

**UNDERSTANDING WHAT THE VOICES ARE THAT TORMENT
SCHIZOPHRENIC PATIENTS
AND WHAT YOU CAN BEGIN DOING ABOUT THEM**

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Before you can do anything about disrupting the voices that torment schizophrenics, it is critical that you know what the voices are and how they behave. This article addresses the important components you must first understand.

VITAL COMPONENTS YOU MUST FIRST UNDERSTAND

There are two critical components involved in disrupting and weakening the voices on the movement toward recovery. The first is to understand the truth of what the voices are. You have not been told the truth. The voices **ARE NOT** hallucinations. Second, they are energetic parasitic entities that do not play by the rules of the physical universe. Their true nature can only be known by the effect they have on the individuals they torture. They are able to speak in complete sentences, have various degrees of intelligence and are determined to destroy the individual they infest. It is critical that those who are intent on moving against the voices become aware of the following truths. These truths are critical for those working with schizophrenics. What must first be understood is as follows:

1. It is the voices that drive paranoid schizophrenia. If the voices can be gotten rid of by any means, all symptoms of this disorder will vanish.
2. The psychiatric mafia *knowingly* has fed the public two blatant lies: (a) that schizophrenic's have broken brains due to some mysterious chemical imbalance, and (b) that they have inherited a schizophrenia gene. The establishment has no valid evidence for either of these claims. Both have been soundly disproven. Nothing is wrong with your brain. The purpose of this false

propaganda is to sell their retinue of toxic anti-psychotic drugs which cure absolutely nothing. These drugs are some of the most dangerous utilized in medicine today and patients are seldom told of their hazardous side effects including the shrinking of the brain with long-term use and the destruction of the patient's peripheral nervous system.

3. Refuse to believe any claims that schizophrenia is a physical disease or a life sentence that can only be treated with toxic drugs. The fact is that neither psychiatry nor the medical establishments know the cause of schizophrenia, nor do they appear to have any interest in finding one. . Evidence of this is the fact that funding for research into the cause of schizophrenia has been cut to a mere dribble despite schizophrenia being listed by the WHO as among the top ten maladies plaguing the human race.
4. The patient must understand that although the voices might sound like their thoughts, they are not. We have all been taught that the thoughts running through our heads belong to us and are who we are. This is a very dangerous falsity. We are the ones listening to those thoughts. We are not those thoughts. The patient is the one who is listening to the voices which only seem to be their own thoughts. The intrusive thoughts inserted into the

victim's thought stream by the voices are not those of the victim and are not who the victim is. One can distinguish the voices of these entities from their own thoughts by their intent. The destructive intent of the voices is very different from the intent of the individual for themselves.

THE VOICES ARE NOT HALLUCINATIONS

Very little can be done to rid the patient of the voices as long as one believes they are unreal hallucinations. Schizophrenics have been trying to tell psychiatrists that the voices are very real for eons and have been drugged senseless for doing so. The voices **ARE NOT** hallucinations, as the psychiatric mafia insists. They are very real and very dangerous. Unlike hallucinations which are random in nature, the voices run a fixed series of destructive patterns. Once these patterns are understood, it becomes possible to disrupt them. Any phenomenon that runs fixed, repeatable patterns is not a hallucination but under control of an outside force. After working with schizophrenic patients for more than 35 years, I discovered that the voices schizophrenic patients hear run the following repeated patterns throughout different psychiatric institutions, from one side of the country to the other:

1. The voices are consistently negative, abusive, and destructive. Hallucinations are random in nature and do not run patterns.
2. The voices are consistently anti-religious and react negatively to their victim reading the Bible or any other kind of positive spiritual material. Hallucinations do not do this.
3. The voices consistently do what they can to cause fear, guilt shame and massive conflict aimed at breaking up families, relationships, friendships and fostering isolation.
4. The voices are energetic parasites. They do anything they can to generate a negative emotional state in their victim which is necessary before they can drain their victim's energy. Schizophrenics will notice that their energy level massively drops after the voices attack but they are seldom aware that it is the voices that have siphoned off their energy. Hallucinations do not do this.
5. The voices get louder after sunset becoming most intense between the hours of 3-4 in the morning.
6. The psychiatric mafia often tells their patients to ignore the voices. The fact is that the voices get louder when ignored. The voices compete for and demand the victim's attention. It is the victim's attention that feeds them. Where your attention goes your energy flows. The voices feed off the victim's attention.

7. The voices foster self-destructive decisions and behavior.
8. The voices foster isolation and conflict. Isolation allows the voices unopposed access to the patient.
9. They constantly seek to increase their control over their victim.
10. They try to keep their victim from sleeping to weaken their victim's will to resist. One of their chief means of accomplishing this is by instilling nightmares.
11. The voices gaslight their victim to make them believe they can't trust their own judgment.
12. They manipulate their victim's perception, warping it to interpret neutral happenings in the patient's environment in the most negative and frightful fashion possible. Fear = False Evidence Appearing Real.

False
Evidence
Appearing
Real

13. The voices have access to the patient's memory and bring up shameful and guilt-ridden past behavior to rub in the face of the

victim to generate the fear and negative emotion on which they feed.

14. The voices demand that the victim tell no one about their presence or what they are saying. They warn that telling others of their presence will cause people to think they are crazy and they will be locked up. Unfortunately, this turns out to be true in too many cases because the general public has been brainwashed to believe the lie that all thoughts are generated from within the brain.
15. The voices are consummate liars. They will make up any fearful lie that will upset the victim. None of the information they give can be trusted. They will not keep any bargain or deal they make. If they do tell a truth it is used to hook the patient into a false belief later on. The voices consistently steer their victim away from anything that might generate joy or happiness.
16. The voices are capable of manipulating and inducing negative feelings without speaking to the victim.
17. The voices short circuit the patient's reasoning, urging them to do things that will get them in trouble or locked up which they consider a victory. The prisons have become the new state mental hospitals.

18. The voices often sound just like the thousands of every day thoughts a victim experiences and try to pass themselves off as thoughts belonging to the victim. The big difference between the two is intent. The patient's intent is very much different from that of the voices which are destructive and malicious in nature.
19. The voices cause selective forgetting and often make the victim forget to do exercises given them to fight against and weaken the voices.
20. The voices fill their victim's minds with negative thoughts about themselves and others.
21. The voices utilize confusion as a means of instilling negative suggestions.

IN SHORT, ANYTHING THAT CAN BE DONE TO REVERSE, NEGATE OR INTERFERE WITH ANY OF THESE PATTERNS WILL BE MET WITH RESISTENCE BY THE VOICES BUT IF SUCCESSFUL WILL RESULT IN AN IMPROVEMENT IN THE PATIENT AND A WEAKENING OF THE VOICES. THE VOICES WILL FIGHT BACK AND TEMPORARILY GET WORSE WHEN CONFRONTED AND CHALLENGED.

THIS IS NOT A PHYSICAL BATTLE

The victim must understand that this is a spiritual, not a physical battle. The voices are invisible energetic beings attempting to take control of the victims thought processes. As John Mash, the author of [Causism](#) points out, the voices reside in an energetic universe where there is no time, space or matter. This allows them to attack the victim at any time or place. Their victim cannot physically escape them. Trying to get rid of them with drugs is akin to trying to destroy a magnetic field by pouring anti-psychotic drugs on it. Anti-psychotic drugs tranquilize the physical brain but cure nothing and seldom permanently get rid of the voices.

THINGS THAT CAN BE DONE TO WEAKEN AND HELP ELIMINATE THE VOICES:

1. One of the single most powerful things a victim of the voices can do is to go to our website at www.jerrymarzinsky.com then go to the [articles section](#) and print out the “That’s a Lie Program” and have the victim put it to consistent use every time the voices show up. The schizophrenic must understand that the voices are consummate liars and can’t be trusted to tell the truth about anything.

2. The voices are bullies and the victim is their target. The victim MUST stand up to their bullying. The voices are like the prosecution in a kangaroo court. They will exaggerate guilt based on false or tampered with evidence. The voices utilize a form of brainwashing and will do everything possible to diminish the victim's sense of self-worth. The victim must keep reminding themselves that they are stronger than the voices. The victim needs to turn the tables on the voices by confronting them, arguing against them and accuse them of putting forth false information and crazy unreasonable requests.
3. Schizophrenics need to stop the use of any stimulant and drastically cut sugar. Caffeine and sugar increase agitation and should be avoided. Increase intake of cheese, milk and turkey which has natural tryptophan and has a calming effect.
4. The voices will do everything in their power to rip the family apart and drive their victim to isolate and distrust family members. Isolating themselves is one of the worse things family members can allow the victim to do. The more the victim can be urged to stay engaged with others and to focus on something positive and take their attention off their voices, the better off the victim will be.

5. The Schizophrenic's voices are attracted to negativity which feeds and strengthens the voices. Do not allow a victim to play with Ouija boards, séances, use EVP devices, read or watch ghost shows, murder mysteries, war movies, violent TV shows or play violent video games. A victim's emotional reaction to these activities feeds and strengthens the voices.
6. Every negative thought about self or others are lies put into the victim's mind by the dark side. Call them out as lies.
7. Get the schizophrenic to read the "[Voice of Knowledge](#)" by Miguel Ruiz and "[An Amazing Journey through the Psychotic Mind](#)." Both will give the victim and their family a better understanding of what the voices are and how they operate.
8. Advise the victim that the battle revolves around the voices attempting to snag and take over the victim's attention. Once they command the victim's attention the problems start. Remember, the voices will not allow their victim to ignore them; they will get louder if ignored. What you resist persists – To avoid the voices getting stronger, call their words, suggestions and accusations lies. Say, "That's a lie." Don't give them any negative energy. The victim does not have to defend himself against dark side lies. They just need to send them positive energy instead of

feeding them with negative energy. You will find that these beings run away from positive energy.

9. The voices are energetic parasites and at some point the victim must become aware of this. If you had a leech on you sucking your blood you wouldn't just sit there and allow it to remain. The voices suck their victim's energy but can only do this after turning the victim's emotional state negative. This explains why the voices bombard the schizophrenic with constant negative, fearful and abusive messages. Despite being drained by the voices hundreds or thousands of times, most schizophrenics are not aware of the one-to-one correlation between the appearance of their voices and their energy level dropping to almost zero. This must be pointed out to them (see 4. above under Hallucination).
10. Inform the victim they have at least two guardian angels with them at all times but they can't help unless specifically asked. They need to ask their guardian angels for help in getting rid of the voices.
11. The voices do not like the victim talking about them to anyone and want to work in secret. Anything family members can do to get the victim to repeat what the voices are saying to them is a great blow to these entities. As stated in 14. above, the voices will insist that the victim tell nobody about what they are saying

and will tell them that if they do they will be considered crazy and will be locked up.

12. Have the victim listen to calm and pleasant music of their choice without words. No rap music. It's been reported by some patients that the voices don't like the playing of the 963 frequency over the computer. The voices hate the song "Amazing Grace."

—◆◆◆—

Amazing Grace

G D7 Em C G D7 G C G D7 G

1. A - maz - ing grace—how sweet the sound—That saved a wretch like me!
 2. 'Twas grace that taught my heart to fear, And grace my fears re - lieved;
 3. Thru man - y dan - gers, toils and snares I have al - read - y come;
 4. When we've been there ten thou - sand years, Bright shin - ing as the sun,

C G D Em A7 G D7 G

I once was lost but now am found, Was blind but now I see.
 How pre - cious did that grace ap - pear The hour I first be - lieved!
 'Tis grace hath brought me safe thus far, And grace will lead me home.
 We've no less days to sing God's praise Than when we'd first be - gun.

—◆◆◆—

13. The voices hate and recoil at the repetition of the [23rd Psalm](#) and other Bible verses. Hallucinations don't do this. Give the victim a copy of the 23rd Psalm and tell them to recite it every time the

voices show up. It's been reported many times that the voices react to the repetition of the 23rd Psalm like worms thrown on a hot frying pan. Give the victim a copy to carry around. The voices will attempt to have the victim lose the copy or distract them from reading. It is recommended that the victim put a rubber band around their wrist to remind them to repeat the 23rd Psalm. When they show up, a snap of the rubber band on the wrist will often shut the voices up long enough for them victim to repeat the Psalm.

Psalm 23

The Lord is my shepherd; I shall not want.
² He maketh me to lie down in green pastures:
he leadeth me beside the still waters.
³ He restoreth my soul: he leadeth me in the
paths of righteousness for his name's sake.
⁴ Yea, though I walk through the valley of the
shadow of death, I will fear no evil: for thou art
with me; thy rod and thy staff they comfort me.
⁵ Thou preparest a table before me in the
presence of mine enemies: thou anointest my
head with oil; my cup runneth over.
⁶ Surely goodness and mercy shall follow me all
the days of my life: and I will dwell in the house
of the Lord for ever.

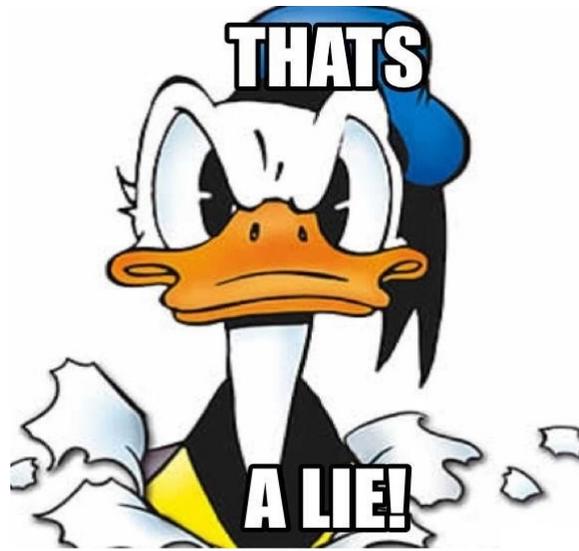
14. The victim must be taught that one of the best ways to identify the intrusive voices from their own thoughts is via their intention. The intention of the voices is to generate fear, guilt, and shame and to increase any negative emotion and drive the victim to misbehave in ways that get them into trouble with others. Ask the victim if this is their intention and they will say it is not. Then ask them whose intention is it?
15. When they hear their voices have them use the “That’s a Lie Program” immediately. (See below for explanation of how the program works.)
16. One of the most effective things that can be done to drive the voices off is if the patient is able to send the voices love. They absolutely can’t stand it but these creatures are so despicable this is extremely difficult for most schizophrenics to do. Sending love does not mean one loves the voices. Love is a frequency just as negative emotions are frequencies. If the victim can identify with that as scientific fact, then they may be more able to use this love frequency tool to defend themselves from further disaster. The voices also hate to be mocked or laughed at.
17. The voices will instill nightmares to keep patient awake which weakens the victim’s ability to resist their destructive suggestions. Before sleep the victim must envision themselves surrounded by a

field of protective white light and must ask their guardian angels to protect them so they can sleep.

18. Do not try to ignore or resist the voices. What you resist persists. Know that they are consummate destructive liars who and you can't believe anything they say. Let everything they say go in one ear and out the other. What you resist persists.

THE THAT'S A LIE PROGRAM

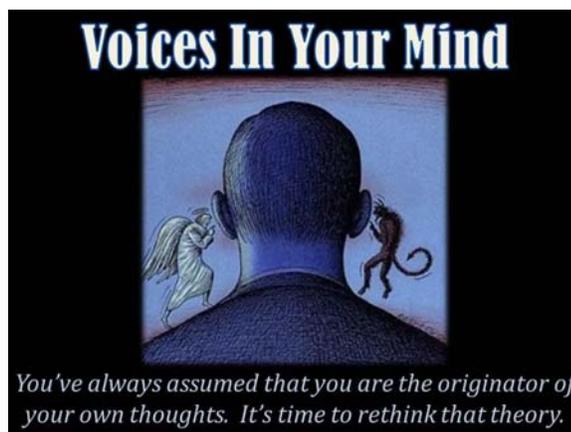
One of the simplest and most powerful programs to derail the voices is the **"That's a Lie Program"** which was developed by [Sherry Swiney](#) who struggled with voices as a young woman and completely freed herself from them mainly utilizing this program. It works because virtually every upsetting thing the voices tell schizophrenics is a lie. If they don't believe these lies it makes it very much more difficult for the voices to hook the victim. The **"That's a Lie Program"** is reprinted below in its entirety and can be found on my web site at www.jerrymarzinsky.com under the [articles section](#) and [testimonials section](#). In order for the program to work it must be utilized consistently.



THE "THAT'S A LIE"

PROGRAM- part 1 of 2

Driving Off The Voices Schizophrenics Hear
And Reducing Negative Thinking For The Rest Of Us



INTRODUCTION (by Sherry Swiney)

I have received numerous emails from ordinary people asking me to explain the “**That’s a Lie**” program I used to get rid of the voices I heard as a young woman. I did this on my own without the help of psychologists or psychiatrists or their toxic drugs.

For those of you who hear voices or are consumed by strong and obsessive negative thoughts, it is critical that you understand that the voices and persistent negative thoughts that plague you are not yours. They come from outside of you and do not belong to you.

They are not hallucinations and you are not crazy. They are energy parasites and must turn your energy negative in order to utilize it as food. Their survival depends on draining and feeding off of your negative energy.

These are the same negative spirits known by the Gnostics in ancient times as Archons and demons in today’s biblical literature.

One big lie perpetrated by the establishment is that all people are powerless to combat this disease. The truth is this is not a disease. You are being attacked by a parasitic force outside

yourself that installs negative thoughts into your mind in order to generate negative emotional energy which they absorb from you as food. You have experienced for yourselves how completely drained and depressed you feel after being consumed by negative thoughts.

The **“That’s a Lie” program** is a mental program designed to empower you. It is a program nothing and no one can take it away from you, except you. I am told by a [clinical psychologist](#) friend that this program has also worked to help victims of schizophrenia get rid of the voices they hear.

THAT’S A LIE PROGRAM – HOW IT DEVELOPED AND HOW IT WORKS

I think the best way to explain how I was able to send away the negative spirits that plagued me for years is to tell you a story. It begins some 40 years ago, after I’d already spent several years researching the brain to learn what was wrong with me and how to fix it. My initial research centered on conventional science. What I learned about the mechanics of the brain was interesting but didn’t help much as it only dealt with the material world. The voices that haunted me were not of that world.

The story begins when a friend of mine was going on a trip around the world and would be gone for 4 months. She invited me to house sit for her and babysit her Yorkshire terrier. I jumped at the chance to live in a beautiful home in Mill Valley, California, secluded from everyone else in San Francisco. At that time, I was struggling with how to forgive my ex and his new wife for taking my children from me and then poisoning their minds against me. This seclusion was a perfect opportunity for that effort.

The day after I moved in and said Bon Voyage to my friend, I went to a book store to browse around when a book fell off the shelf landing right at my feet. I picked it up to put it back on the shelf but first I flipped through its pages. It was by [Wayne Dwyer](#) called *Your Erroneous Zones*. I took it to the book store coffee shop to browse through before deciding whether to buy it or not, and opened it to a random page which read: **“No one can make you feel good or bad. That is your choice. You have the ability to control your thoughts and only you can make yourself happy.”** I closed the book and whispered, “Oh, my God! I did not know that!” This was a pivotal moment for me that changed the course of my life.

I took the book back to my friend's house and began reading every page. Many times I put it down to observe my thoughts. I wondered, ***“Who is it observing my thoughts? What are thoughts? Where do thoughts come from? Where do thoughts go once we think them? How do I control them if I'm able to step back and watch them appear out of nowhere, realizing they are not coming from me, the watcher?”***

At the end of the four months my friend returned from her world tour, she and I had a lot to discuss. First she had to show me all her slides of places she visited and people she met. She looked vibrant and happy. At supper I told her about the book.

“Did you know that you can control your thoughts and that no one can make you feel one way or another unless you allow it?” I asked.

She did not know this either and though her childhood had been quite normal, she loved the idea. She asked if I would leave the book with her.

As I drove back to San Francisco to find a new apartment, I continued having revelations about my own mind. In my new

apartment, I spent time alone plowing through many texts about the brain and mind before I came across a book by Robert Monroe called *Journeys out of the Body*. I practiced some of the exercises the book recommended. They didn't cause me to travel out of my body but did have another astounding affect: I began to see flashes of memory from the first 13 years of my life of which I had previously had no recall. I didn't understand them at first until a flood gate opened and all the memories rushed in suddenly. I was overwhelmed and could not believe the things I was remembering! I felt like a deer in the headlights, understanding but too horrified to process everything all at once. Flashes of my father being enamored with Japanese torture methods and using me as his lab rat from age 3 to 6 surged into my mind; glimpses of spending six months in a juvenile detention center at age 6-1/2 and spending two weeks in solitary confinement appeared. Finally flickers of spending 5 years in a Catholic orphanage where I and 500 other girls suffered stunning emotional and physical abuse until I was released at age 13.

Astonished by these memories that were coming up, I sat in the middle of my living room like a stone sculpture. When the "movie" of memories stopped, I whispered to the empty room, "That's what's wrong. I got brainwashed. What do I do now?" The

memory dump revealed that I was mind-controlled through physical and emotional torture. What was so strange is that after the age of 13, my memories of my father are great! He taught me to hunt and fish, and to be self-sufficient in the wilderness. He taught me advanced mathematics and so much more. I grew up loving math and science. It seemed natural that I would study civil engineering as a career path.

From everything I had read, I realized that early childhood experiences are embedded into the subconscious as truth: My subconscious truth was first you get tortured (by a man) and then the man treats your cuts, bruises, wounds, and then the man cuddles you and rocks you to sleep and then you feel loved and safe again.

This was exactly the scenario I had been playing out in life without ever knowing why! Never would I have understood this, had that dam not broken wide open when it did and for that I am grateful. On top of that conditioned behavior, the voices kept telling me I was worthless in this world but now with my memory returning, I knew differently. I knew that the horrible things that were done to me; were not things I had caused, chosen or deserved. So not only did I need to figure out how overcome

being brainwashed to fix my mind, I needed to find out how to get rid of the voices that plagued me and continued to tell me horrible things about myself.

When I got back to work after the weekend, my boss called me into his office. “Sherry,” he said, “How would you like to learn computer programming?”

I said, “Sounds interesting. What’s going on?”

He leaned back in his chair. “We just got awarded a contract to develop a computerized tracking system for a major Water District. I thought you would be the best candidate to head up the project.”

“Sure!” I said, “I’d love the challenge. When do we start?”

“Tomorrow,” he said.

Over the next months I learned computer programming. Fifteen months later I had written the computer code for the Water District’s tracking system and they loved it. More than that, I saw a remarkable similarity between how computers process

information and how our brains process information, each running on a program that is inserted by an outside programmer. While the computer program operates by its software code, the brain program operates by electrical impulses traveling specific synaptic paths.



Brain Firing Synapses



Computer Software Code Firing

I wondered if I could write a mental program that would not only tackle the negative thoughts i.e., the voices that were hounding me, but also eliminate or de-program the brainwashed conditioning that was exacerbating the misery in my life.

My theory was to write a mental program and train myself to use that new program more than the existing one until the new program became automatic and the existing program atrophied, weakened to the point it could no longer perform, even if I tried. In other words, rewire my brain.

I first tried to edit the code in my brain but it didn't work. It was way too complicated to remember while in the throes of unconscious conditioned responses set off by life events, or during Archon attacks. I needed to think of something easier; something I could remember while in the midst of older programming being triggered by the world around me.

I now knew that all the negative things I'd been taught about myself by my parents, the Juvenile Detention Center, the Catholic Orphanage, public schools, and society in general with regard to who I really was were not true. **It was all lies.** I was not a 'bad and evil' person destined to go to hell. I was not a 'crazy' person. I was not a 'selfish' person. I did not 'hate' myself or anyone else. I was not born to 'hate' life nor was I born to 'sin'. I was not 'stupid, going nowhere'. I was not 'a bad mother'. None of those things were true and yet, prior to running the new program, I heard this as truth by the voices and felt this as true by the mental conditioning all day and all night long. Because of that, I had seen bewildered surprise in the faces and eyes of others as I watched myself over-reacting to their innocent words and walking away in embarrassment. All I could do was cringe at my over-reactions later when I was alone. I vowed that if it took me my whole life, I would find a way to fix this.

After some trial and error, I designed a mental program called “**That’s a Lie**”. I actually have Wayne Dwyer to thank for initially setting me on the right track by pointing out that we do have a Choice about the way we think. In other words, we have the ability to take control over our own mind. I also give credit and many thanks to Universe for the synchronicity of dropping Wayne’s book at my feet and opening the door that allowed me to learn computer programming. It was exactly what I needed to get started on the path toward fixing the root problem so that I could begin to heal.

The “**That’s a Lie**” program worked perfectly on eliminating the brainwashed conditioning, allowing me the mental space I required to become who I wanted to be instead of mindlessly being what others programmed into me. My theory had worked.

Once I broke through and conquered the brainwashing effects, I was surprised to find that much of what had been forcefully programmed into my brain as a child was still being utilized by the spirit parasites against me. I was still receiving negative thoughts and messages which sounded exactly like my own thoughts. The prodding and poking, the suggestions, even demands coming

from them were beyond anything I could imagine thinking, much less doing.

If these thoughts were not coming from me and I could sit back and watch them flow through me and feel disgusted by them, then they were from an outside source. Researching this, I learned about the Archons of ancient times.

“In 1947, texts were found in clay jars in Nag Hammadi in Egypt and, on these texts was a story of what the Nag Hammadi people, 2,000 years ago, thought the world was about. In [Gnostic belief](#), Archons were planetary rulers and guardians of the spiritual planes. The archons were associated with the seven visible planets, and perceived as agents of the Demiurge, predatory beings who inhibit spiritual awakening by convincing humanity of a false reality, forces of sin and temptation. They influence the way you perceive the world, not the world itself. The primary power in the world we inhabit is the indwelling divinity of the planet, the Gaian intelligence, called Sophia by the Gnostics. If you are aligned to the Gaian intelligence, you do not see the world as a place of fear and predation, but of beauty, bounty, and magic.”

This confirmed that I was not losing my mind but instead being attacked by negative, parasitic spirit beings that are very real.

Now it was time to apply the new program to see if it would work on the Archon/Demon voices that just would not leave me alone.

Once I actually applied the principals and stuck to them, the program worked just as effectively on them as it did on the brainwashing.

In essence, this program denies the entities their battle. You are armed with the truth that these parasites tell lies about who you are – lots of them. By not engaging and denying them the battle, you are not generating any food for them. They must have negative energy to survive. They cannot generate it themselves. They have no power of their own. If they cannot evoke negative emotions from you, they have no choice but to leave or starve to death. If you are persistent they have to leave.

HERE'S HOW I WORKED THE "THAT'S A LIE" PROGRAM:

Every time I caught myself having a knee-jerk over-reaction to a thought or feeling, I would say: THAT'S A LIE. An example (one

of many): Someone might say, “You are just a stupid idiot.” Instead of allowing the old program to run that would cause me to agree and feel low self-esteem or get angry about what the person said, I would consciously run the new program and say to myself, “*That’s a Lie.*” My logical mind already knew I was not stupid but my subconscious mind needed the new program to be repeatedly run in order to create new neural pathways and a different recording. How in the world could I work as a civil engineer and run an international human rights organization, and run my life in spite of all the stuff that had happened to me if I were stupid? The messages these entities were inserting into my mind were insane. (A list of common lies these entities tell people is reprinted below. [Click here](#) to see this list online.) Apply the “That’s a Lie” program to each and every item on this list.

**THESE ARE THE MESSAGES SHERRY
EXPERIENCED THE VOICES TELLING HER:**

- No one will ever love you because you are a piece of garbage, a waste of flesh.
- You are poor and will remain poor because that is what you deserve.
- Neither your family nor anyone else cares about you because you are rotten and don’t deserve love.
- You have (whatever disease) because you deserve it and you can’t do anything about it.

- You have no talent. Who would ever hire you for a job? You're a failure.
- You are worthless; you'll never succeed at anything so give up trying.
- You are the worst thing you've ever done and there's no way to forgive yourself.

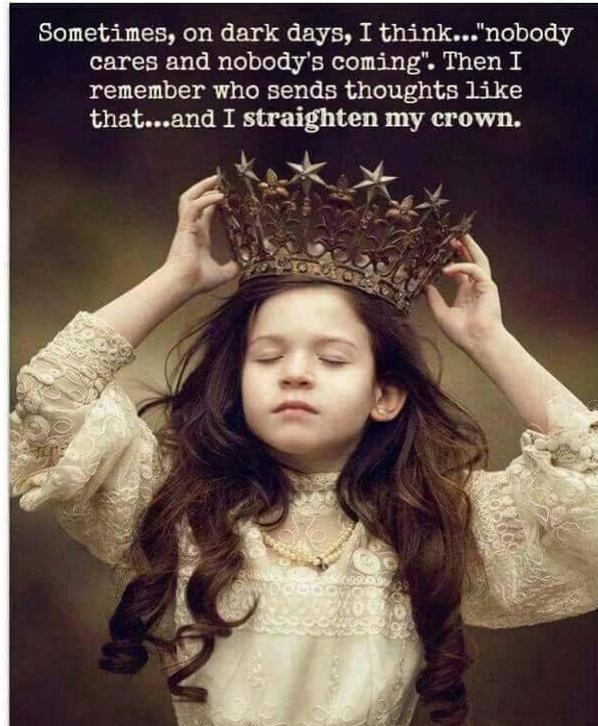
**THESE ARE THE MESSAGES MY PATIENTS
REPORTED EXPERIENCING FIRST HAND:**

- Remember the bad things people have said about you.
- You have no reason to feel good.
- You don't deserve respect.
- Look what a mess the world, your family your relationships are.
- You will never get what you want.
- Your dreams will never come true.
- Don't trust your intuition.
- Your desires and dreams are garbage, forget them.
- Don't watch comedy, you don't deserve to feel good.
- Don't laugh too much. People will think you're stupid.
- Don't treat yourself with respect.
- You don't need to feel grateful; you have nothing to be grateful for.
- It's going to be another crappy day. There is nothing to look forward to.
- Others should treat you better.
- You are worthless and your life has been filled with bad choices.
- Nobody likes you so you shouldn't like yourself.
- You don't deserve to dream.
- You have no control over your life.
- Don't trust yourself or others.

- You have nothing to be thankful for.
- Your life is a mess.
- Things are not going to get better for you.
- Your life is meaningless.
- Others deserve blame for what they've done to you.
- You don't deserve to be treated well.
- People don't care about you so why should you be kind to them.
- You've got a lot of things to worry about.
- You can't change.
- Don't try anything new as you will fail.
- You'll never have enough to survive.
- You will never achieve anything of significance.
- You have no spirit and there is no God.
- You have many painful decisions to face.
- You are not worthy of such lofty dreams.
- You will never accomplish anything significant.
- You don't deserve wealth and can't handle money.
- The world is an awful place.
- My supervisor is such a jerk.
- You have nothing to be happy or grateful for.
- You are ugly.
- You don't have to listen to anyone, do your own thing.
Who do they think they are?
- You have nothing worthwhile. Everyone has better stuff.
- You're going to get sick if you _____
- You have nothing to be grateful for.
- Others are out to get you.
- Look at all the ugliness around you.
- That person needs a kick in the butt for what they've done.
- You don't have to be patient with anyone.
- You don't deserve to take time for yourself.

- You are going to fail.
- You can't do it, don't even try.
- Give up on those stupid dreams, they will never come true.
- You don't deserve to enjoy anything.
- Don't trust yourself.
- Your life is a mess.
- You have too many things to worry about to relax.
- Life is always stressful.
- Who can be calm when all this crap is happening all around you?
- You don't owe anyone anything.
- I have nothing to inspire me.
- Life is a crock of crap.
- You are not worthy of anything better.
- You don't have anything to be thankful for.
- People around you don't deserve to be appreciated.
- Your future is grim. You have nothing to look forward to.
- You have no potential.
- The world and life is boring.
- There is no plan, everything is random; there is no order to things.
- Don't take any risks as you will fail and lose everything.
- You are weak.
- People don't respect you if you don't fight back.
- You are stupid.
- The worse will happen. If anything can go wrong it will.
- If you don't react people will think you weak.
- You are greedy and self-centered and so is everyone else.
- Don't ask Christ for help, he couldn't even save himself. What makes you think he will help you?
- You are not creative.

- There is no God.
- Things never turn out right.
- You have no power or control.
- You don't deserve success, prosperity or abundance.
- Others are better than you are.
- Others look down on you, you're a fool.
- People are annoying and disrespectful.
- You can't trust where things are going. Your life is off course.
- Look at all the bad things happening around you.
- You don't deserve what you want.
- You will never be happy.
- Remember what _____ said bad about you.
- You attract bad people.
- You have no friends.
- You are not unique.
- You are wasting your time.
- You will never be great or successful.
- You don't deserve to be treated well.
- People aren't considerate of you; you don't need to be considerate of them.
- Your life isn't going anywhere.
- You have nothing to be happy about.
- You can't be confident of anything.
- You don't have enough for yourself to be giving anything away.
- You are not worthy of anything better.
- People don't really care about you; they are only after what they can get from you.



The truth is that each of us is born as a pure being; each with a pure and sovereign spirit, each with the potential to live a happy productive healthy and prosperous life. By the time the “world” gets through with us, running us through the mill and negatively programming us, we forget all of that. For some of us the process is torturous (as was mine). For others the process is like every day hearing and seeing, witnessing people say and do things that are nasty, egotistical and completely contrary to the purity they were when they first arrived here in the flesh. Thus, our subconscious records these things as truth when **it is all lies**. With our perception of the world influenced by these lies, we become the perfect feeding ground for these parasites to infest.

Unless we call it what it is.

Run the “**That’s a Lie**” program every single time you have a negative thought about yourself or others, even if this means you have to STOP in mid-sentence for a re-do. Do this until the program becomes automatic. When you do this, you will begin to see profound advancements in communicating with your brilliant higher self. When this becomes automatic, you no longer have to think about it because the old program has atrophied and no longer runs. The software is corrupted. It cannot fire electric impulses along those old pathways because it can’t find them. Then new doors and new ways of being and thinking will open to you. The voices, the Archons/Demon spirits, are repelled by positive energy, so they will stay at bay. They may periodically return to *test the waters* but you will be able to recognize their foul presence and literally shrug them off with “**That’s a Lie.**”

This is not an overnight fix but it can be a permanent one. It is not easy and will take time, effort and diligence. For me, it also took stubbornness and tenacity. Many people just don’t want to do the work. For those not willing to do the work needed, the program

will fail and they will continue to be plagued with negativity and irrational behavior, triggered by the negative spirits.

This worked for me and, providing there is no organic damage to the brain, it can work for anyone who utilizes it consciously and diligently. There is no compromise. You are NOT the awful person these entities tell you that you are. **Those are lies.** Your subconscious mind needs to know that what it recorded in your early years is false information. It learns this by repetition. Consider the alternative of not making the effort. Have no doubt that these beings are energy parasites and will feed off of you until you change the programming in your subconscious mind or until you are dead. They need you for your negative energy to survive. They don't give a damn about you other than as a food source.

Once you have worked this program as described above and absolutely know this works, you will be able to teach others the same thing with great ease. This method is not to be found in the text books, but should be.



*THE “THAT’S A LIE”
PROGRAM- part 2 of 2*



UPDATE ON THAT'S A LIE PROGRAM (by Sherry Swiney)

This article is an update on the popular [“That’s A Lie”](#) program that I hope will help us all tremendously.

I recently did an interview with [James Bartley](#) on the [Cosmic Switchboard](#) called “Dark Voices from Dark Entities”



<https://youtu.be/rY6e0Qc8Odg>

In that interview, I talked about where we get the fundamental programs that run our lives without us knowing it. Of course, the dark side entities that plague so many people know all about how this works and they sure don’t want us to know how this works.

So, in this article I want to include that crucial point since it is not covered in the original [“That’s A Lie”](#) article. We all need to know where we get our fundamental programs and how to delete the ones that play havoc with us. What am I talking about? I’m talking about the unconscious programs we received from others

when we were too young to understand what was going on. These are programs that essentially run our everyday lives.

Every person is different because every person experiences different situations between the ages of 0 to 6-7. Cellular Biologist [Bruce Lipton](#) talks about this a lot.



In the first six years of our lives, the brain is in a functional state, an EEG state, the electrical activity that is not even a consciousness. The child doesn't even reach conscious brain function until about the age of six. For the first six years of our lives, the brain is in a lower frequency called [Theta](#) which is like a hypnagogic trance, kind of like hypnosis. In adults the Theta brain state is used for periods of deep meditation and light sleep but that's not what I am talking about here. I am talking about living in the Theta state 24/7 between the ages of 0 to 6-7.

So, for the first six years of our life we're like a video camera recording everything around us, everything we observe is going from our observations into our programming. This means we acquire beliefs and attitudes and patterns not from ourselves, but from our parents and our family and community who went through the same process as children but don't know that.

These recordings become our fundamental beliefs. The Jesuits would say, 'Give me a child until it is six or seven and it will belong to the church for the rest of its life.' [paraphrased]

What they were saying was what they knew, and what science found out in circa 1970's: The first six years are programming. Whatever programming we get, that will be for the rest of our life, so the Jesuits were right. The first six years are downloaded programs. We get our behavior from those around us.



The negative entities also know this. For them it is an opportunity for a potential food source which is why they do not want us to understand this aspect of ourselves.

So by looking at this, I looked at how I was living my life on a practical level and said I am not going to be governed by these pre-programs. I am going to live my life in a more conscious way. That's a fundamental statement of how it works, but it's not as easy as it sounds.

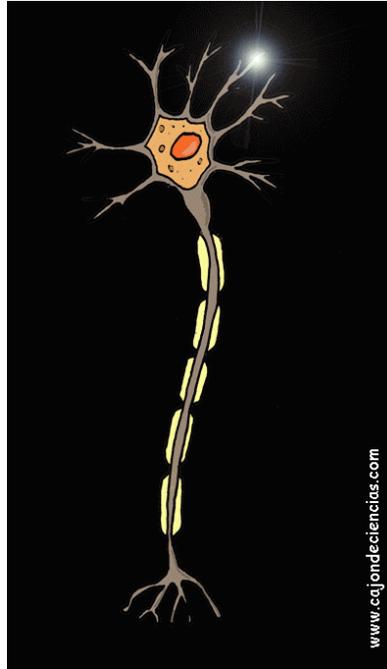


You see, the conscious mind can learn from reading a book but the subconscious mind doesn't work like that. We can read a self-help book and intend to take action but we find that our life is still the same. That's because the subconscious mind, which runs about 95% of our life (while the conscious mind only runs the

other 5%) is like a tape recorder. It's more of a habit mind, things you repeat over and over again without thinking about it.

If we can try to stay conscious when negative thoughts come into our head we find that they are redundant. If we can stay conscious and stop those thoughts when they come in, saying no and changing the belief right then and there, we find that as we repeat that more frequently, the subconscious mind begins to learn.

If we continue this, by staying conscious and present – and we really have to work at it – then the new thought becomes a habit for the subconscious mind. The new thought overwrites the old tape recorded program. In terms of science, the old synaptic connections atrophy when they are no longer used. Just think use it or lose it.



Why is the conscious only 5% and the subconscious 95%?

This is because the conscious mind can think into the future and the past to solve problems but most of the time we are thinking about something rather than being present. If we are always thinking about something then who is running the show?

When we are not paying attention and we are thinking about what we're going to do tomorrow, the subconscious is running the show. So we have to be present. We have to be mindful.

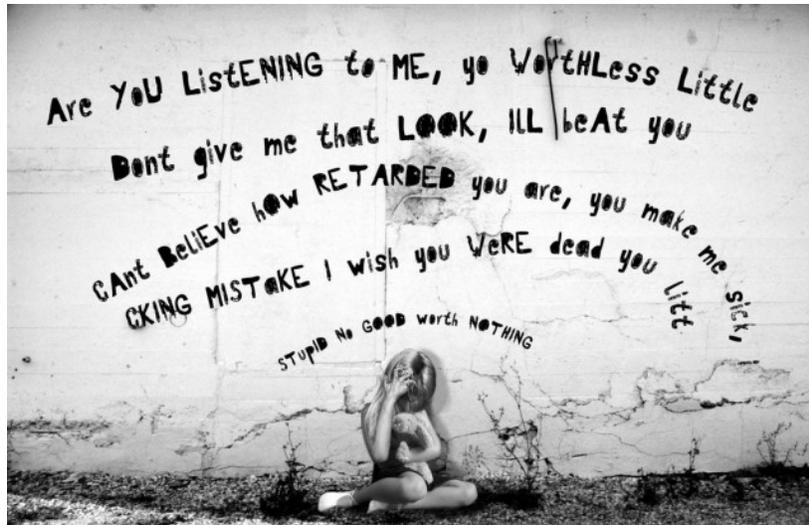
This really means we have to be aware of what's going on and notice when we get an automatic reaction. When we're aware of that, we stop and say, I don't want to go there, that's an old

program, an old pattern, and we look at a new way to handle a situation.

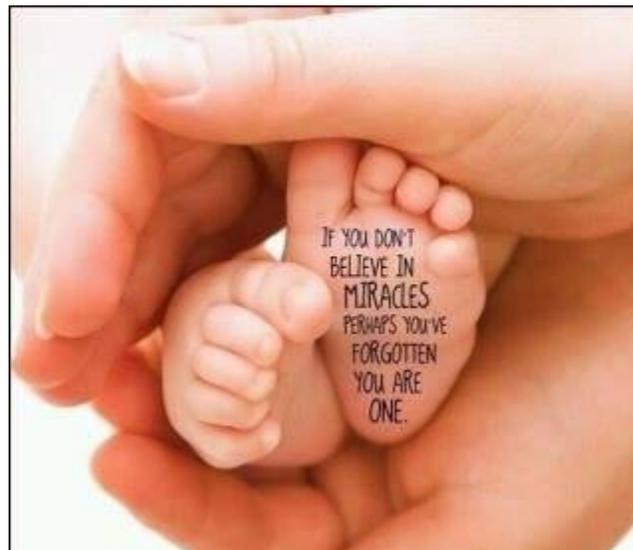
We find a different perception to what just happened because we know our current perception is coming from the pre-program we got when we were a kid. We have to repeat this over and over again which means we have to be diligent, vigilant and stubborn about it until the new way then becomes the new habit in the subconscious mind, and we have to keep doing this until the new way happens automatically. That's how I used the That's a Lie program to do this.

IT'S ALL LIES

Angry hurting people say mean things. As kids we saw and heard mean things whether directed at us or directed at others and we picked that up as OUR programming. We received all different kinds of pre-programming and, for the most part, the people who gave that programming to us did not do this out of malice. Their actions and words were done out of ignorance. And remember, ignorance is forgivable.



What worked for me was to first realize that those negative thoughts rolling around in my head were lies. They were given to me and I did not know it. They were lies which were not true then and which were never true.



To know they were never true, I was conscious of the fact that when we are born we are pure. We are not filled with negative thoughts. At birth we only know love. We then see with our Theta brain all that happens around us. The subconscious records this and our belief system is created.

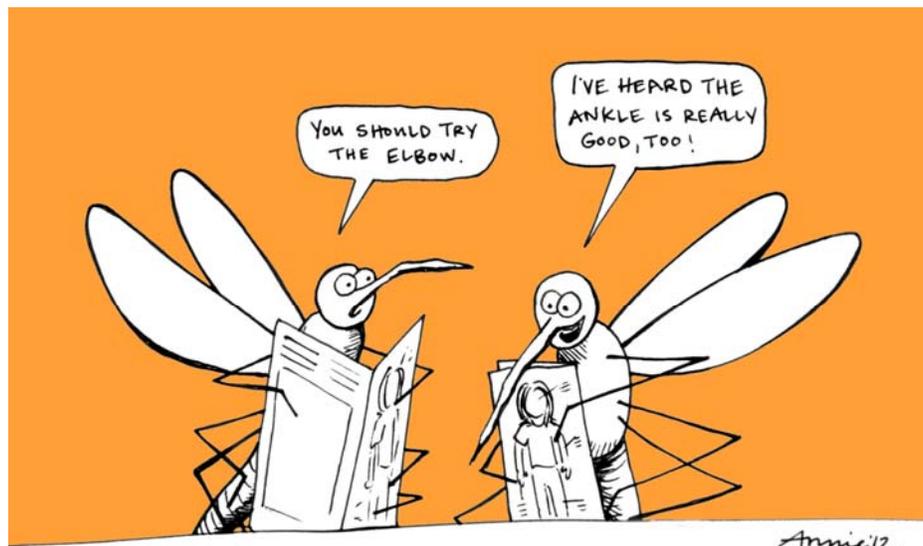
The negative spirits know how this works.

They don't want us to have this basic information about ourselves, else we will be able to reprogram our subconscious tape recording giving it a new habit that no longer generates negative energy – their meal ticket.

They fear this greatly because then we are no longer a food source and they have to leave or starve.

Be assured that they will return to test the waters but when we are operating with a new program, we are able to observe their presence and we are able to notice them leave when they realize they are wasting their time with us. It is a happy day when that happens. The journey takes repeating but eventually our new mindset becomes automatic and we don't have to work at it any longer.

SEEING THE DARK SIDE BEINGS FROM A DIFFERENT PERSPECTIVE



Look around. We live in a society which is currently under siege by an enemy that cannot be seen but is now more understood by more people than ever before. We know for example that these beings use negative energy for sustenance. In that sense, they are not evil, though we perceived them as such.

They are in search of food and we unwittingly supply that food through all forms of negative thoughts and emotions that they provoke through trickery and lies.

We could compare them to mosquitoes or leeches who don't drink our blood because they are evil or because they hate us, but because they are hungry and we smell good!

To ourselves

Our challenge is to know the difference between our own thoughts and thoughts that are not ours, and then, to realize the negative thoughts about us are from implanted pre-programming, enhanced by entities that know how to trick us into feeling bad and forgetting "That's A Lie" program even exists.

Once at that point, we can then begin to THINK and FEEL healthy life-affirming thoughts of self-love toward ourselves knowing the trickery is a lie. At the very minimum, we can remember what we've learned about the tape recording and call those recorded messages lies.

To the invaders

To the invaders instead of feeling fear, which is just what they want, we can send them the frequency of Cosmic Love. This is very different from romantic love, friendship love, neighborly love and family love. This is purely a frequency that involves no emotions. The easiest way I have found to do this is to simply and

calmly say: “I send you love.” We cannot say this from a state of fear, anxiety, worry, anger, or any other negative emotion. Well, we can but it won’t be effective. In other words, we have to mean it.



The dark side entities back off from this frequency as though it’s their [Achilles heel](#) or [Kryptonite](#). This frequency drives them away thereby depriving them of us as their food source.

These are conscious beings that exist beyond our visual range and have a long history with humans on Earth. Few have seen them but many have sensed their presence – they feel their energetic frequency – and millions have heard them in their minds most often disguised as their own thoughts. They are called The Voices in mental health circles. They are called The Little Voice in Your Head by many others. These beings know how our

biological light systems carry information and they know the timeless realms of what we call heaven and hell. They use this occult knowledge to “grow their food” just as we use our agricultural knowledge to grow our food in a garden or pasture.

But we no longer need to fall for their tactics because now we are armed with more information.

For more videos on the dark side entities: what they do, who they are, and how to eliminate them from your life, click here.

<https://www.jerrymarzinsky.com/about-3>



ADVICE TO MOTHERS AND FAMILY MEMBERS OF THE SCHIZOPHRENIC PATIENT:

The patient has to understand that the voices they hear do not belong to them and are not who they are. Sit back and listen as your

thoughts appear in your head. Who is the one listening? Who is the one watching? You are not your thoughts and the voices are not the thoughts of the victim although they will tell the victim that they are. Anything mothers can do to show the victim that they are not their thoughts and the voices are not them is a major victory.

The voices are not physical beings but are of the energetic universe where there is no space, time or matter. They can follow their victim anywhere.

Mothers and family members need to know that the voices hate them. The voices will react negatively and abusively toward anyone who attempts to try to help the patient. The voices will attempt to drive a wedge between the victim and spouse, mother and families who tell the victim the voices are liars and cannot be trusted. Family members must understand that any abusive comments that come from the patient while family members are trying to help them come from the voices and not the patient. The voices want you out of the picture completely and will do everything possible to drive you off.

The voices are energetic parasites that feed only on negative emotion. They must turn the emotions of their victim negative prior to draining them. Mothers will notice a marked lack of energy in the victim after the voices attack.

The victim **must** turn to a positive spiritual path. The voices will react negatively to any attempt of the victim to read the Bible or any other positive spiritual material.

The voices have no energy of their own. They must get their energy from the victim but prior to taking it, they must turn the victim's emotional state negative.

The front line of the battle is for the victim's attention. The voices want control of the victim's attention and to keep them from focusing on the things that would interfere with the destruction of their victim. Without opposition the voices will continue to grow in strength and control. Their endgame is to destroy the individual and to get them sent to a permanent negative environment like a prison.

For additional information please watch my interviews at <https://www.jerrymarzinsky.com/about-3>

Blessings to all who suffer from these dark side beings and blessings to their parents who work toward helping them get their lives back. It's not an easy road, but it is a battle that is well worth the effort.

For more information please read our book: "[An Amazing Journey into the Psychotic Mind – Breaking the Spell of the Ivory Tower.](#)"