

# *Return of Native Spirit*



*Sharon Rose Poet*

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## *~ Dedicatíon ~*

I dedicate this book, to the Heart/Spirit of the Native people of North America, and that of all other Indigenous people around the globe.

I also dedicate it to my children, with the hope that they will always remember and embrace their Native roots.

*Come... Walk with me,  
Into my Heart and yours -  
Into the places we usually avoid  
As we rush through our lives  
In a world that is crying,  
LOUDER than ever,  
For us to slow down, be still,  
Embrace our own Hearts with  
One hand and hold the other out  
To our fellow human beings.*



## *~ Introduction ~*

### **Return of Native Spirit is about the healing of the Native Heart and its natural spirituality.**

Aims to crush the Spirit and Heart of the Native people of North America, and force them into Christianity, has been happening from the long ago history to current times. The "Indian residential school" system, was one of the most recent obvious attempt to "assimilate" the Native people into Christianity. Although the schools system did have other aims initially, the primary goal appears to have been to destroy the Native's natural spirituality and force them into Christianity.

Inside at least some of the "Indian residential schools" holocaustal crimes were committed against the Native children and their families. The truths about what was done to masses of defenseless Native children can be painful to look at, but we must look and do all that we can to prevent these sorts of things from continuing and help true freedom and healing to take place.

*Some aim to heal.  
Some are still dyeing.  
Many hold the pain  
That wants to be crying.  
But the Light will come  
And healing will be done.  
Not just for our race,  
But for everyone.*

Aside from being a source of validation and healing for the Native people, this book is to help ALL of humanity to realize the truths behind what really happened to the Native people of North America, and what has also been happening to many other people,

**so that humanity can be free to return to the original Spirit/Heart that every human being is born with and should be allowed to retain.**

I started this project in a blog, with the intention of publicly standing up for the Native people of North America. I got interference with the blog and decided to put it into a book and add more to it. The blog is at [www.returnofnativespirit.blogspot.com](http://www.returnofnativespirit.blogspot.com).

I have deeply struggled with the creation of this book, because of the deep levels of pain I feel connected to this whole situation. Through my tears and pain I am doing the best I can, but am probably not always articulating things perfectly, so please overlook my mistakes.

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# PART ONE

## *Looking Back and Facing the Problems*



## *A Bit of History*

*In order to heal the future  
We must face the past.*

When I look at the historic battle between the Natives and the new settlers of North America, I feel deep sadness. **Here we had two races that, centuries ago, could have shared their wisdom with each other, in a natural integration process on both sides, and could have all grown, together, into more whole and healthy human beings.**

The new settlers and the Natives were opposites in many ways. In General; the Natives seemed to have had the wisdom of a deep genuine heart connection to the Highest Power, including the part it plays in nature and healing. And the new settlers had the opposite type of wisdom – one that was in the arena of intellectual studies and inventions. They were also opposite in the roles of women; In the Native culture women were actually above men and in the culture of the new settlers, only the men ruled.

Can you imagine what things would be like if both cultures had been allowed to learn from each other and grow together? Both sides would surely be a lot better off in every way. But this was not allowed to happen.

Below is just a brief overview of what did happen. Though my focus is mostly on the USA history, in the earliest years, it is also about Canada's, which appears to have been very similar.

**In the 1700s President George Washington is reported to have believed that the best way to deal with the Native Americans was to "civilize" them through converting them to Christianity.** Around this time a natural "assimilation" was already happening; the Natives and the new settlers were often living side by side and were trading and sharing farming ideas...etc. Some Natives were being converted into Christianity, but it appears that most held tight to their own spiritual beliefs and did not want to abandon their own spiritual wisdom and join the Christian religion.

In the 1830s government officials ordered all Native Americans onto reservations and the horrid "trail of tears" and death began as Natives were forcefully torn out of their homes and onto reservations in the West. **Many of them died on the trails that led to reservations, hundreds of miles away and their hearts were heavy with the loss of their homes.**

This has been reported to be due to a few greedy, selfish settlers wanting the lands that the Natives were on, in order to grow cotton and make more money for themselves. There is not much in the history books about religious conflicts, but they existed and I feel that the Christians were a strong driving force (if not the only one) behind the brutal marching of the Natives out of their society and onto reservations, especially in the Southeast where Christianity was an extremely dominating and judgmental force. Even today, the Southeast is still known as "the bible belt."

**"In 1868, President Ulysses S. Grant adopted a policy aimed at "assimilating" Native Americans into mainstream US society. Government officials who oversaw Native American affairs were replaced with Christian clergy in order to convert indigenous people to Christianity." ~**  
(Quote from [www.khanacademy.org](http://www.khanacademy.org))

So, they had shoved the Natives out of their societies and now they wanted to bring them back, but only as converted Christians. However, the Native's trust in the new settlers had been destroyed by the cruelty that was inflicted with severe losses of homes, belongings and the lives of masses of loved ones when they were forced out of the Christian societies after they had already been naturally assimilating in the previous century. The Natives resisted.

In 1887, the US Congress passed the Dawes Act. This took away the reservation land and aimed to separate Natives into "homesteads" instead of living communally on the reservations. Natives were offered plots of

free land. But, again, the Native trust in the government and other new settlers had been completely destroyed in the horrid 1830s "trail of tears." The Natives resisted.

**In 1924 the Indian Citizenship Act granted Native people US citizenship to encourage them to leave the reservations. But the Natives resisted.**

Since the round of destruction that cruelly shoved them onto the reservations, the reservations have become their safe haven, which they cling to for life, literally, because their trust in other people had been destroyed by the horrid behaviors of some of those other people.

**In the 1930s President D. Roosevelt supported the return of the reservation system and Native Americans having their own tribal governments, which is still in place today.** But most of the Native "reservation" land was not returned. This resulted in the land disputes that are still happening today.

**From the 1880s to the 1990s government officials passed laws to force Native children to attend "Indian residential schools."** This school system is reported to have started under the suggestion of a Captain Pratt who had taught a group of Indian prisoners English. The aim was to "Kill the Indian and save the man" or "Kill the Indian and save the child." Native children were removed from their families to live at the schools. Parents who resisted sending their children were threatened with imprisonment and some of the children were taken by force or abduction. The schools were often hundreds of miles away from the families so that the children could not visit their families or run away.

Some people thought the schools were a good thing that was helping the Native people, which is evident in this quote from an old film of a man who was boasting about civilizing the "Indians" in the residential schools. "***They are being rapidly brought from their state of comparative savagery and barbarism to one of civilization.***" But, in reality, many (if not most or all) of the schools were far more uncivilized and barbaric than the Natives had been, and they caused mass destruction in the Native people.

**The vast majority of these schools, if not all, were run by various**

Christian churches, whose aim appears to have been primarily to destroy the Native spirituality and force the children to become Christians. In these schools most (if not all) of the children suffered holocaustal levels of emotional and psychological abuse and neglect. Many were also inflicted with things like electric shock treatments, physical beatings and sexual abuse. Many Native children died in those schools and were buried in unmarked graves.

In these schools most of the Native culture, language and spirituality had been destroyed and the Hearts and Spirits of the children and their parents were broken.

**Around the mid-1900s Native families were loudly crying out for help.**

The resulting government investigations, into the Christian residential schools, found inhumane conditions and horribly abusive treatment, and the schools began being shut down. But the assimilation into Christianity continued in other ways.

**In the 1940s and 50s another part of, what was really an "assimilation" into Christianity, took the form of a "student placement" program in the Mormon church of Jesus Christ of Latter-day saints.** (It was called, "The Indian Placement Program (IPP) and the "Indian Student Placement Program" (ISPP), and the "Lamanite Placement Program" (LPP).) This program was luring tens of thousands of Native children from their families, and forcing them to become Christians, up until around the year 2000.

This Mormon "Indian Placement Program" presented itself as an outreach to educate Native children and give them a better future. Many Native parents sent their children to the program after church members convinced them that it would give their children a better future. **However, in this program the Native parents, who remained TRAPPED in destitution, were being told that their children had to be baptized as Mormans/Christians, and go to live with the Mormans, in order to have "a better future". It preyed upon the destitution and desperation of the Native people, instead of helping the whole families. It was forcing Christianity upon them and tearing their families apart.**

Reports state that around 50,000 Native children were placed in this

program. Mormon reports boasted of acquiring an average of 2,500 Native children per year in the 1970s. This program was primarily in the Utah USA area, and was taking primarily Navaho children from their families. There were probably many other similar Christian run programs throughout the rest of North America.

**In the 1960s another part of the "assimilation" was happening in the form of a push to have Native children adopted.** Some people refer to this as the "sixties scoop" because many of the adopted Native children were reported to have been taken without the permission of their parents and without justification, either through social services or through convincing the struggling Native parents that it will best for the future of their children. Some were reported to have been stolen (kidnaped) and sold to adoptive parents. (Some Native people do not even know they are Native due to their adoptive or foster parents intentionally keeping this information from them.)

In this year of 2021 I found Christian websites that still advertise "Indian" babies for adoption. It has been estimated that "between 25 and 35 percent" of all Native children were either adopted or sent to foster homes for the duration of their childhoods, aside from the ones who had been forced into the residential schools.

**In 1968 the "American Indian Movement" (AIM) was formed in the USA and began standing up for the rights of the Natives.**

**In the 1970s the last of the "Indian Residential Schools" were closed in the USA.**

**In 1973 President Nixon said, *"This will mark one of those periods in American history where after a very long time, and at times a very sad history of injustice, that we started on a new road, which leads to justice in the treatment of those who were the first Americans."***

**In 1975 the "Indian self-determination Act" was passed in congress, which gave Native Americans more control over their own education...etc.**

**In the 1980s the last of the "Indian Residential Schools" was closed in Canada. The closing of the schools did not completely stop the suffering.** So many of the Native children had been so severely wounded, in the schools, that it has also been affecting their children and their grandchildren. Many have been filled with pain and anger, due to what the schools did to them, which is very understandable. The schools crippled the Native people and a lot of looking back and healing must take place, in order for them to get back to the healthier state they'd been in before the schools.

**In 2007 the Canadian government made a settlement with the Native people in Canada. Part of it was monetary and part was to help with healing.** The monetary settlement gave different amounts of money for different abuses experienced by the victims. I'm surprised the settlement was based on what the victims remember and was not the same amount to every victim, because it is VERY common for people, who were abused as children, to not remember the most traumatic things until later in life, and how much later is different for every individual.

Some Natives find the amount of the settlement insulting. Some are being denied the originally designated amounts. Court battles are happening. But no amount of money can make up for the damage that was done to the Heart and Spirit of the Native people. And battles over money just fuel the discord. **Compassion, understanding and the freedom to heal is what they need more than anything else and they should have it.**

**In 2008 Canada's Prime Minister Stephen Harper publicly acknowledged, and even took responsibility for, the governments part in the wrongs done to Native people in the "Indian residential school system: "I stand before you today to offer an apology to former students of Indian residential schools. The treatment of children in Indian residential schools is a sad chapter in our history. For more than a century Indian residential schools separated over 150,000 aboriginal children from their families and communities. In the 1870s the federal government...began to play a role in the development and administration of these schools. Two primary objectives of the residential school system were to remove**

*and isolate children from the influence of their home families, traditions and cultures and to assimilate them into the dominant culture. These objectives were based on the assumption that aboriginal cultures and spiritual beliefs were inferior and unequal. Indeed some saw it, as it was infamously said, 'to kill the Indian in the child'. Today we recognize that this policy of assimilation was wrong, has caused great harm and has no place in our country... The government now recognizes that the consequences of the Indian residential schools policy were profoundly negative and that this policy has had a lasting and damaging impact... The government recognizes that the absence of an apology has been an impediment to healing and reconciliation. Therefore, on behalf of the government of Canada and all Canadians. [I] apologize... for Canada's role in the Indian residential school system. We now recognize that it was wrong. To the approximately 80,000 living former student and all family members and communities, the government of Canada now recognizes that it was wrong to forcibly remove children from their homes and we apologize for having done this. We now recognize that it was wrong to separate children from rich and vibrant cultures and traditions, and that it created a void in many lives and communities and we apologize for having done this. We now recognize that in separating children from their families we undermined the ability of many to adequately parent their own children and sowed the seeds for generations to follow and we apologize for having done this. We now recognize that far too often these institutions gave rise to abuse and neglect and were inadequately controlled and we apologize for failing to protect you. The burden of this experience has been on your shoulders for far too long. The burden is properly ours as a government and as a country. There is no place in Canada for the attitudes that inspired the Indian residential school system to ever again prevail.... **the government of Canada sincerely apologizes, and asks forgiveness, of the aboriginal people of this country, for failing them so profoundly. We are sorry.**"*

<https://youtu.be/aQjnbK6d3oQ>. This truly is a historic event. These are wonderful words. If they were delivered with genuine remorse and compassion they are worth far more than anything else.

From 2008 to 2015 a "Truth and Reconciliation Commission" was created

**in Canada for the residential school situation.** But it is not clear who was behind it. It appeared to be about resolving the conflicts and helping the Natives to heal. The healing has barely just begun and forgiveness can not fully happen until far more healing is done in the hearts of the Natives that were severely hurt. Although the "Truth and Reconciliation Commission" stopped, there is much left to be attained, for the victims of the "Indian residential schools" and their descendants, in the arena of healing and the proper kinds of help and emotional support and understanding that is needed for this process.

## *A Bit of Christian History*

Since the days of Christ the Catholic religion has been known to perform a wide variety of domination tactics. Up until the late nineteenth century Catholic priests were even publicly torturing and murdering people for not following only the Catholic ways and beliefs. This was happening all around the globe and was known as **the "Holy Inquisitions,"** although there was nothing Holy about them. The "Spanish Inquisition" part of it became popular due to its gruesome torture tactics, but it appears to have been just as bad in other countries. And it was not "the Spanish" who were doing it – it was the Catholics/Christians.

The people, who were being tortured and killed had been only SUSPECTED of "heresy" or "witchcraft" or "evil" spiritual practices. The "witch craft" or "evil" accusations appear to have been merely an excuse to torture people who honored their own natural spirituality or the Jewish faith, instead of becoming Christian. The tortures are reported to have included sexual violations and gruesome physical tortures after tearing of the clothes of the victims. Masses of non-Christian people were being violated and tortured and murdered in various ways, including being burned alive. The truth is that those who tortured people are the ones who were being evil.

**Sept 20, 1870 the Catholics lost Rhome in the Italian invasion and the Catholics were forced to stop the torturous "Inquisitions."** But this didn't end their dark aims. Among other things the Catholics also covertly kept many Jewish people in a state of poverty and dependency, in order to force them into Catholicism. They were even secretly baptizing Jewish babies and later abducting them and putting them into a place called the "Catechumens". In the "Catechumen" buildings the children are reported to have been "*cleansed of their names, their identities and their religion.*" Friends and family members of the children were not allowed to visit the children, until they had been completely converted to Catholicism. Then the families could be with their own children only if they also converted to Catholicism.

This method of abducting, isolating and brainwashing children, in order to force whole families into Catholicism, became very publicly

evident in the "Mortara case", which was about a Jewish boy, Edgardo, and was published in newspapers around the world in the mid-1800s. (The process of holding the Jewish people in poverty, and forcing them into Christianity, is identical to what was done to the Natives of North America in the start of the reservation system. And the process of targeting the Jewish children and tearing them from their families, in order to force them into Catholicism is also identical to what was done to the Natives of North America.)

Due to the publicizing of the Edgardo Mortara case, laws were passed to make Catholics stop the secret baptisms and abductions of the Jewish children.

In 1908 the Catholics changed the name of the "The Holy Office of the Inquisition" to the "Congregation for the Doctrine of the Faith." There have been efforts to hide the truths, through name changes...etc., But there was not a change of their ways, because the Catholic fight against the unconverted Jewish people appears to have continued in other ways.

In the 1930s and 40s, Adolf Hitler and Heinrich Himmler are two Catholics who caused mass destruction of the Jewish people. Hitler is well known for this, but Himmler's behaviors were reported to have been just as bad. Both Hitler and Himmler were born in Munich in Catholic families.

In order to gain more of a following, after doing things that made people skeptical of Catholics, it appears that the Catholics changed names and bibles, in order to continue baptizing and converting as many people as possible. Consequently many different Christian religions have been formed. But they all appear to have the same roots and the same leaders.

From the Late 1800s, through at least the 1960s, the KKK was VERY active, especially in the "Bible Belt" – in the Southeastern USA. Many of their tactics against the negro people, resembled those of the Catholic Inquisitions. A leader of the KKK was reported to have said, *"We're a Christian organization."*

From the late 1880s to the late 1990s many different Christian churches, and masses of Christian worshippers, took part in forcibly tearing Native children out of their homes and away from their families and into schools where they further abused the children in efforts to destroy their natural spirituality and force them into Christianity, as I explained earlier.

In the early 1960s the USA passed laws preventing religion from being taught or practiced in public schools. This was a very wise move. But the "Indian residential schools" were not public schools – they were run by various Christian churches.

In the 1960s, as the "Indian" residential schools were being shut down, Christian churches were starting programs that took Native children away from their families, and forced them to become Christians, through adoption and the "Indian Student Placement Program," like I described in the previous section. This was done under the guise of "help" but the children should not have been taken away from their families and should not have had to be baptized into Christianity, in order to get help and have better future. Real help would have helped the whole family, and not forced the children to become Christian, and not taken the children from their families.

The shunning of people, and tearing them from their own societies and families, for not being obedient followers of Christianity, is still a common Christian practice. It is most obvious in the Amish and Jehovah Witness parts of Christianity, but it has been, and still is, done in less obvious ways, throughout the rest of Christianity.

~

I feel that most Christians are good people who only see the good in the religion they follow. We cannot blame them. But some certainly did not have good intentions. The torturing and killing of human beings, and the forced baptisms, and tearing defenseless children from their parents and abusing them, in order to destroy their natural spirituality and make them Christian truly is evil. And

the scope of the abusive behaviors indicates that the problem is far more than just a few unholy Christian people, both in the deep past and in the recent treatment of the Native children in the "Indian residential schools." Masses of Christian people, throughout the USA and Canada, played direct roles in what was done to the Native children in the "Indian residential schools."

And the problem of forced Christianity also extends far beyond the USA and Canada. During my last trip to Peru I'd learned, directly from the Quechua people whom I'd lived with for a month, that Christianity had been forced there too. The Christians had even violated the sacred sites of the Quechua people through building Christian churches directly on top of them. And I've heard that similar things have happened around the globe.

## *Inside the "Indian Residential Schools"*

In most (if not all) of the "Indian residential schools" the Native children were separated from their loved ones and forced to abandon their own spiritual beliefs, their own language, their own culture and even their respect for their parents and other family members. And they were forced to learn Christianity.

Many of the children were horribly abused and masses of them died in the schools. What happened to the Native children in the abusive Christian schools, is truly a holocaust. This is just a brief overview of the parts I've become aware of.

Some parents sent their children to the schools, hoping it would give them a chance for a better life and some parents went to prison for resisting and their children were either forcefully torn from them or kidnapped and delivered to the schools. Most of the situations appear to have fallen between these two extremes.

In at least most of these schools; on the first day the children were stripped of their cloths and scrubbed with disinfectants and given uniforms and were not allowed to keep their own clothes and personal items. Their beautiful long hair – their valued symbol of wisdom, was carelessly chopped off. Each one was given a number and English names. They were basically robbed of their identity in the very first day at the schools, which were more like institutions.

The children were often scolded, punished, yelled at or hit for crying, for speaking their own language, for practicing their own spirituality or for trying to run away.

The children were told that their own parent's ways were bad and barbaric and evil, making the children lose respect and trust in their own parents and other loved ones. They were intentionally made to feel ashamed of themselves and their loved ones. They were most often not allowed to visit their own families and were kept at the schools for most of the duration of their childhoods. They were forced to become Christians and follow only the Christian ways.

**Many of the children suffered horrific levels of neglect and physical abuse including brutal beatings and sexual abuse. In at least one of the**

**schools the students were given electric (ELF) shock treatments.** They were forced into surgeries that were said to be to remove their tonsils and prevent illness.

**Thousands of Native children died in the schools, without the parents being notified for visitation or to attend the funerals.** Most were buried in unmarked graves and some graves have been found to contain several children buried together. The deaths of Native children are believed to be far more than what has been estimated and there are still searches taking place for graves around the schools.

Among the worst of the schools was St. Anne's in Canada and Carlisle in Western New York. **But most, if not all, were bad in the way of intentionally destroying the children's natural spirituality and culture, in the way of inflicting the children with shame of who they are, in the way of destroying the children's closeness to (and respect for) their parents and other loved ones and in the way of breaking the Hearts and Spirits of defenseless children.**

The destruction of the children's relationships with their parents, as well as the destruction of their spirituality, was far too wrong even if the neglecting, shaming, terrorizing, beating, killing, sexually abusing and electric shock tortures had not happened. **But it ALL really did happen.** How could such a thing have happened and how could it have continued for so long and still have been happening so recently?

**Most of the Native race in North America was severely wounded on every level of their existence, especially emotionally and spiritually, due to what was done to the Native children in these schools.**

## *After the Schools*

*Some aimed to heal.  
Some were still dyeing.  
Many held the pain  
That wanted to be crying.  
But the Light will come  
And healing will be done.  
Not just for our race,  
But for everyone.*

When the surviving children left the schools they carried deep wounds and heavy loads of pain and shame. Many felt that they did not belong anywhere, because they no longer fit in with their families and still did not fit into other societies. Most of them felt ashamed of being "Indian." Some had been too numbed to feel anything. Many were so filled with pain and shock that their spirits and hearts had been blocked. Some were so abused and lost, inside themselves, that they may never be able to return to who they were born to be. Some are still in a lot of pain and feel angry about what was done to them.

And there are many children and grandchildren of the school victims who are victims of it too. Because the children who went to the schools were deprived of loving role models for parents, they could not pass that down to their own children. All they knew was either the clinical distance or the abusive behaviors of the adults in the schools. So, the woundedness has also been passed down through the generations.

Child neglect and abuse became more common on the reservations, after the schools. Alcoholism and drug addictions became more common on the reservations, after the schools. Some victims walked in circles with broken hearts and broken spirits, especially those who have been labeled as "mentally ill" and put on the brain and feeling numbing pharmaceuticals that prevent healing, and those who've turned to alcohol or street drugs to numb the excruciating pain of what was done to them. Anger festered and criminal behaviors became more common after the schools. The suicide rate, in the children of the school survivors, is very

high.

In the past two decades some victims are speaking out and their voices should be heard. Below are some quotes from these victims. I include addresses of the videos so you can watch them. (Some of these videos were done by the "Truth and Reconciliation" organization.) Most of these statements are from Canadian school victims, but many are from the USA too.

**Note to Native people;** if these testimonies trigger sadness in you, I hope you embrace it and let yourself cry it out. Pull out a box of tissues, or a hanky, and cut loose. I hope you are free to fully embrace your feelings and focus on healing, whether you are a victim of the schools or not.

I hoe all other people do the same. I have no doubt that there are many people, like myself, who can relate to many of these things, even though we were not in the residential schools or are not fully Native or are not Native at all. In many ways, their pain is also our pain and we ALL must release it and let Love in.

**It's OK to cry.**

**Its the crying that releases the  
pain and heals the Heart/Spirit.**

## *Voices of the Victims*

(2018) <https://youtu.be/QJ9qhYATUm0>

**"When the first two boys were given electric shock, they winced and I could see them jerk as they were cranking the handle... then they kind of slumped... It was really powerful. you could see them jerk... The experience with the sexual abuse was really hard to bring up, but I had to tell the details of what happened." ~ school resident**

(2018) <https://youtu.be/jFDIn2CykXY>

**"One of the things I struggled with was living under tension all the time... walking on egg shells... from being scared, from seeing others get beat... We were not allowed to have friends, so they separated us... They took me from my family. They took me from my friends... One of the things I really struggled with all this time is shame, shame of who I am, loss of identity. I didn't know who I was when I got out of there. I was ashamed of being a Native... I've been through a lot of healing since 1982... I was so traumatized." ~ school resident**

(2011) <https://youtu.be/vZwF9NnQbWM>

**"Neither one of us knew how to cry, because we were not supposed to cry." ~ school resident**

**"There was sexual abuse but we weren't allowed to talk about it." ~ school resident**

(2014) Residential School Survivor Personal Stories

<https://youtu.be/oejxDCza3U8> (Part one)

<https://youtu.be/2lmPqVtAhrY> (Part Two)

**"[On the Reservation] We were rich. We did not need anything. The land supported us in every way, in every facet of our lives." ~ Elder school resident**

**"[In the boarding schools] They exposed all those young children to the sexual abuse... There was one nun that used to tell us, "Turn the other cheek." What happened to us, it should never have happened... I didn't have my grandmother or my mother to protect me. You should always have someone that you can go to when things happen. To me, the education system and the priests and the nuns failed us as Indian children put into their care, very badly. THEY were the problem." ~ Elder school resident**

(2018) <https://youtu.be/CRelSnQDbBE>

**"I was mistreated in every way. There was a young girl...she was pregnant... they took the baby into the...furnace room. They threw that little baby in there and burned it alive... You could smell the flesh cooking. Its a big mistake when people say we were treated good. No way. There is a lot of things that happened in those boarding schools." ~ school resident**

(2015) <https://youtu.be/vdR9HcmiXLA>

**"I got frightened when I was little girl, when the principal used to beat up the other children... The boys got the most beating. They used to call it 'bench party'... I saw blood... My strongest memory there is when the little girl died beside me. She must have been about six. [her parents were never notified.]... Everything [was] destroyed in our world. We didn't bother white people. White people bothered me." ~ school resident**

**"I remember when we had to shower...the supervisor come in there and basically take advantage of you... I remember them taking me away from**

my mother... I got strapped. I got beaten up for speaking my own Native tongue. I even had my tongue pulled out and pinched... you learn pretty quick after getting those beatings and ever since that day I tried to run away... when we got caught we paid for it dearly." ~ school resident

"I remember...witnessing my brother get punched by the supervisor... there are three reasons why I think residential schools became blood on our landscape. One is that we became strangers in our home and Native land. Two is that nurturing relationships between parents and children were severed. Residential schools were a frontal attack on parenthood. Three is that it added to our mental stress in a very real way." ~ school resident

"My father told me... they had to be contained so they would walk in circles in the cafeteria, round and round and round and round. He never knew when he was going to get hit. He lived in fear of being hit. You break a rule you get whacked... It was unpredictable... and it was that unpredictability he brought home too and the same things with us. We didn't know what was going to happen next. So it was scary. He got out...and finally made his way home and he couldn't connect with them – he couldn't speak the language. He didn't understand the culture. There was a lot of fear. I think the fear that they put in him – the terror that they put in him, he managed to bring that with him. And it went into our family and I learned terror and fear and all that as well – as a child. I put fear in my sons too. That's all I knew. Generally the survivors of residential school do not commit suicide any more than general population. Its the children of the residential school survivors that commit suicide in incredibly high numbers. " ~ school resident

"My parents and grandparents went to boarding school... [after mother talked at a conference] I was shocked and appalled, I just felt terrible for her. I felt frozen. My parent never had a childhood and never had parents – a role model so we were vulnerable children and a lot of us were abused ourselves as young children. One of the people who abused me in my family had been a residential school survivor and I understood why now – why I was abused. I grew up not knowing my language and in fact I

kinda felt ashamed about our language and our identity because it seemed like... my parent and uncles were ashamed too in some way because they didn't want to talk about it and they didn't want to share with us about who we were. " ~ child of school resident

(2015) <https://youtu.be/VmjrVfsLRBE>

"Just over twenty years ago the last Aboriginal Residential School closed in Canada. Over the decades more than 150,000 children lived in these schools for up to six years at a time. They were punished when they tried to speak their language or practice their culture. More than 4,000 children died. Those that survived came out of the school system different people... families were separated to break the family bond."

Narrator

"They took me away from how I was brought up and how my mother and my father had a role in my life... The truth is the truth, but we need to create that atmosphere toward reconciliation... I understand why we are the way we are – why we are so angry. I am done being angry now. Hopefully we will all get there." ~ school resident

"I started to lose the language and when I came out I could speak a few words but I could not speak fluently to [my father]. I found it so hard... I opened up and finally let out my feelings about what happened to me and I cried and then that's when I could feel my spirit come back to me and then I could be there for my kids. We Native people are struggling today. A lot of them are not where I am – they're just starting to open up and talk about what they went through. I think it should be taught in the schools so that everybody can understand what we went through, so we can go back to our ways and the way we were supposed to be – our traditions and our values. We need to be who we are." ~ school resident

(2013) <https://youtu.be/ioAzgmes8c> (Part One)

<https://youtu.be/9PaqrM1iCf0> (Part Two)

<https://youtu.be/2d-FbXx-LSk> (Part Three)

"There was a General Pratt who was famous for using those words – to 'kill the Indian and save the man'...and that our ways are savage and that we needed to be civilized. ~ Narrator

"There was a lot of sad times, but I didn't get angry and have resentment until I got out, because I didn't know that from five and a half to sixteen [years old] I just thought it was like a normal upbringing, like to not have no parents and stuff like that." ~ school resident

"At five and half years old... I grabbed by Ma's leg... we were all just crying... The supervisor came over and grabbed me and took me off my Ma's leg." ~ school resident

"We used to use our language [and] they used to wash our mouth out with soap. They would take a whole bunch of us and march us to the shower and beat us along the way. It was a routine thing I guess." ~ school resident

"They'd throw us in this dark press room... they'd throw Mary and I in there and tell us the rats were going to get us... I used to wonder, 'what did I do?' and I would cry and Rosemary would cry and we would cry and cry for hours in there, not knowing why we were in there. [after I started to learn a little English] I knew then that they were throwing us in there, because we wouldn't speak English.... I didn't speak at all for two whole years, because I figured if I spoke Indian I'd get a licking and if I spoke English then it would be against everything that I stood for. So I didn't speak at all... This man took us into the gazebo and told rosemary and I that he had something for us and that's where he tried to molest us and we ran and even now I have nightmares... He said that we were really bad and that we were born of the devil and if we told anyone about what he was doing they wouldn't believe us anyway and that's so true... I think he had penetrated me that time and I was bleeding and I was sore and I went and I told the nurse and she asked me what happened and so I told her and she gave me a strapping.... Now I think of all the things that happened and you were damned if you did and damned if you didn't, no

**matter which way you got a licking. It just wasn't right."** ~ school resident

**"They took all our clothes off and put the clothes of the school on us and they give us a number. So my number was 48 and my brother was 36."** ~ school resident

**"I had my tonsils out. They used to put us to sleep with that ether... we'd be tied down and they poured that ether over our nose."** ~ school resident

**"My mother ran our house like an institution...the only way that she knew how."** ~ child of school resident

**"I'm here to look for that healing. I am looking to forgive. I forgave my mother. I want to forgive Thomas Indian School."**~ child of school resident

**"What good would a hollow apology be?... an apology would have to be sincere."** ~ child of school resident

**"You at five years old, being taken away from your mother. How would you feel?"** ~ child of school resident

(2017) [https://youtu.be/peLd\\_jtMdrc](https://youtu.be/peLd_jtMdrc)

**"Many of the children who attended the schools were taken by force or were kidnaped."** ~ Narrator

**"Lot of bad memories here, that's for sure. I cried and cried and cried... It was just so hurtful to have to part with her [my mother]. My mother was a really good mother. "** ~ school resident

**"There is tremendous amount of evil that went on here... They put us in a big cement room and we had to keep warm any way we could."** ~ school resident

"I went to the door of this home and the woman who lived there knew why we were there – that her two daughters were being sent to residential schools. The mother was crying. Both children were crying. Probably six and eight years old. And I took the six year old from her arms, actually and turned them over to the agent. He jumped in his car and took her off to the airport... I don't remember the children's names, but I'll never forget the cries... It took up maybe five minutes of my life and I buried it back in 64 or 65 and about fifty years later it came back to haunt me." ~ officer who helped take a child by force in 1965 and later suffered with depression due to feeling that he'd done wrong.

"At the time I didn't like the idea of taking children from their parents. It bothered me... The only thing I knew about the Indian Residential Schools is it was a place where they could get a formal education and didn't see any problem with it. Since then I've come to realize what they were about and know differently now... I'm ashamed." ~ officer who helped take a child by force in 1965 and later suffered with depression due to feeling that he'd done wrong.

"It was to assimilate us – to make sure we didn't have any Indian left in us when we left here." ~ school resident

"There was no mother, no father figure. Nobody said 'good night'... nobody looked after you... we sort of looked after ourselves." ~ school resident

"It was to kill the Indian in the child and pretty much they did. So you get punished for being who you are." ~ school resident

"Its a school where you were punished for the least infractions. The punishments were severe. You never knew when you went over the line. They let you know by giving you a beating. Beating sounds so simple, but it was more than that – it was terror that accompanied each beating." ~ school resident

"Punishment for things you never did. I don't think I ever did anything wrong that would deserve a strap. And yet, you got it." ~ school resident

"I just remember them crying. There was a lot of crying in this place. A lot of tears... And then you find out it was thousands upon thousands of children who were being abused." ~ school resident

"We were lost lonely scared and confused... Kids were being raped and molested in large numbers... beaten until their screams rang out... beaten until there was silence. That was the scariest." ~ school resident

"[in the boiler room] is where I got molested time and time again. Day after day. Boy did I ever wish that somebody would come by, somebody would miss me somehow. And nobody ever came. And I just came out of there feeling so dirty, rotten, low... I think we all got it at one point or another." ~ school resident

"I don't even remember going there. I don't remember the people picking me up out of my home... All I know is I was just there. Then I met the older girl. She kind of took care of me... She said she was going to ask her mother to come and get me to take me home... But that didn't happen, because she, she um, because she got hurt... they killed and I was there. I saw what happened to her." ~ school resident

"I wrote this book... Ever since I wrote that book I don't have that great desire to back anymore and beat them up." ~ school resident

"Having my father, my aunt and my uncles gone to residential school. My father never discussed his upbringing. He was silent. The home that we lived in was silent around who he was and how he was raised... I knew there was something wrong, but I didn't know what it was... This was wrong – to take children away from their parents and heard them into a school against their will... And what you don't hear about is what happens to the adult people when their children are ripped away and when those kids come back broken... So, nobody is OK." ~ child of school resident

**"I was hurting so bad on the inside..." ~ school resident**

(2019) <https://youtu.be/ep7AW2K4Xww>

**"They offered us some ice cream... After we were finished we were loaded back up into the car, but they never went back the way they came... I fell asleep and I never woke up until we were coming up the Mohawk Institute. But after I got old enough I realized that I was kidnapped. My Dad didn't know... They didn't care how they got the children here."** ~ school resident

**"There's so many things that happened to us when we were here. Right now its seems that I am traveling back in my younger days. I could hear the kids... I'm feeling too weak."** ~ school resident who cannot talk about it.

**"I didn't want to eat the porrage, because it... didn't taste right. The other girl that I saw, she got sick. Same thing happened to me... One of the helpers – the big girls was the one, pulling my hair. A nun was standing beside her, grabbed the spoon and fed me my vomit. I couldn't swallow it at first. I couldn't swallow it."** ~ school resident

**"We were electrocuted in the electric chair... If you don't behave you will get electrocuted... People would cry. People would squirm and different reactions."** ~ school resident

**[in dentist chair with hands and feet tied] "my hands were tied up like this. So was my legs... And that priest started to kiss all over my face and I was scared. And I cried and I cried."** ~ school resident

**"According to the police documents [sexual abuse] was rampant. Children sexually assaulted by nuns, by priests, by school employees and sometimes by each other."** ~ Narrator

**"He was always touching you... He would start here and then his hands**

would fall down." ~ school resident

"They ran away and what they left behind was a mess. I don't think we will ever recover, in our own lifetime, from what happened. They still continuing to hide until there's nobody left to fight – until all of us are gone." ~ school resident

(2019) <https://youtu.be/Yo1bYj-R7F0>

"The Native American boarding school era is a dark chapter of American history. The policy was known as "assimilation" – everything Native was to be stripped away. The thought was to kill the Indian and save the man. Their language was to be unspoken." ~ Narrator

"My mother was taken away when she was nine years old and was not allowed to return until she was 18. I've learned that the worse thing was the sexual abuse and then the emotional abuse that accompanied it in many of the schools." ~ child of school resident

"They all looked at me when they were giving me my hair cut... My long hair falling off. I was really hurt. That was the teaching from my grandfather was 'your long hair is your strength' and 'your long hair is your wisdom'." ~ school resident

"When I went to boarding school they chopped off my long hair and I remember crying and crying..." ~ school resident

(2015) <https://youtu.be/9FydzlzkndA>

"In that first year, we didn't like our parents. We didn't like our grandparents. We didn't like our extended families, because of what had been pounded into our heads, that "Indians were no good"... so that was the start of my indoctrination. When they say, "kill the Indian in the child," That's exactly what they were doing. Kill it." ~ school resident

**"My grandparents spoke Cree... and they were very deliberate about not passing that down to their children. They didn't want us to know the language, because they were so afraid." ~ school resident**

(2008) <https://youtu.be/qDshQTBh5d4>

**"They beat me every day... I got hit so much I lost my Native tongue." ~ school resident**

**"We have to have our own language, because... when we talk to our Spirits they don't understand English." ~ school resident**

**"We are a people. We just need to be accepted." ~ school resident**

(2018) [https://youtu.be/9GChd5\\_RT6A](https://youtu.be/9GChd5_RT6A)

**"They pulled their pants down and started whipping them and I had to watch my little sister get whipped and I couldn't do anything to help her...[crying] My very first experience of somebody coming of age was a very violent one... the nun went in and started yelling at her and started hitting her, called her a dirty little savage... When you look out in the street and you look out on some of our people and you look at some of the issues they have to carry and where does that trauma come from? It comes from the place of being in the residential schools. It comes from that history. It comes from that pain that's been passed down through the generations." ~ school resident**

(2018) <https://youtu.be/j2ITeM8D93Y>

**"And then you have the older children coming to you and telling you not to cry, because its going to get worse... [I remember] her telling me to get in that shower and... *"wash until you take all that brown skin off because God doesn't like brown skin"*... I grew up hating the color of my**

skin. I wanted to be white. I was broken inside, thinking how can I make that change and be accepted... I pray that people find peace within themselves, to help us – to open their own hearts so that everybody can start working together." ~ school resident

(2018) <https://youtu.be/ZdnEPvNGUYy>

"Witnessing the sexual abuse of a little boy. That traumatized me. I think in time people need to know and understand not just about the abuses but the impacts – the harmful impacts that we have still today." ~ school resident

(2020) [https://youtu.be/a5\\_RxYXopdU](https://youtu.be/a5_RxYXopdU)

(2020) [https://youtu.be/jd4rz\\_6FGKs](https://youtu.be/jd4rz_6FGKs)

"We did a lot of crying here. We did a lot of fighting..." ~ school resident

"Every time you tell your story your healed a little bit." ~ school resident

(2017) <https://youtu.be/8HZgmJmdpf8>

"I cried when I saw my hair on the floor" ~ school resident

"Without my Navaho language I was broken... taking my identity from me made me very powerless" ~ school resident

"I managed to learn how to stuff all the loneliness that came, because I could not talk to my mother and father. We were not comforted by our boarding school matrons or teachers. The pain and the loneliness and the anger will always be with me..." ~ school resident

"Its like our great beautiful blanket got chopped into pieces... we have a lot of the pieces left and now we are trying to put them all back together.

**Its not going to look exactly like our blanket was before, but it will still keep us warm." ~ School resident**

**"It hurts to know that I cannot give [my children] what my parents could have given me, if not for boarding school." ~ child of school resident**

(2015) <https://youtu.be/ZO38EUu-1uA>

**"I was taken away from my mother and grandparent... My mind has never let go of thinking about the loss of my mother... I was kept at the boarding school for six years and never allowed to go home... there were beatings happening... I ran away from that school six times and each that I was caught I was beaten.... There was absolute loneliness... every night there were kids crying...my crying was amongst them... teachers were very mean. they kept hitting the back of your hand with rulers. There were a lot of perverted acts. They were taking Native children and putting them in these schools and trying to make us believe in Christianity and making us forget the Native ceremonies. I think any child that goes through that will be forever filled with trauma, as I have been. My mother is gone... I couldn't tell her that I was sorry. A great trauma was inflicted upon us and that was by taking the children, by force, away from the parents" ~ school resident**

(2018) <https://youtu.be/RvuUZfDPSpQ>

**"I consider my children, grandchildren and others lucky that they do not have to go through all that." ~ school resident**

(2018) [https://youtu.be/XdGnL\\_J\\_BLg](https://youtu.be/XdGnL_J_BLg)

**"[When my father dropped me off at the school] he said, "I cannot take you home. We'll go to jail. You have to stay here."... My dad was crying and he drove away." ~ school resident**

**"We were always punished for trivial things." ~ school resident**

(2012) <https://youtu.be/VirdmvVAbIc>

**"His actions of sexual abuse went on through the school year. He made nightly visits to me. My brother would not cooperate. Instead he ran to the window and he jumped out of it." ~ school resident**

(2016) <https://youtu.be/ddZEeeaozDE>

**"I was physically abused by a supervisor... " ~ school resident**

(2010) <https://youtu.be/PSR1uIyq2rU>

**"They were abusive to all the kids." ~ school resident**

(2014) [https://youtu.be/\\_D2hk7JEqtl](https://youtu.be/_D2hk7JEqtl)

**"They were so cruel. Actually that's why I'm deaf – both ears – I can't hear, because we got cuffed in the ears so often... I left there. I was totally broken." ~ school resident**

(2018) [https://youtu.be/bt6iOj\\_pkfw](https://youtu.be/bt6iOj_pkfw)

**"That loneliness, that separation from your family is the worst thing that anybody can do to you." ~ school resident**

(2016) <https://youtu.be/u0JAzgzKVZA>

**"There was a lot of shame. I didn't want people to know what I was going through." ~ school resident**

(2012) <https://youtu.be/YIG2-7yl3mc>

**"It wasn't really about education. We didn't really learn basic English."** ~ school resident

(2020) <https://youtu.be/ToUVHjr1xK0>

**"It was like hell on earth."** ~ school resident

(2018) <https://youtu.be/nJ64Dltsli0>

**"Things really did happen to us and its affected us in many ways, personally."** ~ school resident

(2016) <https://youtu.be/rJQgpuLq1LI>

**"We stand in a moment of the greatest promise that I've ever seen for this country; a moment where we can reflect upon our relationship with each other, to learn to honor each other, to respect each other, to hold each other up... Reconciliation isn't just for aboriginal people and churches and governments, its for all of us and so we need you – we need you to be a part of this great dream – this idea that we can live together in this country, together as one... One day soon, we will have achieved a country that is reconciled, where EVERY kid knows that they're important, that they're valued, that they're loved and that they have a future in our great country"** ~ Canadian school resident

(2015) <https://youtu.be/UAL5KSWFTNI>

(2015) <https://youtu.be/kgFnPB2gHw8>

(2019) <https://youtu.be/-mLe6BQ3pDo>

~

**Thank you to all the victims/survivors who shared their experiences and feelings. It helped me to realize more about what happened to you and also helped some confusing puzzle pieces click together in my situation. I needed this more than I can say. My heart goes out to all of you and is here in this book for you. I hope you feel it.**

It would be easy to think that its all over, and that all that is left to do is the healing, after watching the videos, especially the "Truth and Reconciliation" videos. But there is more to this situation. Complete freedom has not yet been gained for at least some of the Natives.

**And we must look back, not only at what happened to the Native children, but also at why MASSES of Christian adults, throughout both Canada and the USA, handled the Native children in ways that can be VERY accurately described as pure evil.**

I can understand military type people, who were trained to use brute force in wars and prisons, not being humanitarian enough and not being aware enough of the importance of family ties and spiritual and emotional health to have done a good job with the handling of this situation, in the beginning of it.

But the Christians – people who claim to be "Holy" and to be working with God/Love/Light certainly should have been humanitarian enough and aware enough to not carry out the orders and to not try to beat the Heart and Spirit out of the Native children.

People who claimed to be serving humanity with a God that promotes "free will" and "loving thy neighbor" and "humility" and "compassion," should have been extremely capable of teaching the Native children English or French, and another way of life, with AT LEAST just common levels of kindness and respect for their feelings and families and other beliefs, regardless of what laws had been passed or what orders had been made. But many, if not most, intentionally did the complete opposite. Masses of Christians not only carried out those orders, but also inflicted many of the children with severe levels of emotional, physical, electronic and sexual abuses in the process!

The Native children's spirituality, culture, language, Spirits, Hearts, and their love and respect for their parents, did NOT have to be destroyed, in order for the children to be taught English or French and another way of life. And the children should not have had to become Christians, in order to learn how to live outside the reservations, but this had been the Christian aim from the very start of the reservation system – to isolate the natives and keep them in poverty and force them to convert to Christianity, in order to have their freedom back. But the Natives chose to stay on the reservations and resist, which is why the school system was forced upon them. The Native children became the target, for the forced conversion, just like the Jewish children had long ago.

I know that most people blame only the government for what has been done to the Natives, because they passed the laws to enforce the "Indian residential school" system and because the government appears to have wanted the Natives off of the reservations and into the rest of our societies, for various reasons, including for the return of the land. Out in the open this reservation problem has been a war between the government and the Natives; the natives wanting to hold onto it and even get more of the reservation land back, and the government wanting to undo the first mistake that created the reservation system to begin with. Its easy for the Natives to blame the government, because part of the government has been involved with the rounds of destruction, even if just with the passing of laws opened the door for the Christian destruction to happen.

However, it is VERY obvious to me that the Christians had the strongest hand, in the whole Native situation, from the very beginning, (possibly from even within the government) and it is surprising that this appears to have been being overlooked. I do not think that the government wanted to abuse the Native children or destroy them spirituality and break their hearts, but this appears to have been the primary aim of the Christians, who are the ones who handled the Native children in those schools.

## *The Covert Targeting*

I feel that a lot more happened, in at least some of those schools, than any of the victims, who are alive today, remember or are allowed to remember or talk about. **And there are also less obvious things that should be investigated and stopped, in order for true freedom and full healing to take place.** Currently, there is cause for concern that the Native people are also being covertly targeted. And there is cause for concern about the amount of Natives who have been prescribed the types of brain and feeling numbing pharmaceuticals, which actually prevent the healing process, and can interfere with brain functions, like memories. There is just cause for concern about a lot, for the natives as well as the rest of humanity. There is an evil covert targeting problem, which has not yet been fully exposed and stopped, but it should be and hopefully soon will be.

**In 1961 President John F. Kennedy warned of a dark/evil covert operation that was "advancing around the globe."** (I share a lot more about this in my *Wisdom's Beacon for Freedom and Technological Holocaust* books. I cannot bring it all into this one just to prove this to you, so please just listen closely to the heart of your instincts with the following information.)

The covert operation, which JFK spoke of, is an evil aim for dominance and has masses of followers all around the globe, especially in churches. Among many other things this organization has a habit of changing names, in order to hide the crimes and continue to commit them in different ways. It has a habit of brainwashing and recruiting or using people, for dark aims, under the guise of it being good or "help." It has a habit of shoving its victims into poverty and holding them prisoner there until they are converted. It has a habit of projecting its evilness onto its victims – it has a habit of pretending its victims are either "mentally ill" or "evil". It has a habit of tearing families apart and isolating its victims in order to torture them into submission. It has a habit of sabotaging their victim's work and creations and using them to make money for themselves. It has a habit of destroying the heart and natural spirituality of humanity. It has a habit of depriving it's victims of good help and

making sure its own people are the ones who zoom in to manipulate things under the guise of "help" arriving. And this list could on and on and on. **In general, the tactics of this evil covert operation mimic the historic Christian behaviors and tactics. So this raises many important questions.**

**Was the "Truth and Reconciliation" program run by the same Christian organization that hurt the Native children so severely?**

**WAS THE CHRISTIAN RELIGION BEING USED BY EVIL FORCES OR IS THE DEEP CORE OF CHRISTIANITY AN EVIL FORCE? It has to be one or the other.**

**Were the government officials, who passed laws to make the "Indian" residential schools mandatory, Christians or influenced by the Christians?**

**Have Native people been being brainwashed into blaming only the government and not realizing the Christian targeting? The Christian part in the cruelty against the Native's should not be over looked, because it appears to be the core problem from the start of the reservation system.**

**Why the forceful push to baptize as many people as possible? What are these Christian baptisms really an agreement to – is it to sign our souls over to evil forces? Does the church think it actually owns people who have been baptized? According to past Catholic behaviors with the Jewish children, it appears they do consider it a form of ownership that they think entitles dominance over the child and family.**

**I beg officials to take notice and do all you can to expose the full truths and stop the crimes and restore complete freedom. Hopefully soon, the HEART of the governments, and the HEART of the Native people, will unite, as they should have centuries ago, and true freedom will be fully gained and full healing will take pace.**

## *Pharmaceutical Targeting*

The dark covert program, that President JFK warned of, is deeply linked with parts of the modern medical profession, especially the field of psychiatry. Through these places, victims of crimes (or victims of covert targeting) can be drugged and brainwashed under the guise of it being to help them. And much of this has been done.

I got the following quote from a news report on the web; ***"A sample of 127 survivors revealed that... 65 per cent have been diagnosed with posttraumatic stress disorder; 21 per cent have been diagnosed with major depression; 7 per cent have been diagnosed with anxiety disorder; and 7 per cent have been diagnosed with borderline personality disorder."*** This is not normal, not even for victims of severe abuse. I do understand that some of the victims of the schools were wounded so badly that they do have some emotional problems, but these sorts of wounds can be healed when they are not drugged into suppression. **I feel that the Natives are being drugged and suppressed under the guise of it being help for their "mental illness", yet, most are not even really "mentally ill" – they are just wounded and need the chance to heal.** (I used to work at a mental health facility and I am familiar with the targeting process in that field. I am also familiar with the real and healthy healing process.)

The field of psychiatry has been known to intentionally use the "mental illness" label to discredit people and to prescribe brain and feeling numbing pharmaceuticals to healthy people who have been targeted for suppression. Among other things the pharmaceuticals block or interfere with the victim's spirituality, feelings, instincts, memories and the natural healing process. They also have the devastating effect of blocking people's Hearts and natural spirituality.

If the pharmaceuticals were not numbing/blocking these Native people, and they had the proper kinds of support and help, they would be healing – they would be remembering more and feeling more and returning to their own natural spirituality. Real help would support this process and not be

**preventing it. This is a call for real help for the Natives.**

**Note**; If you are taking psychiatric pharmaceuticals and would like to stop using them, please consult your own instincts above all else. Hopefully they are not too blocked by the pharmaceuticals. It may be wise to stop taking them slowly and have a good support system in place through the process. Be prepared to embrace whatever feeling come up as the drugs wear off. Get support and know that IT IS OK T CRY – CRYING IS A NECESSITY FOR THE RELEASING OF THE SUPPRESSED PAIN.

## *The Microwave Targeting*

The dark covert program, that President JFK spoke of, also uses weapons that shoot electromagnetic frequencies (radio waves or "microwaves") into targeted people or areas. The problem of microwave targeting has not been publically broadcasted much. Only bits of it have come out in the media, like the microwave targeting of the USA Embassy in Moscow (from around 1950 to 1980) and in Cuba in 2019. But these were actually very primitive forms of microwave targeting. Other criminal uses of radio waves (microwave weapons) are far more sophisticated and can be done very remotely and in conjunction with surveillance systems. Electromagnetic frequencies (ELFs) can be used to make a person's body or mind malfunction in various ways. They can be used to inflict a very large variety of physical illnesses and can inflict physical pain.

Among many other things, the effects of shooting ELFs into various parts of the brain, include brainwashing, mental confusion, rage, anxiety, depression forgetfulness, sexual tension, fatigue...etc., and can be used to force victims into the field of psychiatry to be labeled and drugged. **ELFs can also block a person's instincts and heart and their spirituality in ways that include preventing or interfering with visualizations, visions and dreams.** (I share more about microwave targeting in my Technological Holocaust book, which is on Amazon.

## *Microwave Induced Lupus*

In 2006 I got really sick and was diagnosed with Lupus. I did not know what lupus was so I looked it up and found medical reports, which stated that lupus is a relatively new mysterious illness that was primarily being found in Native American women. I thought I had it due to being part Native. But, then I had dreams, which told me that the lupus was being caused by bad energy being directed at me by what appeared to be some sort of evil occult that was targeting me. I feel certain that the bad energy, which was being directed at me, was electromagnetic frequencies (microwaves). It appears that reports, of lupus primarily being found Native women, have changed since I first shared this with people in 2006. But what I say is true and Lupus is not nearly the only illness that can be intentionally inflicted upon people with microwave targeting.

**I hope very soon, ALL levels of the horrible targeting will be FULLY exposed and completely stopped, even the inconspicuous covert parts of it, so that full freedom can be gained and true healing can take place.**

## *A Global Problem*

This is a brief article I wrote about the global situation and the covert targeting of humanity. But I share it here because I feel that it is directly related to the plight of the Native Americans in two ways; in the way of many Native people being victims of it, and also in the way of it possibly being an explanation of some of the heartless plight of many people who have either joined or allowed inhumane things to happen to other people, like to the Native people in the residential school system.

It is clear that something horrible has been happening in our world and in order for things to get better the core problem must be fully realized, exposed and stopped. Please give this statement the benefit of your possible doubt. The things I expose here can be easily proven to be true. Most of it is based on scientific facts and all the rest needs is the proper types of investigations and/or for people to listen to the heart of their own instincts, in order for the truths to be known. Please become aware and help spread the word.

It is a scientific fact that radio waves can be shot down to people's homes and businesses, from satellites, for the purpose of internet access...etc. It is a scientific fact that radio waves, which are tuned to the same frequency as the human brain, can interfere with brain functions. It is a scientific fact that certain levels of some types of radio wave frequencies can interfere with natural body functions and create physical illnesses. And it would be foolish to assume that there has been no criminal use of things like satellites, which are equipped with both surveillance systems and technologies that can emit and direct radio waves.

It is also a scientific fact that radio waves, which are tuned to the same frequency as the human brain, can transfer thoughts from the human brain into a computer to be read. The field of medicine has publicized this fact. The reverse can also happen – thoughts can be plugged into the brain through a computer. The result of this is technological mind control. Whole communities can be flooded with brain washing radio waves or individual people can be targeted in more severe ways.

It has been scientifically proven that technological mind control is more effective on people who are taking the types of pharmaceuticals, which numb the brain, feelings and inner senses, which also blocks their instincts, intuition, compassion...etc. These types of pharmaceuticals include psychiatric pharmaceuticals that are prescribed for anxiety, depression and a large variety of other symptoms that have been listed in the DSM. These symptoms can be inflicted with radio waves interfering with brain function. (Think about this.)

Brain and feeling numbing pharmaceuticals have been being distributed on a massive scale under the guise of them being needed for what is claimed to be mental or emotional disorders. Around the 1950s, people like Dr. Thomas Szasz, had fought to expose and stop the scam of false "mental illness" labeling and the prescribing of psychiatric pharmaceuticals to healthy people who did not really need them. But he appears to have been targeted and then the problem grew instead of being stopped. **There are now massive amounts of healthy people who take the same psychiatric pharmaceuticals, which aid technological mind control. But these people are not nearly the only ones who have been consuming the brain and feeling numbing pharmaceuticals.**

Psychiatric pharmaceuticals have been being found in both public and bottled drinking water\*, as well as in lakes and streams, throughout America. This was thought to be due to run off of contaminated waste, because of the massive amounts of the pharmaceuticals that have been prescribed to people. This makes perfect sense. But I feel that there is another problem too. Due to a dream I had, and events that took place after my sharing the dream, I feel that these pharmaceuticals have also been intentionally put into the water supplies, in order to aid the technological mind control and are an attack against freedom in America.

**The brain and sense numbing pharmaceuticals alone are horribly destructive, because they have been blocking people's instincts and hearts. This prevents the natural process of inner personal growth – people have not been allowed to grow and evolve into the functional, healthy human beings most of us would be if we were free. This is a form of enslavement. Add in the radio wave manipulation of the brain and there exists various levels of remote control of human beings. And those**

**who hold the controls clearly do not have good intentions.**

On the worst levels of this there are people who are completely enslaved, are no longer who they once were, and are tools for their controllers to use in any way they choose. These people appear to have been inflicted with certain types of brain damage.

On the milder scales there are masses of numb and oblivious people who think they are free, but aren't. There are general brain washings, that appear to have been being done on a massive scale. In the mildest levels of it people can be encouraged to do things like vote for a particular person or shop at certain stores...etc. **In more destructive levels of it people have been being pitted against each other, in both covert and overt wars between races, between citizens and governments, between government agencies, between the rich and the poor, between religions, between political parties, between countries, between loved ones...etc. It has been shoving people toward seeking vengeance instead of functionally resolving issues...etc. There is much evidence of this in our world.**

**Technological and Pharmaceutical Mind Control has been happening since the invention of the Tesla technologies around the year 1900. And it appears to be happening, on a massive scale, since around the 1950s.**

It is now the core problem behind most of the other problems we are faced with, both inside and outside the government. This is a horribly holocaustal situation, that is led by evil forces, and has not only been targeting America, but all of humanity. Some of the targeting appears to be eugenics based. Public awareness can make it lose a lot of its power. Once we are aware we can avoid the pharmaceuticals and second guess our thoughts and dig deeper into our hearts and instincts before we make important decisions...etc.

**As we realize this we must be very careful to not misplace blame. One of the manipulations that has been happening with the mind control pushes victims to blame and judge the wrong people – people who are also victims.**

Some blame the government, but according to things I've witnessed and experienced, many government officials are also unaware victims of the technological and pharmaceutical mind control. This has been evident

**in many of their behaviors.**

Masses of people, both inside and outside the government are victims of technological and pharmaceutical mind control and have been being used to help achieve goals of the evil forces that lead this holocaust. Some of this has been being done through people being roped into an evil covert program (secret society) and set up to target or seek revenge on fellow citizens. The mind control is very effective with people whose hearts and instincts have been blocked by the pharmaceuticals. **The horrible covert targeting and fighting must stop and freedom must be restored for everyone.**

**People, from all walks of life, should be pulling together to help each other through this, instead of fighting against each other.**

**Criminal use of space based technologies, which can emit and direct radio waves, and the administering of brain and feeling numbing pharmaceuticals, must be stopped ASAP. I beg all who read this to help in every possible peaceful way, to restore Freedom to all people.**

**ATTENTION OFFICIALS**; The radio waves, that are used for mind control can be easily detected with radio wave detection technologies. However, I suspect that radio wave detection and blocking technologies, which government officials have been using, may have had a filter built into them in order to bypass the low frequencies that are used for mind control. And I suspect that certain modes of "protection" from the radio wave targeting may have actually been modes of enslavement. Please investigate these things IMMEDIATELY! Please protect yourselves and stand up for us and set us free.

**Please realize the core problem and do every peaceful thing you can to restore freedom and deliver the public awareness that will be needed for recovery.**

P.S. There are also other criminal uses of the satellite surveillance and laser weapon systems. They can be used to shoot radio waves into people's bodies, in order to inflict physical pain or in order to effect

organ functions in ways that create physical illnesses like the mysterious lupus, that was initially primarily being found in Native American women, and even other illnesses that are well known and thought to be natural. Radio waves can also be used for weather modification, which the effects of are also extremely evident in our world.

P.S.S. I suspect that the psychiatric drugs have also been put into other types of medical pharmaceuticals, foods...etc. I hope this is investigated. The severest mind control victims are completely enslaved and appear to have had some sort of brain damage inflicted upon them. I'm sure this brain damage would show up on MRI scans. **And many long term victims have the old large detectable types of microchips in their bodies, in locations where surgeries were done by dentists or doctors who did the tonsil surgeries.** The large microchips were being installed by around the 1950s to at least the 1980s. **There is a lot of proof that should be recognized before we are all dead. Please help the truths to be known and freedom to be regained.** (It appears that the microchips have been being removed from victims who become aware, before they can get help with Xrays. They can wake up with a sore throat and not know why and not be aware of the surgery being done on them while they were sleeping. But I feel that these large chips are in many victims who would be around sixty to seventy years old right now. I hope this all gets realized and proven before we are all gone.

The field of psychiatry has been being used in holocaustal crimes against humanity. The "mental illness" labeling and drugging of victims of holocaustal crimes is part of an evil targeting program.

<http://www.targetedinamerica.com/psychiatry.html>

**In the arena of mental health we should be doing something like what was done with the Kempner Rice Diet in the medical field; take away the pharmaceuticals, protect the patients from all that harms them (including the radio waves that can interfere with brain function) and see what kinds of healing take place. I'm sure the results would be just as "miraculous."** (I share more about the rice diet in my Wisdom's Beacon for Freedom book.)

\* Filtering water through charcoal can help clean the water, and we can easily make a homemade filter, which I include instructions on in the next article. Lead helps to block the radio waves and surveillance and it should be brought back into the paint on our homes...etc.

## **Please Help Genuine Freedom to be Gained**

### *Freedom's Peace*

(Short universal version)

*Chorus; Please, oh please set us free.  
Wrap your Love around us.  
Keep us safe. Surround us,  
Until Freedom's Peace has found us.  
Please, oh please set us free.*

*No more suffering. No more wars.  
No more locks on Freedom's doors.  
No more torture. No more pain.  
No more lives lost in the rain.*

#### *Chorus*

*No more stealing of our souls.  
No more twisted mind control.  
No more microwave illness.  
No more pills for forced distress.*

#### *Chorus*

*No more families torn apart.  
No more murdering of our Hearts.  
No more. NO MORE! No more.  
Please. oh, please. No more!*

#### *Chorus*

*Help the hell and pain release  
In the heart of Freedom's Peace.  
Please, oh please set us free -  
All of humanity - all of the world and me.*

## *Hope for the Future*

The worst of the damage was done to the Heart and Spirit of the Native people. And the damage was severe and devastating. However, many Native people are focused on healing and their strength and courage is shining through. Many are working at restoring their old culture and natural spirituality. Some dance like angels with their feathers waving in the wind. Some sit at their drums sounding out healing heart beats for all to hear. Some proudly stand up for their people, sharing stories about the way things were before the destruction began. Some are still proud to be what they all still are.

Over-all the recovery and healing has just recently begun and has a long way to go. Its going to take time. This sort of healing is not an event – it is a long process. And, in that process, the Native people should have all the love and understanding that they should have had from the start. It is long overdue. Its time for the dark judgments and cruelty to be replaced with true compassion and genuine help, so that the destruction can completely end and healing can pick up its pace.

## *Return of Native Spirit*

*Some proudly tell stories  
Of the times now passed,  
That are laced with sadness,  
Because they did not last.  
Their Spirits will Return  
When Freedom has been gained  
And Hearts have fully healed  
From the stifling pain.*

Every human being on Earth is a descendant of the Native/Indigenous people of this Earth. Every single one of us is part Native from somewhere in our past. The parts of humanity, that remained in remote places, and kept more of the old natural ways, were often the ones who were more healthy and more spiritual and more civilized. They were not subjected to

the darkness that permeated modern societies and made people forget valuable wisdom's and forget the most important parts of life, which are not money, education/intellect or man made things. I had felt this reality when I was a young child. I used to dream of visiting the primitive cultures and learning from them. It was a deep desire of mine. And to find out that their cultures – their wisdom of using plants for medicine and their natural genuine spirituality...etc., have been mostly destroyed is heart wrenching. **Much has been lost and its a severe loss for all of humanity.**

**We should all be embracing our ancestral roots and returning to the natural Spirit/Heart that every human being is born with and should be allowed to retain.**

## *The Water Contamination Problem*

Clear, safe water is a necessity for good health and we all must have it. We are faced with a serious water contamination problem, but we can still have safe water, if we become aware and take the necessary steps to provide ourselves with it.

Pharmaceuticals, and industrial (PFAS) chemicals, have been being found in rivers, streams and public drinking water throughout the USA. I don't know if other countries are also faced with this problem, but at least some may be.

Scientific reports, which date from 2008 to 2020 state that higher levels, than what has ever been found, of various types of industrial chemicals and 56 pharmaceuticals, have been being found in rivers and streams and public drinking water supplies throughout America. So, this is not just city water that is a concern. Wells out in the country and bottled water have been effected too.

The news reports on the pharmaceuticals stated that the amount of each pharmaceutical was small, but that there is cause for concern about the effects of the combination of all of them together. They stated that the effects are unknown. I feel that this is far more serious than they realize.

Environmental engineer, Nancy G. Love said, *"pharmaceuticals are designed to be biologically active in your body at low levels and so a low concentration of a pharmaceutical is of greater concern... than industrial chemicals at the same level."*

Several years ago, I watched a report which also stated that with some of the psychiatric pharmaceuticals, which were found in the water, miniscule traces can have big effects. I feel this to be very true.

In a 2019 report David Andrews (of the Environmental Working Group) stated, in regards to the PFAS chemicals in the water, *"This should be frightening to Americans in many ways."* He also said that common water

**filters do not take all of the chemicals and pharmaceuticals out.**

Regardless of how this contamination happened, the focus right now should be on solving the problem for ourselves and our loved ones, especially for the sake of our children. **We should all have healthy water to drink and cook with. So, the wise thing for us to do is build simple water filters for ourselves.**

**Natural and untreated charcoal has proven to be effective with removing the pharmaceuticals and chemicals from water.** And making a charcoal water filter is so easy that just about anyone can do it for free. I share instructions on how to do this below.

If you have your water tested be sure to realize that the usual water test will not detect the pharmaceuticals and other chemicals. EVERY SINGLE PHARMACEUTICAL AND CHEMICAL MUST BE TESTED SEPERATELY WITH TESTS THAT ARE SPECIFIC FOR THAT SUNSTANCE. So we have to know what to look for. The EPA website has a list of the chemicals and pharmaceuticals that were found in the water.

P.S. I had a prophetic dream that warned of water contamination, that was happening underground, so I believe there is cause for deep concern and that we must build effective water filters for ourselves, NOW.

P.S.S. As I listened to and read many reports on our water contamination problem, I looked for wise suggestions to stop using the harmful pharmaceuticals, that have been contaminating our bodies and water, but found none. :-( It really is what we must do, as much as possible.

## *Building a Water Filter*

**This is the solution to our water problem and it's so simple that almost anyone can make their own water filter for free.**

I recently found a water filter design that is simple and natural and has been repeatedly tested and proven to be effective with removing E.coli and chemicals and pharmaceuticals from water.

The full design is freely printable from the web links below. It is for large community systems but it gives us the general idea of what is needed, so that we can make other designs that are the appropriate size for our needs. Most people will need smaller, simpler ones. I'm sharing my plans for smaller ones with the hope of inspiring you to make your own. I feel certain that these small filters will be effective, with at least making the water a lot safer than it now is, but I have not tested them. So, if you make your own you should have it tested to see how effective it is and for how long, or listen to your own instincts.

### **Materials Needed for All Size Filters**

**Rocks**

**Sand**

**Natural Charcoal (Untreated)**

**Cotton Cloth or Screen**

**Container to put them in**

**Plumbing is only needed for the largest ones, but even they can do without that if they were modified to be stacked on top of each other.**

The best type of container to use would be glass, wood, stainless steel or pottery, but a high quality plastic is better than nothing. The container just has to have an opening at the top, to pour water into, and an opening in the bottom to let it out. The hardest part is making the natural charcoal, but even that is easy and can just be a fun couple of hours with a campfire. (I actually made some charcoal through lighting twigs on fire in an old cooking pan that had a lid. After it was about half burned I put

the cover on it, to choke out the fire and let it cool. It gave me enough charcoal to make a little one liter filter, which works fine.)

The sand can be sifted through various sizes of screen to get rid of the finest particles. The sand and rocks should be rinsed clean, before being layered in the container, so that the water flows clear faster. After it is assembled Water should be flushed through it, until it comes out clean.

## **My Small Filter for Tap Water**

The materials that finely clean the water are the sand and charcoal, the charcoal being the most important one, because it removes the pharmaceuticals and other chemicals. A filter, that is only used for tap or well water, does not need the other layers on top of the charcoal, which are to catch larger debris, like what can be in a lake or river. In this style I've only added layers of sand and rocks under the charcoal so that the water has a chance to regain some of the minerals that the charcoal may remove.

This can be done with any size container. I plan to do it with a one gallon jug until I can do a five gallon bucket or a single barrel size. The thicker the charcoal layer is, the more effective it will be and the longer it will last. And the thicker the layer of sand, the more minerals the water will have.

I don't know how effective a gallon size will be, but it will surely be far better than nothing until I can build a bigger one. A five gallon size will surely last longer and I plan to also make one of those with the same layers I list below. I'll crush the charcoal as fine as possible, without it being powder, so that as much as possible can fit in.

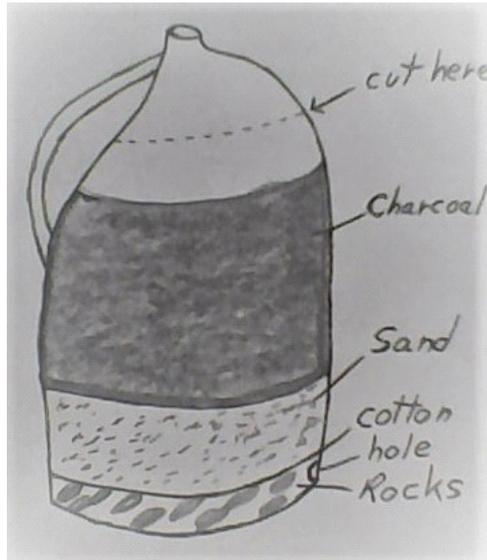
## **Materials Needed for Small Filter**

**Natural Charcoal (finely crushed, but not powdered. And rinsed well.)**

**Sand (rinsed)**

**A layer of cotton cloth**

**Rocks (rinsed)**



The top of the container should be cut off so that the cotton cloth can be spread on the bottom more easily. I'll leave enough space on top to let a whole glass of water in at a time. I'll probably use some sort of cork, in the bottom hole, so that some of the water can sit in the sand and rocks for a while before I drink it. I want it to gather as many minerals as possible.

## **My Single Barrel Water Filter Idea**

I'll want to use this filter for water from a stream or pond, so I'll add layers of rocks and sand on top of the charcoal. I'll use a standard wooden barrel, like what is used for wine. The thickness of the layers are approximate, and (of course) would be less for a five gallon size, which can also be done this way. I feel certain that this barrel size will be very effective. I'll set up a little faucet in this one.

## Materials Needed

3" of Small Stones (nickel and quarter size)

3" of Pebbles (pea size)

3" of Course Sand

9" of Fine Sand (but not too fine – not like powder)

A Piece of Screen (with smaller openings than the fine sand)

9" of Natural Charcoal (crushed, but not powdered. Rinsed well.)

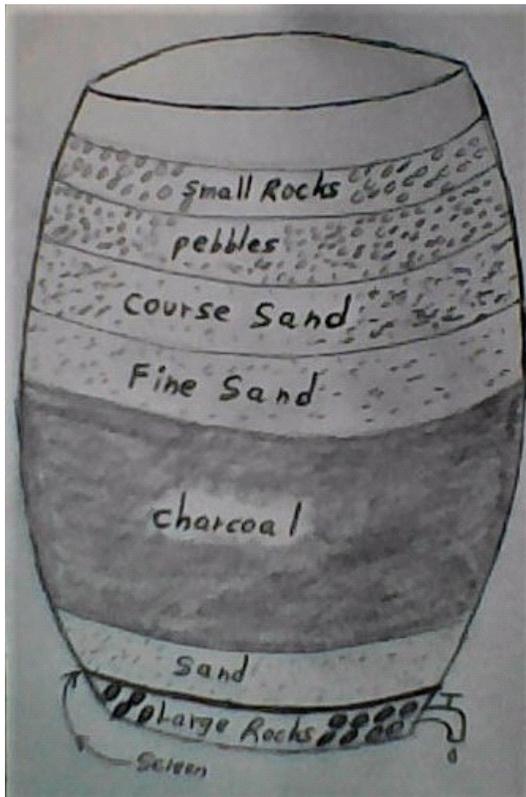
2" of Course Sand

A Piece of Screen (with smaller openings than the course sand)

2" of pebbles (pea size)

A Piece of Screen (with smaller openings than the pebbles)

3" of Large Stones (Up to 2 – 3" around)



## **Two Barrel Water Filter Idea**

I'm also thinking of doing one with two barrels stacked on top of each other and a thin container (4 to 10 inches thick) between the two of them. In this plan I will put more sand and charcoal in the top barrel, more sand and stones in the bottom barrel and organic material, that can be easily changed often, in a drawer in the middle container. The goal is not only to take the chemicals out of the water, but to also make sure the water contains the same minerals it would have in nature, because this is what is best for us.

## **How to Make Charcoal**

Charcoal must be made with natural wood that has not been treated. Making it can be as simple as filling a tin with small pieces of dry wood, putting the cover on securely, drilling or nailing a small hole in the middle of the cover, throwing it on a campfire with the hole pointed up, and cooking it for one to two hours with the fire built up around it.

Smoke, and possibly flames, will pour out of the hole as it cooks and the gasses escape. When the smoke stops rising out of the hole it is done. Remove it from the fire, cover the hole and let it cool.

The charcoal can be crushed through putting it in bags and stomping on it or hammering it. It crumbles easily. It can be more finely ground in a blender or food processor, but should not be powdered.

The tin can be anything from a cookie tin to a clean gallon size paint can or a five gallon tin. A five gallon tin may need a half inch or larger hole on top. The bigger the container is the more venting it needs. And the wood can be as small or large as it needs to be to fit into the tin and secure a cover on it. The larger the wood pieces are the longer it takes to cook. Our first burn will be a fun experiment and, after that, we will know more about what works best for whatever size container and wood we are using.

## How Often to Change Charcoal Filter

There is no set rule, about how long the charcoal will be effective, because it depends on how contaminated the water is and how much water is run through it and possibly even how fine or coarse the charcoal is.

But I've made rough calculations based on the four barrel system that was repeatedly tested, and proven to be effective for at least two years, with about 79 gallons of water per day running through approximately a 17 inch thick layer of charcoal that was about 2x2 feet wide.

My guess is that filters will last longer than what I've stated below, when used for only tap and well water that has low contamination levels. (All of my measurements are approximate.)

You must follow your own instincts and/or have your own tests done to be sure of what works in your situation with the size filter you have built. If this feels right to you, do it. If it feels wrong do something else that feels right for your situation. **But remember that changing the charcoal too often is far better than not often enough.**

## Guestimated Gallon Size Water Filter Resilience

*Charcoal that is about 3" thick, in at least a 6"x6" diameter container.*

Filtering 10 gallons of water per day may last about 6 months

Filtering 5 gallons of water per day may last about 1 year

Filtering 2.5 gallons of water per day may last about 2 years

## Guestimated Barrel Size Water Filter Resilience

*Charcoal that is about 18" thick, in a 2 foot by 2 foot in diameter barrel.*

Filtering 39 gallons per day may last about 4 years

Filtering 19 gallons per day may last about 8 years

## **Filtering 9 gallons per day may last about 16 years**

P.S. I am doing the best I can, to follow my own instincts, which are telling me that this information is needed by masses of people, before I am going to be able to complete my own experimentations with the small designs. I am sharing it prematurely, because it is needed and I trust the tested larger designs. **Please listen to your own instincts, above all else, and do what feels best for you.**

## **Large Community Water Filtration Systems**

The larger systems below are for communities and are a bit more complex. But they are still very simply made. (My designs came from these.) **What a fun project this could be for a community or neighborhood to pull together on!**

### **Printable design of 300 Liter Per Day Water Filter System**

<https://www.aqsolutions.org/wp-content/uploads/2020/04/blue-barrel-system-manual-English.pdf>

### **Printable design for 2000 Liter Per Day Water Filter System**

[https://www.aqsolutions.org/wp-content/uploads/2020/04/2000LPD\\_English.pdf](https://www.aqsolutions.org/wp-content/uploads/2020/04/2000LPD_English.pdf)

### **Video for four barrel system;**

<https://youtu.be/kazEAzGWulc>

We owe our gratitude to the man who designed this system and cared to freely share it with us. AQUEOUS SOLUTIONS [www.aqsolutions.org](http://www.aqsolutions.org)

## **How to Make Large Amounts of Charcoal**

Large quantities of charcoal can be made in a large burn barrel. It must have a cover and holes cut into the bottom of the sides for air flow. Fill it with wood, light it on fire, let it burn (uncovered) until it's all on fire – right down to the bottom and roaring for a while, (until it seems about half burned) then choke out the fire, through covering it and preventing oxygen from reaching it. To completely deprive it of oxygen; gravel can be raked up to cover the air holes in the bottom of the barrel and mud can be heaped onto the outer edges of the cover. Below is a video that shows one way to do this process.

Some people have put a pipe chimney on a large barrel, that they fill with wood, seal closed and build a large fire up around it – using the same method as described above for small tins. And some people have either made or purchased a "retort kiln" that is made just for this purpose. Left over charcoal can be used to cook with, instead of using the store bought charcoal.

### **Printable PDF on making large quantities of charcoal**

<https://www.aqsolutions.org/wp-content/uploads/2020/04/EZ-char-drum-oven.pdf>

**Please print and share this water filter article with other people.**

# PART TWO

## *Healing*



*This is the time for healing -  
The hell genuinely stopping,  
The thieves no longer stealing,  
The drugs no longer preventing  
All that we should to be feeling.*

This part of this book is for Victims of the residential schools, and their descendants, but it can apply to anyone who has been through tough times.

## *Message to Native People*

My heart aches for you and all the pain and destruction you've been forced to endure. It aches so much that I am at a bit of a loss for words right now. I hope you feel my love for you and the old Native Spirit/Heart that you are working at restoring. I hope this book helps you in that healing process. I hope you completely regain your freedom and heal your Hearts and bring that old Native Spirit back to life on the grandest scales possible.

I know that many of you have felt extremely angry about the ways you've been treated and this is completely understandable. I feel angry too. But I hope you will continue to work on facing and releasing the pain, instead of staying stuck in the anger. I hope you let go of the angry fights and focus on grieving and healing, for the sake of your own inner health. I hope you embrace your pain, and let your tears wash it away. I hope you embrace the Spirit of your ancestors – all those wounded little children and their heart broken parents. I hope you hold them in the palm of your Hearts and carry them out of the darkness and into the Light. They want your Hearts to be free, because theirs couldn't be. Be truly free.

P.S. Please also read my "Wisdom's Beacon for Freedom" book. It may help you in other ways. Its published with Barnes and Noble.

## *World I See*

*What kind of world can my weary eyes See?  
What kind of world must come to be?  
A world where Love is valued most  
And compassion is the constant Host,  
A world where Hearts pick up paces  
To lift broken people from wounded places,  
A world where we weathered the raging storms  
And Heart is birthed from all that got torn,  
A world where the void of greed and hate  
Is filled with Love by the hands of fate,  
A world where all is in a state of repair  
And none are left in deep despair.*

## *Embracing Feelings and Healing*

*Do we dare fully embrace  
The tears that long to heal our race?  
Do we dare release our pain  
So Love can find its place again?  
We must.*

Looking back and facing tough times can trigger deep feelings and it is important that we embrace them and allow the natural healing process. This may be difficult for people who have been hurt for crying, like what happened to many of the Naive children in the Christian residential schools. Embracing anger is easier, but its important to not stay stuck in the surface of the anger, which happens when the pain beneath it is not released. Victims of severe suppression of sadness must convince themselves that its OK to cry and that nothing bad is going to happen to them if they do. It truly is OK to cry. Crying is the most important thing we can do to heal ourselves.

Among the things that have forced people to suppress feelings are brain and feeling numbing pharmaceuticals and certain types of microwave targeting and certain types of brain damage that has been being inflicted with it. But we also do some suppression on our own. Our world has a lot of messages that push us to suppress our feelings of sadness – to "get over it", to pretend it's not there or to "put it behind us" as quickly as possible. And this is another reason why so many of us have become far better at suppressing our tears than we are at letting them flow and releasing the pain.

We have wasted a lot of money and energy in the process of suppressing our sadness with overdoses of caffeine, nicotine, alcohol, food, drugs, TV, texting, sleeping, intellectualizing, working, exercising...etc. We have often been doing excessive amounts of things that keep us distracted from our feelings. We have often kept ourselves so busy that there's no time to feel or heal anything! And we have often tried to stop others from feeling their feelings, because their sadness triggers ours and we don't want to feel ours.

**We must be free of all that blocks us and stop  
our own suppressing habits, in order to fully heal.**

Fully feeling our sadness can sometimes be overwhelming, especially when a healthy grieving process is not supported by the people around us. Even in the most supportive environments, it can be difficult to completely embrace our grief. Like many other things in our world, suppression is the easiest route to take, but certainly NOT the healthy one. I want to encourage you to let it out – to cry and release the pain.

**Crying is like giving the heart a shower to wash away the dirt.**

It really helps to have support and many of the professional types of support are not very healing, these days, because they tend to prescribe pharmaceuticals that block feelings and numb the mind, which actually prevents real healing. So, I want to encourage people to start their own support groups and make them a safe place to share experiences and feel the feelings that surface.

## *Start Your Own Support Group*

Anyone can start a group where experiences can be shared and feelings can be embraced and support and love can grow. If you do not have loved ones, friends or acquaintances who want to join a group you can advertise for people in a local paper. **Groups of between four and eight people work well.** Here are some basic guidelines to get started with. You can add to them or alter them to fit your own needs.

### *Support Group Guidelines*

1. **Each member must join with integrity;** Just one disrespectful act or comment can make the whole group feel too uncomfortable.
2. **Begin each meeting with some sort of prayer or wish;** Perhaps for Healing in your Hearts.
3. **Take turns sharing – with only one person talking at a time;** Perhaps use a "Talking Stick".
4. **Practice strict levels of confidentiality;** do not repeat what other members share, outside the group, unless they give their permission to.
5. **Encourage talking about losses and painful experiences;** Good questions for members to share the answers to are; what was the worst experience in childhood or since. And the opposite too – what was best experience?
6. **Focus on fully listening to each individual who speaks;** so that each individual feels heard and cared for. Do your best to empathize.
7. **Absolutely NO advise giving unless it is specifically asked for;** this is important.
8. **Practice the deepest possible levels of compassion;** try to empathize with each person who shares.
9. **Embrace and encourage ALL feelings;** anger, fear, sadness, joy...etc. Just make sure that anger is not expressed in hurtful ways.

10. **Make a firm commitment to at least a certain number of meetings;** this will allow time to iron out the wrinkles, and see how well its working. It can then go on for years and either close its door to new members or open to new members...etc.
11. **Open to new members or closed?;** a group that works really well together, and is doing deep levels of healing, may want to close the door to new members so that the momentum is not broken. But opening the door to new members can help it evolve in other ways too.
12. **Treat each other with utmost respect;** it is crucial to NOT sexually approach anyone who is in shock or grief. The group should not be used to find or form relationships, because this can prevent the healing process. If an attraction happens, do not act on it until the group healing sessions are over.
13. **Remain consistent with times and dates;** this is important because members need it to be something they can depend on being there for them.
14. **Pass leadership around, so that no one has complete control of the group;** this helps prevent the group from creeping into dysfunctional patterns. HOWEVER, some groups may need an experienced leader to guide it along.
15. **Add any other guidelines or rituals that your group agrees upon;** be open to changes and the needs of every member. A candle in the center of a circle and periodic burning of sage helps to create a relaxed and healing environment.
16. **End each meeting with a long group hug;** :-)) everyone walks away feeling comforted.

## **Its OK to Cry**

Crying opens Hearts and lets the Spirit in.

## *Healing Visualizations*

This is a process of using your imagination to open a doorway to a healing place. Its based on the type of inner child healing that John Bradshaw did in his first "Homecoming" book and TV series. This is just an idea and it is your choice as to whether or not you want to do it. Consult your own instincts and get some support with it if you need it.

**I have done the following types of exercises many times with very positive results. You can alter and personalize this visualization in any way you want. It may be wise to do it with a friend or someone who can be a good source of support for you. Be ready to embrace whatever feelings come up. Let yourself cry if tears come, so that you can release the pain and unblock your Heart and Spirit.**

If you want to do this, you can either memorize the steps or make a recording of yourself or someone else slowly reading out the instructions, and then use the recording to guide you through the visualization process. If you do a recording be sure to pause for at least ten seconds at the places where you would be interacting with the child. I'll put a star (\*) in the places where a ten second pause should be.

**If you are not able to visualize anything, keep trying.** It may be because something has blocked that part of your brain. Things that can block visualizations are brain numbing psychiatric pharmaceuticals (like antidepressants...etc.), some street drugs and certain frequencies of radio waves that some of our environments have been being flooded with. You may need to free yourself from things that prevent the visualization process. If you want to free yourself of the pharmaceuticals, do it wisely and in ways that will not have ill effects, possibly slowly and under a type of professional supervision that is supportive of the healing process.

**The visualizing part of the brain can also be damaged by electric shock treatments, which it appears some victims of the schools were inflicted with. If this is the case, keep trying and pray for healing of your brain.** Repeatedly think about pure white Light pouring into your brain and healing it. And keep trying to visualize.

## *Child Retrieval Visualization*

1. Find a peaceful and private place where you will not be disturbed. Sit or lay in a comfortable position and close your eyes. Focus on deeply breathing and relaxing every muscle in your body. Tense up your shoulders and then release and relax them. Do the same with your arms and legs. Repeat this until you feel the muscles fully relaxing.

**Imagine going to a peaceful place out in nature.** Notice the wind in the trees and the sounds of nature. \* **Imagine pure white Light streaming down into that area and into your body;** in through the top of your head and filling your whole chest and flowing out into your arms and down into your legs. (If the Light does not fill your body right away, its OK. Keep doing it and you will probably get further with it each time. It helps to even just want this Light.) \*\*

2 . **Imagine seeing either an Angel or a gentle animal or the Spirit of a loved one coming to be your friend and help you through this. It can be whatever will help you to feel safe and not alone.** It just has to be a gentle, loving, strong being. (It can be more than one being.) \* Ask this being if he/she will go on a journey with you and help you. \*

3. There is a path that leads out of the forest and to a place where you were hurt when you were a child. (This can be a house or a school or other building or place.) Walk down that path toward the building with your Spirit friend. Walk up to the door. Tell yourself that you are safe and nothing bad is going to happen. Your Spirit helper is there with you. **You are safe. If you see anything that scares you, tell it to go away and it will go away. You are in charge.**

Now open the door and walk into the building. Go to a place in the building where you were hurt as child. \* There is a child there. It is you when you were little. Notice what the child is wearing and what sort of mood its in. Crouch down near him/her and introduce yourself. \* Hold your arms out to the child and say, "I love you and I am here for you." Tell the child you are going to take it to a safe place. \* Give the child a hug. (If the child is angry tell it its Ok to feel angry. Tell the child you care and want to help. \* Give the child a hug.) \*

4. Hold the child in your arms and walk out of the building. Carry the child back to the peaceful place in nature where you were in the beginning. \* There is a picnic basket there on a blanket and the child's favorite toy. Sit with the child and talk to it.

If the child is sad, give the child a hug and tell it you love it and that its Ok to cry. Ask it why it is sad. Listen to the answer. \* Let the child know that you are here for it and will not abandon it no matter what it feels and no matter what happened to it. \*

If the child is angry tell it its Ok to feel angry and ask it why it is angry. Tell the child you care and want to help. Take the time to listen and give reassurance. \*\*

5. Eat the picnic lunch with the child and either play with the child, or just sit and talk or sit and hold it in your arms or take a nap together or whatever you and the child needs. \*\*

6. When you feel ready to end the visualization, thank your spirit helper. Tell the child, "I love you." Ask the child to come with you in your heart. If it does not want to, it is OK, maybe next time or the time after that. Give the child a hug – a long comforting hug.\*\*

7. Open your eyes and **give yourself a hug**. If you are crying tell yourself that **its Ok to cry**. You can cry for as long as you want to. **Its time to let go of the pain**.

If any part of your experience felt incomplete, its OK, you can go back to that place or that picnic or any other place as often as you want. If you completed it your sweet little inner child will always be there with you and your Spirit helper also will be if you ask it to. And your Spirit helper will give you a hug and hold you in its arms and comfort you any time you need it to. **Know that you are loved**.

**Its Ok to cry.  
Crying is like giving the heart a shower  
to wash away accumulated dirt.**

P.S. You can also do this sort of visualization to retrieve and bring home the Spirit child of your deceased relatives too. You can rescue them from those schools and bring them home where they belonged. You can be warrior saviors.

### *Child I Used To Be*

*On a lonely summer day I sat at the forest's edge  
 Feeling the impact of life's hard lessons,  
 When she came to me - a mere child of three,  
 In soiled, worn-out clothes and hair of honey gold.  
 I stared at her in wonder - taking in all I could see,  
 Then realized that she was the child I used to be.  
 I thought my eyes deceived 'till she began to speak,  
 Glaring with big brown eyes, as tears ran down her cheek,  
 "You spend your life searching but don't remember and see,  
 That I have been here waiting for you to return to me!  
 You left me and forgot the great plans we had for you,  
 The joyful games we'd play. and magical things we'd do."  
 She sat on the ground rubbing her cold, bare feet crying,  
 "You didn't take me with you, to the people we were to meet!  
 You forgot the castles we were to build in the sand,  
 And not once did you try to hold my little hand!"  
 She bowed her head declaring with a sigh,  
 "And worst of all, you forgot how to laugh and cry!"  
 My heart filled with sadness for I knew she was right.  
 I left her to grope alone on a cold and dreary night.  
 In over twenty years did not return or ever even try  
 To find the child I cast away for the pain I held inside.  
 I reached for her shaking hand and asked if she'd forgive,  
 While making a sincere promise that together we would live.  
 She climbed into my lap where we held each other and cried  
 Until joy was what was left of the pain we felt inside.*

## *Group Inner Child Nurturing*

*I've also done this exercise and it can be extremely healing. It can be done with relatives or friends or in a formal support group.*

The group sits in a circle and meditates and burns sage until everyone feels relaxed. All members focus on being in their hearts. One member at a time sits in the center of the circle and focuses on being the child he or she used to be. The surrounding members gently reach out to touch the center person's shoulders and upper back while saying things like; **I love you. You are good. You are perfect just the way you are. You are not alone. You are safe now. I am here for you. I love you. Nobody is going to hurt you anymore. Its OK to cry. I care about you.** (Add any other comforting and nurturing statements that children need from parents or that you need. You can imagine the Spirit of angels or ancestors or animals being there to embrace you too.)

If a person is tactile sensitive – feels uncomfortable with being touched, which may be the case with some victims of sexual abuse, do this exercise only verbally at first, but the person should work at opening up to the group gradually doing the touching, a little at a time, in order to help teach that nurturing can happen without the abuse happening. It may take time for some people to feel comfortable and safe with this exercise. **Be very accepting of all types of responses and respect people's comfort zones. Adapt this exercise to fit each individual.**

**Its OK to Cry.**

**Crying is like giving the Heart a shower  
to wash away accumulated dirt.**

*Crying Opens Hearts and Restores Spirits*

*Its OK to Cry*



My inner child. Isn't she cute?

Yours is too.

## *Related Poems*

### *Message From an Angel*

*I am the sadness seizing your Heart  
That will, in time, with healing, depart.  
I am the tear caressing your cheek  
I am your strength. I am not weak.  
I am the pressure in your chest,  
Learning to fly. . .leaving the nest.  
I am the memory of years gone by.  
I am the breath that leaves with a sigh.  
I am the child within your being.  
I am all knowing. I am all seeing.  
I am the voice echoing in your head.  
You have not lost me. I am not dead.  
I am the Joy. You must believe!  
I am the Love you need receive.  
I will not leave you - will not say good-bye.  
I've come to hold you. . .while you cry.*

## *Horrid War*

*The memory of a horrid war,  
I had come, in time, to store,  
Deep and lost within myself,  
A forgotten book upon a shelf,  
A page within a chapter, blank,  
A ship, believed to have been sank,  
That circled on the open sea  
Waiting to return to me.*

## *Silenced*

*It is in my cave I sang  
for the winged ones  
And four legged,  
For the moon and sun,  
The stars and Earth.  
But the humans,  
Ah, the humans.  
These are the ones  
Who silenced my voice.  
These are the ones  
Who do not know Love.  
And I became one of them -  
One of the silent songs -  
One of the strangled voices.  
So, it is for them  
I shall now sing,  
That I not judge those  
Who judged me.*

## *I Count Too*

So, why are the guns pointed at me?  
*I should be safe and sound and free.*

*My life, my soul and my heart  
Are not yours to be tearing apart!*

*I count too!  
What the heck is wrong with you?  
I count too!*

*Its time for you to find your heart  
And be considerate of me.  
I aint no thing for you to use,  
Deprive, control and abuse.*

*I count too!  
What the heck is wrong with you?  
I count too!*

*I'm climbing off your prison shelf  
To stand for freedom and my Self.*

*I COUNT TOO!  
I count too.  
I do!*

## *Stolen Papoose*

*Her face haunts me  
The sadness, the scowl,  
The overwhelming pain.  
Will love and understanding  
Return her to her lost world  
And make her Spirit smile again?  
It must.*

## *Raven Warning*

*Ravens screech  
Around that school  
To warn of evil  
that did rule.  
They screech  
To warn me too.*

## *Relief*

*During a wet winter storm  
I watch snow  
Gather upon each branch.  
If I asked the tree,  
I think it would say  
"It's a burden  
To droop and arch this way."  
But as the weight becomes  
Too much for branches to bear  
The snow glides to the ground  
And they spring back up in air,  
Dance for moment  
To celebrate the release,  
Then comfortably return  
To a place of ease.  
How wonderful it would be  
If we could unload our burdens  
As quickly as the tree.*

## *Lonely Time*

*All this lonely time there's been a voice  
Deep inside me, crying, "Set me free!"  
I write what I feel. I let it out in rhyme,  
Never fully expressing it, all this lonely time.  
I've been lost in life's crazy lies,  
Stuck behind a mask where I try to hide,  
While my soul cries, all this lonely time.*

## *Rhododendron Grow*

*I planted them there  
Beneath my broken chair,  
In the late days of fall,  
As the hawk made his call.  
Their home has been changed,  
The earth rearranged.  
They need time to heal,  
Another year to feel,  
For roots to find their way,  
To a safe place to stay,  
Beneath the rain and sun.  
Then it will be done.  
In the warm days of spring  
I'll check them once again.  
If I melt away the snow  
And let blossoms grow,  
Next year there'll be more,  
A pathway to my door.  
But now they just need time  
For limbs to grow and climb.  
Rhododendron grow  
Underneath the snow.  
But nobody knows.  
It scantily shows.*

## *The Loon*

*As winter teases this cottage on shore,  
It's freezing surface challenges  
The warmth in my core.  
But I can still hear it,  
Through the frosty mist,  
Calling for me to release my pain.  
So subtle, so soft, yet clear -  
The loon crying in the rain.*

## *Healing*

*Love can't have a future  
Until we heal the past.  
We must look behind us  
And face the pain at last.  
If we want tomorrow  
To fill with love and trust  
We must face the yesterday  
That's lost inside of us.  
If we wish to open our hearts  
And learn to truly care.  
We must first embrace  
The sadness hidden there.*

## *Can We?*

*When Hearts fail to be reached  
By powerfully written seeds,  
And we can't soothe the wound  
In every Soul that bleeds,  
Can we live?*

*When our haunted world  
Seems too shallow to reach  
And all the leery students  
Seem too far gone to teach,  
Can we Give?*

*When the sun refuses to shine  
Outside the pages in our book  
And darkness doesn't allow them  
To open the cover and look,  
Can we Feel?*

*When the rain falls too hard,  
Mountains rise too high,  
And even the lowest tide  
Knows, too well, our sigh,  
Can we Heal?*

*Sometimes, I wonder too.  
But we MUST believe it so.  
Even through the darkest night  
Where Love can't care to show,  
We Can.*

## *For Everyone*

*Some aimed to heal.  
Some were still dyeing.  
Many held the pain  
That wanted to be crying.  
But the Light has come  
And healing will be done.  
Not just for our race,  
But for everyone.*

## *Natural Spirituality*

*I'm no expert on spirituality. I just know what has come natural to me and have a little bit of wisdom from my own experiences and insights. And I feel that they apply to all of humanity.*

***Natural Spirituality is a Heart connection to the Highest Power, which we are all born with.***

When our hearts have not been blocked by the suppression of feelings during traumatic times or by brain and feeling numbing pharmaceuticals or by other sorts of drugs or some frequencies of radio waves, we are all naturally connected to the Highest Power. It is through this connection that we feel compassion and empathy and have the types of dreams and visions, which help us to navigate our lives. It is through this connection that we reach real Love and Light. We were all born with this. It is a natural part of humanity. As we heal and unblock our Hearts they automatically open up to it, because it is our natural (true) spirituality. The blocking of our natural spirituality is the greatest loss that has happened in the evil targeting of human beings who had deep and genuine connections to real Love and Light, but it can be regained.

What has come natural to me appears to be like some of the old Native American-style spirituality. I actually had not tried to learn Native spirituality – parts of it just naturally happened as I worked at healing and opening my heart in the late 1980s. It was as if the old Native Spirit had been there – deep inside my heart, from the day I was born, waiting for me to open up to it. I'm realizing that this is not really about being Native, but is about being human and about opening up to the true spiritual aspect of human nature.

I do not believe in following any religion, not even the Native religion. I feel that it is very important that people do not blindly follow any other people's beliefs or spiritual paths. If I could give only one bit of spiritual advise, to all human beings right now, it would be this...

Do not follow ANYONE else's spiritual ways and just work on healing and opening your own Hearts, because it is through our Hearts that we reach genuine Love/Light/God/Wankan Tanka...etc.,

*True Spirituality happens Naturally  
and through the Heart*

And, in order to heal our Hearts EVERYTHING that numbs or interferes with our natural feelings and brain function must be stopped. When our feelings and senses are not being numbed or blocked by pharmaceuticals, or other things, we can heal our Hearts through facing and crying out the suppressed pains that also block them. When our hearts are not too blocked we are automatically connected to the Highest Power – Love. It has nothing to do with religion and everything to do with healing and opening the Heart to true Love and Light.

But we can learn from other people's ways and should, when it FEELS right to us. If something feels right, and it can help us, its good to adopt it and use it in a way that fits us.

I actually know very little about the old Native ways. But there are some things I've heard of that feel right to me. Some of them feel right, because they are similar to my own natural ways. And some feel right because of their moral character.

For example; *the old Native ways of respecting all living things has always felt right to me. The old Native ways of paying attention to dreams and seeking visions for spiritual help has always felt right to me, particularly when it is done through the heart. The old Native ways of truly honoring family, including the Spirit of ancestors, has always felt right to me. The old Native ways of communal living has always felt right to me, especially in the process of raising children. The old Native ways of respecting wisdom and elderly people has always felt right to me. The old Native ways of respecting nature, instead of destroying it, has always felt right to me. The old Native ways of using natural plants for medicine, instead of using harmful chemicals/pharmaceuticals, has always felt right*

*to me. The old Native ways of respecting and befriending the birds and bears and wolfs and deer...etc., has always felt right to me...etc.*

Some of the old Native ways had a deeper Heart connection to the Highest Power than any others I know of, because some of their ways, like what I listed above, were so compassionate and considerate and functional and spiritually civilized. The Native spirituality was a natural spirituality – a pure and genuine spirituality – a REAL connection to the Highest Power. And I think that this is the real reason why the Natives were targeted for destruction. But what was lost can be regained, through healing the Heart/Spirit, because that is where true spirituality stems from. Its not in what we remember and follow or do – its in what we feel in our Hearts. And its a natural part of every human being.

In the old Native ways the Highest Power (God/Love/Light/Wankan Tanka) is recognized in all living things and beings; its in the trees and in the rocks and in the water and in the sky and in the Earth and in wild animals and in human beings...etc. Having respect, for ALL that is a part of the Highest Power, is something that we ALL should adopt and apply to every aspect of our lives, especially when it comes to respecting other people's right to be unique and follow only their own Hearts – their own path in life. This respect for all living things is not just a Native trait – it is a natural human trait – when our Hearts and Spirits are not being blocked by anything, we feel the connection to all living things and naturally respect them. The old Native people had more of the natural spiritual connection because they did not do the things the rest of humanity was doing to block it. They had a deep and genuine spirituality before they were forced to start taking the pharmaceuticals instead of using plants, before Christianity was forced upon them, before their Hearts and Spirits were blocked through being horribly abused and prevented from crying out the pain when they were children in those schools. But, just like in all of the rest of humanity, the Heart and Spirit of the native people can be restored through stopping the things that block them and through healing their Hearts.

As I healed my heart and opened up to my own natural spirituality the Highest power helped me a lot, through the Spirit of animals. The

following example is a vision that I did not try to do – it just naturally happened and you'll see why I've called it a Native-style, even though its actually my natural style – the style that automatically started happening when I opened my heart to deeper levels.

*One day, in the late 1980s, I was meditating and visualizing going to a peaceful place out in nature. I imagined sitting next to a grove of birch trees at the edge of a large open field. (I love white birch trees and the free feeling of wide open spaces.) In my vision I was just peacefully sitting there, because what I was trying to do is feel at peace. But then something else happened, which surprised me – I noticed a very large grizzly bear walking toward me from the opposite end of the field. (I was not trying to imagine this. The thought of it had not even crossed my mind. My imagination had taken me to a place that turned into a vision or the spirit world.) As the bear slowly walked toward me I felt scared, but I stayed there.*

*When the bear reached me, he gave me a kiss on the cheek, plopped down next to me and rested his head on my leg. He became my buddy – a loving, protective buddy. My Griz. :-)*

To me, that bear was like pure Love coming to me and I'm sure it really was. I visited Griz often through that period of time. Griz and I had some grand adventures. I actually used to climb onto his back and he'd take me flying up into the sky to castles of Light...etc. Griz was my Angel, my Spirit buddy, my protector, in my spiritual visions.

Long ago, I heard a true story about a little boy who had a tumor in his brain. His Dad – his hero had been a pilot in one of the world wars. So, the little boy kept imagining driving an air plane that swooped down into his head and shot at the tumor. And the tumor miraculously vanished. Things like this truly can happen!

**Our ability to use our imagination is an important part of natural spirituality, which is why the evil forces have been inflicting some people with the types of brain damage that completely blocks this process. Visualizing things can open a doorway to the spiritual world and can be used for healing in many ways and is how we connect to the Light. Verbal praying is nothing compared to praying with the heart while also**

visualizing pure white Light flooding into the situation we are praying about. Wonderful miracles can happen with these sorts of visualizations; miracles that can help cure people from illness, miracles that can protect people from harm and from the evil forces, miracles that can save humanity and save the world.

Our Hearts, and our brain's imaginative and intuitive capabilities, are vitally important to the spiritual health and wellbeing of humanity. This is the core of true and natural spirituality and it must not be blocked or damaged, especially in visionary types of people.

Visualizing pure white Light, shining into our Hearts, can help us heal our Hearts. And far less evil will be happening in our world as we heal our Hearts and connect to the Light.

Many Christians have been calling this sort of thing "evil" and "witch craft", and even have a long standing history of torturing and killing people who honor their natural spirituality – their natural connection to Love and Light. But the Christians who do this are the ones who are doing evil and I hope this is soon realized. Good does not torture and kill the bad, but the bad has tortured and killed many of the good. I hope they find their Hearts.

The evil forces have been destroying humanity's natural spirituality. And it has often done this through making up excuses to attack good people who have a strong connection to real Love and Light. They have accomplished way too much of this and it must be stopped and healing must take place for the sake of the safety and wellbeing of all of humanity. It just must.

Although some people surely have used some spiritual practices, for bad things, natural spirituality should not be shunned or destroyed or forgotten, because this also blocks humanity from real Love and Light. We must retain our natural connection to Love and Light.

The Love and Light, that is reached through natural

**spirituality is far stronger than anything else and we have to have it in order to prevent the evil darkness from taking over.**

People who use it for bad should be encouraged to heal their hearts and behave better. People who use it for good can protect themselves against the bad ones and need the Light's protection. Only the bad being aware of natural spirituality, and having the use of it, creates hell on Earth, which has been the evil aim.

There have been a lot of evil things happening, in our world, which have intentionally aimed to block or destroy people's connection to their feelings/hearts and their inner senses and intuition and visualization capabilities. The things that have been used for this included radio waves (electromagnetic frequencies) and pharmaceuticals that interfere with feelings and brain function. Some people have even been inflicted with brain damage, through shock treatments or chemicals or laser surgeries. And it must ALL be stopped for the sake of the safety and wellbeing of humanity. When our feelings and senses are not blocked we can sense/feel what is good and what is bad and steer ourselves in the right directions in life. When we are too blocked we are trapped in the darkness and become like numb sheep who blindly follow...anything. This has already happened to much of humanity. Freedom and recovery is needed for far more than just the Native people.

**We must be free of the things that block humanity's natural spirituality and we must also stop doing the things that block it.**

The most common way, that we block our own Hearts, is through suppressing our feelings of sadness. Most of us have done this to a massive degree since childhood, especially those of us who have had difficult childhoods where crying out the pain was either discouraged or prevented. It is important to now cry out the old suppressed pain so that it does not continue blocking our Hearts. Its OK to cry. It really is. **Crying is actually a necessity for our spiritual and emotional health. Crying is like giving the Heart a shower to wash away the accumulated dirt.** When our

Hearts are open, our Spirits can soar into the Light and bring that Light into our physical world. (I share more about healing in my "Wisdom's Beacon for Freedom" and "Embracing Feelings and Healing" books.)

**Let's heal our Hearts and open up to the Love  
and Light, that truly does exist for ALL of us**

## *Visualization of Light*

It is extremely helpful, for all levels of healing, to do visualizations of pure White Light streaming from the heavens and filling our head and body and surrounding us and washing out the darkness. We can also visualize the Light going into our loved ones, our business, our neighborhood and all around the globe...etc. This actually works miraculously when it is done with deep concentration and on a regular basis. We should all be working at visualizing White Light flooding into us as much as possible.

**The process of healing our Hearts and visualizing white Light are the most important things we can do and we must be free to do them.**

## *Related Poems*

### *Medicine Wheel Song*

*A long time ago I lost a dear friend.  
But I promised myself I'd find her again.  
For, nothing on earth could ever replace  
The Love I remember in my friend's face.  
In the East I climbed to the tallest peak.  
Over every mountain I did seek.  
In the South I waded through jungles of green.  
Got lost in the thicket, forever, it seemed.  
In the West I rode facing much pain  
Groping to find my dear friend again.  
In the North I laid over frozen streams  
Waiting for answers to come in my dreams.  
On the Earth I sat in the warm sunshine  
Praying for a vision of this friend of mine.  
To the Skies I gazed with eyes open wide  
Looking for the place where she might hide.  
Then, one day, I stepped up the smallest hill  
Where, inside my doorstep, I sat very still.  
I opened my Heart and began to See  
The Love I had searched for. . .inside of me.*

## *Returned*

*So much has been lost,  
Which cannot be regained  
Through decades of healing  
From darkness that maimed.  
But someday, it will happen -  
It will all be fully returned  
With Love and understanding  
And wisdoms to be churned.*

## *Pull in my Power*

*I pull in my power  
By making room for Love.  
I pull in my power  
By facing every fear,  
Letting out the anger  
And shedding every tear.  
I pull in my power  
By expressing what I feel,  
Standing tall and strong.  
I won't bow and kneel.  
I pull in my power  
By letting in the Love  
Streaming from Heavens  
Great healing from above.  
I pull in my power  
By making room for Love.*

## *Humanities Love*

*This path I  
Sometimes stroll upon  
Winds through  
Humanity's grief,  
Where our pain  
and sadness  
Impatiently awaits  
Being felt and released.*

## *Father Spirit*

*Oh great father spirit  
Watching over me in the sky,  
Hear the prayer I send you  
On the smoke rising high.  
Give me the power of Love.  
Help me face this fear.  
Oh great father Spirit,  
The demons are near.  
As I sit by this fire,  
Shedding every tear.  
I'm praying with my heart.  
Please listen. Please hear.  
Oh great father Spirit  
Watching over me in the sky  
Hear the prayer I send you  
On the smoke rising high.*

## *Born to Fly*

*When faith was but a dying ember...  
and I...had lost the light  
When love did not remember...  
I prayed to the Gods in the sky  
Hey I...know that I...I was born to fly.  
I was born to fly. I was born to fly.  
When love had lied and betrayed  
Heartbreak left me decayed  
And all my friends had turned away  
I cried to the Gods in the sky.  
When anger struck out to put me down.  
My trembling hands reached for Love.  
While envy pounded me into the ground  
I screamed to the Gods in the sky  
Hey I...know that I...I was born to fly.  
I was born to fly. I was born to fly.  
So why am I stuck here on the ground  
Where is the voice I used to sing?  
Where is the love I had found?  
Hey I...know that I...I was born to fly.  
I was born to fly. I was born to fly.  
And so I fly.*

## *Sound of The Drum*

*As the sound of the drum reaches my heart,  
From this physical plain I depart,  
Saying a peaceful needed farewell  
To my mind's creations, my mind's hell.  
I soar into feelings unknown,  
Then beyond... to a place I call Home.  
Home is where Angels sing with delight.  
There is no dark, only healing Light.  
Home is where Love dissipates fear,  
Where spirit hugs embrace every tear.  
Home is overflowing with care.  
And the sound of the drum  
Takes me there.*

## *Mother River*

*Oh great Mother River  
Mirror the Sun in my eye  
Bring forth thy Love and glory  
From Father's Heavenly sky.  
Shine deep within my soul  
And help my heart to know  
All blessings from above.  
Shine forth thy joy and Love.*

## *Fawn's Visit*

*You grace me with your presence,  
As time approaches its end,  
Weaving through a stand of trees,  
Pausing around each bend,  
To turn and gaze at me.  
I wonder if you feel my tears -  
If this is why you came,  
If you walked past your fears  
To help me be less alone  
In this desolate place  
I try to make my home.  
I like to feel it so, because,  
A little love from a fawn  
Is just the thing I need  
To keep me holding on.*

## *The Warning*

*Birds suddenly swarm my head  
As their screeches fill the air.  
I pause and grip my fear  
Then let him know I'm there,  
So's not to completely surprise  
This giant foraging bear.  
As I finish walking the trail  
I thank my feathered friends  
For caring, for helping -  
For being here for me again.*

## *Wilderness Calls*

*The wilderness calls  
To my untamed soul.  
The wilderness calls  
For peace I need know.  
The wilderness calls  
To all I yearn to be.  
The wilderness calls  
To finally set me free.*

## *Thank You*

*I thank you, Great Spirit  
For being my friend,  
For the Love and peace  
You continue to send,  
For holding me gently  
When I cried,  
And for walking steadily  
By my side.  
Thank you, Great Spirit  
For holding my hand  
When I was lost  
And didn't understand,  
For guiding me with  
Your rays of Light  
Which brought me through  
The darkest night.  
Thank you, Great Spirit  
For guiding me now  
Into the future  
To show me how.*

## *I Am*

*I am me. I am You.  
I am all we're going through.  
I am the voice in the wind  
Slipping past our ears again.  
I am the moisture  
In your tears.  
I am all  
The lost years.*

## *You*

*I know it's You calling me  
In the song of the Bird  
And guiding me  
In the eye of the Hawk.  
I know it's You holding me  
In the arms of the Bear  
And soothing me  
In the flow of the water.  
I know it's You Loving me  
In the dark of the night  
And giving me wings  
For my final flight.*

## *Rose for Sharon*

*Written by my Mother before her 1977 death.*

*My love for you will linger on  
Long after I am gone,  
As the weeping willow  
Will always grow.  
On a warm summer night,  
In the sunset bright,  
I'll be there nearby.  
Listen for my sigh.*

## *My Gift*

*My gift is You. My gift is Me.  
It is illuminated in the stars  
And travels in my eyes.  
My gift lays deep  
Beneath the largest,  
Lonely stone.  
It's wings dance  
In rays of Light.  
My gift shines through  
The darkest night.  
It has its own voice.  
It's a sad, lonely song.  
The one we all know.  
My gift is beyond earthly,  
Far beyond mundane.  
It's wild, free  
And untamed.  
Like the sun  
And the full moon,  
It's universal,  
Yet plays its own tune.  
My gift is all there is,  
All that can be,  
And resides in the depths  
Of the Heart in me.  
My gift is Love.*

## *Dreams*

*May our dreams deliver us  
From the deepest dark of night  
To truth, Love, wisdom  
And wings prepared for flight.*

## *Sound Of The Drum*

*As the sound of the drum reaches my heart,  
From this physical plain I depart,  
Saying a peaceful needed farewell  
To my mind's creations - my mind's hell.  
I soar into feelings unknown,  
Then beyond...to a place I call Home.  
Home is where Angels sing with delight.  
There is no dark - only healing Light.  
Home is where Love dissipates fear,  
Where spirit hugs embrace every tear.  
Home is overflowing with care.  
And the sound of the drum  
Takes me there.*

## *Where I Am Loved*

*As freedom spreads its wings  
I raise my hands to the wind  
With praise and love and then  
Thank the Spirits of the Earth  
For bearing my loads again.  
With joy and awesome wonder  
I raise my head to the sky  
To thank the Heavenly Father  
For the time gone by.  
With tears flooding my face  
I thank this Lord above  
Who was so kind to show me  
A place where I am Loved.  
Love whispers through me  
Like a sweet caressing wind.  
From this point on I'll know,  
No matter what pain comes my way,  
There is a special place where  
My heart can choose to stay.*

## *Surrender*

*For the past year and more  
I've been lost in the rain,  
Groping to find  
My soul once again.  
But now I can feel  
Spirit moving me,  
Opening my Heart  
Helping me See.  
I See rainbows of pink  
Shimmering around trees  
And Love floating down  
When I'm on my knees.  
I see Angels, with Love,  
Healing the earth  
And Light flooding in,  
Inducing my birth.  
I surrender to Love  
And all it has in store.  
Nothing here on Earth  
Could ever give me more.*

## *Healing*

*Love can't have a future  
Until we heal the past.  
We must look behind us  
And face the pain at last.  
If we want tomorrow  
To fill with love and trust  
We must face the yesterday  
That's lost inside of us.  
If we wish to open our hearts  
And learn to truly care.  
We must first embrace  
The sadness hidden there.*

## *Hope*

*They shine beyond  
Dark clouds  
In clear tones of blue -  
These glowing rays of Hope  
That strive to see us through.*

# *About Me And the Writing of This Book*

Sharon Rose Poet  
PO Box 383  
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The above picture is me at 61 years old in 2020. Its not a very good one, but its the best I can do right now.

***I am not fully Native or fully anything else. I do not fit into the box of any race or religion. I sometimes feel sad that I do not fit in anywhere, in our separated world. But in my heart I know that I belong everywhere, just as everyone else's does.***

I was born in the USA in 1959 and grew up on a farm in New Hampshire.

My mother was from Canada and had lived near Montreal. My mother moved to the USA when she married my father around the early 1950s. Her mother was either 100% Native or less.

My mother had told me, in my early childhood, that we are part Native. But the only Native thing I remember her ever teaching me was to pay attention to my dreams. My mother had Native cousins who lived on a reservation that was North of or near Montreal, Canada. I remember going there with her once when I was very little, but I do not remember much about it.

Writing this book was really difficult for me. As I realized what had happened in the "Indian" residential schools, and the Christian involvement in the destruction of Native spirituality, I was struck with deep pain. Many confusing puzzle pieces started clicking together in my personal situation, which is related. I felt like a knife was twisting in my gut. I had to put the book aside and return to it after I had moved past the intense emotions, so I could do a better job with it. I still have a lot of pain surfacing and its difficult to write while my eyes keep tearing up...etc. I need more time to process my feelings. So I am not going to share much about my situation here. But there are a few things, including some new realizations that I feel I should share. I am not a residential school victim, but it appears that my mother and the generations before her were.

As I recently learned of the situation in the "Indian residential schools, I wondered if my mother and her siblings, or the generation before her, were victims of the schools. I felt a deep pain that seemed to be more than just empathy for other people. I felt connected to it all. My mother died when I was 18 years old and there is nobody whom I can find out from right now. So I had decided to let it go and stop wondering. I figured that my mother and her siblings probably were not in the schools, because her father was English and she had not been raised on the reservation, that I know of. After I'd closed the door on it I had the following dreams.

## *Dreams of Residential Schools*

In the dream; *I'm walking on my property and look at the wall of a red brick building, which is near the house I live in. Then I turn around and am walking away. Then I stop and turn back toward it and walk over to take a closer look. I see that it has a small door, and several small crosses, way down on the foundation of the building/wall. The door is miniature – about one foot high and is wooden and arched and closed. The crosses were really little too. I am standing there looking at them when I wake up.*

What a cross means to me is the murder of what is innocent and sacred, so this is what the crosses mean in the dream. The fact that the door and crosses are really small, implies being about little children. And the door and crosses being at the foundation, implies something about murdered children in or around the basement of a red brick building, which is most probably an "Indian" residential school. It being on my property and close to where I live appears to mean that the problem is close to me and in my family.

As I thought about the dream I remembered my mother telling me that her mother had twelve children and that five of them had died. She never told me how they died. Judging by this dream and the depths of feelings I've had connected with the whole "Indian boarding school" thing it looks like my mother and her siblings did go to a residential school and that up to five of them died there. I felt a heavy weight in my heart and deep pain and I wished I could be sure of the truth. A part of me kept thinking, *'it's just a dream I can't be sure.'* I prayed for answers on what happened to my dead aunts and uncles.

Then I had two more dreams; one showed *a small group of children running from adults in an institution. One of them gets caught and is being beaten on the floor and then the others turn around to fight the attackers and save him.* The dream did not show what happened after that, but it was children fighting for their lives against adults in an institution, which makes it pretty clear. The other dream showed *an adult throwing a boy into a river to drown. His little sister is crying and his*

***mother is in shock and no one is there to comfort the little girl who watched her little brother get murdered.*** (This appeared to have been done to traumatize the little girl.)

Was that little girl my mother? In my heart it feels like it was. Are these dreams about my mother and aunts and uncles? It appears so.

### ***Residential School***

*One large brick wall,  
Red as a child's blood.  
Five little crosses  
Rise out of the mud,  
Next to a closed door  
That was hard to see.  
It blocked the cries  
That need reach me.  
But I turned around  
And then I heard.  
And now my tears  
Drip into words.  
Oh dear God,  
Bring your Light  
For all the children  
Killed in that night,  
And all the others  
Who carry the pain  
Into the future  
For evil's gain.  
Oh please, God,  
Set us free -  
My aunts, uncles,  
Mother and me,  
And the rest  
Of humanity.*

One of my surviving aunts became a nun and I wonder how many of the Native students were recruited into working in the Catholic churches. There are things in my mother's behaviors in my childhood, which

definitely point to her being a victim of the residential schools, which is why I had had to do so much inner healing work in the 1980s.

My childhood was difficult. I can relate to many of the ways that the Native children were treated in the schools, through my mother's behaviors, as well as the Catholic church's where she took us on Sundays in my childhood.

I remember my father telling me, long ago, that my mother was very loving with her children when they were babies, but that she'd suddenly distanced herself from us when we hit school age. He'd thought it was odd. And it was. I now wonder if this is one of the results of the residential schools. Have Native mother's developed the habit of blocking their children from their hearts at school age, because they knew they were going to lose them? I've not heard any talk about this. But my mother did this and I think it could be due to a survival pattern in victims of the residential school system. The behavior could have been passed down from the parents of the school victims. Have any others experienced this?

In the late 1980s I went through a deep healing process and my heart opened up to my own natural spirituality. In my visions the Spirit of the grizzly bear came to help me and in some of my dreams ancient Native people would come to give me names of plants to use for medicine. I'm not sure if they were my ancestors, but they probably were. After this I began embracing the Native part of me and even started wearing moccasins and teaching drum-making workshops and had taught a vision questing workshop at an "Indian" museum...etc.

Then someone suddenly told me that my aunt (who was a nun in Canada) had said that we are not really part Native and that my mother had made it up. My mother was no longer alive, and I couldn't reach my aunt, but I asked my father about it and he confirmed that we really were part Native. He said that he had also gone with my mother, to the reservation, and had met some of her Native relatives. He said he thought they were Lakota, but was not sure of the tribe. It appears that either my aunt was ashamed of being part Native or was trying to protect me from something or that someone else was trying to convince me that I was not part Native just to interfere with my course in life. I kept embracing the

native part of me and my world began to flip upside down. At the time, I thought I was just having a lot of bad luck, but many years later, I realized that I was being covertly targeted.

I have experienced horrific levels of covert targeting, which has included being tortured with microwave weapons, when I prayed or meditated or when I talked or wrote about being targeted...etc. (I experienced tortures for writing this book and the three others I recently reconstructed from my past writings.

Since I started writing this book, I've realized more of the Christian part of the targeting. As I looked back over my situation I remembered a dream I had about a group of nuns invading my home. I had this dream about two weeks before the targeting vamped up in ways that tore me from the first country home I'd owned and loved in the mid 1990s. Since I remembered the dream about the nuns, many other puzzle pieces have been clicking into place. And, even before this, I have had a strong feeling that the targeting most likely followed my mother from Canada – that she had probably been being covertly watched and targeted too, because she was part Native and had prophetic dreams like I do...etc. (There is more about the most obvious parts of the targeting in my *Yearn for Freedom* book.)

The core aim of the targeting appears to be the destruction of natural/Native spirituality and to force Christianity upon me. Among many other things I have experienced a suspicious fire in the home I'd owned and deaths of loved ones and also my work being sabotaged and then used by other people (Christian organizations) who make money from it for themselves.

I have been shoved into poverty (homelessness) and have experienced many bad things happening to me, which I feel sure have mostly been orchestrated by those who target me. They have deeply hurt me and destroyed my life (the way I'd lived it) and then repeatedly tried to make me think that these things are happening to me because I am not "right with God" and because I am not following only the Christian ways. They have even mailed me bibles on more than one occasion, implying that the hell will stop when I turn to the Christian bible, instead of to the Love and Light I'd found through my own heart. The general messages have been that the hell will stop if I become Christian. The hell I have been through

with this could fill many books and is too much to share here. I continued to resist and continued to be covertly targeted.

It appears that I had been being watched and was covertly attacked for embracing my natural/Native spirituality and had been developing a deep and real heart connection to God/Love and Light. In my dreams what attacks me appears to be some sort of satanic/evil occult. And in physical reality it appears to be primarily Christian based.

It has been difficult for me to understand why I am being targeted. I have previously thought it was possibly many other things. (Such is the way with covert targeting.) But the Christian part has become too obvious to not be a core part of it, especially since I have been through periods where it appears that I have been drugged and brainwashed into believing in Christianity.

I am now living in a car and have been intentionally held in poverty for a very long time. And I am still being blasted with painful shots from microwaves and have been being prevented from doing the things I love most in life. But I know that I am already right with the God that is pure Love and Light and I know it is not this God/Love/Light that has been hurting me and that it is evil forces that want to sever my heart connection to the real God. I will not abandon my own natural spirituality and they appear to have continued to target me because of this.

**The schools were horrible and its good that they have been closed. I wish the closing of them had completely ended the problem, but I feel sure it didn't and that the horrid evil targeting has continued covertly, not only against me, but also against many others.**

**I beg all to help the full truths to be realized, and all levels of the targeting stopped, so that freedom can be regained and genuine healing can take place for all of us. Please.**

## *My Spiritual Beliefs*

I was baptized Catholic within days after my birth. But, I left the Catholic religion, when I was old enough to make my own choices, because I could not relate to it and because of the way the nuns treated us. In the 1980s I worked hard at healing my heart from past pains and, as I healed, I began opening up to and embracing my own natural spirituality, which is akin to the old Native spirituality. I still call the Highest Power "God" out of old habit, but to me this is the same as Wankan Tanka/Grandfather, Great Spirit...etc. I feel a deep heart connection to God/Love/Light, since early childhood. To me, God is the Love and Light in the Natural Spirituality, which can be reached through the Heart and through the visioning parts of the mind.

**I feel that the Heart and Spirit of every human being is naturally connected to this Love and Light from birth, and that we stay connected to it when our Hearts and Spirits are not broken and blocked by abuse or by the suppression of feelings (which often accompanies evil abuse) or by being convinced that we must abandon our own natural spirituality and follow only the Christian ways. I am an extremely spiritually based person. I deeply believe in the God that is Love and Light and does not harm anyone and wants ALL of humanity to be free and safe from harm and to retain its natural connection to Love and Light. The God I know does not judge or blame or punish. The God I know is full of Love and compassion and forgiveness and understanding. The God I know appears to be a different God from the one that at least most of Christianity boasts of.**

I no longer believe in the Christian religion, but I do believe in Jesus; I believe that Jesus lived for us – that he came to help teach humanity how to be more kind and Loving. But I do not believe that "Jesus died for us," like the Christians do. I believe that Jesus was murdered, by forces that wanted to dominate humanity, and that this murder, (of a TRULY holy person) has been being justified, under the pretense of it being what God wanted, ever since. (This is the way of evil – it blames its abuses on God, but it is not God who wants or does the bad things.) I believe that God did not want Jesus to be tortured and murdered and does not want anyone else to be tortured or murdered or hurt in any other way either. **I do not just believe these things – I feel their truth deep in my heart.**

I had considered myself partly Christian, even through most of my adult life, and now I'd be ashamed to be one. I even want my name, and that of my children removed from the listings of Christian baptisms. I want to un-baptize us, because I had not made that choice for myself and I now feel that I made the wrong choice for my children. I was actually pushed to baptize them while I was drugged and in pain directly after child birth. I was no longer even a member of the church, but I decided to do it just in case what they were telling me was true – in case

something horrible would happen to my children if I did not have them baptized. I now know this was not true and I regret having them baptized. I now think that the opposite is probably true – that the baptisms may have opened the door for horrible things to happen. And I want the Catholic church to know that they do not own me and have no rights to me or my children. We do not belong to them.

**I'm no longer Christian, but I am still a child of God/Love/Light. We all naturally are. And our natural Heart connection to real Love and Light must stop being destroyed by evil forces.**

## *The Waif*

*I am “nothing  
But a worthless waif”  
Who dared to pause  
In judgment's way.  
But, all the Angels  
From beyond the sky  
Reach down to hold me  
While I cry. THEY know.*

**P.S. I hope this book remains as my heart wrote it and that it is allowed to reach the heart of the Native people of North America and all other people.** I'm sorry I could not do a better job with it. I am in too much pain to focus on it much. I really need to go to a peaceful private place to let myself cry out this pain right now, but I do not have the freedom to do it. So I am pressing forward with finishing this book. Please excuse any mistakes I may have made in it.

**I hope you will listen to your own hearts and instincts above all else. Sometimes it's the only way to know the truth.**

I am Sharon Rose Poet, PO Box 383, Mont Vernon, NH 03057. My birth name was Sharon Y. LaBree. My married name was Sharon Buck. And my pen name was Namatari Neachi, which I had also used as my legal name for several years. Due to the targeting I have been living in a vehicle for many years now.

## *Other Books I've Written*

I'm in the process of revamping some of my writings. I have been combining some of my old books in new ones, because one of the targeting problems has been the infiltration of my computers and altering of my writings. These are my current books.

**Wisdom's Beacon for Freedom (edition two)**; Soon to be published as a new second edition that is far more complete than the first infiltrated one. This book is about the physical, emotional and spiritual healing. Along with many other things, it contains a more complete version of my 1990s Embracing Feelings book, which was later published as "Embracing Sadness." (The first edition of this book was written in 2018 and 2019. It was altered by those who target me and I did a poor job with it as well.)

**Embracing Feelings and Healing**; Soon to be on Barnes and Noble. This is the resurrection of my 1990s Embracing Feelings book, with a bit more added to it. It is also in part three of the second edition of my "Wisdom's Beacon for Freedom" book.

**The Heart Bud**; Among other things this book is a collection of most of the articles that were previously published in The Personal Journal, Sharon's Bud, and the Heart Bud papers and booklets from 2004 to around 2014.

**Road Missed by a Lyricist**; A short story about my song writing career and a collection of most of the songs and poems I wrote from the 1960s to 2020.

**Technological Holocaust**; Is available on Amazon. This book exposes technological and pharmaceutical mind control, the destruction of the heart of humanity, technological torture, eugenics based targetings and is a call for freedom for all of humanity.

**Yearn for Freedom**; Is available on Amazon and is my personal testimony about some of my most obvious experiences with being covertly targeted. It also helps to expose the covert and technological parts of the targeting.

**The Personal Journals**; Is available on Amazon and is a compilation of seven booklets, which I wrote from 2004 to 2006 on the theme of embracing feelings and healing and making our world a better place to live. My "Heart Bud" papers and book were a take-off from these publications and the Personal Journals were a take-off from the "Embracing Feelings" book I wrote in the 1990s.

**Ramblings of a Targeted Individual**; The 2019 edition, that is now on Amazon, is the preservation of the most important parts of a blog I write from the late summer of 2011 to around 2020. As I experienced horrific torturous levels of targeting, I have written many

blogs as I struggled to expose the targeting and bring it to an end. My Ramblings of a Targeted Individual blog ([www.sharonpoet-ti.blogspot.com](http://www.sharonpoet-ti.blogspot.com)) had been severely infiltrated and many things were altered or erased. So, this book was my way of saving and sharing the best parts of what was left of it.

**Return of Native Spirit**; Soon to be on Barnes and Noble and is a stand for the Natives of North America as well as a call for awareness in the rest of humanity. It addresses the holocaustal crimes that have been committed against the Natives in the "Indian" residential school system and hopes to help with deeper levels of healing to take place.

I've published other books. Four of them were books of poetry; *Feelings of a Lifetime*, *Hints of me in Poetry*, *Poetic Voice of a Targeted Individual* and *Buds of Inspiration*, which are all now in my "Road Missed by a Lyricist" book.

I also wrote two other books; *Targeted in America*, which was replaced with my *Yearn for Freedom Book*, but is still available on Amazon until I can more completely merge the two without computer infiltrations and other types of interference; And my *Into the Light* book, which was written around 2010, but was never finished and was a process of me trying to figure out who was targeting me and why. I have always wanted to write a series of children's books and this is going to be my next writing project.

My birth name was Sharon Yvette LaBree. My married name was Sharon Buck. My pen name (and legal name for several years) was Namatari Neachi. My legal name is now Sharon Rose Poet.

## *References*

The historical dates and events, which I previously listed, came from the following websites and the other videos I have listed in this book. I hope they are accurate. But, if they are not, or if I have made mistakes or failed to include important things, please excuse me and fill in the gaps for yourselves. I did my best to follow the heart of my own instincts in my search for information to back up my own insights and wisdom. But these are difficult times for me and I am not doing it perfectly. Please forgive any mistakes I may have made.

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**(2020) The Final Days Of The Inquisition | The Inquisition (Catholicism Documentary) | Timeline**

<https://youtu.be/XpZoBGPzw7U>

**Adopt an Indian | APTN Investigates**

<https://youtu.be/WswWI4xPwDs>

**APTN Investigates: The Children Taken Away**

<https://youtu.be/axRTkncZRak>

**Sixties Scoop survivor finds sister, only to lose her again**

<https://youtu.be/w7s78ishGyQ>

**Finding Cleo: How a CBC podcast solved the mystery of a missing Indigenous girl**

<https://youtu.be/neprXCg0kjg>

**LDS abuse through the Indian Placement Program**

[https://youtu.be/L6\\_pfvLTyZg](https://youtu.be/L6_pfvLTyZg)

*The Light will come  
And healing will be done.  
Not just for our race,  
But for everyone.*