

# PTSD:



BY CATHY O'BRIEN

# PTSD: Time to Heal

by Cathy O'Brien

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## DEDICATION:

To Mark Phillips for relentlessly shining his light of truth, integrity and strength of spirit in a world divided by secrecy, compartmentalized knowledge, and censorship. Thank you, Mark, for handing me the keys to unlock my compartmentalized memory, free my mind, and ultimately express my strength of spirit in light of truth and life's purpose. You have empowered me to peacefully live the love I am free of my traumatic past, share this inherent truth with others, and realize conscious awareness is key to inner peace, world peace, and abSOULute freedom.

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Second Edition

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[www.TRANCE-Formation.com](http://www.TRANCE-Formation.com)  
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It is within you to heal.

You have, within you, the ability to heal from any level of trauma, abuse, Post Traumatic Stress Disorder (PTSD), torture and/or mind control. It is your birthright to consciously realize your own truth and know where you've been in order to know where you're going. It is **about time** for you to reclaim control over your own mind and life, and stop your past from intruding on your present.

Whether you experience intrusive memory, repressed memory, night terrors, or a subconscious undermining of your goals and intentions, today is the day to gain peace/piece of mind and ultimately the freedom to live true-to-soul on purpose!

I know abSOULute healing is possible based on personal experience after 3 decades of robotic MK Ultra mind control. Born into multi-generational sexual abuse, I became targeted, conditioned and programmed for TOP SECRET US Government White House/Pentagon level covert operations. I've written these memories out in detail in previous books:

(1) *TRANCE Formation of America* was written in 1995 from compiled testimony for the US Congressional Permanent Select Committees on Intelligence Oversight. It was released en masse when the 1947 National Security Act was invoked on our case. *TRANCE* is now in law libraries worldwide, is being taught in major universities, and is published in numerous languages. This graphic information details my experiences in MK Ultra mind control and was never intended for the public, particularly other victims whose memory can easily become contaminated due to their high suggestibility. [www.TRANCE-Formation.com](http://www.TRANCE-Formation.com)

(2) *ACCESS DENIED For Reasons Of National Security* was written for the public to raise awareness on mind control and healing from it. It details how government insider Mark Phillips rescued my daughter Kelly and me from our tortured mind control existence. Mark had eyes to see, ears to hear, and soul to know TOP SECRET information on mind control that needed to be brought to light for the sake of humanity's free thought. Knowledge is our best defense against mind control, and mass awareness is key to positive necessary change. [www.ForReasonsOfNationalSecurity.com](http://www.ForReasonsOfNationalSecurity.com)

*ACCESS DENIED* is a testament to the strength of the human spirit and the power of love. It details healing methods Mark taught me that he had

learned during his tenure in mind sciences. Healing from trauma and PTSD had been deliberately suppressed from mental health worldwide since it is an antidote to the military's ultimate weapon of mass destruction: mind control. Mind control is being used on and by the US military. Now military veterans are returning home from service suffering from PTSD and in need of healing information that is as slow to emerge as was their diagnosis.

For over 25 years, Mark and I have been raising awareness on the effects of trauma on the human mind and, ultimately, healing from it. When we first began speaking out, mind control and PTSD were unheard of in the general public domain. Now it has increasingly become common knowledge due to the vast numbers of our military veterans suffering from PTSD. The Veteran's Administration has finally--25 years later--acknowledged the reality of this emotionally debilitating affliction. It has been a long, hard journey for us as US Government Whistleblowers, and a much more difficult one for the numerous veterans seeking to reclaim control over their minds and lives. With our veterans suiciding at a rate of 22 per day as of this writing, we cannot wait another 25 years for release of this otherwise classified healing information.

Since the release of *ACCESS DENIED*, we continuously hear from people all over the world who report healing from varying levels of trauma by applying to themselves the methods Mark taught me that weave throughout our book.

This book you are reading now is yours. It is written in a concise manner to empower you to know your own truth without having to wade through mine. Within these pages are healing methods you can apply to your self just as I did. I am living proof that these otherwise secret intelligence methods of deprogramming do indeed work. It will occasionally be necessary for me to refer directly to my experience to illustrate a point and in keeping with the fine line of laws that Mark and I walk as US Government Whistleblowers. Still this book is yours. There is no level of PTSD that is insignificant. Whether you suffer from PTSD, torture, trauma, religious manipulation, social engineering or the kind of robotic mind control I endured, it is within you to heal your self. It is within you to know your own truth. This indeed is truth that makes us free!