:41:11,200  
not really sure

1133  
00:41:14,309 --> 00:41:12,880  
and i i want you to tell you that i

1134  
00:41:17,670 --> 00:41:14,319  
don't have all the answers

1135  
00:41:18,950 --> 00:41:17,680  
i'm looking at my own self i'm trying to

1136  
00:41:22,309 --> 00:41:18,960  
discover

1137  
00:41:23,829 --> 00:41:22,319  
what's happening to me and um

1138  
00:41:25,829 --> 00:41:23,839

but that doesn't mean that's happening

1139

00:41:27,990 --> 00:41:25,839

to you you know

1140

00:41:29,270 --> 00:41:28,000

we're all just looking you know looking

1141

00:41:31,430 --> 00:41:29,280

for the answers and

1142

00:41:33,270 --> 00:41:31,440

i i'm still actually i'm still fighting

1143

00:41:35,510 --> 00:41:33,280

my um

1144

00:41:36,470 --> 00:41:35,520

et's um i'm really close i think to

1145

00:41:41,109 --> 00:41:36,480

being finished

1146

00:41:44,710 --> 00:41:41,119

and um i so i do know this works

1147

00:41:47,190 --> 00:41:44,720

so i urge everyone in this position to

1148

00:41:48,069 --> 00:41:47,200

try it because you have nothing to lose

1149

00:41:50,230 --> 00:41:48,079

i tried everything

1150

00:41:51,990 --> 00:41:50,240

else and this is what i found that works

1151  
00:41:53,990 --> 00:41:52,000  
and um

1152  
00:41:55,750 --> 00:41:54,000  
you know feel free to try everything

1153  
00:41:56,710 --> 00:41:55,760  
else too maybe something else will work

1154  
00:41:58,630 --> 00:41:56,720  
for you if it doesn't

1155  
00:42:00,550 --> 00:41:58,640  
make sure you try this because it does

1156  
00:42:03,670 --> 00:42:00,560  
really work

1157  
00:42:06,790 --> 00:42:03,680  
one other thing is that when i was uh 28

1158  
00:42:09,109 --> 00:42:06,800  
i was married to this other guy and um

1159  
00:42:10,309 --> 00:42:09,119  
i found that i would sit up screaming if

1160  
00:42:12,390 --> 00:42:10,319  
he walked into my

1161  
00:42:13,910 --> 00:42:12,400  
show our room and i had gone to bed

1162  
00:42:15,750 --> 00:42:13,920  
first

1163  
00:42:17,190 --> 00:42:15,760

as soon as he walked in i would sit up

1164

00:42:19,109 --> 00:42:17,200

and start screaming like somebody was

1165

00:42:21,510 --> 00:42:19,119

killing me

1166

00:42:22,150 --> 00:42:21,520

and i think that was my reaction to

1167

00:42:25,670 --> 00:42:22,160

being

1168

00:42:27,589 --> 00:42:25,680

you know taken by ets and um

1169

00:42:30,150 --> 00:42:27,599

so i did you know and that's when i

1170

00:42:31,750 --> 00:42:30,160

started having the black rectangle

1171

00:42:33,670 --> 00:42:31,760

and i tried to find out what it was

1172

00:42:34,470 --> 00:42:33,680

through therapy and couldn't figure it

1173

00:42:37,270 --> 00:42:34,480

out and

1174

00:42:39,349 --> 00:42:37,280

so but i know now octs so it's been

1175

00:42:41,670 --> 00:42:39,359

happening for a very long time

1176

00:42:43,270 --> 00:42:41,680

it's just that i've just been awakened

1177

00:42:45,510 --> 00:42:43,280

to it

1178

00:42:48,230 --> 00:42:45,520

so any of you who don't think you're

1179

00:42:50,870 --> 00:42:48,240

being taken by tease i hope you aren't

1180

00:42:52,309 --> 00:42:50,880

but you can find out by using these

1181

00:42:54,470 --> 00:42:52,319

tools i found

1182

00:42:56,710 --> 00:42:54,480

by stuart swordlow i did not create them

1183

00:43:00,069 --> 00:42:56,720

but i i don't think he was using

1184

00:43:02,870 --> 00:43:00,079

these things for et's but that's what

1185

00:43:06,309 --> 00:43:02,880

i'm using it for and it really works

1186

00:43:06,870 --> 00:43:06,319

so i urge you all to try it so lisa i

1187

00:43:09,670 --> 00:43:06,880

have

1188

00:43:10,550 --> 00:43:09,680

several questions actually so i'm trying

1189

00:43:13,589 --> 00:43:10,560

to figure out

1190

00:43:16,150 --> 00:43:13,599

can just so that i can get get

1191

00:43:17,829 --> 00:43:16,160

get them off of my chest if i could just

1192

00:43:20,390 --> 00:43:17,839

get like shorter answers

1193

00:43:21,030 --> 00:43:20,400

back and then and then allow you to to i

1194

00:43:24,069 --> 00:43:21,040

guess

1195

00:43:25,030 --> 00:43:24,079

uh you know please ex expound on any of

1196

00:43:26,470 --> 00:43:25,040

them in any

1197

00:43:28,150 --> 00:43:26,480

length that you need to i just want to

1198

00:43:28,870 --> 00:43:28,160

get off my chest i don't have a pad to

1199

00:43:32,150 --> 00:43:28,880

write it down

1200

00:43:32,870 --> 00:43:32,160

so okay right so the first one would be

1201

00:43:34,630 --> 00:43:32,880

so

1202

00:43:36,550 --> 00:43:34,640

when you were younger it was mainly

1203

00:43:38,230 --> 00:43:36,560

different operations they were obviously

1204

00:43:40,230 --> 00:43:38,240

disturbing to you but then it was when

1205

00:43:41,990 --> 00:43:40,240

you got older that they then started

1206

00:43:44,150 --> 00:43:42,000

um harvesting eggs is that what you're

1207

00:43:48,309 --> 00:43:44,160

saying i believe so

1208

00:43:49,829 --> 00:43:48,319

okay and so um then the other one was so

1209

00:43:51,349 --> 00:43:49,839

the different the different events

1210

00:43:52,950 --> 00:43:51,359

happening you're saying they were

1211

00:43:54,309 --> 00:43:52,960

sometimes they were praying mantises

1212

00:43:55,510 --> 00:43:54,319

sometimes they're grace and then you

1213

00:43:58,550 --> 00:43:55,520

said sometimes

1214

00:44:01,109 --> 00:43:58,560

actual humans when you say people yes

1215

00:44:02,790 --> 00:44:01,119

okay i see so do you believe it could be

1216

00:44:04,390 --> 00:44:02,800

maybe some kind of military thing

1217

00:44:06,870 --> 00:44:04,400

because i don't know

1218

00:44:08,550 --> 00:44:06,880

how familiar you you are with this and a

1219

00:44:09,829 --> 00:44:08,560

lot of people talk that the military

1220

00:44:12,630 --> 00:44:09,839

also has their

1221

00:44:13,349 --> 00:44:12,640

hands in in this whole abduction

1222

00:44:15,430 --> 00:44:13,359

scenario

1223

00:44:18,069 --> 00:44:15,440

you know and sometimes they're a lot

1224

00:44:22,230 --> 00:44:18,079

more sloppier than the aliens are

1225

00:44:25,109 --> 00:44:22,240

yes that's true yes um with my

1226

00:44:25,589 --> 00:44:25,119

childhood i think that i'm not really

1227

00:44:28,630 --> 00:44:25,599

sure

1228

00:44:30,870 --> 00:44:28,640

because i had really unusually

1229

00:44:31,349 --> 00:44:30,880

experienced experiences which i couldn't

1230

00:44:34,470 --> 00:44:31,359

really

1231

00:44:37,589 --> 00:44:34,480

label like i had um

1232

00:44:38,390 --> 00:44:37,599

i would have this white um once when i

1233

00:44:42,069 --> 00:44:38,400

was uh

1234

00:44:44,230 --> 00:44:42,079

10 i or 11 i had a white

1235

00:44:45,430 --> 00:44:44,240

circle that looked kind of like a

1236

00:44:47,510 --> 00:44:45,440

flashlight

1237

00:44:50,390 --> 00:44:47,520

with a piece of white paper put in front

1238

00:44:52,150 --> 00:44:50,400

of it so it didn't no

1239

00:44:53,910 --> 00:44:52,160

torch came through it no light came

1240

00:44:54,950 --> 00:44:53,920

through it it was just a white glowing

1241

00:44:57,910 --> 00:44:54,960

circle

1242

00:44:58,390 --> 00:44:57,920

and i had that in my bed when i was 11

1243

00:45:01,670 --> 00:44:58,400

and

1244

00:45:03,349 --> 00:45:01,680

i started screaming oh no oh no now

1245

00:45:06,950 --> 00:45:03,359

my conscious mind did not know what that

1246

00:45:10,150 --> 00:45:06,960

meant but some other part of my mind did

1247

00:45:14,710 --> 00:45:10,160

and it was fear it was fear-based

1248

00:45:17,349 --> 00:45:14,720

um i believed that my eggs were taken

1249

00:45:19,190 --> 00:45:17,359

when i was younger and but i was age

1250

00:45:22,230 --> 00:45:19,200

request to an older age

1251

00:45:26,790 --> 00:45:22,240

so that they were mature or whatever

1252

00:45:28,870 --> 00:45:26,800

and then um the eggs were taken

1253

00:45:30,069 --> 00:45:28,880

or one by one they were taken and then i

1254

00:45:33,510 --> 00:45:30,079

was regressed back

1255

00:45:36,150 --> 00:45:33,520

to like age seven i'm not you know

1256

00:45:37,990 --> 00:45:36,160

this is just like it's not a it's not a

1257

00:45:40,470 --> 00:45:38,000

complete exact science so

1258

00:45:41,589 --> 00:45:40,480

this is what i believe um but it's

1259

00:45:45,190 --> 00:45:41,599

possible that

1260

00:45:47,510 --> 00:45:45,200

they just waited until they were um

1261

00:45:48,470 --> 00:45:47,520

they were mature and then took them all

1262

00:45:50,470 --> 00:45:48,480

i don't know

1263

00:45:52,150 --> 00:45:50,480

um it's kind of frustrating because you

1264

00:45:53,109 --> 00:45:52,160

don't know why they think the way they

1265

00:45:55,270 --> 00:45:53,119

think i mean

1266

00:45:57,270 --> 00:45:55,280

did they just use one and then you know

1267

00:45:59,589 --> 00:45:57,280

clone it a couple of times i don't know

1268

00:46:00,710 --> 00:45:59,599

i don't know what they did with them

1269

00:46:03,109 --> 00:46:00,720

although when i

1270

00:46:04,150 --> 00:46:03,119

lived in california because i lived

1271

00:46:07,990 --> 00:46:04,160

there the longest

1272

00:46:09,910 --> 00:46:08,000

from when i was 13 until i was 49

1273

00:46:11,750 --> 00:46:09,920

[Music]

1274

00:46:13,990 --> 00:46:11,760

the one of the things that kept

1275

00:46:16,630 --> 00:46:14,000

happening to me um

1276

00:46:17,030 --> 00:46:16,640

pretty regularly like four times a month

1277

00:46:19,750 --> 00:46:17,040

for

1278

00:46:21,510 --> 00:46:19,760

a really long time i'd say 20 years

1279

00:46:23,829 --> 00:46:21,520

people would come up to me and say hey

1280

00:46:25,589 --> 00:46:23,839

you know what you look just like my

1281

00:46:27,349 --> 00:46:25,599

sister's boyfriend's mother

1282

00:46:29,190 --> 00:46:27,359

you know and stuff like that that

1283

00:46:32,309 --> 00:46:29,200

happened to me four times a month

1284

00:46:34,230 --> 00:46:32,319

every month um and it happened so often

1285

00:46:36,069 --> 00:46:34,240

that i just get really got used to it

1286

00:46:37,829 --> 00:46:36,079

but when i moved to arizona never

1287

00:46:40,390 --> 00:46:37,839

happens so i wondered

1288

00:46:41,270 --> 00:46:40,400

then for a long time if it wasn't i had

1289

00:46:42,870 --> 00:46:41,280

clones

1290

00:46:45,589 --> 00:46:42,880

and they're in california but they're

1291

00:46:50,390 --> 00:46:48,230

um so what was your other question what

1292

00:46:53,109 --> 00:46:50,400

was one of your other questions

1293

00:46:54,870 --> 00:46:53,119

uh but the other one was well i kind of

1294

00:46:56,950 --> 00:46:54,880

mentioned you said uh did you

1295

00:46:58,790 --> 00:46:56,960

just to clarify when you said people

1296

00:46:59,109 --> 00:46:58,800

that you meant or humans but then i want

1297

00:47:01,109 --> 00:46:59,119

to

1298

00:47:02,230 --> 00:47:01,119

just expand on that a little bit more do

1299

00:47:05,190 --> 00:47:02,240

you think then

1300

00:47:07,190 --> 00:47:05,200

the well was any information that you

1301  
00:47:09,750 --> 00:47:07,200  
perceive that they were working together

1302  
00:47:11,430 --> 00:47:09,760  
with these different alien races or what

1303  
00:47:13,990 --> 00:47:11,440  
was your impression

1304  
00:47:14,550 --> 00:47:14,000  
yes i do yes all of them were working

1305  
00:47:16,550 --> 00:47:14,560  
together

1306  
00:47:18,710 --> 00:47:16,560  
especially the ones in antarctica seem

1307  
00:47:22,150 --> 00:47:18,720  
to be working uh very closely

1308  
00:47:24,870 --> 00:47:22,160  
there are is it seems like um a

1309  
00:47:26,470 --> 00:47:24,880  
reptilian race working with other

1310  
00:47:30,230 --> 00:47:26,480  
military people

1311  
00:47:31,030 --> 00:47:30,240  
i saw a lot of insignias one of them was

1312  
00:47:35,030 --> 00:47:31,040  
like a

1313  
00:47:38,230 --> 00:47:35,040

a leo symbol and with a line under it

1314

00:47:40,549 --> 00:47:38,240

um i also saw you know like uh

1315

00:47:41,829 --> 00:47:40,559

and this is from the humans that you saw

1316

00:47:42,150 --> 00:47:41,839

do you mean the humans were carrying

1317

00:47:44,309 --> 00:47:42,160

this

1318

00:47:45,430 --> 00:47:44,319

insignia and he insignia on the aliens

1319

00:47:48,470 --> 00:47:45,440

themselves

1320

00:47:50,230 --> 00:47:48,480

yes yeah both so it was like they were

1321

00:47:52,950 --> 00:47:50,240

all weren't wearing the same

1322

00:47:53,349 --> 00:47:52,960

insignia um but also i found you're

1323

00:47:56,390 --> 00:47:53,359

right

1324

00:47:59,349 --> 00:47:56,400

i think that i was reading um

1325

00:48:00,069 --> 00:47:59,359

what was it called my labs yeah that's

1326

00:48:02,390 --> 00:48:00,079

another book

1327

00:48:03,270 --> 00:48:02,400

because i read all the books as much as

1328

00:48:05,750 --> 00:48:03,280

i can

1329

00:48:06,549 --> 00:48:05,760

um they are talk because one of the

1330

00:48:09,589 --> 00:48:06,559

things i kept

1331

00:48:11,030 --> 00:48:09,599

finding happening was that my tooth i

1332

00:48:12,549 --> 00:48:11,040

brush my teeth at night and i wear a

1333

00:48:14,549 --> 00:48:12,559

night guard so i don't grind my teeth

1334

00:48:16,870 --> 00:48:14,559

and i kept finding plaque on my teeth

1335

00:48:18,470 --> 00:48:16,880

on it the next day and i couldn't figure

1336

00:48:20,390 --> 00:48:18,480

out why that was happening and it turns

1337

00:48:22,710 --> 00:48:20,400

out i think it was because i was being

1338

00:48:25,349 --> 00:48:22,720

made to drink or eat something

1339

00:48:27,990 --> 00:48:25,359

and um it's my understanding that that's

1340

00:48:30,069 --> 00:48:28,000

one of the mo's of the military guys

1341

00:48:31,349 --> 00:48:30,079

you know sometimes they give you drugs

1342

00:48:32,630 --> 00:48:31,359

but sometimes they make you eat

1343

00:48:33,349 --> 00:48:32,640

something and it could be because i

1344

00:48:36,309 --> 00:48:33,359

refuse

1345

00:48:38,230 --> 00:48:36,319

maybe i don't know um but yeah i kept

1346

00:48:41,349 --> 00:48:38,240

finding plaque over and over

1347

00:48:44,710 --> 00:48:41,359

and so i also think that they were

1348

00:48:46,870 --> 00:48:44,720

you know poking me with you know

1349

00:48:48,150 --> 00:48:46,880

shooting me with some sort of syringe

1350

00:48:51,190 --> 00:48:48,160

over and over

1351

00:48:53,030 --> 00:48:51,200

and so i'd find these marks on my body

1352

00:48:54,470 --> 00:48:53,040

and i wouldn't know what where they came

1353

00:48:57,589 --> 00:48:54,480

from you know bruising

1354

00:48:59,030 --> 00:48:57,599

and all kinds of things you know

1355

00:49:01,349 --> 00:48:59,040

i think i don't know if i sent you

1356

00:49:02,390 --> 00:49:01,359

pictures but i can send it after the

1357

00:49:03,750 --> 00:49:02,400

show but

1358

00:49:05,510 --> 00:49:03,760

oh yes please because this will be

1359

00:49:07,910 --> 00:49:05,520

actually a perfect example to

1360

00:49:09,030 --> 00:49:07,920

to do that and yeah i apologize i forgot

1361

00:49:10,790 --> 00:49:09,040

to email you back

1362

00:49:12,790 --> 00:49:10,800

that would be perfect during this time

1363

00:49:13,270 --> 00:49:12,800

while i'm editing i can add the pictures

1364

00:49:15,670 --> 00:49:13,280

in so

1365

00:49:17,270 --> 00:49:15,680

okay sure so yeah there are a lot of

1366

00:49:19,109 --> 00:49:17,280

really really weird things i mean some

1367

00:49:21,190 --> 00:49:19,119

of them look like a stamp

1368

00:49:23,510 --> 00:49:21,200

um i kept finding marks on my body that

1369

00:49:25,750 --> 00:49:23,520

at first i thought were spider bites

1370

00:49:27,030 --> 00:49:25,760

but because it was two you know two it

1371

00:49:28,069 --> 00:49:27,040

looked like two bites you know like

1372

00:49:31,030 --> 00:49:28,079

spiders are

1373

00:49:32,150 --> 00:49:31,040

but it wasn't i finally determined that

1374

00:49:35,030 --> 00:49:32,160

it was like a stun

1375

00:49:35,589 --> 00:49:35,040

gun mark or a cattle prod that's what it

1376

00:49:38,150 --> 00:49:35,599

was

1377

00:49:40,309 --> 00:49:38,160

um and so um a lot of times i have

1378

00:49:40,790 --> 00:49:40,319

syringe marks i'll have a giant bruise

1379

00:49:44,150 --> 00:49:40,800

with

1380

00:49:45,750 --> 00:49:44,160

five syringe marks it looks like and so

1381

00:49:49,990 --> 00:49:45,760

i'm not really sure

1382

00:49:52,790 --> 00:49:50,000

what kind of a thing tool is used

1383

00:49:53,750 --> 00:49:52,800

to create those but yeah um i do believe

1384

00:49:56,150 --> 00:49:53,760

that i was

1385

00:49:56,790 --> 00:49:56,160

kept being taken after i was taken by

1386

00:49:59,430 --> 00:49:56,800

the um

1387

00:50:00,549 --> 00:49:59,440

ets i was maybe multiple times then i

1388

00:50:03,990 --> 00:50:00,559

was taken by

1389

00:50:05,109 --> 00:50:04,000

people by military people and they are

1390

00:50:08,309 --> 00:50:05,119

very rough

1391

00:50:10,790 --> 00:50:08,319

very obnoxious and i remember telling

1392

00:50:11,990 --> 00:50:10,800

one of them he's like you know more your

1393

00:50:15,270 --> 00:50:12,000

nose is not telling me

1394

00:50:16,950 --> 00:50:15,280

you know and i said to him don't

1395

00:50:19,510 --> 00:50:16,960

you don't you remember about the memory

1396

00:50:21,270 --> 00:50:19,520

wipe you know get a clue

1397

00:50:22,710 --> 00:50:21,280

you mean one of the people that was

1398

00:50:25,589 --> 00:50:22,720

abducting you

1399

00:50:25,990 --> 00:50:25,599

yes one of the military people wanted to

1400

00:50:29,190 --> 00:50:26,000

know

1401  
00:50:31,750 --> 00:50:29,200  
you're saying

1402  
00:50:33,510 --> 00:50:31,760  
and you know probably drugged me or gave

1403  
00:50:36,390 --> 00:50:33,520  
me truth serum but

1404  
00:50:38,790 --> 00:50:36,400  
i had to rem tell him you know don't

1405  
00:50:41,109 --> 00:50:38,800  
forget about the memory wipe

1406  
00:50:42,549 --> 00:50:41,119  
because you know you need to get a clue

1407  
00:50:45,990 --> 00:50:42,559  
we can't remember because

1408  
00:50:49,190 --> 00:50:46,000  
they make sure we can't remember so

1409  
00:50:52,470 --> 00:50:49,200  
um anyway that didn't endear me to um

1410  
00:50:55,510 --> 00:50:52,480  
him and i um probably suffered

1411  
00:50:58,549 --> 00:50:55,520  
um either from drugs or whatever um

1412  
00:51:00,630 --> 00:50:58,559  
so yeah i do think that the people there

1413  
00:51:03,670 --> 00:51:00,640

are people working with certain groups

1414

00:51:05,109 --> 00:51:03,680

and especially in antarctica i think

1415

00:51:08,230 --> 00:51:05,119

there are multiple

1416

00:51:10,309 --> 00:51:08,240

people working with the et groups

1417

00:51:12,549 --> 00:51:10,319

there must be you know antarctica is

1418

00:51:14,230 --> 00:51:12,559

like the last frontier right because

1419

00:51:15,190 --> 00:51:14,240

it's fine it's finally starting to melt

1420

00:51:17,109 --> 00:51:15,200

a little

1421

00:51:18,710 --> 00:51:17,119

and i think that there's tons of things

1422

00:51:19,190 --> 00:51:18,720

going on there that we don't even know

1423

00:51:22,309 --> 00:51:19,200

about

1424

00:51:23,190 --> 00:51:22,319

so that's where um they were working

1425

00:51:25,510 --> 00:51:23,200

with

1426

00:51:26,870 --> 00:51:25,520

i think the draco i think or the

1427

00:51:30,870 --> 00:51:26,880

reptilian race

1428

00:51:32,470 --> 00:51:30,880

um and uh but they also had a lot of

1429

00:51:35,589 --> 00:51:32,480

spiders and a lot of uh

1430

00:51:37,910 --> 00:51:35,599

you know other other things beetles

1431

00:51:40,549 --> 00:51:37,920

and spiders is mostly what i would see

1432

00:51:43,270 --> 00:51:40,559

luckily i'm not afraid of spiders but

1433

00:51:43,589 --> 00:51:43,280

now when you say a lot of spiders or i

1434

00:51:46,309 --> 00:51:43,599

said

1435

00:51:47,510 --> 00:51:46,319

insectoids in general so are you saying

1436

00:51:50,549 --> 00:51:47,520

there would be

1437

00:51:52,710 --> 00:51:50,559

like the size of a human body or

1438

00:51:55,510 --> 00:51:52,720

or human size or whether they're smaller

1439

00:51:58,309 --> 00:51:55,520

or what i'm saying is uh can you clarify

1440

00:51:58,710 --> 00:51:58,319

are they like more intelligent to where

1441

00:52:00,630 --> 00:51:58,720

they're

1442

00:52:03,030 --> 00:52:00,640

doing some kind of task or you mean

1443

00:52:04,870 --> 00:52:03,040

they're just insects on the wall

1444

00:52:06,950 --> 00:52:04,880

no i mean that they are actually

1445

00:52:10,150 --> 00:52:06,960

physically doing things to me

1446

00:52:12,390 --> 00:52:10,160

and they're larger and uh intelligent

1447

00:52:13,510 --> 00:52:12,400

yeah so the insectoids i guess as you

1448

00:52:16,790 --> 00:52:13,520

would call them

1449

00:52:19,109 --> 00:52:16,800

um yeah the praying mantis

1450

00:52:20,069 --> 00:52:19,119

beetles they're standing on two legs

1451

00:52:23,349 --> 00:52:20,079

sometimes they have

1452

00:52:25,349 --> 00:52:23,359

wings and um other times it's just

1453

00:52:26,790 --> 00:52:25,359

very large spiders sometimes they

1454

00:52:29,349 --> 00:52:26,800

actually act like they're

1455

00:52:30,230 --> 00:52:29,359

talking you know they put one of the

1456

00:52:32,549 --> 00:52:30,240

scenes i saw

1457

00:52:33,430 --> 00:52:32,559

was they put them put on a people suit

1458

00:52:36,069 --> 00:52:33,440

as i call it

1459

00:52:37,430 --> 00:52:36,079

sort of like a zip up people suit and

1460

00:52:38,630 --> 00:52:37,440

that way they could pretend to be a

1461

00:52:40,470 --> 00:52:38,640

person

1462

00:52:41,750 --> 00:52:40,480

but and then also try to move their

1463

00:52:43,270 --> 00:52:41,760

mouth to pretend like they were talking

1464

00:52:44,470 --> 00:52:43,280

to me when they were use really using

1465

00:52:46,470 --> 00:52:44,480

telepathy

1466

00:52:48,870 --> 00:52:46,480

so that's a couple of things that i saw

1467

00:52:52,309 --> 00:52:48,880

and um you know

1468

00:52:53,510 --> 00:52:52,319

i imagine i was very frightened at the

1469

00:52:55,750 --> 00:52:53,520

time but yeah i think

1470

00:52:58,069 --> 00:52:55,760

there's so many people that are involved

1471

00:53:00,230 --> 00:52:58,079

in this actual humans

1472

00:53:01,910 --> 00:53:00,240

and then there's the other you know

1473

00:53:04,549 --> 00:53:01,920

insectoids or whatever

1474

00:53:05,750 --> 00:53:04,559

and the reptilians so i do think that

1475

00:53:09,750 --> 00:53:05,760

they're all involved

1476  
00:53:10,630 --> 00:53:09,760  
and um i don't think that people realize

1477  
00:53:14,390 --> 00:53:10,640  
that

1478  
00:53:16,790 --> 00:53:14,400  
don't know if they're

1479  
00:53:17,510 --> 00:53:16,800  
trying to create something or if they're

1480  
00:53:19,910 --> 00:53:17,520  
like

1481  
00:53:20,950 --> 00:53:19,920  
i've heard of super soldiers and stuff

1482  
00:53:22,750 --> 00:53:20,960  
like that

1483  
00:53:25,190 --> 00:53:22,760  
or if they're just doing everything

1484  
00:53:27,670 --> 00:53:25,200  
experimentation

1485  
00:53:30,150 --> 00:53:27,680  
because there was a lot of talk about

1486  
00:53:33,270 --> 00:53:30,160  
nazi scientists going to antarctica

1487  
00:53:35,109 --> 00:53:33,280  
and just doing heinous experiments on

1488  
00:53:36,870 --> 00:53:35,119

people on humans

1489

00:53:38,710 --> 00:53:36,880

and so i think that there is some of

1490

00:53:39,270 --> 00:53:38,720

that going on because it doesn't make

1491

00:53:41,589 --> 00:53:39,280

sense

1492

00:53:43,670 --> 00:53:41,599

you know all the other stuff about you

1493

00:53:45,349 --> 00:53:43,680

know they're just learning about us

1494

00:53:47,510 --> 00:53:45,359

they're trying to help our race

1495

00:53:49,990 --> 00:53:47,520

you know the greys are you know like

1496

00:53:53,430 --> 00:53:50,000

little robots you know

1497

00:53:53,750 --> 00:53:53,440

so you know how long do you need to do

1498

00:53:56,870 --> 00:53:53,760

this

1499

00:54:00,470 --> 00:53:56,880

you know i'm almost 60 and i don't think

1500

00:54:03,109 --> 00:54:00,480

i need to continuously be

1501  
00:54:03,670 --> 00:54:03,119  
experimented on i mean what more do you

1502  
00:54:06,630 --> 00:54:03,680  
need

1503  
00:54:07,829 --> 00:54:06,640  
of my body right so i just think that

1504  
00:54:09,990 --> 00:54:07,839  
there's nothing as

1505  
00:54:11,670 --> 00:54:10,000  
it seems and that's what my spirit

1506  
00:54:14,710 --> 00:54:11,680  
guides told me nothing is as

1507  
00:54:16,630 --> 00:54:14,720  
as it seems so i'm

1508  
00:54:19,030 --> 00:54:16,640  
you know still trying to figure out what

1509  
00:54:21,349 --> 00:54:19,040  
are they really doing i mean this is

1510  
00:54:22,829 --> 00:54:21,359  
what i've seen but what's really behind

1511  
00:54:25,670 --> 00:54:22,839  
all that

1512  
00:54:27,750 --> 00:54:25,680  
so right well

1513  
00:54:29,109 --> 00:54:27,760

um i'm sorry to hear that you know

1514

00:54:30,069 --> 00:54:29,119

because that must be very difficult

1515

00:54:32,390 --> 00:54:30,079

trying to

1516

00:54:34,230 --> 00:54:32,400

have a have a life and then having to

1517

00:54:37,510 --> 00:54:34,240

deal with all these things that

1518

00:54:39,670 --> 00:54:37,520

you can't really exactly go to

1519

00:54:41,589 --> 00:54:39,680

your next-door neighbor like hey can i

1520

00:54:43,990 --> 00:54:41,599

talk to you

1521

00:54:44,950 --> 00:54:44,000

um you know probably a close friend you

1522

00:54:48,789 --> 00:54:44,960

know but

1523

00:54:50,470 --> 00:54:48,799

um so what you know i i apologize if i

1524

00:54:51,270 --> 00:54:50,480

keep going back to because uh you know

1525

00:54:53,030 --> 00:54:51,280

to this

1526  
00:54:54,630 --> 00:54:53,040  
certain questions because i just want to

1527  
00:54:56,230 --> 00:54:54,640  
get more clarification

1528  
00:54:58,230 --> 00:54:56,240  
information because i find it

1529  
00:55:01,510 --> 00:54:58,240  
interesting uh regarding

1530  
00:55:03,589 --> 00:55:01,520  
the the so

1531  
00:55:05,109 --> 00:55:03,599  
obviously you're not gonna you know

1532  
00:55:06,710 --> 00:55:05,119  
while you're going through what you're

1533  
00:55:08,470 --> 00:55:06,720  
going through you're not going to be so

1534  
00:55:09,990 --> 00:55:08,480  
analytical about things about

1535  
00:55:11,589 --> 00:55:10,000  
oh well where are you from i wonder

1536  
00:55:12,309 --> 00:55:11,599  
which branch you are you know things

1537  
00:55:15,750 --> 00:55:12,319  
like that

1538  
00:55:17,270 --> 00:55:15,760

but by whatever circumstance

1539

00:55:19,270 --> 00:55:17,280

did you ever come across some

1540

00:55:19,990 --> 00:55:19,280

information that told you were they

1541

00:55:23,270 --> 00:55:20,000

americans

1542

00:55:25,109 --> 00:55:23,280

were they you know some kind of just off

1543

00:55:26,789 --> 00:55:25,119

group that doesn't necessarily belong to

1544

00:55:29,589 --> 00:55:26,799

any particular country

1545

00:55:31,430 --> 00:55:29,599

you know when it comes to the human part

1546

00:55:34,470 --> 00:55:31,440

that's an interesting question

1547

00:55:35,349 --> 00:55:34,480

um no i didn't i mean sometimes i would

1548

00:55:38,390 --> 00:55:35,359

hear that they

1549

00:55:41,349 --> 00:55:38,400

sounded like americans and um

1550

00:55:43,030 --> 00:55:41,359

you know you know spoke english

1551  
00:55:44,390 --> 00:55:43,040  
flawlessly but you know that doesn't

1552  
00:55:45,190 --> 00:55:44,400  
mean they're americans it could be

1553  
00:55:47,670 --> 00:55:45,200  
anybody who

1554  
00:55:49,670 --> 00:55:47,680  
you know doesn't have any an accent from

1555  
00:55:52,309 --> 00:55:49,680  
where they're from or anything

1556  
00:55:52,710 --> 00:55:52,319  
um you know i didn't really see that i i

1557  
00:56:00,309 --> 00:55:52,720  
saw

1558  
00:56:03,109 --> 00:56:00,319  
white doctors um you know white

1559  
00:56:03,589 --> 00:56:03,119  
humans and but some of the doctors

1560  
00:56:05,430 --> 00:56:03,599  
weren't

1561  
00:56:07,030 --> 00:56:05,440  
human they were you know there was one

1562  
00:56:09,270 --> 00:56:07,040  
that looked kind of like a stork but it

1563  
00:56:10,150 --> 00:56:09,280

was standing up and but it was some sort

1564

00:56:13,190 --> 00:56:10,160

of bug

1565

00:56:14,710 --> 00:56:13,200

you know it's funny i mostly saw men and

1566

00:56:17,670 --> 00:56:14,720

i didn't see a lot of women

1567

00:56:20,069 --> 00:56:17,680

so that's one thing um even the

1568

00:56:21,030 --> 00:56:20,079

reptilians the shapeshifters you know

1569

00:56:24,549 --> 00:56:21,040

they would shift

1570

00:56:27,829 --> 00:56:24,559

from you know reptilian to

1571

00:56:31,430 --> 00:56:27,839

you know a man so i don't know

1572

00:56:32,870 --> 00:56:31,440

oh wow so oh that no no that's really

1573

00:56:34,789 --> 00:56:32,880

interesting because

1574

00:56:36,789 --> 00:56:34,799

there's so much there you know it's like

1575

00:56:37,670 --> 00:56:36,799

you don't even know where to start

1576

00:56:39,990 --> 00:56:37,680

because

1577

00:56:41,589 --> 00:56:40,000

so basically they're just the whole

1578

00:56:43,990 --> 00:56:41,599

bottom line is

1579

00:56:44,950 --> 00:56:44,000

uh take you for whatever purposes that

1580

00:56:47,430 --> 00:56:44,960

they feel

1581

00:56:47,990 --> 00:56:47,440

or deem necessary and then bring you

1582

00:56:51,109 --> 00:56:48,000

back

1583

00:56:53,030 --> 00:56:51,119

and sometimes i mean every single time

1584

00:56:54,710 --> 00:56:53,040

with the screen memory or did they

1585

00:56:55,829 --> 00:56:54,720

sometimes slip up and you remember it

1586

00:56:59,510 --> 00:56:55,839

more

1587

00:57:02,069 --> 00:56:59,520

time

1588

00:57:03,109 --> 00:57:02,079

it's completely black since they know

1589

00:57:06,230 --> 00:57:03,119

i'm doing this

1590

00:57:09,510 --> 00:57:06,240

now they you know maybe do an extra step

1591

00:57:11,109 --> 00:57:09,520

and make it completely black but yeah

1592

00:57:14,069 --> 00:57:11,119

there are times when i've woken

1593

00:57:15,589 --> 00:57:14,079

up just as something was happening like

1594

00:57:19,030 --> 00:57:15,599

for instance

1595

00:57:22,150 --> 00:57:19,040

i heard uh recently this is another book

1596

00:57:24,390 --> 00:57:22,160

um you can wake up now lisa and this

1597

00:57:27,270 --> 00:57:24,400

weird you know woman's voice

1598

00:57:28,309 --> 00:57:27,280

and so that made me wonder if that was a

1599

00:57:30,710 --> 00:57:28,319

hypnotic

1600

00:57:32,069 --> 00:57:30,720

you know suggestion that when you hear

1601  
00:57:34,230 --> 00:57:32,079  
my voice

1602  
00:57:35,349 --> 00:57:34,240  
saying you can wake up now lisa then you

1603  
00:57:38,390 --> 00:57:35,359  
wake up

1604  
00:57:41,190 --> 00:57:38,400  
um so yeah i've been in the state

1605  
00:57:43,670 --> 00:57:41,200  
of uh between awaken asleep and

1606  
00:57:45,270 --> 00:57:43,680  
sometimes i'll get some more information

1607  
00:57:47,270 --> 00:57:45,280  
and of course i wrote it all down

1608  
00:57:49,589 --> 00:57:47,280  
because that's the only way you can

1609  
00:57:51,030 --> 00:57:49,599  
you know really you know if you don't

1610  
00:57:52,950 --> 00:57:51,040  
you won't remember it

1611  
00:57:54,309 --> 00:57:52,960  
but if you do then it's just another

1612  
00:57:56,950 --> 00:57:54,319  
piece of the puzzle that you

1613  
00:57:58,950 --> 00:57:56,960

didn't have before so yeah i have gotten

1614

00:58:00,870 --> 00:57:58,960

some information one of the dreams i had

1615

00:58:03,750 --> 00:58:00,880

which was really strange

1616

00:58:05,190 --> 00:58:03,760

but this one felt real as opposed to a

1617

00:58:06,870 --> 00:58:05,200

screen memory because a lot of the

1618

00:58:08,950 --> 00:58:06,880

screen memories are actually stressful

1619

00:58:11,990 --> 00:58:08,960

it seemed to be stress related

1620

00:58:13,750 --> 00:58:12,000

um but this was two doctors

1621

00:58:15,670 --> 00:58:13,760

talking to each other and pointing to

1622

00:58:17,910 --> 00:58:15,680

something that they were looking at

1623

00:58:20,309 --> 00:58:17,920

and they were talking about being doing

1624

00:58:22,789 --> 00:58:20,319

testing on the hippocampus

1625

00:58:23,910 --> 00:58:22,799

and that's you know a part of the brain

1626  
00:58:26,470 --> 00:58:23,920  
and um

1627  
00:58:27,829 --> 00:58:26,480  
so i thought this is important

1628  
00:58:30,549 --> 00:58:27,839  
information

1629  
00:58:31,750 --> 00:58:30,559  
you know somehow i you know got this

1630  
00:58:33,030 --> 00:58:31,760  
information now it could have been a

1631  
00:58:36,630 --> 00:58:33,040  
screen memory

1632  
00:58:38,789 --> 00:58:36,640  
but it made made me want to brown x out

1633  
00:58:41,349 --> 00:58:38,799  
all unnecessary negativity on the

1634  
00:58:42,870 --> 00:58:41,359  
hippocampus right because

1635  
00:58:44,710 --> 00:58:42,880  
that is not something i would have

1636  
00:58:47,829 --> 00:58:44,720  
thought was happening you know

1637  
00:58:50,150 --> 00:58:47,839  
so i mean i think it's really subtle and

1638  
00:58:53,349 --> 00:58:50,160

unfortunately you have to do do your

1639

00:58:55,829 --> 00:58:53,359

work with your stuff for a while

1640

00:58:57,910 --> 00:58:55,839

and i think then you start saying oh my

1641

00:58:59,109 --> 00:58:57,920

gosh that doesn't feel the same as the

1642

00:59:02,470 --> 00:58:59,119

other stuff and

1643

00:59:04,309 --> 00:59:02,480

it might be information uh you can also

1644

00:59:05,750 --> 00:59:04,319

you know then look at that also and

1645

00:59:08,630 --> 00:59:05,760

remote view that too

1646

00:59:09,430 --> 00:59:08,640

but you know you get as much information

1647

00:59:12,950 --> 00:59:09,440

as you can

1648

00:59:16,390 --> 00:59:15,750

um so let me let me cover some things so

1649

00:59:18,630 --> 00:59:16,400

basically

1650

00:59:20,789 --> 00:59:18,640

one of this particular locations you

1651  
00:59:21,430 --> 00:59:20,799  
remember is antarctica the other one she

1652  
00:59:25,109 --> 00:59:21,440  
said

1653  
00:59:27,670 --> 00:59:25,119  
um under under water

1654  
00:59:30,630 --> 00:59:27,680  
in a more of um you said was it just a

1655  
00:59:33,750 --> 00:59:30,640  
huge bubble or was it another facility

1656  
00:59:36,390 --> 00:59:33,760  
it was um it was in antarctica

1657  
00:59:37,829 --> 00:59:36,400  
and in a bubble that was part of another

1658  
00:59:39,829 --> 00:59:37,839  
facility

1659  
00:59:42,069 --> 00:59:39,839  
okay and then the other the other ones

1660  
00:59:44,470 --> 00:59:42,079  
was then also in antarctica but

1661  
00:59:45,750 --> 00:59:44,480  
underground where you just said it was

1662  
00:59:50,230 --> 00:59:45,760  
just

1663  
00:59:52,230 --> 00:59:50,240

brown brown type clothing

1664

00:59:54,230 --> 00:59:52,240

yeah i don't know where that one was i

1665

00:59:55,190 --> 00:59:54,240

kept seeing uh actually it being on the

1666

00:59:58,150 --> 00:59:55,200

moon

1667

00:59:58,630 --> 00:59:58,160

but i don't know if it is um you know

1668

01:00:06,630 --> 00:59:58,640

it's

1669

01:00:09,990 --> 01:00:06,640

it you know it feels really wrong

1670

01:00:11,270 --> 01:00:10,000

and um dark and horrible so when you go

1671

01:00:14,549 --> 01:00:11,280

there you know

1672

01:00:16,870 --> 01:00:14,559

that you've been tortured there and so

1673

01:00:18,789 --> 01:00:16,880

that's what your feeling is whenever i

1674

01:00:20,549 --> 01:00:18,799

went there and i call it torture caves i

1675

01:00:23,910 --> 01:00:20,559

mean that's what i call it

1676

01:00:25,910 --> 01:00:23,920

because that's what it feels like um so

1677

01:00:27,829 --> 01:00:25,920

that is some sort of underground

1678

01:00:28,470 --> 01:00:27,839

facility where they actually have a lot

1679

01:00:30,710 --> 01:00:28,480

of

1680

01:00:31,990 --> 01:00:30,720

buildings that are all in brown i mean

1681

01:00:33,910 --> 01:00:32,000

it's sort of like

1682

01:00:35,829 --> 01:00:33,920

you can't that you can't distinguish one

1683

01:00:36,710 --> 01:00:35,839

from the other one of the things that

1684

01:00:40,069 --> 01:00:36,720

happened to me

1685

01:00:43,270 --> 01:00:40,079

early on was that i recognized that

1686

01:00:46,710 --> 01:00:43,280

there was a long these these these brown

1687

01:00:49,750 --> 01:00:46,720

houses or brown barracks or whatever um

1688

01:00:52,470 --> 01:00:49,760

had very very long hallways and

1689

01:00:53,910 --> 01:00:52,480

um at one point i even realized and

1690

01:00:56,470 --> 01:00:53,920

discovered that there was

1691

01:00:57,109 --> 01:00:56,480

some sort of mylar at the end of one to

1692

01:00:59,030 --> 01:00:57,119

make it look

1693

01:01:01,670 --> 01:00:59,040

extra long but there was something

1694

01:01:03,670 --> 01:01:01,680

behind it and so i looked behind it

1695

01:01:05,030 --> 01:01:03,680

and there was like an escalator or

1696

01:01:08,150 --> 01:01:05,040

something and i could see

1697

01:01:10,470 --> 01:01:08,160

that i was on the moon so you know

1698

01:01:12,390 --> 01:01:10,480

these are you know but after oh that was

1699

01:01:15,190 --> 01:01:12,400

only after going to it a couple of

1700

01:01:16,789 --> 01:01:15,200

you know maybe 50 times that i finally

1701  
01:01:18,549 --> 01:01:16,799  
said you know what there's more to this

1702  
01:01:20,470 --> 01:01:18,559  
there's something funny going on you

1703  
01:01:23,510 --> 01:01:20,480  
know when i look down the hall

1704  
01:01:25,190 --> 01:01:23,520  
i see weird things you know so but

1705  
01:01:27,349 --> 01:01:25,200  
there's also a lot of me

1706  
01:01:28,230 --> 01:01:27,359  
running down the halls and trying to

1707  
01:01:31,510 --> 01:01:28,240  
find a

1708  
01:01:32,150 --> 01:01:31,520  
um office to hide in to escape being

1709  
01:01:35,270 --> 01:01:32,160  
tortured

1710  
01:01:37,510 --> 01:01:35,280  
you know so stuff like that so you

1711  
01:01:40,150 --> 01:01:37,520  
you gotta just look at everything and

1712  
01:01:42,710 --> 01:01:40,160  
just hope you can figure it out

1713  
01:01:43,829 --> 01:01:42,720

these uh different insignias was that

1714

01:01:47,109 --> 01:01:43,839

the the one with

1715

01:01:49,670 --> 01:01:47,119

you said that was a leo constellation

1716

01:01:50,710 --> 01:01:49,680

yeah with a with a lion underneath as a

1717

01:01:54,230 --> 01:01:50,720

picture

1718

01:01:58,309 --> 01:01:54,240

sorry um it was like the um

1719

01:02:01,670 --> 01:01:58,319

horoscope um leo symbol

1720

01:02:04,789 --> 01:02:01,680

and with a one lot one thin line l i n e

1721

01:02:06,069 --> 01:02:04,799

underneath oh i see okay got it okay

1722

01:02:07,829 --> 01:02:06,079

thanks for clarifying that

1723

01:02:09,670 --> 01:02:07,839

and so was that was that the only one

1724

01:02:12,710 --> 01:02:09,680

that you've seen or were they

1725

01:02:16,230 --> 01:02:12,720

were there um one like

1726

01:02:19,349 --> 01:02:16,240

vw on its side

1727

01:02:21,349 --> 01:02:19,359

on the pointing with the large points

1728

01:02:22,549 --> 01:02:21,359

going one direction or the other i can't

1729

01:02:23,270 --> 01:02:22,559

remember because i haven't seen it in a

1730

01:02:26,630 --> 01:02:23,280

while

1731

01:02:29,750 --> 01:02:26,640

with dots in the v part so

1732

01:02:33,670 --> 01:02:29,760

so in the vw there are dots

1733

01:02:38,710 --> 01:02:33,680

in the vw in the fat part

1734

01:02:42,230 --> 01:02:41,589

one more time you said so the vw is to

1735

01:02:46,150 --> 01:02:42,240

to

1736

01:02:49,910 --> 01:02:46,160

remember

1737

01:02:58,309 --> 01:02:49,920

uh exactly but um it which way it

1738

01:03:01,990 --> 01:03:00,069

can you see that i will uh you know

1739

01:03:04,470 --> 01:03:02,000

later on when i when i edit i'll try

1740

01:03:05,430 --> 01:03:04,480

to get it sharpened up or take more of a

1741

01:03:07,430 --> 01:03:05,440

still from it

1742

01:03:08,870 --> 01:03:07,440

and then okay blow that up maybe but

1743

01:03:09,670 --> 01:03:08,880

thanks for drawing that out that that

1744

01:03:12,470 --> 01:03:09,680

helps

1745

01:03:12,789 --> 01:03:12,480

okay and then there's one more there's

1746

01:03:16,470 --> 01:03:12,799

uh

1747

01:03:18,549 --> 01:03:16,480

actually um

1748

01:03:20,470 --> 01:03:18,559

oh shoot i'm not good at drawing i'm

1749

01:03:25,349 --> 01:03:20,480

taking a drawing class so that hopefully

1750

01:03:35,670 --> 01:03:31,589

there's one that looks kind of like a

1751

01:03:39,109 --> 01:03:35,680

uh a dna symbol

1752

01:03:41,829 --> 01:03:39,119

and um with dots in it can you see that

1753

01:03:43,109 --> 01:03:41,839

yes yes if that's perfect perfect shot

1754

01:03:45,829 --> 01:03:43,119

right there

1755

01:03:47,190 --> 01:03:45,839

so is all three different ones or is it

1756

01:03:49,589 --> 01:03:47,200

just a combination

1757

01:03:51,270 --> 01:03:49,599

okay all three different ones so some

1758

01:03:53,510 --> 01:03:51,280

people would have some of those

1759

01:03:55,109 --> 01:03:53,520

the others would have the other two okay

1760

01:03:57,589 --> 01:03:55,119

right or the other three

1761

01:03:58,950 --> 01:03:57,599

on based on the sheet yeah and then

1762

01:04:03,430 --> 01:03:58,960

there's one more

1763

01:04:07,990 --> 01:04:03,440

that was like this it was like a carrot

1764

01:04:11,670 --> 01:04:08,000

with a line underneath it okay

1765

01:04:13,829 --> 01:04:11,680

so those are the ones i was seeing

1766

01:04:15,510 --> 01:04:13,839

but i didn't uh i've stopped seeing

1767

01:04:16,789 --> 01:04:15,520

those so i don't know if that means that

1768

01:04:19,270 --> 01:04:16,799

those ones are gone

1769

01:04:20,470 --> 01:04:19,280

or if they realize that i was seeing the

1770

01:04:23,029 --> 01:04:20,480

insignias

1771

01:04:23,829 --> 01:04:23,039

and that they needed to stop you know

1772

01:04:26,309 --> 01:04:23,839

make sure they

1773

01:04:27,750 --> 01:04:26,319

don't have those on i have more plain

1774

01:04:29,990 --> 01:04:27,760

clothes

1775

01:04:31,670 --> 01:04:30,000

when they take me i'm not really sure

1776

01:04:34,150 --> 01:04:31,680

but

1777

01:04:35,190 --> 01:04:34,160

so lisa what do you what do you think

1778

01:04:37,190 --> 01:04:35,200

what do you think this

1779

01:04:38,870 --> 01:04:37,200

all of this is heading to you know

1780

01:04:41,670 --> 01:04:38,880

obviously it's been happening for

1781

01:04:42,069 --> 01:04:41,680

decades in your case right and so what

1782

01:04:46,309 --> 01:04:42,079

do you

1783

01:04:48,230 --> 01:04:46,319

ultimate goal is i mean besides just

1784

01:04:50,230 --> 01:04:48,240

you know what maybe creating some kind

1785

01:04:51,270 --> 01:04:50,240

of hybrids on their own maybe some kind

1786

01:04:53,910 --> 01:04:51,280

of um

1787

01:04:55,750 --> 01:04:53,920

um you know difference into

1788

01:04:58,950 --> 01:04:55,760

inter-species breeding

1789

01:04:59,430 --> 01:04:58,960

what are your thoughts um i actually

1790

01:05:02,549 --> 01:04:59,440

have had

1791

01:05:04,549 --> 01:05:02,559

many thoughts sometimes i have a theory

1792

01:05:06,870 --> 01:05:04,559

and then it goes sideways but

1793

01:05:08,390 --> 01:05:06,880

um and that'll happen so don't be afraid

1794

01:05:11,589 --> 01:05:08,400

of that if that happens to you

1795

01:05:12,390 --> 01:05:11,599

um i think that they have many it's sort

1796

01:05:14,710 --> 01:05:12,400

of like many

1797

01:05:15,510 --> 01:05:14,720

projects going on all at the same time

1798

01:05:16,950 --> 01:05:15,520

sort of like

1799

01:05:18,950 --> 01:05:16,960

product project i don't know if you

1800

01:05:22,069 --> 01:05:18,960

heard of some of these but project

1801

01:05:26,069 --> 01:05:22,079

monarch is one and they had like 19

1802

01:05:28,069 --> 01:05:26,079

or 119 um projects underneath it where

1803

01:05:31,270 --> 01:05:28,079

they're trying out different things

1804

01:05:32,710 --> 01:05:31,280

um so i think that they have so many

1805

01:05:35,190 --> 01:05:32,720

projects going on

1806

01:05:35,829 --> 01:05:35,200

and it depends you know somebody can be

1807

01:05:38,390 --> 01:05:35,839

in one

1808

01:05:39,670 --> 01:05:38,400

program and then another program you

1809

01:05:41,910 --> 01:05:39,680

know so like maybe

1810

01:05:43,910 --> 01:05:41,920

you know when i'm being taken i was

1811

01:05:46,309 --> 01:05:43,920

being taken four times a night

1812

01:05:47,349 --> 01:05:46,319

now i think i'm only being taken twice a

1813

01:05:49,910 --> 01:05:47,359

night

1814

01:05:51,270 --> 01:05:49,920

um so theoretically speaking i could see

1815

01:05:54,230 --> 01:05:51,280

that i was in different

1816

01:05:55,990 --> 01:05:54,240

programs i think i was in the program of

1817

01:05:58,069 --> 01:05:56,000

learning to breathe underwater

1818

01:05:59,829 --> 01:05:58,079

program and i don't know what that would

1819

01:06:02,630 --> 01:05:59,839

be called but

1820

01:06:04,150 --> 01:06:02,640

and i think i was maybe i have implants

1821

01:06:07,349 --> 01:06:04,160

in both of my eyes

1822

01:06:09,750 --> 01:06:07,359

so and they glow and they annoy me

1823

01:06:10,630 --> 01:06:09,760

and also people look through them i can

1824

01:06:12,870 --> 01:06:10,640

feel like i'm

1825

01:06:15,190 --> 01:06:12,880

someone's looking through my eyes so

1826  
01:06:17,109 --> 01:06:15,200  
maybe project eyeball was another one

1827  
01:06:20,549 --> 01:06:17,119  
you know what i mean so i think

1828  
01:06:22,950 --> 01:06:20,559  
it feels like they're you know i'm so

1829  
01:06:24,950 --> 01:06:22,960  
one of multiple programs and

1830  
01:06:27,990 --> 01:06:24,960  
unfortunately that means that i'm

1831  
01:06:30,549 --> 01:06:28,000  
you know that's probably why that i've

1832  
01:06:31,510 --> 01:06:30,559  
been this been going on for so long you

1833  
01:06:33,670 --> 01:06:31,520  
know maybe they were

1834  
01:06:35,750 --> 01:06:33,680  
i was under project clone you know i

1835  
01:06:37,510 --> 01:06:35,760  
don't know just listening to all of that

1836  
01:06:41,589 --> 01:06:37,520  
it almost seems like that

1837  
01:06:43,589 --> 01:06:41,599  
the humans have somehow gotten hold of

1838  
01:06:44,630 --> 01:06:43,599

some kind of information or we're given

1839

01:06:47,510 --> 01:06:44,640

some information

1840

01:06:48,549 --> 01:06:47,520

some more advanced uh genetic uh

1841

01:06:51,349 --> 01:06:48,559

knowledge about

1842

01:06:52,870 --> 01:06:51,359

how to do better gene splicing or

1843

01:06:54,630 --> 01:06:52,880

something and so they're like hey let's

1844

01:06:56,549 --> 01:06:54,640

go crazy with this

1845

01:06:58,870 --> 01:06:56,559

yes i agree i think that's one of the

1846

01:07:01,109 --> 01:06:58,880

things and since the ets are working

1847

01:07:03,029 --> 01:07:01,119

with them i agree i think they know a

1848

01:07:05,270 --> 01:07:03,039

lot more than they're saying

1849

01:07:07,109 --> 01:07:05,280

and a lot more science and a lot more

1850

01:07:08,230 --> 01:07:07,119

everything but they're just not letting

1851  
01:07:10,549 --> 01:07:08,240  
it out

1852  
01:07:11,750 --> 01:07:10,559  
one thing i wanted to say which kind of

1853  
01:07:14,870 --> 01:07:11,760  
goes with this

1854  
01:07:17,589 --> 01:07:14,880  
is my husband is very sciencey and

1855  
01:07:19,190 --> 01:07:17,599  
um about last year i was reading a book

1856  
01:07:21,109 --> 01:07:19,200  
on north korea

1857  
01:07:22,710 --> 01:07:21,119  
and i thought how sad those people they

1858  
01:07:25,029 --> 01:07:22,720  
don't know anything you know their

1859  
01:07:26,630 --> 01:07:25,039  
their information is restricted and then

1860  
01:07:28,309 --> 01:07:26,640  
i realized i was reading that to know

1861  
01:07:31,190 --> 01:07:28,319  
that i am also you know

1862  
01:07:33,029 --> 01:07:31,200  
our i think our information is just as

1863  
01:07:34,230 --> 01:07:33,039

restricted as north korea is except that

1864

01:07:36,309 --> 01:07:34,240

we don't know it

1865

01:07:38,710 --> 01:07:36,319

you know so i think that unfortunately a

1866

01:07:40,549 --> 01:07:38,720

lot of us ufo people or the people that

1867

01:07:42,789 --> 01:07:40,559

are being taken every night

1868

01:07:44,390 --> 01:07:42,799

we know all too well that there's a lot

1869

01:07:46,390 --> 01:07:44,400

more things going on

1870

01:07:47,589 --> 01:07:46,400

that we you know the general public

1871

01:07:49,750 --> 01:07:47,599

isn't aware of

1872

01:07:51,589 --> 01:07:49,760

and we don't even know what we don't

1873

01:07:53,750 --> 01:07:51,599

know you know there's so much stuff

1874

01:07:57,029 --> 01:07:53,760

going on

1875

01:07:58,710 --> 01:07:57,039

right no i agree i agree i just um

1876

01:08:00,789 --> 01:07:58,720

you know it's one of these things it's

1877

01:08:02,950 --> 01:08:00,799

it's easy or enough already

1878

01:08:04,950 --> 01:08:02,960

by by giving people sm little

1879

01:08:05,750 --> 01:08:04,960

information to get them confused enough

1880

01:08:09,750 --> 01:08:05,760

and keep them

1881

01:08:12,069 --> 01:08:09,760

i guess unaware of certain things but um

1882

01:08:13,829 --> 01:08:12,079

how in the world can something like this

1883

01:08:15,910 --> 01:08:13,839

ever come out in the open when you

1884

01:08:17,590 --> 01:08:15,920

think about it does this will really

1885

01:08:18,630 --> 01:08:17,600

screw with their minds especially if

1886

01:08:21,749 --> 01:08:18,640

they're already

1887

01:08:24,390 --> 01:08:21,759

in this smaller bubble to begin with

1888

01:08:26,709 --> 01:08:24,400

yeah i agree and i wonder too about the

1889

01:08:28,390 --> 01:08:26,719

um whole the whole ufo thing suddenly is

1890

01:08:30,149 --> 01:08:28,400

you know popped up and they're like yeah

1891

01:08:31,189 --> 01:08:30,159

you're right we've been lying to you all

1892

01:08:33,749 --> 01:08:31,199

these years

1893

01:08:35,910 --> 01:08:33,759

um you know i hope that gives all of us

1894

01:08:36,789 --> 01:08:35,920

abductees a little bit more status

1895

01:08:38,229 --> 01:08:36,799

because

1896

01:08:40,390 --> 01:08:38,239

you know we've been saying this for

1897

01:08:42,550 --> 01:08:40,400

years and we've been um you know

1898

01:08:45,030 --> 01:08:42,560

ridiculed and you know putting us in

1899

01:08:46,950 --> 01:08:45,040

insane asylums and that kind of thing

1900

01:08:48,149 --> 01:08:46,960

and all that for the benefit for

1901

01:08:49,349 --> 01:08:48,159

everyone else but

1902

01:08:50,789 --> 01:08:49,359

you know they don't they don't see it

1903

01:08:52,950 --> 01:08:50,799

that way because hey they're not

1904

01:08:54,870 --> 01:08:52,960

experiencing so it must be you you and

1905

01:08:57,110 --> 01:08:54,880

you you're the crazy one

1906

01:08:58,470 --> 01:08:57,120

yeah actually somebody said to me um

1907

01:09:01,510 --> 01:08:58,480

fairly recently well why

1908

01:09:03,669 --> 01:09:01,520

you that's like well

1909

01:09:05,669 --> 01:09:03,679

i'm not the only one you know there are

1910

01:09:08,149 --> 01:09:05,679

many of us so

1911

01:09:08,709 --> 01:09:08,159

yeah i i'm really interested to see you

1912

01:09:11,030 --> 01:09:08,719

know

1913

01:09:12,550 --> 01:09:11,040

the us recently had their space force

1914

01:09:13,030 --> 01:09:12,560

and you know what is that really all

1915

01:09:15,189 --> 01:09:13,040

about

1916

01:09:16,229 --> 01:09:15,199

what are they really fearful of what's

1917

01:09:17,749 --> 01:09:16,239

about to happen

1918

01:09:19,669 --> 01:09:17,759

so i think they had to come out with the

1919

01:09:21,669 --> 01:09:19,679

ufo stuff being real

1920

01:09:23,110 --> 01:09:21,679

because it seems like something's about

1921

01:09:25,910 --> 01:09:23,120

to happen

1922

01:09:27,349 --> 01:09:25,920

well how quickly do you really think

1923

01:09:30,630 --> 01:09:27,359

this can unravel because

1924

01:09:33,829 --> 01:09:30,640

my thoughts um you know were that

1925

01:09:34,149 --> 01:09:33,839

where they are now is where most of us

1926

01:09:36,870 --> 01:09:34,159

were

1927

01:09:37,189 --> 01:09:36,880

20 30 years ago you know and i think

1928

01:09:41,749 --> 01:09:37,199

they

1929

01:09:44,390 --> 01:09:41,759

and i for example discussing today

1930

01:09:46,390 --> 01:09:44,400

it would have to literally be more and

1931

01:09:48,149 --> 01:09:46,400

more about lights in the sky and maybe

1932

01:09:50,470 --> 01:09:48,159

two three years worth of that

1933

01:09:51,829 --> 01:09:50,480

you know and then all of the sudden you

1934

01:09:53,510 --> 01:09:51,839

know there was a sign of

1935

01:09:55,110 --> 01:09:53,520

sighting of maybe a landing i don't know

1936

01:09:56,790 --> 01:09:55,120

i'm just guessing at this point right

1937

01:09:59,030 --> 01:09:56,800

you know and then you know two three

1938

01:10:00,709 --> 01:09:59,040

years of that you know and then finally

1939

01:10:01,270 --> 01:10:00,719

kind of getting to more and more to

1940

01:10:03,750 --> 01:10:01,280

where

1941

01:10:05,430 --> 01:10:03,760

you know when you're already you know 20

1942

01:10:07,350 --> 01:10:05,440

30 years into it oh

1943

01:10:08,550 --> 01:10:07,360

so 60 years ago they were doing this

1944

01:10:10,470 --> 01:10:08,560

experience and then they

1945

01:10:12,709 --> 01:10:10,480

just kind of like okay let's move on you

1946

01:10:14,470 --> 01:10:12,719

know right yeah

1947

01:10:16,070 --> 01:10:14,480

i i agree with you i don't know how it's

1948

01:10:18,630 --> 01:10:16,080

going to unravel but i feel like they're

1949

01:10:20,470 --> 01:10:18,640

doing it for as a preemptive strike

1950

01:10:22,470 --> 01:10:20,480

like they're saying okay you know you

1951

01:10:24,870 --> 01:10:22,480

caught us we really have all this and

1952

01:10:26,790 --> 01:10:24,880

this is why we have the space force and

1953

01:10:28,950 --> 01:10:26,800

it's sort of like to put the narrative

1954

01:10:30,709 --> 01:10:28,960

in place first that's how i see it

1955

01:10:32,470 --> 01:10:30,719

right no i think you're right because i

1956

01:10:33,110 --> 01:10:32,480

mean the whole job of government is to

1957

01:10:35,510 --> 01:10:33,120

always

1958

01:10:37,350 --> 01:10:35,520

stay in authority and if you all of the

1959

01:10:38,790 --> 01:10:37,360

sudden are not in authority and it

1960

01:10:40,470 --> 01:10:38,800

doesn't come through you

1961

01:10:42,149 --> 01:10:40,480

you know not very many people are going

1962

01:10:44,070 --> 01:10:42,159

to follow what you have to say

1963

01:10:46,070 --> 01:10:44,080

so of course they want to have this you

1964

01:10:47,910 --> 01:10:46,080

know hey we told you about this first

1965

01:10:49,669 --> 01:10:47,920

we're working on this you just let us

1966

01:10:52,470 --> 01:10:49,679

get to this we'll tell you

1967

01:10:53,030 --> 01:10:52,480

what you need to know so that very well

1968

01:10:57,669 --> 01:10:53,040

could

1969

01:11:00,550 --> 01:10:57,679

get it past them

1970

01:11:00,870 --> 01:11:00,560

i agree but i wonder too if all these

1971

01:11:03,030 --> 01:11:00,880

other

1972

01:11:05,110 --> 01:11:03,040

unmanned spacecraft are manned you know

1973

01:11:07,189 --> 01:11:05,120

the tesla and all these different

1974

01:11:09,350 --> 01:11:07,199

is really the reason that they're having

1975

01:11:10,950 --> 01:11:09,360

to hurry because they're realizing they

1976

01:11:13,430 --> 01:11:10,960

can't keep that cap

1977

01:11:15,990 --> 01:11:13,440

on the information anymore and like what

1978

01:11:16,709 --> 01:11:16,000

if i read a book recently by ingo swann

1979

01:11:19,990 --> 01:11:16,719

about

1980

01:11:20,310 --> 01:11:20,000

the moon having a an alien race on it

1981

01:11:23,990 --> 01:11:20,320

that

1982

01:11:25,510 --> 01:11:24,000

has psychic abilities like telepathy

1983

01:11:26,870 --> 01:11:25,520

and it was really interesting the way

1984

01:11:28,550 --> 01:11:26,880

they were showing you know all the

1985

01:11:29,189 --> 01:11:28,560

different pictures of the moon and how

1986

01:11:32,149 --> 01:11:29,199

we never

1987

01:11:33,669 --> 01:11:32,159

have any hd photos of the moon they're

1988

01:11:36,390 --> 01:11:33,679

all blurry

1989

01:11:38,390 --> 01:11:36,400

and so when you know these people are

1990

01:11:39,270 --> 01:11:38,400

going up in their spacecraft that are

1991

01:11:41,510 --> 01:11:39,280

not nasa

1992

01:11:43,669 --> 01:11:41,520

how are they going to keep a cap on

1993

01:11:47,030 --> 01:11:43,679

what's really going on on the moon's

1994

01:11:48,229 --> 01:11:47,040

other side you know or whatever right

1995

01:11:50,149 --> 01:11:48,239

yeah because that's always been the

1996

01:11:51,030 --> 01:11:50,159

speculation what is on the dark side of

1997

01:11:53,030 --> 01:11:51,040

the moon

1998

01:11:54,070 --> 01:11:53,040

you know there's sometimes there's

1999

01:11:55,990 --> 01:11:54,080

rumors of

2000

01:11:57,830 --> 01:11:56,000

what some astronauts have talked about

2001

01:12:00,550 --> 01:11:57,840

but then again you know i don't know

2002

01:12:02,310 --> 01:12:00,560

it can't be substantiated because again

2003

01:12:03,510 --> 01:12:02,320

it's just rumors online but it's

2004

01:12:05,430 --> 01:12:03,520

interesting to know

2005

01:12:06,950 --> 01:12:05,440

what i always did is when it comes to

2006

01:12:08,390 --> 01:12:06,960

any kind of information i would always

2007

01:12:08,950 --> 01:12:08,400

take it and put it in the back of my

2008

01:12:10,790 --> 01:12:08,960

mind

2009

01:12:13,110 --> 01:12:10,800

so that when i'm actually faced with it

2010

01:12:13,830 --> 01:12:13,120

one day then i know oh i have something

2011

01:12:17,910 --> 01:12:13,840

to

2012

01:12:20,709 --> 01:12:17,920

just something i heard that

2013

01:12:22,550 --> 01:12:20,719

either i never came across that info or

2014

01:12:24,709 --> 01:12:22,560

it's just not true you know

2015

01:12:26,709 --> 01:12:24,719

but but to just kind of block it out and

2016

01:12:27,270 --> 01:12:26,719

just say forget about this and just you

2017

01:12:31,750 --> 01:12:27,280

know

2018

01:12:34,149 --> 01:12:31,760

i feel like i'm doing

2019

01:12:35,270 --> 01:12:34,159

doing a disservice to myself because

2020

01:12:37,590 --> 01:12:35,280

wouldn't you want to be

2021

01:12:38,550 --> 01:12:37,600

more well well-versed in certain

2022

01:12:40,550 --> 01:12:38,560

subjects know

2023

01:12:41,910 --> 01:12:40,560

more about certain things you know than

2024

01:12:43,030 --> 01:12:41,920

to just say oh i don't want to hear

2025

01:12:45,750 --> 01:12:43,040

about it that's crazy

2026

01:12:46,310 --> 01:12:45,760

let's move on yeah well i really think

2027

01:12:49,110 --> 01:12:46,320

that

2028

01:12:49,750 --> 01:12:49,120

a lot of people especially those are

2029

01:12:52,550 --> 01:12:49,760

anti

2030

01:12:53,430 --> 01:12:52,560

you know abductee or whatever they just

2031

01:12:54,790 --> 01:12:53,440

don't really

2032

01:12:57,830 --> 01:12:54,800

either they don't have time in their

2033

01:13:00,070 --> 01:12:57,840

life for it or they just don't

2034

01:13:01,030 --> 01:13:00,080

they really believe all the scientists

2035

01:13:03,590 --> 01:13:01,040

and you know

2036

01:13:05,189 --> 01:13:03,600

i think that's unfortunate because

2037

01:13:06,790 --> 01:13:05,199

they're just their mind isn't open but

2038

01:13:08,550 --> 01:13:06,800

they don't know it they think they are

2039

01:13:10,870 --> 01:13:08,560

open-minded so

2040

01:13:12,470 --> 01:13:10,880

it's i mean in a way i think this whole

2041

01:13:15,270 --> 01:13:12,480

ufo thing becoming

2042

01:13:16,630 --> 01:13:15,280

you know more you know the government

2043

01:13:18,950 --> 01:13:16,640

finally admitting it

2044

01:13:20,390 --> 01:13:18,960

i think that that's really helpful um

2045

01:13:23,590 --> 01:13:20,400

for most people

2046

01:13:25,189 --> 01:13:23,600

right because then they realized that

2047

01:13:27,910 --> 01:13:25,199

the government didn't tell them

2048

01:13:28,630 --> 01:13:27,920

this until now and it's been going on

2049

01:13:32,870 --> 01:13:28,640

forever

2050

01:13:35,189 --> 01:13:32,880

so talking about trust issues yeah

2051

01:13:37,110 --> 01:13:35,199

exactly and so i think you know

2052

01:13:38,950 --> 01:13:37,120

unfortunately i didn't consent to this

2053

01:13:40,550 --> 01:13:38,960

um i mean if this was happening to me

2054

01:13:41,669 --> 01:13:40,560

when i was a little girl and maybe even

2055

01:13:44,709 --> 01:13:41,679

a baby

2056

01:13:46,550 --> 01:13:44,719

um i didn't consent to this and so for

2057

01:13:47,669 --> 01:13:46,560

the government to be turning a blind eye

2058

01:13:50,070 --> 01:13:47,679

at it you know

2059

01:13:51,750 --> 01:13:50,080

that doesn't make me feel very trustful

2060

01:13:53,990 --> 01:13:51,760

of them

2061

01:13:55,430 --> 01:13:54,000

well this i mean i was going to say this

2062

01:13:57,030 --> 01:13:55,440

might be a bit late in the interview but

2063

01:13:57,750 --> 01:13:57,040

i guess it's never too late to ask more

2064

01:14:01,030 --> 01:13:57,760

questions

2065

01:14:03,030 --> 01:14:01,040

how was your family aware of what was

2066

01:14:06,310 --> 01:14:03,040

going on

2067

01:14:08,070 --> 01:14:06,320

well as you were growing up no

2068

01:14:09,990 --> 01:14:08,080

because when i would have these strange

2069

01:14:12,709 --> 01:14:10,000

experiences i wouldn't

2070

01:14:14,310 --> 01:14:12,719

you know it was i didn't really know

2071

01:14:16,870 --> 01:14:14,320

what to call it and you know

2072

01:14:18,470 --> 01:14:16,880

i my parents were you know both worked

2073

01:14:20,070 --> 01:14:18,480

and they just didn't have time for that

2074

01:14:23,110 --> 01:14:20,080

and so i actually never talked to

2075

01:14:24,390 --> 01:14:23,120

anyone about it um until you know it was

2076

01:14:27,430 --> 01:14:24,400

happening to me and i would stay

2077

01:14:28,470 --> 01:14:27,440

stay with my sister at her house um but

2078

01:14:29,990 --> 01:14:28,480

um

2079

01:14:31,510 --> 01:14:30,000

you know then i would talk about it

2080

01:14:33,990 --> 01:14:31,520

because i needed her permission to use

2081

01:14:36,709 --> 01:14:34,000

her name in my book for one thing but

2082

01:14:37,990 --> 01:14:36,719

um but no i really didn't talk about it

2083

01:14:39,110 --> 01:14:38,000

and some of the things that would happen

2084

01:14:41,910 --> 01:14:39,120

to me were so

2085

01:14:43,750 --> 01:14:41,920

um sporadic like for instance you know i

2086

01:14:45,750 --> 01:14:43,760

at 10 i kept having a daydream that

2087

01:14:47,669 --> 01:14:45,760

would happen over and over for seven

2088

01:14:49,430 --> 01:14:47,679

nights and then it would come true

2089

01:14:50,950 --> 01:14:49,440

and i didn't know what to call that i

2090

01:14:53,189 --> 01:14:50,960

mean

2091

01:14:54,229 --> 01:14:53,199

it was unusual and i also thought i was

2092

01:14:56,070 --> 01:14:54,239

causing it

2093

01:14:58,070 --> 01:14:56,080

you know and then it happened again when

2094

01:14:59,750 --> 01:14:58,080

i was 16 that same thing

2095

01:15:01,430 --> 01:14:59,760

i kept having a daydream that i was

2096

01:15:03,189 --> 01:15:01,440

moving to a foreign country

2097

01:15:04,870 --> 01:15:03,199

and then i didn't want it to happen

2098

01:15:07,430 --> 01:15:04,880

because i moved every

2099

01:15:08,390 --> 01:15:07,440

every year or every two years and my um

2100

01:15:11,110 --> 01:15:08,400

and i was about to

2101  
01:15:11,590 --> 01:15:11,120  
go into my senior year of high school

2102  
01:15:14,630 --> 01:15:11,600  
and i

2103  
01:15:16,550 --> 01:15:14,640  
certainly didn't want that to happen so

2104  
01:15:17,750 --> 01:15:16,560  
i was praying that it wouldn't happen

2105  
01:15:20,950 --> 01:15:17,760  
and then it did then i

2106  
01:15:24,070 --> 01:15:20,960  
ended up moving to the philippines so

2107  
01:15:26,950 --> 01:15:24,080  
you know those two things one when i was

2108  
01:15:27,430 --> 01:15:26,960  
10 10 and one when i was 16 six years

2109  
01:15:29,590 --> 01:15:27,440  
later

2110  
01:15:32,149 --> 01:15:29,600  
i mean what do you call that i mean i

2111  
01:15:34,310 --> 01:15:32,159  
just tucked it away as a thing that

2112  
01:15:36,390 --> 01:15:34,320  
i had no idea what was happening i

2113  
01:15:37,990 --> 01:15:36,400

didn't know what to call it

2114

01:15:39,750 --> 01:15:38,000

and occasionally i would have prophetic

2115

01:15:41,430 --> 01:15:39,760

dreams you know

2116

01:15:42,790 --> 01:15:41,440

um that that would come true the next

2117

01:15:44,870 --> 01:15:42,800

day so these are just

2118

01:15:46,149 --> 01:15:44,880

isolated weird incidences that i

2119

01:15:48,070 --> 01:15:46,159

couldn't even

2120

01:15:49,270 --> 01:15:48,080

describe very well you know especially

2121

01:15:52,390 --> 01:15:49,280

when you're a little kid

2122

01:15:55,830 --> 01:15:52,400

you know trying to explain

2123

01:15:59,110 --> 01:15:55,840

what that meant you know so

2124

01:16:01,750 --> 01:15:59,120

i did not right did uh

2125

01:16:02,550 --> 01:16:01,760

did at any point you said you discovered

2126

01:16:05,910 --> 01:16:02,560

more did you

2127

01:16:07,350 --> 01:16:05,920

did you say psychic medium later on yes

2128

01:16:10,070 --> 01:16:07,360

yes i did

2129

01:16:10,550 --> 01:16:10,080

did any of that maybe come in as a handy

2130

01:16:12,390 --> 01:16:10,560

tool

2131

01:16:13,910 --> 01:16:12,400

during some of the abductions or not

2132

01:16:19,510 --> 01:16:13,920

really

2133

01:16:21,669 --> 01:16:19,520

you know it didn't seem to help me when

2134

01:16:23,590 --> 01:16:21,679

i needed it one of the things that i was

2135

01:16:25,510 --> 01:16:23,600

working with with the medium was turning

2136

01:16:28,709 --> 01:16:25,520

it off and turning it on

2137

01:16:33,350 --> 01:16:28,719

you know kind of like a dial on a radio

2138

01:16:36,470 --> 01:16:33,360

and i you know i just

2139

01:16:38,870 --> 01:16:36,480

no i never used it but i i did

2140

01:16:40,950 --> 01:16:38,880

i do think being with aliens helped me

2141

01:16:43,110 --> 01:16:40,960

with my psychic-ness but i don't think

2142

01:16:45,350 --> 01:16:43,120

my psychic-ness helped me with you know

2143

01:16:48,630 --> 01:16:45,360

them for instance

2144

01:16:49,910 --> 01:16:48,640

i see so lisa is there anything else

2145

01:16:52,790 --> 01:16:49,920

that you would like to

2146

01:16:54,630 --> 01:16:52,800

uh cover or get into that i might not

2147

01:16:59,110 --> 01:16:54,640

know to ask you

2148

01:16:59,120 --> 01:17:03,910

i just want to say that um

2149

01:17:07,350 --> 01:17:06,550

that oh i wanted to say that i do use

2150

01:17:11,830 --> 01:17:07,360

something called

2151

01:17:17,189 --> 01:17:11,840

allahi l-a-h-o-c-h-i

2152

01:17:20,310 --> 01:17:17,199

it is a um it's a healing modality

2153

01:17:22,390 --> 01:17:20,320

and it's actually hands-on healing um i

2154

01:17:24,229 --> 01:17:22,400

used it after abduction

2155

01:17:25,510 --> 01:17:24,239

because i found that i would be awake

2156

01:17:28,870 --> 01:17:25,520

for hours

2157

01:17:31,110 --> 01:17:28,880

i don't know if are you in a ducty too

2158

01:17:32,550 --> 01:17:31,120

i would i consider myself a contactee

2159

01:17:35,110 --> 01:17:32,560

but not no

2160

01:17:36,310 --> 01:17:35,120

yeah gotcha i got my own story but

2161

01:17:37,669 --> 01:17:36,320

that's a different

2162

01:17:39,270 --> 01:17:37,679

difference i know that's what i think

2163

01:17:40,870 --> 01:17:39,280

it's so funny i wrote a book to meet my

2164

01:17:43,270 --> 01:17:40,880

people and i'm meeting him every time i

2165

01:17:46,550 --> 01:17:43,280

go on a podcast

2166

01:17:48,870 --> 01:17:46,560

um so it's kind of cool but um

2167

01:17:50,149 --> 01:17:48,880

so one thing i found was when i was in

2168

01:17:53,189 --> 01:17:50,159

healing i took a class

2169

01:17:56,310 --> 01:17:53,199

angelic and i also took la ho chi

2170

01:17:58,070 --> 01:17:56,320

and you can go find it at lahochi.com um

2171

01:18:00,470 --> 01:17:58,080

basically it's hands-on healing

2172

01:18:02,310 --> 01:18:00,480

and they have hand positions that you

2173

01:18:05,270 --> 01:18:02,320

can use on your own body

2174

01:18:05,990 --> 01:18:05,280

and it really helped me a lot uh during

2175

01:18:10,709 --> 01:18:06,000

um

2176

01:18:13,030 --> 01:18:10,719

because i just would be either wired or

2177

01:18:15,750 --> 01:18:13,040

couldn't sleep so i would just

2178

01:18:17,669 --> 01:18:15,760

use that and i would put it put my hands

2179

01:18:20,390 --> 01:18:17,679

you know like you know on my head or

2180

01:18:21,750 --> 01:18:20,400

you know where on all the there are four

2181

01:18:24,149 --> 01:18:21,760

different hand positions for

2182

01:18:25,270 --> 01:18:24,159

self-healing and it really helped and i

2183

01:18:28,310 --> 01:18:25,280

think everyone has

2184

01:18:29,830 --> 01:18:28,320

should do it um just to take care of

2185

01:18:32,790 --> 01:18:29,840

yourself after an abduction

2186

01:18:34,390 --> 01:18:32,800

um meditation really helped help me and

2187

01:18:37,750 --> 01:18:34,400

one of the things i used

2188

01:18:38,709 --> 01:18:37,760

was a copper pyramid that i made and in

2189

01:18:41,189 --> 01:18:38,719

the book there is

2190

01:18:42,870 --> 01:18:41,199

instructions for making a copper pyramid

2191

01:18:44,709 --> 01:18:42,880

uh making your own and

2192

01:18:45,990 --> 01:18:44,719

the copper pyramid sort of acts like a

2193

01:18:48,709 --> 01:18:46,000

funnel for

2194

01:18:49,669 --> 01:18:48,719

for the information to get to you and

2195

01:18:52,070 --> 01:18:49,679

it's really helpful

2196

01:18:53,990 --> 01:18:52,080

um meditation doesn't have to be about

2197

01:18:55,189 --> 01:18:54,000

clearing your mind and sitting still and

2198

01:18:57,110 --> 01:18:55,199

trying to keep those

2199

01:18:59,430 --> 01:18:57,120

pesky thoughts out of your mind you can

2200

01:19:02,229 --> 01:18:59,440

also use guided meditations and i

2201

01:19:03,750 --> 01:19:02,239

listed a couple in my book too that's

2202

01:19:07,270 --> 01:19:03,760

very very helpful

2203

01:19:10,390 --> 01:19:07,280

and just helps you know you feel calm

2204

01:19:13,030 --> 01:19:10,400

oh uh one other things is that um

2205

01:19:13,910 --> 01:19:13,040

the quicker you can use your lose your

2206

01:19:17,430 --> 01:19:13,920

fear

2207

01:19:20,870 --> 01:19:17,440

of your abductors uh the better because

2208

01:19:24,070 --> 01:19:20,880

they're using your fear to control you

2209

01:19:26,070 --> 01:19:24,080

so that's really key um so i actually

2210

01:19:29,189 --> 01:19:26,080

don't have any fear anymore

2211

01:19:29,830 --> 01:19:29,199

and um you know i don't let them control

2212

01:19:31,750 --> 01:19:29,840

me

2213

01:19:34,390 --> 01:19:31,760

another thing they do seem to do is they

2214

01:19:37,750 --> 01:19:34,400

want to use your emotions against you

2215

01:19:39,510 --> 01:19:37,760

and in that way they want to they want

2216

01:19:41,830 --> 01:19:39,520

you to feel the terror

2217

01:19:43,189 --> 01:19:41,840

you know so they want you to be able to

2218

01:19:45,910 --> 01:19:43,199

be controllable

2219

01:19:48,709 --> 01:19:45,920

by using like emotional blackmail on you

2220

01:19:51,110 --> 01:19:48,719

one of the things they were doing to me

2221

01:19:52,390 --> 01:19:51,120

not too long ago was they were saying um

2222

01:19:56,709 --> 01:19:52,400

if you don't do this

2223

01:19:59,350 --> 01:19:56,719

um i'll kill your husband and

2224

01:20:01,110 --> 01:19:59,360

i told him go ahead that's his journey

2225

01:20:03,910 --> 01:20:01,120

because i'm not letting them

2226

01:20:04,630 --> 01:20:03,920

use my emotions my fears of my husband

2227

01:20:06,629 --> 01:20:04,640

dying

2228

01:20:07,990 --> 01:20:06,639

against me to be able to get me to do

2229

01:20:10,550 --> 01:20:08,000

what they want

2230

01:20:11,270 --> 01:20:10,560

and that might seem extreme but uh he's

2231

01:20:14,550 --> 01:20:11,280

still here

2232

01:20:15,990 --> 01:20:14,560

so don't worry but it's just a means of

2233

01:20:18,310 --> 01:20:16,000

control

2234

01:20:19,830 --> 01:20:18,320

so if they can and that's i think it's

2235

01:20:20,709 --> 01:20:19,840

sort of good that i don't have children

2236

01:20:22,310 --> 01:20:20,719

because

2237

01:20:24,550 --> 01:20:22,320

i could see that that would be a real

2238

01:20:26,229 --> 01:20:24,560

dilemma for me as if they said

2239

01:20:28,390 --> 01:20:26,239

if you don't do this i'm going to kill

2240

01:20:29,510 --> 01:20:28,400

your child and of course that's how they

2241

01:20:32,229 --> 01:20:29,520

can get compliance

2242

01:20:32,790 --> 01:20:32,239

is by you know threatening your child

2243

01:20:35,830 --> 01:20:32,800

you know

2244

01:20:37,990 --> 01:20:35,840

so uh just try to

2245

01:20:39,669 --> 01:20:38,000

go with it and don't don't let them

2246

01:20:41,510 --> 01:20:39,679

control you with fear

2247

01:20:43,830 --> 01:20:41,520

and use all this information against

2248

01:20:44,550 --> 01:20:43,840

them i mean you can figure out what's

2249

01:20:47,110 --> 01:20:44,560

going on

2250

01:20:47,750 --> 01:20:47,120

it takes a little bit of time and work

2251

01:20:49,669 --> 01:20:47,760

but

2252

01:20:51,990 --> 01:20:49,679

you can do it and you can start exiting

2253

01:20:53,750 --> 01:20:52,000

them out and when you do that

2254

01:20:56,709 --> 01:20:53,760

there are fewer and fewer it takes a

2255

01:20:59,750 --> 01:20:56,719

while it's not not an easy fix

2256

01:21:01,189 --> 01:20:59,760

but it's really uh worthwhile and if

2257

01:21:04,149 --> 01:21:01,199

you're motivated you can

2258

01:21:04,550 --> 01:21:04,159

get rid of them well lisa thank you very

2259

01:21:06,950 --> 01:21:04,560

much

2260

01:21:09,189 --> 01:21:06,960

um for those of you watching i will have

2261

01:21:11,830 --> 01:21:09,199

all the links in the description below

2262

01:21:12,629 --> 01:21:11,840

but also lisa i would like to do maybe

2263

01:21:14,470 --> 01:21:12,639

go over to let

2264

01:21:16,550 --> 01:21:14,480

go over it could be your title of your

2265

01:21:19,669 --> 01:21:16,560

book maybe where they can get it and

2266

01:21:22,470 --> 01:21:19,679

we'll finish up with that sure sure my

2267

01:21:25,590 --> 01:21:22,480

book is called abducted and furious

2268

01:21:28,070 --> 01:21:25,600

how i fought back and how you can too

2269

01:21:28,950 --> 01:21:28,080

and it's on amazon and it's in kindle

2270

01:21:32,229 --> 01:21:28,960

and also

2271

01:21:34,990 --> 01:21:32,239

book format that's all the only places

2272

01:21:38,550 --> 01:21:35,000

it is right now i have a website

2273

01:21:41,030 --> 01:21:38,560

[lisaoharaonline.com](http://lisaoharaonline.com) and

2274

01:21:43,830 --> 01:21:41,040

i have a facebook group and a facebook

2275

01:21:45,750 --> 01:21:43,840

page of abducted and furious

2276

01:21:47,430 --> 01:21:45,760

abducted and furious is the facebook

2277

01:21:49,270 --> 01:21:47,440

page and then underneath that is the

2278

01:21:52,629 --> 01:21:49,280

facebook group called abducted and

2279

01:21:54,629 --> 01:21:52,639

furious with lisa o'hara

2280

01:21:56,790 --> 01:21:54,639

all right well lisa thank you very much

2281

01:21:58,229 --> 01:21:56,800

again i really appreciate you being on

2282

01:22:01,270 --> 01:21:58,239

and sharing your story

2283

01:22:02,709 --> 01:22:01,280

um i know you you probably have

2284

01:22:04,550 --> 01:22:02,719

conquered a lot of reviews as you

2285

01:22:06,229 --> 01:22:04,560

mentioned but i can also

2286

01:22:07,590 --> 01:22:06,239

see definitely being difficult to talk

2287

01:22:09,189 --> 01:22:07,600

about some of these things so i

2288

01:22:10,070 --> 01:22:09,199

appreciate you being on and talking

2289

01:22:12,470 --> 01:22:10,080

about it

2290

01:22:13,590 --> 01:22:12,480

and um yeah i hope i hope we can do this

2291

01:22:17,030 --> 01:22:13,600

again sometime

2292

01:22:20,709 --> 01:22:17,040

and um again thank you and uh you know

2293

01:22:23,830 --> 01:22:20,719

i i i hope uh you know you

2294

01:22:24,229 --> 01:22:23,840

they stop doing what they're doing i do

2295

01:22:26,070 --> 01:22:24,239

too

2296

01:22:27,910 --> 01:22:26,080

believe me i definitely want it to be

2297

01:22:30,790 --> 01:22:27,920

over that's my whole goal

2298

01:22:32,070 --> 01:22:30,800

is to get rid of them right all right

2299

01:22:33,990 --> 01:22:32,080

well lisa thank you

2300

01:22:35,910 --> 01:22:34,000

you know thank you and everyone else

