

THE LETTERS OF XENU,
AN INTERPLANETARY
CONFESSION

As Told By Joe Caulfield

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FORWARD

Inquiring minds want to know: Why do people have trouble accepting different -- let alone new -- ideas; fluoride, organic evolution, rotary toothbrushes, or usable information being channeled from beings outside our three dimensional space? The tumult and shouting that ordinarily accompanies a new way of listening to the whispers of the mind is a pattern that transcends cultures the world over.

The fact that inquiring minds have noted far more striking similarities than differences among the peoples of the world -- even peoples who have had no contact with each other at all, such as pygmies and eskimos -- make the mental patterns that are observed themselves a major point of inquiry. How could such similar mental patterns be developed independently by such far-flung peoples? The very universality of these patternings certainly points to something innate within the human species, which, by extension, points to a common ancestry at least or a common architect perhaps, also at least. Such Newtonian thinking is itself an easily recognizable human mental pattern.

When Sigmund Freud began showing us a part of ourselves that we had theretofore never dreamed existed, he was looking for the motive force that determined our behavior, or misbehavior, with an eye to understanding that driving force, and hence to understanding human behavior. He knew from direct observation that there was a psychic energy animating living humans that was totally missing from corpses. Because of his understandably Victorian culture, he believed that this psychic energy (or "libido") was a derivative of the sex-drive.

Carl Jung could not concur with Freud's fixation on sex as the source of the psychic energy that brought patients to him for psychoanalysis. He directly observed a much wider set of similarities among people with radically different problems and from wildly different cultural backgrounds. Jung pointed to the obvious conflicts, or opposing forces, within the mind that had to do with much more than the mere sexual. He observed a monotonous sameness among the icons and symbols of these patients. This observation led him to seek deeper for the origins of the psychic energy within all mankind. His search led him to the mystery tales, the mythologies, the religions and cultures of various societies in an effort to find what was readily observable. He compared their icons and symbols, and he found the most striking similarities among the expressions of even the most divergent societies and cultures. From that Jung theorized that there are "entities", or archetypes that filter our thinking into certain patterns. For example, he found ". . . the archetype of the eternal wonder child, as in Christ, the infant Hermes, Zeus, or Moses; . . . or the archetype of the universal creative mother, as expressed by Mother Nature, the earth goddesses in the Greek and Roman religions, as well as the 'Grandmother' of the American

Indians and the 'female principle' in its many incarnations in the Oriental religions." Also, ". . . the archetype of the hero is represented in the many forms of the hero-cycles in the Celtic mythology, the Scandinavian, the Hindu, Greek, American Indian, and so on." (Ira Progoff, Jung's Psychology and its Social Meaning, Anchor Books, 1973.)

Archetypes, Jung argued, are basic. They are psychological patterns that cause human beings to act the way they do. They cause what we are pleased to call individuality. Regardless of our cultural brainwashing, the similarities of mental propensities are too obvious to be anything other than installed pictures or carefully wired neurobiology.

Whether these archetypal entities spring from our neurobiological wiring, or from pictures that have somehow entered into the basis of all of our minds, we know that they can, at most, be modified. They cannot be created nor destroyed. They run much too deep a level for that. Additionally, they not only pervade all the cultures of the world, they also pervade both our conscious and unconscious minds at such a basic level that they powerfully influence every thought we think, every step we take, and every game we play. They are engines of our imperative behavior.

And it is the very nature of this imperative that makes inquiring minds rethink the concept of total responsibility. If we must, because of our wiring or our mental implants, behave in a certain way, think in a certain way, then the mystery of why we fear the adventure of the new is solved. So too is the mystery of our similarity.

But, typical of such answers, this solution brings up the compelling questions of how did we get this way and what are we going to do to improve upon our condition? The first thing we must do, if we are to look at things in a new way, or look for a different explanation from those that we know lead nowhere, is to open our minds to the possibility that ". . . there are more things in heaven and earth than are dreamed of in your philosophy, Horatio." By rejecting out of hand, without inspection as to its heuristic value, the materials presented to you, in this book you will have succeeded in merely validating the human mental pattern that fed Bruno to the Inquisitors' fires. Once again the pattern will have triumphed and we are the poorer for it.

What makes the metaphysical movement the phenomenon it is throughout the world is not its novelty, but its practical usefulness. The trance channelers bring forth a wisdom that, in practical application, makes people's lives better. It is data that has not heretofore been spread across the land. And it seems to have been almost forced upon the channels, most of whom scoffed at the very idea before they found these other beings coming through them with such crystal clarity and love that lives are

transformed as if touched by an angelic chord that resonates with everything known as "Truth" within the people it reaches.

The known (and how much else?) universe is quite capable of having a wide range of dimensions and beings and communication lines. To assert that anything is "impossible" in the vastness of the cosmos is yet another pattern that is generally placed under the heading of "arrogance."

It has been my signal honor to know Joe Caulfield for over fifteen years. It is an honor because his gentleness and unqualified honesty are unparalleled by any of my other acquaintances. He began his nearly brain-wrecking communication with Xenu in 1977. Much of that time was spent by Xenu in establishing trust and rapport with Joe's mind, such that a "mind interlock" could be achieved. Xenu is obviously a "people person" who is easy to love and listen to. Good advice would be for all of us who have had the pleasure of having Xenu's explanation of the origin of our "archetypes" would be that we regard his materials the way we regard the items in a supermarket. We don't buy everything we see but we take what we need, and we let the rest sit there on the chance that we may need it someday and will come back to get it then. In fact, that's pretty good advice with reading anything.

These letters have a ring of uncompromising truth about them, and Xenu promises that this series is only the prelude to the heavy mental technology to come. The technological letters will be issued in future books. It is necessary, however, that we first know where the materials have come from and why we are the way we are.

Happy trails.

Brent Davis

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Xenu Greeting

"Peoples of Earth. Greetings. It has been many of your Earth years since we were last in communication. I was your enemy then in a war that we both lost. We are still losing. It is through this material that I fervently postulate that we can both begin winning. It is imperative therefore that you hear and understand what is being said. It is my responsibility to insure that this happens. It therefore would be an aid, if you read something in my materials that you do not understand , you write to me and get it clarified. I will respond back to you in writing through Joe. Thank you."

Joe's Explanation

It was a wintery day in March, 1984. Sitting in my office, very busy with life and all of its many nuances, I suddenly heard, no, felt this voice in my head. Having been trained in psychology, I had fleeting thoughts of schizophrenia, and then dismissed the entire event as "one of those things". This "voice", as I discovered in the ensuing weeks, would come and go like someone turning a radio on and off. Very sporadic and very disconcerting. I had been trained, in my earlier youth, to acknowledge such unexplainable mental phenomena and that is exactly what I did on these occasions. Out loud I said "thank you" to whatever or whomever it was, and at least temporarily it would vanish.

The "voice", however, continued and my own mental balance was slipping first this way and then that way as I was becoming convinced that I was going insane.

It wasn't long after all of this had started that I began to stumble in the work place. My job, the company, my co-workers, nothing seemed important. I became lazy and suddenly I had no job. I got another job, but was still discontented with all around me. The rest of my life was going as usual, but the work place continued to be a nightmare of slothfulness, incompetence, and a feeling that impending doom was right around the corner. And darned if it wasn't. I decided to get yet another job and floated along this way for four years, voice and all. At their wits end, my wife and my friends sat hopeless on the sidelines wondering if I would ever shake out of it.

In June of 1988 the all too familiar voice again made its presence felt. I was sipping on some coffee at a local restaurant when I suddenly felt this urge to write and began a rapid search for writing materials. I began putting down whatever came to mind and was amazed to find that my writing could keep the voice turned on. It was definitely a second personality. My God, I had schizophrenia! Having a broad based psychological training, I was all too familiar with current therapies of an orthodox nature, and of some newer unorthodox approaches, such as NLP. Having read most of the books on Neuro Linguistic Programming and having attended working seminars on the subject, I felt confident enough to approach this voice on a one-to-one basis and just simply deal with it. To my way of thinking, I had obviously slipped a neuron or two or I had to start believing in disembodied beings from that ominous "other side". I chose to believe the neuron theory as the "other side" was just a little too far out for me.

So now I found myself, giving myself a type of therapy. The only problem I encountered is that this voice really had a personality of his own, resplendent with his own name, his own experiences and an ability to carry on an excellent, but different, two-way communication. My neuron theory was beginning to slip a little and I felt even more lost.

It was at this point that the voice began to give me therapy and was so gentle and so kind and merely let me know that I was not insane. It was just that I had a lot of missing data and so was having trouble accepting his communication. He even accepted

responsibility for the trouble I appeared to be having. It was after many encounters like this one that I finally began accepting my "voice" as a separate and distinct Being. According to the "voice", his name is Xenu. He cannot at this time pick up another "body", as bodies, to his way of thinking, are a type of pollution that he does not desire, although he envies me for my rushes of various feelings and bodily pleasures. He has not been a "bad neighbor" and quietly leaves me alone now when he knows that I desire it. He is, after all these many years, a friend and it is my goal to help him achieve his goals, which is one of the reasons why I am writing this in the first place.

The title of this document is The Letters of Xenu, An Interplanetary Confession. Xenu (pronounced Zenu) was at one time a ruler of billions and is highly educated and an expert at practical application in life. He is not now a ruler. He is a prisoner, undergoing severe punishment for what Xenu calls "heinous crimes against the Peoples of Earth". It should be understood that this is Xenu's story, not mine. I am merely the vessel that he has chosen to communicate his thoughts to this world at large. I have argued this point with him as I am literally a nobody, swing absolutely no weight with anyone, and have suggested that he would be a lot better off with Shirley McClain or Pope John Paul. He actually laughed at me and said "let's begin". I personally do not understand his reasoning. I am also not a writer, and I am not a typist. Oh well.

My reasoning in doing this is really two-fold. The first I have explained to you. It is to help Xenu. The second is to be rid of Xenu. Not that he is a bad companion, but I still have this idea that I am probably a loon.

I should explain that Xenu's voice is not really a voice at all, but impressions of entire thought concepts, as opposed to a word or a sentence at a time. It is therefore necessary for you to understand that most of the words are my own as I interpret what Xenu's intention is. That even sounds flaky, doesn't it? Nevertheless, that is the way it is.

Xenu has insisted on a documentary style (loosely put) and has allowed that I can interject with questions, in writing, when I feel confused about what he is trying to communicate. He has also stated that his very existence will be determined by the peoples of Earth understanding what he is trying to communicate and so he has made the following statement:

"Peoples of Earth. Greetings. It has been many of your Earth years since we were last in communication. I was your enemy then in a war that we both lost. We are still losing. It is through this material that I fervently postulate that we can both begin winning. It is imperative therefore that you hear and understand what is being said. It is my responsibility to insure that this happens. It therefore would be an aid, if you read something in my materials that you do not understand, you write to me and get it clarified. I will respond back to you in writing through Joe. Thank you."

Xenu has also indicated that our very existence depends on our

duplication of these materials. Additionally, he has indicated a need for haste in assimilating his viewpoints. *1

[The following section of the document is extremely faint and largely illegible due to heavy noise and low contrast. It appears to contain several paragraphs of text.]

*1 See Notes on the Letters

XENU ADMISSION OF GUILT

XENU

These letters are a penance. An amends project. It is partial atonement for heinous crimes against the Peoples of Earth.

I have already been subjected to an Electronic Incarceration Module (EIM) for many of your earth centuries. This assignment was made by the Grand Council of our Confederation. It is much like your Supreme Court in the United States of America or like your world's United Nations. The Grand Council is, however, truly supreme and can be Judge, Jury, and Executioner at will. After release from the electronic prison, I was allowed to communicate only with the Grand Council and later with Joe of Planet Earth. It was at this time, I was shown the five-part program assigned by the Grand Council in hopes that I could be rehabilitated and reinstated into the Confederation.

The five part program of the Grand Council is listed below:

1. To be imprisoned with full conscious awareness in an EIM (Electronic Incarceration Module) for a period of not less than three detons (five million Earth years).²
2. Upon release from the EIM to establish his own program for righting the wrongs that have been perpetrated on the Peoples of Earth.
3. To achieve this, mind-interlock is sanctioned but limited to one individual being.
4. Only standard wavelengths are to be employed, no overwhelming thought permitted.
5. A time limit of fifty Earth years is hereby set. At this point a full report to the Grand Council on progress.

Note: It is imperative that prisoner arrest any further retardation of conditions. The people of this created planet must be alleviated of the burdens perpetrated upon them. A full rehabilitation project must be disseminated to these peoples.

I was convicted of the following crimes:

1. TREASON - Xenu did, as the Supreme Ruler of the confederation, undermine the Grand Council and establish a shadow government.
 - Xenu also set up a pseudo-legal system for what he considered to be deviates of the Confederation.
 - Also, that Xenu set up an incarceration system that is diabolically opposed to the values and customs of the Confederation.
2. MURDER - Xenu set aside bodies of officers and enlisted men that thought they were following Grand Council orders in the hope that he would not be found out.
3. ENEMY - Xenu did alter the time and space

² See Notes on the Letters

continuum to set up interstellar barriers, thereby creating illusions that could alter forever the correct vision.

The first task after release from the EIM (Electronic Incarceration Module) was to locate an appropriate subject that could be used to impress the ideas, the thoughts, the intentions of myself. This was not an easy task, but after some years I finally located him and began working with him. *³ He is correct because he is an excellent, fast study, and is an individual. He is alone. He was also, not guilty of other than misdemeanors and is receptive to helping me get my amends project to the Peoples of Earth. He is known as Joe Caulfield, and he is becoming more receptive on a day-to-day basis to mind-interlock and is learning all that is being written as it is being written through the mind-interlock.

It is imperative that you, Peoples of Earth, follow what is being said so that you can find your way through the maze that has been created for you. If this occurs we may both be free in the future. There are but 39 Earth years left to accomplish the goal. Let us begin.

JOE

It is almost inconceivable to Xenu that anything is more important or on an equal footing with content. I have tried over and over again to get him to understand that entertainment value is of equal importance, because it is entertainment value that holds the reader's attention. We are continuing to work on this together. I hope we are succeeding. Xenu can be awfully dry, and very direct and to the point with absolutely no embellishment. Therefore, please look at content only. If you happen to be entertained also as we go along--well then we are improving.

³ See Notes on the Letters

Letter One

The Two Prerequisites

This is an account of exactly what I did to establish and implement "Operation Control" on Confederation soil and then how I proceeded to locate and establish a remote colony for my ill-perceived ideas of criminals.

There are demonstrable facts that the people of earth must assume in reading these letters, dear friend, and they are:

1. No person is a body or mind. They are Spiritual Beings created by God, that live forever. That they think they are a body and live but once is part of the system of mental forgery that I implemented and made them think that way. Simply stated, a person is a Spiritual Being that is capable of moving from lifetime to lifetime, or more simply, one lifetime, many different bodies. One can if one wished, stay in the same body for quite a long time as the science of cytology, the handling of genetic engineering by the medical sciences, has progressed in the Confederation beyond the dark ages of that which you call medicine. Your science is progressing nicely, but still is missing many of the basics to cellular mechanisms that are essential.

So, essentially, you are a Spiritual Being that is capable of producing thought and a wide variety of effects upon a wide area or zone, according to your own innate ability. *⁴

In the Confederation we now pick our leaders from the "Innate Ability" that shows itself at a very early age and we therefore do not have the vast political problems that exist in other areas of the galaxy. What you call the Milky Way, the Confederation calls Contor and there is life teeming in the many recesses of this most magnificent structure.

2. The mind is composed of four distinctive parts.
 - First - Cellular. This is regulated now by implanted genetic codes.
 - Second - Facsimile, Known. This is a series of known pictures (facsimiles) that the spirit uses to access various bits of information that are then used to arrive at conclusions/solutions.
 - Third - Facsimile, Unknown. This part of the mind I played with to get you in the condition you are in. I substituted fantasy for real life and then short circuited this mind into facsimile known to further confuse things. This mind is referred to on Earth as the

⁴ See Notes on the Letters

subconscious or unconscious mind. It is amazing that your scientists found it and is a credit to your worthiness.

Fourth - Facsimile, Other. This mind is totally an implanted mind and does not belong to the individual who has it. It was put there to confuse and bewilder anyone who ever came close to finding facsimile, Unknown. It looks, acts and can be perceived as a Being.

These mind parts are generally referred to as M1, M2, M3, and M4.

Again, M1 is Cellular
 M2 is Facsimile Known
 M3 is Facsimile Unknown
 M4 is Facsimile Other

It is important to know that ALL areas of life that are important to a Being on Planet Earth, have been altered, not 100%, but just enough to confuse a good forty to sixty percent of the issues with which you are faced. Some of these alterations are time-release.

The "time-release" operate on a "this lifetime" age clock. They are devastating by their very nature. One day Joe is fine, the next week he has really changed. Very devastating. *⁵

Once these two things can be accepted, at least for the duration of the Letters, progress then can be made.

Synopsis

All humans are Spiritual Beings who live forever, but are living in altered bodies with altered minds that are designed to do destructive things to the individual.

End of Letter One
Xenu

⁵ See Notes on the Letters

Letter Two

The Log

This log is given in "ago time" as our Confederation system of timing would be confusing.

5,000,050 years ago - As Supreme Ruler of the Confederation (which is composed of sixteen planets located near what you call the Big Dipper and we call Star Cluster E4502.312) it had become abundantly clear to me that we were facing a variety of magnificent problems that had no simple solutions. First of all, understand that the entire galaxy rotates as though on a sphere. All of this is more or less controlled by the laws of magnetics, so it is difficult if not impossible to change, although I understand our science teams are working on this, it is still not completely solved even after these many continuums. This galaxy rotation is somewhat elliptical, and the magnetic field was warped by cataclysmic physical events that happened many, many eons ago and are just now affecting us in the here and now. (Similar to your ozone problems on Earth.) At any rate, there was some deterioration of the galactic orbit and as a result a slight shift of various planetary axes occurred. This created some subtle, but increasing changes in weather and as a result we were having food shortages on what I considered to be an all too crowded system from the start. In my demented thinking I started forming this unbelievable program for handling the situation. I knew that what I was thinking was considered criminal and that the Grand Council and the Interplanetary League would find this kind of thinking so evil that I would have been instantly replaced. It was my thought, that if I could implement the program that I was contemplating then the good citizens of the Confederation would not have to suffer by having too little food and water and poor economic conditions that were aggravated by what I considered to be a criminal element within our society. I may not have been able to handle orbital decay, but I could certainly reduce the population.

One should understand that trying to be a Supreme Ruler of anything is difficult at best, but when one has over 250 billion citizens, spread out over sixteen planets, it is more than challenging. You find yourself trying to maintain a status quo, which wise managers know cannot be done as you are either going up or you are going down. A status quo is impossible to maintain in life. It cannot even be maintained in space without mishap. So it was then that I decided to act.

5,000,048 years ago - It was about this time that I had committed to computer all of the pre-battle plans on exactly how I was going to accomplish my mission---"The complete eradication of all criminal elements from the Confederation". Two years into the program "Operation Control" and with the pre-battle plans done, I felt it time to start enlisting the help that I would need to accomplish this goal. The plan had to bear in mind that one cannot simply incarcerate a prisoner or put him to death, as a person is spiritual and lives forever and merely moves from body to body, so I had to come up with a plan that took all of this into account.

I was now ready to enlist the aid of others to get this done. The Grand Council and the Interplanetary League could not find out what I was doing as the plan would be squelched and I would be removed.

One of the people that I enlisted was from the Grand Council and the interplanetary equivalent of America's Surgeon General, but in the field of mental sciences. Zotar is both intelligent and competent and he seemed a natural for helping to devise that side of my plan. I am not ashamed to admit that I trusted Zotar and thought him to be sane and ethical, and we were both against the current overpopulation, underfed conditions of the Confederation. It was Zotar who went to work on the master psychology plan and came up with what at the time I saw as revolutionary concepts in that field and a perfect (final) solution to our problems.

5,000,046 years ago - Zotar completed his pre-battle plan and we conferred on the assignment of others for the mission. We decided we would need 1500 troops, 35 space vehicles (freighter class), and a variety of "Psychological Gear" to be manufactured. We had to consider food, clothing, fuel, and other stores to support "Operation Control". We also needed a Commander to oversee the mission. We picked Zepson, who later decided that what we were doing was fundamentally wrong and created enough problems so that we were caught and I was later incarcerated. Zepson was to admiralty, what Pasteur was to your early science on Earth. He was magnificent in every respect and I now thank him for his foresight as to my wrong doing and I only hope that someday I can relocate him to the here and now and show him proper gratitude.

It perhaps should be mentioned here that names of people are assigned after formal education and are actually a coding system in themselves. Any name beginning with Z indicates the absolute top in his field. X's, are for military, government or political leaders.

5,000,043 years ago - The plans of both Zotar and Zepson were totally complete and being fully integrated for maximum efficiency. The battle plans of these two worthy officers would fill volumes by themselves, so let us continue at this point and then summarize their plans at a later time.

5,000,040 years ago - With all the plans totally understood by all three of us, it came as a next step to find a location in the Galaxy that no one knew of and that no one would ever want to know of. The next 5 of your Earth years were spent in locating what you now call Earth. At that time it was both out of the way and totally unpopulated, except for the most simple of one-celled creatures. The land was almost completely submerged and it suffered ridiculous weather conditions that were almost unbearable of sustaining life. The perfect place.

5,000,035 years ago - Now my attention was on creating a Galactic condition that needed our attention as a Confederation. Zotar had, over the past time, been sequestering troops loyal to the cause on various remote outposts, so that when the time came they would be ready. It was now necessary to find some public reason for that many ships, men and equipment to be on the move. Fortunately or unfortunately, there was a little known nebulae

located in a nearby quadrant to Estar-P3 (Earth) that was going through some rather unusual changes as recorded by various scientific instruments and it was suggested that we send a group of freighter class vessels outfitted with various range detectors, magnetic field regenerators and other measuring instrumentation and record the events in the hope of gleaning new knowledge. It was approved instantly

At the same time a computer generated list of all Confederation criminals, artists and other hard to control persons was being formulated and locations spotted and verified. My own dementia told me that these hard to control persons had no right to Confederation hospitality, that if it were not for these groups and the criminals being held in our various detention facilities, that life would be much more pleasant.

End of Letter Two
Xenu

Letter Three

The Transporting of Criminals

Greetings Joe.

It is comforting to see you are becoming more able to withstand the mind-interlock. Your exhaustion is for shorter periods of time and we can get more work done because of that. Congratulations. We will now continue with the "Log".

5,000,034 years ago - We had now amassed the ships, ship stores and manufactured all of the necessary psychological instrumentation necessary in our armamentarium for a successful mission.

Zotar and Zepson had been fully trained in each other's areas and I had been thoroughly briefed on everything. We had our authority to leave the Confederation and we were off.

For the next three Earth years we laid out PLS43-1's and 2's near Estar P-3. These are highly intricate, invisible satellites that are extremely small and emit a wavelength that warps time, thereby warping perception of time, ergo space. Your science concerning stealth aircraft coupled with your newly acquired ability to computerize on micro chips is beginning to approach this idea.

The effect of the PLS43-1 and 2's was to warn off other travellers that this sector of space was highly contagious while at the same time giving the casual viewer a distorted picture of surrounding space for up to 1 of your parsecs. An incredible distance for such marvelously small pieces of equipment.

Now that this sector of space was "off limits" we proceeded to our nebulae and set up our recording instruments for our cover story to the Grand Council and the Interplanetary League. All was going very smoothly. *⁶

We were now ready to begin transporting prisoners.

Life aboard a freighter class space vehicle may be of some interest to you, as it is not at all as most suspect. It is actually fun. Each vehicle is a miniature city unto itself and has all of the amenities of a small town.

Each crew member is assigned a job that is essential to the creature comforts of each of the other crew members similar to a planetary city. We have garbage crew, food stuffs crew, entertainment crew and so on. Confederation freights are as big as eight of your football stadiums, so there is plenty of room for movement, sports, gardens and other things too numerous to mention.

As on Planet Earth, which is really just a Confederation in miniature, we enjoy movies, cards, ball games of different variety, etc. The major difference between Earth and the Confederation planets in the here and now is that the Confederation has highly sophisticated technologies not available as yet on Earth. It is now my hope to bring the changes you have missed so that you can

⁶ See Notes on the Letters

advance at even a faster rate of growth than you are experiencing now. It is imperative, however, that you grow in your philosophical sciences at a more even rate with your physical technologies, as a disparity between these two can do nothing but lead you toward a destruction that would now take you another five million Earth years to overcome. A great part of the data that you will learn from The Letters will let you know that this growth/destroy ratio has been implanted as part of the initial plan that I had in assuring that you would never, ever escape from your new home planet. If you continued now the way you were going several years ago that would have been your lot. I did however interfere and as a result you are beginning to see a new era of peace and tranquility. There is a long way to go to really achieve this, however. You must not take for granted anything until you have read and assimilated all of The Letters.

5,000,031 years ago - I began transporting "criminals" from overcrowded incarceration units on the sixteen planets. These were picked at random. To cover the loss of these prisoners we started what looked like an incurable contagious disease and simply had them die on paper and then transported them unconscious to a series of Operation Control entrance sectors.

I will briefly describe what occurred in these sectors as a complete analysis would be of little good and merely serve to bore you as I am reminded by Joe.

Through the psychological instrumentation we had manufactured, Zotar had managed to miniaturize a Psychometric Evap Unit. This unit is used in Confederation medicine to extricate a Spiritual Being from his body so that cytologists can genetically engineer a new one or fix the old one without trauma occurring to the Being. It is also used for Confederation ecology and space travel (see glossary). It is a marvelous piece of technology and when used as it should be is one of the finest accomplishments of the civilized worlds. *

I, however, perverted its use. We extricated the prisoners from their cellular mechanisms, dumping those in deep space. We then injected the Psychometric Evap Units with liquid nitrogen, which brings the temperature to alarming degrees below 0. We then awakened the Beings and indicated through hypnotic waves that they were bodies and they were freezing to death. This psychological threat was to put them at the mercy of whatever would come down the road later to "save" them. The only way to utterly destroy a Being is through heat, cold and electricity simultaneously injected at tremendous pressures whereupon the Beings attention vaporizes (death). This is considered a mortal crime in the Confederation and is not done as life is valued. The Confederation push is toward rehabilitation not toward destruction. At any rate, the Beings were told that this was about to happen, so naturally when a Computer Generated Intelligence (CGI) said "quick, this way - I'll help you". The prisoners bought it hook line and sinker.

⁷ See Notes on the Letters

This Computer Generated Intelligence (CGI) was programed to keep you hypnotic and then to give you a series of pictures that are pure fantasy while telling you that it is reality. In this way when the prisoners awoke they would be confused with what was and what was not reality and generally would make the incorrect choices. Witness the Planet Earth and the five million of your years that it took to accomplish evolutionary steps to get you to the here and now, that should have taken under two hundred thousand of your years. It is amazing stuff. Our CGI also left you with the idea that the only way to survive anything was to have a body, to be a body, and you did not have a body so what were you going to do?

In comes our second CGI with bodies for all and M-4's. It just so happens that they are one celled amoeba-like structures that would perish on a stiff breeze, but at least it was a chance for survival and you must survive and the only way you could survive was by being a body and this fellow had bodies so you had better get to moving before you lost out on your last chance.

So suffice it to say that through the use of the Psychometric Evap Unit, hypnotics and CGI our prisoners were now happy to be one-celled amoeba like structures hurtling through space with no memory of anything other than a feeling of deep satisfaction of having survival on their side. Boy, would they be surprised when we dumped them on Earth. If you recall, Earth was not a gentle place at this time.

End of Letter Three
Xenu

Letter Four

Zepson Uneasiness

It was about this time of the first "prisoner exchange" that Zepson, the Fleet Admiral, began to get a little queasy about the entire program. He in fact, came to visit with me in my state room in the Flagship. In case I neglected to mention it on paper, it should be known that the thirty five freighter class vehicles travelled in a married flotilla. That is, we were all combined together and moved through space as one, much as a locomotive can push and pull a number of freight trains. We had certain vehicles that rotated on space duty that were responsible for our navigation as a group. I digress.

Zepson's concern was for the moral obligation that we had to the prisoners. This was a concern that we, as a group, had addressed prior to the formation of the actual mission and I thought that it lay behind us and that we were all in agreement. It seemed an odd time to start second guessing our decisions. In using logic it is necessary to have powers of observation, as each situation stands by itself and must be a measured quantitative and qualitative thing, of what will survive the best through time. At any rate our conversation settled on the equation that The Confederation would be rid of its criminal element and its "hard to control" element and there would be more food, more clothing, more education, more housing, more medical attention, more of everything for those who remained. Better to have a few billion suffer than 250 billion.

Zepson, however, a student of Confederation history began a dissertation on the Confederacy as a republic. This was some years detons age, before we developed the mental sciences we have now and we have progressed even further during my 3 deton incarceration. By Earth standards we have a dictatorship in the Confederacy that is run by an appointed Grand Council. The Grand Council are chosen by a combination of innate intelligence, innate gifts of perception, prognostication, etc. and a demonstrable level of accomplishment. They are appointed for life and then re-appointed if feasible. *⁸ This decision was made during our twelve year war, when Lubella, Mistress of Lane House, surfaced as the wise one in our struggle to gain independence from our sister planets. Lubella came up with simple solutions to what appeared to be complex problems and actually prevented the sixteen planets from blowing themselves to bits. It was she who was originally elected, and then suggested this new form of government, for what was to become the Confederation of Planets. The Interplanetary League is an elected body that advises the Grand Council, but it is the Grand Council that makes the final decision. In looking at Planet Earth today and comparing it, it is almost laughable. As an example, in the United States of America, they do not even allow their elected President a thing called line item veto on a proposed law from

⁸ See Notes on the Letters

their Congress that may be four or five volumes thick. He accepts or rejects the whole thing. This obviously leads to a lot of confusion and very little being accomplished.

The Confederation Grand Council is amazingly Democratic amongst themselves and dissension was rare until the food shortage problem. That is why Zotar chose to be with me on this mission, as it looked like a solution to a mammoth problem. I did not at that time consider the undermining of free will to be important. Nor did I consider that interruption of genetic lines could lead to anything harmful. I obviously did not consider the whole picture. What a mess I made of things.

It was Zepson that introduced arguments to what we were doing and stated that it would be better for us to be totally admonished by the Confederation than to make grievous errors that could irrevocably harm the Confederation, and the Correct Vision.

It was not until the second prisoner exchange that Zepson became adamant in his protestations. Perhaps it was because this second group was from the "hard-to-control" element.

On Confederation planets at this time, we were suffering from the greatest food shortages ever known, mass migration from two of our planets, "Vioson" and "Drixel", because of massive weather conditions intolerable to existence and our "new disease" was running rampant amongst the artist colonies and the universities.

It was in this second group that we devised the Disease Quarantine Teams (DQT). It was the job of these teams to locate all stricken population and quarantine them in hospital designation zones for treatment. These teams were part and parcel of our project and we now had the excuse to get all dissenters in one area. As they arrived at a hospital zone, they were given beds and then slowly disappear to our Psychometric Evap Units. A good plan, but one that had Zepson going wild.

I explained to Zepson, that in the short period of time that was left for our project we could not only rid the Confederation of these unwanted, but we could alleviate some of the conditions then extant. It would not be long before the disease would be gone by the magical cure that we would make sure was discovered by some unknown and we would be minus 53 billion of our population. Also, the science departments were close to figuring out the establishment of massive generator systems on the magnetic poles of planets that would be capable of shifting the planets in trouble back to a more harmonious orbit, which would make them inhabitable once again. Problems solved. It was, however, still the moral/ethical questions that were troubling Zepson and there seemed to be no relief for him.

End of Letter Four
Xenu

Letter Five

The Evolutionary Throw-Back

Hello Joe! It is coming along, but there is difficulty in my speed compared to your speed in typing and editing. This is going to take longer. Let us begin.

There were many things done to the prisoners in those Psychometric Evap Units as far as interrupting normal mind/thought processes, * 9. But if there was a single biggest crime it was the fact of having them step back over ten billion years on the evolutionary track regarding the spiritual nature of things. This act coupled with the inability of the programmed data to completely wipe out all memory of the past forever has created the interesting situation of Estar-P3.

We now have Beings who are convinced they live only once (on the whole) and who are convinced they go to a heaven or a hell if they commit transgressions, and who are unmistakably afraid to have fun because it "feels" sinful. All of this part of the "programmed data" is in place, but because all memories were not erased, the People of Earth have actually created technology - that by all rights, in their present spiritual condition, they have no right to. Interesting development. I mentioned earlier that spiritual technology was lagging behind physical technology and this is what I was referring to.

When an explosives expert on your planet is at work, he generally installs a fail-safe mechanism to assure that if there is tampering with his device, it will explode. A similar type of tamper proofing was used in our programs (M1, M2, M3 & M4) with the Psychometric Evap Units.

It simply is a mechanism that will explode your personal world if you get too close to the truth. If you approach certain types of data, this tampering mechanism will activate and suddenly things are going really wrong in your universe, and the universe as a whole. Unfortunately, when Estar-P3 was discovered by the Grand Council, they tried on their own to rectify the situation. They gave certain technologies to the inhabitants as they progressed up the evolutionary scale. * 9 This seemed good at the time, but in the here and now, it is just confusing things. For you see, it did not work because the Grand Council did not know the intricacies of the Psychometric Evap Unit programming. They thought we had just taken the "prisoners" and shoved them down the evolutionary track a bit. They were not aware of the many nuances that were interjected to insure "you would never make it out".

As a result of their interjecting technology, your planet is filled with both historical fact and fable of the Grand Council's presence.

All of the colorful stories of your ancient tribesmen and their God who wore a spacesuit, the unexplained buildings that were built with superior technology, the landing pads that were used,

⁹ See Notes on the Letters

The Great Pyramid, etc., Grand Council felt it necessary to get certain information to the "prisoners" quickly so they could progress faster, not being aware of the tamper proof mechanisms in the program. As a result, your whole planet experienced things they would not have experienced by themselves only. Your societies actually progressed to the point of total destruction once. Your fables of Atlantis touch on this as the distant memories of some of your writers became activated. Included also are the different plagues and droughts and moral decay and religious fanaticism that are even currently existing on Estar-P3. All of this makes the job much larger. Remember all of the witchcraft stories? That was merely the Grand Council's giving technological attributes to a people that were not yet ready for them due to the tampering mechanisms. That is also why my present program states "only standard wavelengths are to be employed, no overwhelming thought permitted". It also states "to achieve this, mind-interlock is sanctioned, but limited to one individual Being". The Grand Council is now aware that until the prisoners of Estar-P3 reach a certain level (that this material and future material will hopefully help provide) there is no hope of just interjecting technologies and leaving it to normal growth from there. There is no such thing as normal growth on this planet until the tampering mechanisms are removed. Many of these mechanisms deal with emotions or feelings that people on this planet experience on a day to day basis. Those emotions are actually mental forgeries, kind of like a bad check on Earth. They are not real, but they are perceived as real by the people that are feeling them.

So there are many traps I am afraid. I did the original job much too well and now I am assigned to undo it. There is some help from other Beings who are not originally of the Planet Earth and from those rare persons who rise above the norm. But they too suffer from not knowing the traps that are in place, as they will get their followers to a certain point and then the whole bottom will fall out and they will think that they have failed. The common expression on this planet from those people or groups who are the teachers is, "they (meaning the student) were just not ready for this yet, they will be back". The teachers then go on their merry way without changing anything only to leave in their wake a potentially planet-wide destructive force. This attitude of their student is actually part of the tamper proof mechanism that was installed through the Psychometric Evap Unit.

The above is also the reason that I am in charge of straightening this mess out as I was not only the instigator of it, but the only one that was familiar with all of the different aspects of the entire program "Operation Control".

In my next letter I will describe the second deadliest program. Remember the first was the denial that all things that have life are spiritual and live forever - if they want to or not.

End of Letter Five.
Xenu

Letter Six

The Second Deadliest Program

The Second Deadliest Program actually prevents the person from discovering the First Deadly Program. It really is a beautiful configuration as far as that goes. I can still admire it.

As you recall from Letter Five the first and most deadly of programs was trapping the prisoner into believing that he was a body and that he lived but one life, and then based upon their transgressions of our implanted data they were believing themselves or their souls as you call it, to go to Heaven (which is a reward) or go to Hell (which is constant physical pain). We implanted pictures of clouds, harps, other music and a sense of well being and finally the ability to communicate to higher levels of cause for Heaven. And for Hell there is fire, envy, greed, lust, compulsiveness and torture by an evil higher level of cause. What fun.

By the way, your Christianity, Buddhism, Taoism and Confucianism were all started by Beings endowed by the Grand Council to help you free yourself. Again, they did not know the extremes that we went to in the Psychometric Evap Unit programming. You actually have done well with what you have had.

We entitled the second program the negative/positive program. Sounds harmless enough, doesn't it? The "NP Program" is the toughest to decode because it automatically takes the person who has had such a program applied and reverses everything enough so it is rendered useless. For instance, if John tells you that he is your friend, the NP Program tells you he is probably a louse and will do you in. If Mary says she loves you, the NP Program says, "I doubt it". The NP Program has a knee jerk response like this to everything. The symptom that this program has been tripped is that whoever you are working with is suddenly saying or otherwise indicating that things are bad, wrong or otherwise negative, to the positive that you are trying to get across. The other side of this is that they are making correct anything that is being demonstrably proven to be wrong. It just simply goes counter to what is happening. The reason that I said that it would keep you from discovering the first deadly program is that if I say it is Spiritual, NP says it is materialistic or physical. If I said Physical, you would say or at least think, Spiritual. Very tricky stuff. Actually establishes opposite identities.

There is only one way to dispel the effects of this programming. Fortunately it has nothing to do with starring at something or someone for hours, weeks, months or years. And you don't need to reconfigure your body, by meditating in strange positions. You are not a body.

In one of the first communications to Joe, I mentioned that I was convicted of several crimes and listed them. Among them was "#3 Enemy-Xenu did alter time and space continuum to set up interstellar barriers thereby creating illusions, that could alter forever "The Correct Vision". If you will notice, emphasis is now on the words "The Correct Vision". This is one of those mind

science things that you of your Planet have learned to detest so because you have received such unreliable information. It is however true.

If one gets The Correct Vision of anything, it merely ceases to exist in that space time continuum. So, all that is necessary to untangle program two is to:

KNOW THAT IT IS

It will then simply begin to fade. It may take some reminders on yours or other peoples part but soon it will be gone. That is actually where you came up with your Earth expression, "and the truth will set you free". It will.

Because I have broached the subject of religion in this letter there are a few more truths and untruths that should be pointed out to you. There is a God. He is benevolent always. There is no such thing as fire and damnation. God will intervene in a most extreme situation, but very seldom does this occur as it is the task in this universe to become more and more knowledgeable in all things Spiritual and thereby become more God-like so that as an end result we will become part of the " Godhead that is ultimate".

My crimes and the resultant penance from the Grand Council are nothing to the debt I owe God for having transgressed against Beings of His creation. I am sorry.

End of Letter Six
Xenu

Joe: The reader should know that when his transgressions are discussed there is an overwhelming sadness that pervades the Beingness that is Xenu. I can feel that sadness and know that he is truly repentant for the crimes that he has committed. As I hear more of those crimes I also wonder if his repentance is enough. It is this worlds Christian ethic, Planet Earth style, that keeps me in communication with him in the hopes that all people everywhere upon this orbiting rock can be helped in the end.

Your friend,
Joe

Letter Seven

Review and Intro to Zotar

Greetings!

As much as Joe wants to have entertainment value to these Letters and not have everything "dry" and filled with only substance, it is still necessary to reiterate some of the more salient points so that I make sure you have them. These points, if missed, could trap you here for a very long time. And believe, there is a beautiful existence waiting for you as a freed Being from the mental programming you have been given.

It is true that most of that which you see on Planet Earth is but an illusion. You must learn to laugh again, to dream again and have fun again. Unfortunately, before we can get to a lot of that, we must handle some of these other things.

1. Earth is a prison colony populated by persons that at one time were unwanted by a Supreme Ruler of a planetary system known as The Confederacy.
2. The Confederacy is located near what you call the Big Dipper.
3. This Ruler that sent you here is named Xenu. It is Xenu, that as part of a penance program for eventual rehabilitation, that is writing these Letters through Joe Caulfield.
4. The Confederation wants you back home again, and the Grand Council has directed Xenu to initiate and implement a program that would accomplish that.
5. There are two specific points that the peoples of Planet Earth must accept during the reading of these Letters for the Letters to do them any good.

Point 1 - Man is a Spiritual Being, he is not a body.
As a Spiritual Being, many magnificent effects may be caused upon a very wide zone.

Point 2 - The mind is composed of four distinctive parts.

- M1 is Cellular
- M2 is Facsimile Known
- M3 is Facsimile Unknown
- M4 is Facsimile Other

It was stressed that ALL areas of life of any importance have been altered by programming that was given in the Psychometric Evap Unit. It was also mentioned that some of these programs are on a "time-release" and operate on a "This Lifetime Clock".

The only thing that could be spotted, in any kind of Earth therapy, would be the CGI's (Computer Generated Intelligence) as this was all any of the "prisoners" really ever saw.

There were tamper-proof devices installed in the programming of prisoners that the Grand Council knew nothing about and as a result their introductions of technology fell to the wayside or were ridiculed by the very people they were trying to serve or caused severe destruction.

To make anything start resolving itself you must have the Correct Vision. The Correct Vision is obtained by "knowing that it is". More later on this.

There is a God. God is always benevolent and never violent.

The Second Deadliest Program is the NP Program - Negative/Positive Program and simply reverses, to a degree, anything that is said or done. Very deadly.

It is now necessary to talk of the other members of the team of "Operation Control". You are already somewhat familiar, at least with their names. Zotar and Zepson.

ZEPSON

Zepson was the Fleet Admiral for Operation Control. It was his specific job to obtain freighters, men, equipment, food stuffs, etc. for the very long journey to Estar P-3. It was Zepson who first began to doubt the moral obligation to prisoners and who in the end reported our crimes to the Grand Council. It was because of this report that the whole operation was shut down and that I was encapsulated in the Electronic Incarceration Module for three detons.

Zepson was found out by Zotar who then included him in the Psyclometric Evap Unit programming and planted him on Earth. Zepson has been absolved of all crimes in the Confederation for reporting to the Grand Council. He simply can not be located.

ZOTAR

Many letters may in the end be compiled on this Being. Zotar, as I have mentioned, was a member of the Grand Council, and therefore a supremely intelligent Being with many innate abilities. He has been found guilty of many crimes and when located will be punished to the full extent of the law. Talk has even gone around about his being vaporized if he sets foot on Confederation soil again. I doubt this.

Zotar, in our system, is now looked at in the same light as your Hitler or Stalin of Planet Earth. He was the one who devised the Psyclometric Evap Unit and he is the one who came up with the various programs of mental forgery and spiritual forgery for the prisoners. Because he was a Grand Council member, I, Xenu, went along with everything that he decided because of his intelligence and innate abilities. This was one of my major short-comings. Just like some of your bad western movies on Planet Earth, Zotar has sworn never to be taken back. The Grand Council knows where he is, but as of yet has been unable to do anything, because Zotar unfortunately is keenly aware and knew that he had been discovered. To his last known day he was continuing to do everything that he possible could to keep the Peoples of Planet Earth entrapped. It is a lives long endeavor with him and he refuses to admit that the programming was incorrect and has done all that he can to make the Confederation the bad guy in all that he says and does. The bad part of all this, if it can get worse, is that he is on Planet

SOUND FAMILIAR?

Earth and has continued to poison the Peoples of Earth with half truths in a methodology that supposedly sets them free.

When he was re-discovered in 1978 Earth, he simply quit occupying the body he was in and left his methodology to be run by a Computer Generated Intelligence in that same body. He and the CGI are evil and both are now incognito. When they are discovered they will be dealt with in the most severe way, as there is no repentance on Zotars part and he continues to commit mortal crimes. He will definitely need a heavy program of penance and rehabilitation, if not vaporization. He generally can be located because he is, as it turns out, a pathological liar. He cannot tell the truth completely about anything. He does, however, tell anything with the utmost sincerity and can move mountains with his powerful personal magnetism. This is how I was trapped into believing all that he said. After all, he was a Grand Council member and an acknowledged genius in mental sciences.

The good part, if there is one, is that Zotar has no accessibility to any tools, instrumentation, equipment, men, data banks, etc. from the Confederation. He too is trapped to Earth.

It should be mentioned here that while this program of working through Joe, et, al. is part of my penance and my rehabilitation, you the Peoples of Earth will also be rehabilitated by simply reading The Letters and taking the advices seriously. Some things may require practice and some more may require you to work a little at specific mental drills, but overall, compared to what you have been through these many millennia, it is nothing.

End of Letter
Xenu

Letter Eight

Zotar's Plan

After my last Letter and the introduction to you of Zotar, I felt that I probably should not hold back on any information that I may have regarding him.

It should be understood that Zotar is a sick Being and as such should be treated with dignity and respect as any other patient would be in any hospital of the known civilized worlds. That he has perpetrated a crime on this planet is just happenstance. It could have been any planet. He needed my help and the help of Zepson to accomplish his crimes, so he is not that strong. He is alone here and becoming quite harmless as he has continued to recycle.

He also will be easily spotted when he surfaces again, as he will always be connected to mental or religious sciences, and he will generally be against everything that everyone else finds acceptable. He will cater to your every deviation and tell you just enough about what has happened to you to endear you to him or to trap you to him for the want of more information. He will promise you more information and ever so slowly give you just enough to keep you with him. He will in the end, in some way, hurt those around him and eventually turn on his own.

Zotar is of genius class and is extremely capable of vast amounts of production. It seems now though that he has recycled again, and with each recycling there is further degeneration.

Zotar is extremely paranoid and leans toward fascism as a form of government, although he himself is extremely difficult to control. He has had only acquaintances, never life-long friends. He dislikes women and thinks of them as chattel. He does not let them know this and in fact appears to be very supportive, but uses their plight on this planet to achieve his own ends.

He has homosexual tendencies. He is a candidate for drug abuse. He may also be a heavy drinker, but would be very, very secretive about all of this as his social demeanor and what others think of him is considered very important. Being extremely paranoid everything from the household plant to the neighbor across the way is his enemy. This is why he has no friends. In his universe, everyone is a potential enemy, not a potential friend. He is sick and he knows that he is sick and simply cannot follow your old adage of "physician heal thyself". If you suspect that you are around him or that you have been around him it would be a great service to mankind if you would write to me and let me know so that some kind of treatment can be advanced.

All such letters will be made known to me by Joe, as will your letters of questions regarding my communications. What may have been done to you by my Operation Control could be tame in light of leaving Zotar unattended and un-hampered on this planet. I promise you, that he will be handled.

I am a mortal enemy of his. I did not flee from the Grand Council and he considers that an act of treason. He literally ran from the Grand Council and unbelievably escaped. It was detons

later that we learned that how he managed to be so illusive was to commit himself to Planet Earth; the very planet he programmed.

His mental sciences on Earth have been looked at, and they are not correct enough to lead anyone through the mazes that have been created. A lot of what he created to help, actually leaves the Being in more confusion and unable to get The Correct Vision. He will definitely use people as guinea pigs for anything new he wishes to try.

Other mental sciences on Earth are starting to come along. There is a move on this planet called "Holistic" medicine. This medicine is concerned with the entire Being and, in general, has a tendency to look at man as a Spiritual Being as opposed to a hunk of flesh only. With increased technology it should come along nicely. You people really are amazing.

End of Letter
Xenu

Letter Nine

Created Universes

One of the many programmed interferences has to do with what is called "Created Universes". Obviously, anything that is placed in a mind, unknown to the owner, is a vile and potentially dangerous thing. Created universes possess characteristics that leave the owner with the feeling that he can never know what is going on with the universe, other people, or himself.

Not that the Being does not try. Many, many years are spent by the average person trying to figure it all out and finally in desperation they settle into the "mainstream" as it is called and are content with the nine to five job, the family (frequently not a happy one - how could it be?) and the television set, bowling, fishing, tennis, etc. They no longer look and no longer care about the reality of their existence because it simply cannot be figured out. It leaves one a bit desperate, but "that is just the way life is."

Men agree that they cannot figure women out. Women agree that they cannot figure men out and they both agree that you cannot figure children out. Old people, when discussed at all are just sort of brushed over, because they are nearly dead anyway and we can't figure that out either. It is kind of a permeating sadness, that generally leaves one a little less than apathetic.

It is devastating. It is cruel, for it makes the Being "give up" on everything that is important while at the same time telling the Being that it is not important. What a mess.

The good news. You can change all of that. I cannot. All I can do is give you basic pieces of data that can help you free yourselves of unwanted burdens. No one or no thing can do it for you. It will take a concerted effort on your part to get it done. If you feel like you don't want to, it is probably because the created universe is telling you it is all hopeless anyway.

Thus, the Created Universe can win the game or you can win the game. Like most games there are rules and a playing field. Your playing field is well laid out as Planet Earth, plus your internal universe. The one you live in all by yourself. We all have this, if we look. It is where we wander for solitude or peace or quiet. It is where we go internally when the husband, wife, children, boss, policeman, judge or neighbor is just too overwhelming for us. It could be in the past, the present or the future, but is always located in M-2 Facsimile Known. When there, we are generally safe from intrusion of M-3 or M-4 because we have kept it hidden by amazing force fields that you maybe didn't even know that you could wield.

The Created Universe is a bold move by Zotar and the Psychometric Evap Unit. It is a combination of the Evap Unit and the innate abilities of a Spiritual Being that gives the Created Universe.

You see, the Created Universe is just that, created. Created by you. This would all be fine and generally is amongst all Confederation people when aboard a Confederation Planet. It is not

particularly okay with you as you have had a lot of altered programming.

Once the programming is de-bugged, this same innate ability to create a universe will be in the plus column and should serve you well. So, here you are on this less than gracious planet, in altered bodies, with altered minds constantly re-creating the conditions that got you here in the first place - alteration.

You, actually alter on a day-to-day basis those things that would help to set you free. If for but a moment in time you could let loose of this Automatic Altering Device, you would instantly start getting better. You have to admit, the programming was ingenious. To make matters worse, Zotar has constantly fed you incorrect data, in more modern times, which makes your gaining control over the situation all but impossible. It is this "Created Universe" that is our grand target for destruction. Believe me, you will never miss it. We will do this through assimilating the information that is in The Letters, through monthly newsletters and through "Focus Therapy" which will bite directly at this monster. Focus Therapy will be done in groups, and may be conducted solely by oneself or in teams.

If your Apple IIe has erroneous data on its software, it would never function properly to give you the information that you requested. Similarly, your computer software (M-1, Facsimile Known) cannot give you correct information because of other bad programming that stands in its way.

Education in anything produces change. While you were going through school you thought that it would never end, but after it was all over, you were thankful for the experience and wiser for the assimilation of data. This is no different. We are however, not going to study mathematics or physiography, we are going to study you.

The Created Universe IS the overall target of the techniques that will be employed to handle the altered conditions of man. It has been mentioned that the Being has an ability to create. This ability was used as the cornerstone of the Psychometric Evap Unit Programming. If it were not for the innate ability of the Being to create, the programming could not have had the long term devastating effects that it has had. This is why many of the sciences and religions and philosophies here on Earth have adopted the ideas that it is the person who has created his own ills. "You have made your bed, now lay in it" type of philosophies that generally leave one in an apathetic state. It is true that the Being has created his own condition. Using just that piece of data however, is dooming one to a failure in the handling of phobias and traumas. The total picture must be looked at BEFORE any real progress can be made.

Number one is that the Being has the ability or power to create. Number two is "NP Programming". This was done to set up a situation or scenario that would compulsively demand that the Being create, automatically, CGI's that would be associated with or oppose phobias and traumas. Some practices on Earth have tried to work with these CGI's to get behavioral changes. When this is

done the Being just simply, unknowingly, mocks up another opposing identity to this action also.

This is the reason that your therapy and processing have not been as successful as they might otherwise might have been. WHO DO YOU HAVE IN THERAPY? Really, it should be what do you have in therapy? Any therapy is limited by the viewpoint of the Being that is being debugged. If that Being is not consciously aware that there are other things of a mechanical nature that are invested with artificial viewpoints beyond what the Being themselves have on the same subject, then the entire subject of what is being handled is left unflat. Not handled.

Example: You have a phobia that demands that you smoke cigarettes. That phobia could be yours or, it could be a Computer Generated Intelligence that went in opposition to you, the Being. It could be his goal to smoke, while yours is to not smoke. It is almost scary that the CGI's can continue to mock up other CGI's in addition to the Being creating them himself. There are identities then that are in association with most major goals, purposes, phobias and traumas; and there are identities that are opposed to those same goals, purposes, phobias and traumas. As such, one depends upon the other for survival, as for one to be opposed to smoking and smokers there must be smokers. The techniques to handle this is in place and very workable. It is simple and rather easy to do for those familiar with the basics of communication.

- Step I - Identify behavior that is non-optimum to the person.
- Step II - Find out what identity is associated with this non-optimum condition.
- Step III - Handle this identity (as per Focus Therapy Four)
- Step IV - Find out what identity opposes the identity just handled.
- Step V - Find out what identity is associated with this newly found identity.
- Step VI - Handle as per FT-4.
- Step VI - Continue until handled terminatedly.

Note: The Focus Therapy Steps are taught in Focus Therapy Groups. Persons that are desiring a cessation of their altered programming should know that all practices have certain incarnate outcomes, those of a bodily nature, but the overall outcome should be one that leads one to handle the riddle of existences, the ability of being cause over the birth/death cycle, and the furthering of God-like qualities, by emulating the Being that has created us so that we may reach Godhead Ultimate. Anything that falls short of delivery of these outcomes are just "first aid". For the Natural State to manifest itself it is only necessary to take off the blindfold of incorrect spiritual vision. As you handled the Created Universe you will be so very proud of you. An exciting growth period is ahead for all of us.

End of Letter
Xenu

Letter Ten

Earth Diseases

Distrust
Disease
Dishonest
Discreditable

All of the above words have in common one thing. The prefix "dis".

As defined by Earth dictionaries the prefix "dis" indicates negation, lack, invalidation or deprivation - reversal.

So the above could be interpreted as:

No trust
No ease
Not honest
Not credible

The word "ease" (from disease) is defined as "The condition of being without discomfort", "Freedom from pain, worry or agitation".

So disease could and is defined as "not having the condition of being without discomfort". Or Not at ease.

How could the people of Planet Earth have anything but discomfort. The Psychometric Evap Unit, CGI's, NP Programing, Created Universe, and Altered Cellular structures have all but guaranteed this. It (the body) is actually designed to be in a diseased state, (not at ease).

Disease has nothing to do with anything except the activating of mental imagery through the action or no action of the individual as he is faced with day-to-day living in a cellular mechanism, as determined by his programming. Doctors, Thank God they are there, keep trying to find "only" physical anecdotes to the trials and tribulations of the cellular mechanism (with amazing success). They are however, missing some data, and unless they have it, they are guaranteed but continual heavy losses and very small gains. The fact is that new disease is the "vogue" on this planet as the altered program is designed with intelligence. Your medical people talk of intelligent viruses. It is not the virus that is intelligent but the altered programing given to the Being when in the Psychometric Evap Unit. This programming coupled with the fact that the Peoples of Earth have had to struggle like no other Beings have ever had to struggle, anywhere through time; first, as one-celled creatures and then through many destructions that occurred as a natural phenomenon of this planet. You also then had to face a relentless and unforgiving evolutionary ladder that by most standards is totally unbelievable. The People of the Planet Earth, must be the strongest people to have ever graced a body. You are tenacious, inventive and cling to life with a ferocity that has never, never been seen before.

Once the effects of altered programming are removed you will probably as a group, go on to rule the entire universe. You are simply amazing. Once the effects of altered programming are



removed you will also be free of constantly creating new diseases and recreating old diseases. You will truly be in the condition of being without discomfort, and have freedom from pain, worry and agitation.

End of Letter
Xenu

Letter Eleven

Education of People

In Letter Ten I discussed disease and from where it emanates. It should be noted that an Earth dictionary was used to make a very salient point. The reason that Computer Generated Intelligences and Altered Programming could work in the first place, is that they are merely machine like replicas of the Being himself.

The Being is alive, the programming is not. But when put under the stresses that you were put under, you would definitely "buy" a manufactured program as opposed to the real thing, which, by the way, the real thing (a live Being) would never suggest the ludicrous solutions of the programming. The point here is, that you as a Being are set up in the same fashion as a "mechanized computer". The reason why is that the computer is a model of you, but in machine form. On your planet this was involved in the study of Cybernetics. Cybernetics utilized what you knew of man's mind to create the first computers. So you and the way you think, indirectly, have been a model for what is now on the market as an IBM PC or Apple IIe. I am sure that there are a few Beings out there that even look at themselves as a bunch of wiring, circuit boards and micro chips. They are close to a truth, but need to shift it 180 degrees. From mechanical to spiritual.

As you read these very materials, the words go from you into M-2 and are processed so that meaning of the words can be gleaned. If the words make no sense to you, they are discarded just like yesterdays garbage. If they make sense they are kept in M-2 and stored for future use. It is really all very simple. Isn't it?

If you close your body's eyes and I said the word "bear" you would instantly get an image of a bear. And so it goes, word, image, word, image, word, image. From all of these images you begin to form concepts. From the concepts you make decisions. The problem here is two fold. Number one is that the Psychometric Evap Unit installed words and symbols that had two, three or four different and unrelated meanings that would stimulate imagery that could be diabolically opposed to each other. The NP Programming was used for this, and I must say that it has worked well. If you think that you are a genius the NP Programming will actually mock up an image of a CGI that is mentally retarded. The objective here is to build dichotomies into the Being himself. John thinks, "I am a happily married man". By thinking this John has made a postulate and created a Beingness that is very positive and very much for survival. That is not the end of it, however, as the CGI and NP Programming in M-3 and M-4 take over and create exactly the opposite directly on top of it. You could spend a long time before you ever found this. To do anything about it is quite another and vastly more difficult matter. That is why I am here.

Well, all of this also dovetails into the subject of education. If the Being operates as a computer (example only - you are not a computer) and you feed the computer misinformation, you constantly would get the wrong answer. This is why I am necessary and why you cannot figure all of this out for yourself. God knows,

you have the intelligence. But a broken computer cannot repair itself if the self diagnostics are themselves broken.

In education we inform a child that he will be studying Geography. Sounds like a simple statement about a simple thing until you start looking at this as computers. Here is the first computer telling this second computer some data, but the second computer has not been programed to understand the symbols that are being used. The second computer does not know what the symbol Geography means and so gets a shut down (slightly unconscious) or gets some kind of a garbage out answer. He (the Being in charge) thinks for instance that he is going to a class on geodes to study various rock formations, whatever.

It therefore becomes imperative to not add to an already serious problem with the People of Earth. You already have been altered, you do not need further alteration. The only way around this is to have all terms clearly explained and understood or have the person look it up in a dictionary. It will be up to the more intelligent of you to verbally explain most things to the less intelligent as they will not look words up and if they do they will not understand what they have looked up. So you must stick together and help each other through on this. It is painstaking and it is difficult. We all have certain symbols (words) that we do not understand and it is now our duty to get them cleaned up.

Much more on this later.

End of Letter
Xenu

Letter Twelve

Synopsis of Letters

The intent of this first group of Letters is to make your peoples aware that "I know." It is to put down the salient points as I know them of the most basics of basics. To get you information quickly, so that you can survive more fully.

There will be other Letters soon that will press in to more detail the subjects that have been broached here and many more new subjects as you can assimilate them.

We are beginning. I will do everything within my power to bring this data to you as quickly as is possible.

It is suggested that a small ad be taken out in local newspapers stating:

Xenu, former Supreme Ruler of the Confederation is back. He is your friend. He has news from the Confederation that will be of help. Write as soon as possible to

(Name, Address, Phone #)

The idea here is getting people aware that there is now hope that the entire riddle can be un-riddled, and where to get the Letters. Wish me luck. I wish you luck.

End of Letter

Xenu

Letter Thirteen

Biological Molestation
M-1 Cellular

5,000,031 Years Ago - As the "married flotilla" of fifteen freighter class space vehicles orbited the Confederation Planet, the DQT, (Disease Quarantine Teams), hurried along by Xenu and Zepson, retrieved the bodies of those afflicted with the new and startling disease. Because of its contagious nature, all that could be done to keep normal, healthy citizens out of its wake was being done.

As the teams reported in with new arrivals, the patients were whisked into hastily set up hospitals that still could not handle the overloads.

As patients slipped into unconsciousness, they were supposedly removed to a special triage unit. Instead, they were whisked off to the flotilla orbiting above. It was here that the programming would begin, as Beings were removed from their bodies and the bodies unceremoniously incinerated and the ashes dumped into large vats for disposal in deep space.

Planet based hospital personnel, thought that the special triage unit had been assembled to expedite treatment for those that had lost consciousness, and never suspected that patients were being rushed to the orbiting flotilla for disposal and programming.

Zotar, riding herd on the personnel in the "hospital ship" ran from station to station supervising the off-loading, (the installation into the Psychometric Evap Unit, the crematory), the introduction of chemicals to control temperature, and the implementing of wave forms to greet the new arrivals. It was at this point that M-1 Cellular was installed.

This mind (M-1) is the first part of a four tiered program. When the word program is used to describe, it is meant in the same wise as you would talk of a computer "program". The mind is a psychic/mechanical contrivance. It normally is built entirely by you, the psyche (spirit), to help overcome the overwhelming odds of survival.

Surviving as a one-celled CREATURE ON THIS PLANET is a no-survival game. It became necessary to "band together" both as cellular structures and as linked intelligences to perpetuate survival. Through time, this linking provided the best means of survival and procreation of the new species. This continued through the evolutionary ladder, which on this planet, is a long and arduous ordeal. The elements on Earth were and are not kind. Because the elements are not kind it created this "survival of the fittest" mentality that your cytologists and anthropologists refer to frequently.

As progression occurred on the evolutionary ladder instead of "normal" growth, there were certain time release programs that activated and took control of the natural process. This is the major reason for the enormous amount of time that it took for you to get to where you are now.

If you will note the extreme amount of urgency that is placed

on the body, and the inordinate amount of time in its care and grooming it may be a little clearer. It is no wonder, as not only was the way up to where you are now constantly booby-trapped along the way, and the planets living conditions terrible for such growth, but you had also been programmed erroneously that the cellular mechanism was all that you had - all that you were. So, there is a definite preoccupation with the body and with things physical in general. There is an extension of thought here. You believed that you were a body or cellular mechanism. You believed that you were physical, so naturally, everything physical is what was important in life. Cars, planes, boats and trains have tremendous amounts of significance to you as compared to things of another nature; things that are considered effeminate on this programmed planet. Things spiritual. Thus all the growth of importance has been with things physical. Earth Science, Mental Science (on this planet that is even physical), aeronautical science, medical science - you get the idea.

Unfortunately other sub-programs are due to kick in soon that deals with the "growth destruct cycle". This cycle is accessed when a continuing disparity between physical and spiritual growth exists. If measured on a scale of some type - your physical growth would be at a plus 150 points, whereas spiritual growth would be at a minus 50 points. If the disparity between the two grows much farther apart or simply continues much longer, the sub-program will kick in both cellular and other levels and the automatic self destruct begins. It therefore is very important to arrest this situation and to do it now. If one were to look at the planet from this growth/destruct point of view only, one could see signs of some very degenerating conditions right now. It should be noted that if you were at plus 150 Spiritual and minus 50 physical the growth/destruct cycle would still be accessed. There must be a balance. No continuing disparity. It should be known that Confederation Citizens do not have minds that have been violated by any programs. The idea of altering the mind in this way was connected solely to "Operation Control" and is not part of standard operations on any planet that I know of.

M-1 is in control of all those things that are biological and under unaltered conditions would be the sole authority of genetic patterns as formed by evolution, i.e., the immune system, muscular growth, skeletal growth, hair color, eye color, etc. On Earth, M-1 has additional altered programs added to it to insure that future generations perpetuate the original programming, You call this heredity. It is actually "Co-cellular programming", and works well at least through the first generation of each offspring of a family unit. You may have noticed a "no familiarity" in second and third offspring from the same mates. They don't look like Mom or Dad or anyone in the family and their characteristics are decidedly different. This is why that occurs. There is a dilution effect of the programming, similar to what might happen in the picture quality of a video tape if it was copied over and over. The first copy is fairly clear, but the quality suffers more dramatically after that. This was an unexpected development in the use of the

Psychometric Evap Unit programs.

End of Letter
Xenu

Letter Fourteen

Genetic Cells and Memory Banks

Zotar, not feeling that the installation of M-1 was complete enough went back to the drawing board and began more research and development as the DQT teams continued their mission, and the hospital ship personnel kept the assembly line moving that Zotar had implemented. Sequestered in his rooms, he finally, after 11 days emerged shouting at the top of his lungs that he could "mislead them forever". The troops around Zotar became frightened and I received a Priority One call that I was needed in the hospital ship.

As quickly as is possible I arrived to hear Zotar yelling at corpsmen and doctors alike that it was he who "could do anything, it was he that could "trap this unrepentant mob of vermin forever". As I approached, Zotar, suddenly realized that I was there, and became almost sullen. A complete shift from his actions of only a moment before. It was then that I began to wonder about his sanity, but justified his actions to a lack of food or sleep. If only I had investigated further, it may have been stopped sooner. As it turned out, what Zotar had been so excited about was the new discoveries he had made while being alone in his rooms.

The following pages will make you aware of that discovery.

Letter Fourteen

Genetic Cells and Memory Banks

Much of the information given in The Letters will not be new information to you. You are an intelligent, sentient race who has been capable of extrapolating many things that I am amazed about, as you were thought to be hopelessly lost a lot further down the evolutionary ladder than you are. The hope here is that you will absorb this correct evaluation and begin to get the Correct Vision. Without the Correct Vision, there is no hope that any further healing can occur and you will simply fall into the pre-programmed growth/destruct cycle.

I do not think that anyone wishes to start this whole cycle over from the start again, as it is a long and tedious process.

If the information that you have already gleaned, is similar remember that it must be 100% correct for it to supply the Correct Vision. If one part has been altered it will have a deleterious effect on the outcome. It is, of course, my job to insure that this does not happen.

GENETIC CELLS AND MEMORY BANKS

One of the atrocities that has made life more miserable than it otherwise might have been is the installation of memory banks directly into the genetic cells themselves. Normally a cell has no input or output other than its normally assigned task. Assigned through evolutionary genetic codes (RNA/DNA). In your cases a little extra ingredient was added to confuse the issue further. Forged cellular memory. ALL CELLULAR MEMORY IS A FORGERY AND DOES NOT ACTUALLY EXIST. That has lead your research on a merry chase and coming up with the conclusions that it is "all illusion" or that your body is a composite of different Beings. That is the apparency. That is the confusing part on inspection. It deals in apparencies and is impossible to separate out the actualities of how it all goes together. Suffice it to say that working from 100% there is at least a 60% pollution factor, or 60% off natural evolutionary genetic coding, 60% altered. The effects of this altered programming are damning. 90% of congenital disease comes from this. It also accounts for too tall, too fat, too thin, too short, etc., and collapses or infuses itself into M-2, M-3, and M-4 just to add more fat to the fire. It leads to totally false conclusions.

It is unusual, that you have discovered therapies that are rather standard in the Confederation BEFORE you discovered or were led to the actual cause of what you were trying to heal, (perhaps distant memories) even though most of these programs are not in good repute on your Planet. There are many existing programs that could suit you nicely, once you have the Correct Vision. The Correct Vision will change everything, because your viewpoint will shift. It is the lack of truth that has kept you imprisoned. You will soon be free and you will soon achieve that which you want. I promise it. Your dignity will be returned to you.

End of Letter
Xenu

Letter Fifteen

The Correct Handling

Altered programming has the effect of looking real, to even a close inspection. It therefore is treated as viewed and because it contains some of the Correct Vision conditions will be alleviated somewhat. Unfortunately, these conditions will return again in time. It is only natural at this point for the Being to start looking inward for "what else is wrong" and you actually add to the existing problem, by creating endless treatments. You actually start altering an alteration. Confusing isn't it? This is one of the reasons that it works - it is illogical. Beings are logical, so when confronted with something illogical, it defeats them utterly, unless they can find some logic in it. And believe me, with this as there impetus, they do begin to make sense of it, even though it makes no sense.

So, what would happen if a Being sat around for a few years or tens of years and tried to de-program an altered program, all the while, not knowing that it was an altered program? It leads to nothing but a further alteration of the original Psychometric Evap Unit programming, which actually helps that programming do an even better job of entrapment.

The correct way to handle this is to:

- A. Realize now that it is a Computer Generated Intelligence and altered programming.
- B. It is nothing more than computer program delivered at high intensity.
- C. De-program (decode) it after you have the Correct Vision of the situation.

Just realizing A and B above will alleviate some of the problem.

A complete book of de-programming techniques will be assembled as quickly as is possible and be in your hands shortly thereafter.

The Peoples of Earth must first and foremost have the truth about what has happened and then the techniques to handle. This could perhaps seem backward, but long experience has taught that a person cannot gain from that which he does not have a full and complete Correct Vision. If we were to begin to attack the symptoms of what occurred in the Psychometric Evap Unit prior to a full and Correct Vision of those atrocities, many unwanted creations would surface, as to operate without full and complete data, the Being begins to substitute his own creations for those of reality. This would be particularly true in the case of Planet Earth, as the already altered programs would assure an incorrect outcome, and many created universes.

This is also why, the results of current therapies are lacking in obtaining long term results. Certain methodologies have made fantastic claims about their therapy and the resultant freedom obtained by its adherents, but all one needs to do is check with those adherents after some time has elapsed to see if they have actually gained all that was reported originally. It will be found

that they have not made substantial lasting outcomes. The adherents will actually, from time to time, lie about this perhaps believing the lie will help create the condition they covet so dearly.

This altered programing has led to major philosophies centered around the concepts of pre-determinism. In considering all, that is correct. It is largely pre-determined, but only because there are altered programs that deem it so. Once those programs are out of place, and no longer a second by second menace to the owner, all manner of things will change. These changes could, of course, present pandemonium as its' standard operating procedure, if it is not approached with carefully designed gradients. "It" meaning the de-programming. Imagine if you will a natural Being with no altered programing one minute, when the immediate preceding minute was an "altered personality" whose basic concepts were largely predetermined. Pandemonium.

This world that physical technology built will be in sharp contrast to the world that Beings build.

End of Letter
Xenu

Letter Sixteen

Groups Versus Individuals

It would be my suggestion at this point, to advise anyone that is involved in any kind of a "self help" program to discontinue it until they can look at the information in The Letters. Then, restart it if you sincerely feel that it is helping. The other option is to wait for the de-programming techniques. Some of those techniques will approximate those that are extant on this Planet now. It is just a matter of deciphering the good from the harmful. All are harmful to a greater or lesser degree without the Correct Vision. The Correct Vision must be accomplished first, as the creative ability of the Being will take over on any self help program and fill in the missing parts with altered, erroneous data.

If you are currently in a program that you feel is a help, please let me know of its existence. We will co-create a sane and efficacious use of de-programming techniques that will benefit all, both qualitatively and quantitatively.

Programs looked at already have some very beneficial outcomes, when coupled with the Correct Vision. In view of what has already been done to you, there is little on this planet that could cause grievous harm. It is just that it will take longer as there will be the necessity to de-program that as well and get it all aligned to the Correct Vision, if done prior to having the Correct Vision. (The attempt here is not to make other programs incorrect by merely saying that they are incorrect. You will know, instinctively, that what I say is true. You have been waiting for me. I am present in the here and now. You will have the truth. You will be free and natural. Unencumbered.)

This endeavor, the freeing of the People of Planet Earth, must be done as a team working together toward a known outcome. It cannot and will not be the work of any one individual. It must be co-created for it to work. Your input is therefore critical for the outcome to be achieved. It is not true that a group of people cannot decide upon a sane outcome. It is not true that a group will be led by its own insanities. It was the decision to co-create, to co-habitat that assured the very survival of the People of Planet Earth, for if you had not joined together those many years ago, as both cellular structures and linked intelligences, you could not have possibly survived. It is through groups that most good actions are accomplished. Witness if you will your United Nations, NATO, the American Red Cross, The Red Crescent, The Peace Corps - the list could go on and on to include the American Heart Association, The American Cancer Society. It is in those countries that have not banded together in these sub-groups that are having most of the difficulties in the here and now. Suffice it to say, that as a group of two, Joe and I are beginning to have an impact on all of those that have read The Letters. Think of the impact that we can have when you have joined us in a search for reliable, lasting outcomes.

The M-1 Cellular Program is an altered program utilizing Computer Generated Intelligences to reek havoc on M-1, M-2, M-3,

and M-4 and thus the entire lives of their owners. When looked at through the microscope a cell gives off the appearance of life as described in Earth's biology texts. It is however not life as the missing ingredient is the Spiritual Being created by God. It is an artificially inseminated Computer Generated Intelligence that has no life of its own, has no feelings of its own and possesses no eternal quality. The quality that separates life from artificial intelligence is the Spirit.

Normally, the cell, left in its natural state is a sub-order of life devoid of spiritual interaction. Through time and because of the Psychometric Evap Unit, many of the Beings that were placed in one celled amoeba like structures that we provided, actually perished on their own decision. The postulate over time, that they were nothing but cellular mechanisms, meant certain death to the Being as that cellular mechanism perished. It is a sad commentary that these Beings, by and large, may never be picked up again, as they are truly devoid of all that is spiritual. The quest here is to save those of you that made it, who own a body now and have a modicum of control. You are the ultimate survivors of this carnage. This is the only barrier left to you after these many years.

NATURAL INHABITANTS OF EARTH

It may be surprising to know that there are natural inhabitants of Earth. As I mentioned in earlier Letters, when we discovered Estar P-3 it was inhabited by one-celled amoeba like structures. These structures were left alone and have gone on through the evolution that is necessary and has resulted in most of the animal life and lower human forms that are extant on this planet today. The de-programming will do no good for this group as there is nothing there that has been altered, they are like they are naturally and must simply continue evolving. The de-programming, however, will have an indirect good upon this group as it will keep the rest of the inhabitants from destroying all life forms so that they may continue their journey.

Many of you will have a great deal of trouble taking the time to read The Letters as it goes against the programming to which you have already been subjected. I am referring to other practices to include mind sciences and religious philosophies. It may take another cycle or two to innately realize, that what you are doing is not getting you much further than you were before, and finally pick up The Letters and begin. This is okay, as it has to be done of free will, which is the greatest of all gifts from God.

I do not believe that The Grand Council expects a total reparation in the scant years that are left. They merely want a decisive, workable, ongoing program in place by the end of the total fifty years allotted. Total expiation to follow.

We will begin dissemination of The Letters in current self-help groups. The reason for that is that those Beings are generally capable of reaching for something that will benefit them. Those adherents generally have more innate ability than those that have succumbed to the apathy of Planet Earth. The apathy of their

programming. They have a "feeling" that change is needed. Some of their current therapies could work side by side with The Letters.

End of Letter
Xenu

Letter Seventeen

M-2 Facsimile Known

Zotar was and is a genius. I did not discover until after the program was well under way that the M-2 Facsimile Known, was one of the most subversive of things done.

M-2 literally had nothing done to it. It can be compared to blank space that was left in the program for the Being to utilize and store the experiences that he would have as a normal (?) day to day life was led.

It was ingenious from the viewpoint that if all space had been entirely filled with programs, that chances of the "rare exception with high innate ability" could have uncovered these mental forgeries sooner and could have been evolving faster than what has actually occurred. It was the leaving of this space, that has led man to believe for generations, that nothing was really wrong, except they needed more physical data to solve current problems. This obviously, would lead one to the Growth/Destruct Cycle, and a re-starting of the process.

Zotar on relating this to me was ecstatic over his creation of this. I must admit, that it is pure genius and has had the desired outcome.

The following pages deal with M-2 Facsimile - Known and will make you aware of other things that can effect it adversely. Read all of this carefully.

M-2 is Facsimile Known. This simply means that anything and everything that you know and the word "know" is emphasized here, is located in Facsimile Known. These are all of the this body experiences that you personally have had while in a conscious state that you can more or less readily recall. There is absolutely no mystery to it at all.

The situation here is the "NP Programming" at the M-3 Level. The alterations that occurred at this level and all other altered levels impinges on Facsimile Known; that is to say forces itself on this level of thought. More precisely it (M-2) is not a level of thought but correlations of data assimilated through experience and then adjudicated on by the Being himself. In other words it is a lot more mechanical than a thought is. Thought is the by-product of a Being. A thought is a self determined or overall determined judgement based on known experience PLUS the inherent knows of the Being himself. M-2 contains your education that you have received in your present body, all of the experiences regarding work and family and what you have heard on the news or read in the newspaper PLUS the alterations that have impinged from other areas of programing.

It should be understood that there is no sharp delineation between the different programs, (parts) of the mind. They all run together. It is almost impossible to say at any given time, which program is operating or where the data is coming from. One simply cannot be sure without a full analysis of all data to determine that. Quite a mess isn't it. In the Confederation not only does alteration not occur, but there is no M-3 and M-4. You may think at any given point that a particular idea you are having or someone else is having is totally sane and it could be coming from anywhere. The M-2 does not function entirely by itself. This could lead one to think that a detailed, machine like response to the world around them is the answer. It goes straight back into the physical. If everything is staticized and analyzed (machine like) everything should work out better. This is not correct. Cute isn't it. Every road leads to the same destination. Back to "everything is physical". So as one lives, he slowly, ever so slowly loses faith in his ability to know and starts relying more and more on data analysis, as he certainly can't get the job done. A real trap that could permeate every thought and every action of life.

The degree of penetration of altered programming on one's life depends in large part on the innate ability of the Being. In some it is definitely less than it is in others. If the innate ability is high, the penetration is less. At the time that we were employing the Psychometric Evap Unit this was not a known outcome. There were several things in the use of that equipment which resulted in surprise outcomes. This is probably why you have developed a lot of the technology that you now have. It was due to simple glitches in the original programming. At the time that the Being was placed in the Psychometric Evap Unit, he felt totally naked and totally alone and in total fear. It was at this point that the introduction of well below freezing temperatures were

introduced, as it is the combination of cold, heat and electricity that leads to vaporization of a Being. This feeling of eminent death was intended. The wavelengths that were applied were of a hypnotic variety, but the Being would never suspect that he was hypnotised. The idea here was that if the Being felt that he was "awake" then he would feel like he was in some control of the situation. This was totally false as the Being was not in control and was really under no threat of vaporization. It was not even considered to vaporize under any circumstances, as even Zotar adhered to this age old taboo. It would have obviously been simpler, in every term, to just simply vaporize the lot, but none of us could deal with that heinous of a crime and having to deal not with the Grand Council, but with God.

One of the tenets in The Confederation is that Beings are the thought of the living God bathed in love and possessing the essence that is Godhead Ultimate.

End of Letter
Xenu

Letter Eighteen

Beings Of the Body
An Artificial Intelligence

After the introduction of below freezing elements and the hypnotic wave, which severely alters consciousness on all realms, it was then that the Being was "told" that they were about to be vaporized. The Being naturally accepted this data as it would make sense to anyone in a similar situation. The data on physical Beingness was then entered and the Being himself felt that he was about to perish simply because of the lack of any kind of body that he could inhabit. There just simply were no bodies anywhere. And you had to have a body to survive. It was at this point in the programming where what you of Planet Earth would call a White Knight entered. Our White Knight was a Computer Generated Intelligence and lo and behold had bodies for everyone, if they hurried. It did not matter that these were one called bodies, that we provided. It at least was a chance for survival. It was after the acceptance of these bodies by the Being that other suggestions were entered into the overall program, i.e. M-3 and M-4. It was sort of like baggage. In fact, baggage is what Zotar called it. It was part of the over all suggestion (program) that the Being was totally physical and possessed a mind. This mind the Being thought he had was M-2 only. For generations the fact of M-1, M-3 and M-4 was to remain hidden. In fact, until The Letters, it has to my knowledge remained hidden or totally misinterpreted. The Eastern part of your world has mistakenly thought that these minds (particularly M-4) and CGI's were Beings and that they could be handled as Beings. Witness their progress. This is because they act like and even perceive on a similar wavelength as Beings. This was part of the trap. It does not make for a Correct Vision to view these mechanical contrivances as Beings. They have no Spirit and are simply a one dimensional program utilized in our computer systems in the Confederation. The development of this artificial intelligence is but a heartbeat away on this planet and soon you too will have computers that can literally think. This will aid greatly in your progress as a race and should not be looked at as something bad.

The introduction of Computer Generated Intelligence into your computer arena could be viewed as something bad by the "Native Being" as there would definitely be an unconscious awareness of how badly they were treated in the Psychometric Evap Unit. That however, was an aberrated single situation and this type of computerization will help the Peoples of Earth beyond their wildest expectations. It has been noted that this penchant for hating computers is fairly widespread on the planet and it is considered to be a direct result of programming. There are even groups that feel that it is computerization that will destroy the Earth. The devil himself. This is erroneous and incorrect. It is computerization of this type that will aid your survival as the instantaneous ability to receive and compute various datum leads

to truth. Things that are but dreams now will be realized when Computer Generated Intelligence is possible on Planet Earth. Systematic solutions to problems of an everyday nature will no longer plague business, the handling of disease; correct solutions to many areas that used to demand inordinate amounts of time and lots of trial and error will be a thing of the past. You will see this computerization shortly and hopefully after reading The Letters you will not block its progress. (The same thing is true of genetic engineering. You now fear it, as you have some knowledge of it from bad past experience. The trick here on all of this is to stay in the here and now and look at things from the perspective that I am trying so very hard to impart to you.

Genetic engineering will save you from a lot of cold blooded pain and worry in the areas of birth deformity, old age and trauma catastrophes. There is no reason for you not to develop on this physical plane. It is the continued interest in various types of warfare that you should concentrate on stopping. Do not be afraid of newness because newness was your enemy at one time.

To have a child Being that is whole and healthy and intelligent is another way of providing cellular mechanisms that have outdone the programming that has been given you. Handling the diseases of old age are in the same category as it is mostly altered programming that has created this terrible situation and created an apathy that is so appalling that it does not even exist elsewhere in this very large universe that we occupy.

End of Letter
Xenu

Letter Nineteen

M-3 Facsimile Unknown
&
Responsibility on Planet Earth

M-3 is Facsimile-Unknown and is an interesting piece of work that leaves common people and professionals as well, totally baffled. There is not a total absence of logic within this program (mind), but there is only enough so that it adds to the confusion rather than imparting any solutions to its lugubrious and degenerative capabilities. This particular program is a fantasy land of imagings and only utilize reality as a sub-strata for the purposes of tricking its owner into thinking it is possibly real, and part of M-2. This is not true. It does such a good job that only tens of years have passed since it was remotely surmised.

The whole subject of mental sciences has been tainted I am afraid with dramatizations from the Psyclometric Evap Unit. There is, of course, some good medicine in the field of mental sciences, but on Planet Earth mental sciences are not a science, they are an art and therefore depend largely upon the artist that is practicing his art on a one for one basis. Your shock therapies, mental surgeries and drug therapy do not help and, in fact, do a lot more harm to the patient and to you as a society. The responsibility for this lies with the Psyclometric Evap Unit programming and should not be placed with the practitioners.

Responsibility on Planet Earth is really a subject of its very own and bears at least a few thoughts here. It is NOT true that you are totally responsible for all that has happened to you. This is a concept, that if followed leads to an introversion of magnitude. Yes, there are some that could handle such a concept, but it is nevertheless, not true. It is paranoid. It is also very hostile to insist to someone that they are responsible to this degree. If they had at their disposal the means to handle all of the programming that has been given to them and they could also deprogram others with the Correct Vision, then and only then with all of this totally accomplished, could you begin interjecting such a datum. The fact is, YOU ARE NOT RESPONSIBLE FOR CONDITIONS THAT YOU HAD NO RESPONSIBILITY FOR. THINGS HAVE BEEN DONE THAT PRECLUDES YOUR TAKING RESPONSIBILITY FOR ALL OF YOUR ACTIONS. YOU ARE A CREATION OF GOD, AND IN THE NEAR FUTURE YOU WILL, THROUGH PERSONAL TRAINING AND MANY LONG HOURS, DAYS, WEEKS AND PERHAPS YEARS OF WORKING AT IT, ACHIEVE THAT WHICH ALL OF THE CONFEDERATION STRIVES FOR - GODHEAD ULTIMATE - BECOMING ONE WITH GOD, OUR CREATOR. UNTIL THAT TIME, ESPECIALLY ON THIS PLANET AT THIS TIME, SAYING YOU ARE RESPONSIBLE FOR ALL, SIMPLY LOCKS ONE INTO THE ALTERED PROGRAMMING AND CREATES A MENTAL IMBALANCE AND LOW SELF ESTEEM AS ONE SLIPS INTO BLAMING ONESELF, WHICH LEADS TO A TOTAL INTROVERSION OF YOU AS A BEING.

Having read these Letters and having even an inkling that the data you are reading is true and factual, does obligate you to begin the search that will eventually lead you out of this maze

that has been created for you. So, YOU ARE RESPONSIBLE FOR GETTING THESE ALTERED PROGRAMS HANDLED, ONCE you know of their existence through The Letters. Until then you must lighten up on yourself. As was mentioned in an earlier Letter, you must learn to have fun again, to laugh again and to dream again. Your capacity for these things will increase as you move yourself through these Letters and the techniques that will be employed to handle the altered programming.

We are, at this moment, working on those techniques that should bring some immediate spiritual relief so that you may be at peace once again. We are embarking on a marvelous journey.

Facsimile - Unknown is an impingement factor upon M-1 and M-2. It is filled with common everyday links with reality. These reality imagings are what is then used by M-2 to "access" its information banks. It is unfortunate that the Being thinks that only M-2 is being accessed. The Being does not even suspect that M-3 is an actual existence. M-3 is not something that you can merely be told about and have a full subjective reality on it. Yes, it will make sense to the average person that it at least exists, but to actually have a reality on its existence is quite another thing. It takes a little time for this fact to be acknowledged by the Being. As the Being begins to spot illogical mannerisms and behaviors in himself and in others, it becomes clearer and clearer. Having innate intelligence will speed this along, as the observation skills of normal intelligence are not as keenly honed as that of an above average intelligence. A good question to start asking yourself in day to day operation is, "is this logical?" If this is done, you will be surprised how many times you discover that "it" is not only not logical, but is against the attaining of whatever goal you originally thought that you were striving for. This is also why it is a good idea to write down your goals, before you begin a task, so that this hard copy data can act as a reminder of what it is that you were after in the first place. You see, the imagings in M-3 are of such a nature that they can influence outcomes without you even being aware that they have been altered from your original concept. If and when it were spotted you would simply think that somewhere along the line you had changed your mind and forgotten it. Not true. This is part of the activity of altered programs affecting the Being. Your desires to achieve something rarely could be deviated from without the altered programming being in place. A thirty million dollar jet can be totally inoperable if a thirty five dollar circuit board has a crack in it. This is true of the Peoples of Planet Earth also, but it will take a recognition by them, that something is wrong before any progress can be made to arrest or retard these debilitating conditions.

Most people on this planet think that they are operating okay at this particular time. This is quite alright. It should be noted, that The Letters are originally intended for those Beings who realize that everything is not quite the way that it should be. These will generally be people that have reached out for a lot of different self help style programs already, and are still

constantly searching for the Correct Vision, without even knowing that The Correct Vision is a reality. This is about twenty five percent of your population. Others may be content for some time to stay with what they have, as what they have is serving them well, and they feel no need to change their situation. They will feel this need of change in the future as the programming impinges on them to such a degree that life will become more or less miserable. If the normal programming does not do the trick, then the Time Release surely will. Also, these people will begin to have interaction with those of you that have read and understood The Letters. When they see the changes and the true love that you have developed for yourself and for mankind in general, they will be desirous of this effect also and will begin asking you questions about what has brought about the change in you. At this point, you simply make The Letters available to them. The Letters may or may not, at that time have the desired effect, but the data from The Letters will stay with them and somewhere down their time chain they will remember and re-read and then become involved in getting the deprogramming started. It will be sad for many, that your friends, relatives and acquaintances will fall into this latter category. Often you will be the third, second or fourth child of the same family. If you will recall, there is a dilution effect of the Altered Programs in successive offspring. You will discover that your relationships have either always looked at you as a bit of an oddity or you have been the glue that has held it all together. Either way, your friends may choose not to become involved or simply stay away from you because of this new direction that you are going. This also, is quite alright and presents you with the unique opportunity to immediately begin a type of therapy on them - right now. Through your total understanding of how they feel about what you are doing, and your gracious attitude toward them for their feelings on this, they will slowly begin to come around. It takes time to do this, but only a Being that is truly ready for advancement can receive the full benefit of all that will be happening as we go along down the chain of time toward the Correct Vision as free, unaltered Beings striving to become part of the Godhead Ultimate.

Because M-3 uses reality imagings as access codes, and because M-2 is totally reality imagings, the collapse of these two programs, one into the other, seems natural to the Being. Because M-3 is not constantly accessed, except for the truly insane, The Being begins to accept the fantasy imagings as reality and starts using those imagings as he would reality imagings. Simply more data on which to arrive at a conclusion. Because they are truly warped reality or pure fantasy, their introduction into a feasible solution, renders the entire solution infeasible. What will be necessary in the de-programming is to have the Being become totally aware of what is and what is not M-3. It really is that simple. There are of course complexities, as the N-P Program and Created Universes enter also, and will require Special handling. It is the resultant CGI's that offer up opposite identities that require treatment also. It should be understood that all of it is fairly

simple once the oblivion of its creation is removed.

End of Letter
Xenu

Letter Twenty

The Most Common Questions

The most common questions that Joe receives regarding The Letters has to do with healing. People want to be healed. There are apparently all manners of conditions that you as a race are not finding fulfillment with. De-programing itself is healing and will give you, the Being, back your eternal life with memory.

There seems to be however, a true concern on body healing. If you have read and understood The Letters you will know why this is so. That does not change anything. To simply state that something is, only because an altered program has been activated and making things bad, does not cure that which is bad. It does not make it go away. Insofar as it will take some time for the de-programming to be started and completed, that still leaves you with some deplorable body conditions.

A lot of the body disease that your planet is experiencing goes part and parcel with the evolutionary process. These are conditions that are extant at your level of evolution. They are, in this wise, normal. This does not make them anymore livable and I, Xenu, understand this.

Disease has to do with emanation of various radiated wave forms from the physical body. An electro-chemical balance is not achievable with a diseased body, without intervention. It is unfortunate, as the electro-chemical balance then perpetuates or aggravates the disease to a further deteriorating state.

An electro-chemical imbalance causes the cellular mechanism much random motion at a cellular level that is unhealthy to the cellular mechanism. It should be understood that the cellular mechanism is a nuclear physics laboratory.

For the cells to act correctly there must be a balance. When this balance is interrupted, the nuclei will actually begin trying to restore this balance by attaching itself to adjoining atoms.

It is imbalance that creates the aging process. It is the slowing down of the orbital velocity of the cellular atom. This slowing down affects adversely the adjacent tissues and we get the wrinkling of tissue associated with old age.

The handle for this is the balancing of the body chemistry and the body electronics so that we may achieve harmonious outcome.

The name Anders Jonas Angstrom belongs to a Swedish Physicist who was a pioneer in Spectroscopy. He developed what is called the Angstrom Unit which is a system of measurement which is used to specify radiation wavelengths. Human vision scans only several wavelengths in the light spectrum of frequency vibration. The human eye sees only a partial picture of the entire magnetic spectrum.

What causes this electro-chemical imbalance is radiation, both from without the system and from within the system. Mild forms of radiation can also be used in a curative process utilizing the light spectrum of frequency vibrations.

Techniques are currently available and have been reported in various Earth publications about the use of light as a curative or

restorative source. Light emits various wave forms of radiation. The random motion mentioned above is contained within the cells themselves. Through the application of the various wavelengths of the color or light spectrum this random motion simple is halted or in the very least alleviated. When there is no balance the electron within the cell searches for the needed balance, it attaches itself to another atom thereby creating adverse changes within the body. True atomic fission. Various colored lights and their resultant radiation wave forms can be played over the body and achieve a more optimum balance. It is hoped that this clarifies the question being asked.

The second most commonly asked question concerns other sciences and Channeling upon Planet Earth.

The mental sciences that are occurring on Earth and the Channelling occurring are all mostly useful. The Beings that are channelled are here to help the People of Planet Earth. The mental sciences that are being practiced, when one of a religious nature, are quite harmless and normally have some restorative value. Mental science that is not of a religious nature has little if any restorative value and can cause harm if physical means are used to adjust a psychic condition. All of these sciences can be helped by reading The Letters. It is my intent to help the People of Earth, by letting them know exactly what has occurred so that they may begin to approach The Correct Vision. It can not be overstated that without the Correct Vision one cannot get better on a permanent basis. They may appear to get better for awhile, but then will sink into the maze even further. It is a side effect that they may "give up" on getting better after having tried and failed. That is the worst effect that anything could create. It could cause many cycles of time to be lost before a new awareness was attained. I am not sure there is time for this.

There are persons involved both in mental sciences and channelling that are of a fraudulent nature. This is quite alright. To be at all successful they must have a product that is thought to be worthwhile by the world at large. This means that there are natural restraints on creating something that could be deleterious.

Continue practice after reading The Letters and determine for yourself its benefits.

Another question asked is "why Joe as the communicator?" The answer to this is not as simple as one would suspect. I spent many Earth years looking for the proper communicator. I perceived, incorrectly at first, that this should be a leader of your Planet, as that Being would naturally be of the highest order. This would have been the case if your leaders were picked as they are in the Confederation. It is not true on Planet Earth at this time and for the distant future, as you seem to pick your leaders for some very confusing reasons. Nevertheless, I contacted leaders in this arena for some time and actually was able to communicate with one of them, but it was never reported and it was indicated by this Being that he did not desire the communication and that it should not be attempted again. It was also discovered by me, that a lot of these

Beings in political repute are simply guilty of too many crimes from their past and are continuing to commit acts of hostility on a day to day basis.

It was necessary for me to find someone who desired communication and that could receive this communication, and who was not committing acts of hostility on a day to day basis.. Joe is of above average intelligence and has a true love for all of mankind (even though he tries, without success for those that know him, to mask this) and is willing to help me get this information in the hands of the People of Planet Earth.

End of Letter
Xenu

Letter Twenty One

M-4 Facsimile Other

The idea of devils or demons was something that is located in the past of most planets. As each planet grows on the evolutionary ladder, all of this data is relegated to archives, as the idea of such things are as archaic to evolved societies as kerosene/lamps are to a modern Earth City. Zotar revived these old wives tales and actually installed programs to perpetuate them.

Most devils and most demons, came from overactive imaginations of unevolved Beings as they were made aware of other life forms that visited, at one point, from different galaxies. Both races were apparently afraid of each other, as the stories are almost word for word on every planet in the universe. Having a natural fear of anything new, someone with high technology in both mind and weaponry left unevolved tenants with well grounded fears, as they were shot at with modern weapons, and controlled mentally to do menial labor for their visitors.

To this day, pictures crudely drawn on cave walls and eventually written in early religious teachings have kept in creation these myths of the devil.

This data was also used by some unsavory rulers on various parts of your planet as a mechanism to control populations and help keep them more civilized. This was not totally bad, as it taught, in the end the differences between right and wrong and actually has helped the evolutionary process.

Facsimile - Other - M-4, is the stuff that the Tibetan Monks are made of on Planet Earth. They have spent generations in their higher orders handling altered material that any one, on close inspection, would believe is absolutely real. It was mentioned in earlier Letters that there were certain tamper-proof mechanisms installed to insure that you would never get free. This is one of the last booby traps, but one that is total and complete.

We set up every program run, with its own particular booby trap, so that if it was discovered it would automatically dovetail into erroneous data that would look real, but is literally a fantasy.

This is the case with M-4 as well. In Letter One, The Two Prerequisites I stated, "It looks, acts and can be perceived as a Being". This is exactly what was discovered and many of Earth years have been spent trying to handle this CGI Program as an actual entity, a Being. It is Not a Being, and if de-programming is done on it as though it were a Being, then the person doing it would get mild to highly fevered realizations and then sink further in. Most Beings on running it this way, would all of a sudden feel as though they no longer want anything handled at all, as it "is all handled". It would kind of put them into an apathy of their own that says, "is that all there is". Suddenly they would realize that there are limited answers here after all, and would just sort of give up on looking further. If this is not the case they will run about telling everyone that it was wonderful and that they simply must do it themselves. They, actually become a sort of

pseudo CGI. This was unintended. They actually help to sink others into this maze of mental forgery.

In all fairness, it should be mentioned that not even the Grand Council of the Confederation could untangle this particular area. It takes on the perfect apparency that it is already unraveled, when in fact it has given you a totally false outcome.

The Beings handling this falsely would and could easily dramatize the presence of other Beings within the body (created universe). It personally gives one a creepy feeling to even think of others thinking that, because there is no agreeable linking here, no meld of any sort for survival potential. It is believed by this group that these "other Beings" are there to wreck their lives. Either intentionally or unintentionally. They actually get into a communication with them and imagine that a solid two way can exist. Nothing could be further from the truth. What they are communicating with is a Computer Generated Intelligence that can "look, act and be perceived as a Being". It is however, not a Being, so they end up once again altering an alteration.

The shift in the handling here while not extreme in action is extreme in every other area. You cannot handle without The Correct Vision. This data that I am talking about is classified as Top Secret in most organizations that even have an incorrect vision and are working off altered data in this area. It is just not something that is talked about anywhere by any group on Planet Earth. The reason is quite simple, it is all part of the altered program. It tells you it must be kept secret. Ridiculous granted, but this data is insidiously installed by hypnotics through the Computer Generated Intelligence and the Being thinks that they are his own thoughts. Remember, no one, not even the Grand Council could untangle this mess. We will untangle it.

I am sure that Zotar finds your predicament laughable, as you, as a race, are already considerably down the evolutionary ladder from him, and you have been given all of this hokas pokas data, that would make you look silly to an evolved Being, regardless of how evil that evolved Being may be.

End of Letter
Xenu

Notes on the Letters

There have been questions that I have had while in communication with Xenu that it was not appropriate to interrupt to get answers to as we were in mind-interlock.

Also, there were many more questions I had when reading the materials myself, after having typed them. I informed Xenu of this and it was decided that this section was the most expeditious way of handling those questions.

- Note #1 I always thought that if something etherial was trying to communicate with me, I would be able to simply "pick up on it". As it turned out, there could be nothing further from the truth. Xenu had been working on me since 1977, trying to raise my consciousness, in a gradient, so that he could even begin to illicit my understanding. If you will recall it was not until 1984 that I even remotely suspected his presence. Xenu was indeed, remarkably gentle and patient in "bringing me along".
- Note #2 Something here was slightly glided over. I suddenly spotted in on my second or third reading of the materials and questioned Xenu on it. I was right in my assumption. He was fully conscious, fully aware and could feel each second, minute, hour, week, etc. go by for that amount of time. It is rare, I was told, for a Being to survive this type of incarceration for this length of time. It was during this incarceration that he began to formulate a plan to rectify the wrongs he had done, and it was through the Grand Council's eavesdropping of this that later caused them to spare him vaporization and assign him this project of amends.
- Note #3 I personally was confused by his statements, "...and is an individual. He is alone." What Xenu meant by this is that for some reasons, which are unimportant, I am free of M-3 and M-4. It was for this reason alone, that I was picked as his communicator.
- Note #4 I wanted to know what abilities. Xenu stated it is the charge of each Being, through many cycles, to achieve a more God-like demeanor in all that we say, do or think. The goal is to become part of the "Godhead ultimate". As we progress on this path, more and more abilities become apparent. All paranormal activity on Earth would be part of this.
- Note #5 Apparently, anything is liable to set off one of the time-release programs. It could be a birthday, a death, a red car, spotting a deer in the woods, an illness, anything or everything. It leaves you with the feeling of "just when things had started going right, this has to happen" type of feeling. It

- pushes you backwards in spiritual awareness.
- Note #6 The motive of the Council for sending this flotilla was to see if they could set up a farming planet or agricultural sector in the event orbital decay continued among the Confederation Planets.
- Note #7 My question was, why not slap everyone into a P.E.U.? Bingo. No crime, no mental problems, etc. Xenu was aghast at this suggestion, as it apparently was the goal of Confederation mind science to have Beings do things on their own think as opposed to having it programmed through a hypnotic trance. The reaching or attaining "Godhead Ultimate" can apparently only be done in a fully conscious state. This precludes the use of programmed suggestion, hypnosis, or drugs as a method for most handlings.
- Note #8 The reappointment of the Grand Council can be done after "a lifetime" by the use of the Psychometric Swap Unit. This is one of the rare times where its use is permitted as it is considered unnatural. Everything that is natural, that is not harmful, is treasured in the Confederation. Xenu is very distressed that I smoke and sometimes have a drink or two. I have told him, that my relationship with him will probably drive me to drink more. He did not think this was funny.
- Note #9 The Grand Council's original plan was to simply fix up what had been done before it was discovered that they could not do this because of the lack of data. It was during this time that their combined intelligence pervaded the Electronic Incarceration Module to question Xenu on the mental forgeries that had been installed and on the tamper proofing that had been done. It was at this point that they discovered Xenu working on a plan for righting the wrongness that had been done. It was then that they decided not to vaporize and to have him accept responsibility for his own actions. They waited out his term, and then gave him his penance project that you have seen.

GLOSSARY

Automatic Altering Device: A software program attached to the cellular senses. Also, affects the Beings ability to receive, send or mockup mental imagery.

Co-Cellular Programming: 1. A graphic program. 2. Commands original programming to duplicate itself and pass itself on to any invading cellular structures. 3. An actual duplication, in sequence, of all original programming.

Cytology: The study of the formation, structure and function of cells.

Cybernetics: The theoretical study of control processes in electronic, mechanical and biological systems, especially the mathematical analysis of the flow of information in such systems.

Electronic Incarceration Module: A piece of equipment, octagonal in design, that electronically holds someone within its confines until turned off. Totally escape proof, with one major exception. It has one setting (high) that if you break the barrier then someone within its confines would be vaporized (death).

Facsimile: A mental imaging of anything. A reproduction. A duplicate concept. A mental picture of something not present. Representative images.

growth/destruct ratio: A "time-release" that is activated when physical sciences have far outgrown spiritual sciences. There to insure a constant starting over on the evolutionary ladder.

parsec: A unit of astronomical length. One parsec equals 3.258 light years. One light year equals 5.878 trillion miles.

Psychometric Evap Unit: A contrivance of Zotar's. Taken from other technology. Was actually miniaturized for Operation Control. Was and is extant technology in the Confederation. Has a variety of uses in ecology (for waste disposal), space travel (for craft navigation to avoid collision) and more. It was the development of this particular technology that has allowed the Confederation to become so advanced.

Recycle: To drop or set aside one cellular mechanism for another. Done out of convenience, for fun or for necessity. On this planet the only thing similar to it is death. Death is generally uncontrollable, recycling is generally always controllable. Death leads to an amnesia state, recycling is done with conscious awareness, with few side effects.

Xenu Letters -

Outposts

1. Space Trading (5m)
2. Annual LPH
3. Annual BIC's.
4. Civil 35m
5. Space, Market (the "Confederacy")
6. Survey of Databases (call memory)
7. Journal of RSD's
8. LTP trip to gain admin contract
9. Reflecting data
"Dinner at the Buffet Room"
created for "
10. Demistered files of nap, in line II,