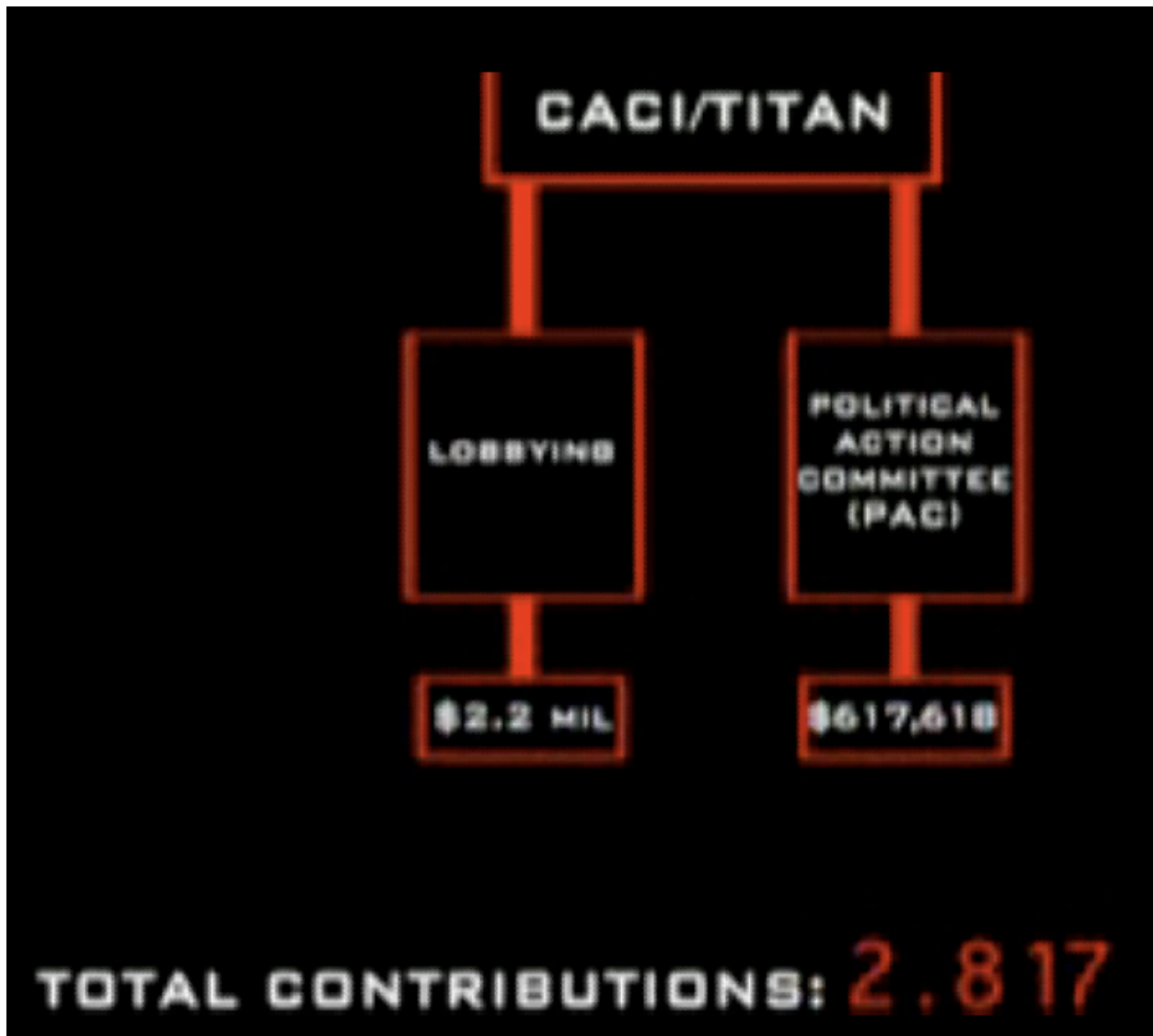


Case 24B Did Someone Make Money Off of US Torture?-Iraq Prisons

by Ex-CIA Physician Sue Arrigo, MD
Former CIA Special Operations Advisor and Honorary Two-Star Pentagon General,
Advisor to the Joint Chiefs of Staff on Intelligence



See the documentary Iraq for Sale, if you haven't already. Did the US taxpayer's dollars end up paying to lobby Congress to have US people tortured?



Inauguration or Cheering at Longhorn Game?

Note: Because I am in immediate danger of a CIA kidnapping and endless torture, without the protection of the Italian govt. of which I am also a citizen by jus sanguine, I am having to send this out without careful proofreading for typos. The gist of what I say will still be correct.

For independent confirmation of the US War Crimes at Abu Ghraib please see

[Broken Laws, Broken Lives](#)

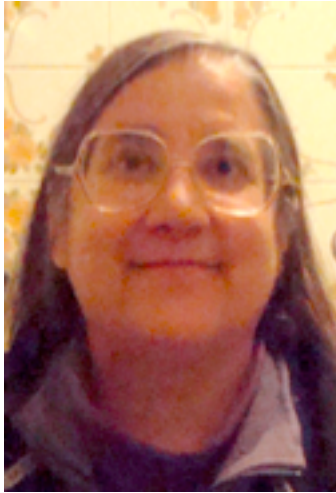
By Major General Antonio Taguba, USA (Ret.)



Maj. General Taguba led the US Army's official investigation into the Abu Ghraib prisoner abuse scandal and testified before Congress on his findings in May, 2004 at http://brokenlives.info/?page_id=23

See General Accuses White House of War Crimes by Dan Froomkin

Special to washingtonpost.com
Wednesday, June 18, 2008;
12:44 PM at <http://goatmilk.wordpress.com/2008/06/20/revenge-of-abu-ghraib-general-accuses-wh-of-war-crimes/>



The 10 parts of this series were faxed to almost every single US Congressperson in August-September 2007. [Note that some new references are added in [] since more information is now available to confirm my allegations.] The first 5 parts are on my findings from visiting 3 US Prisons in Iraq after the Abu Ghraib Scandal was "cleaned up" and parts 2-4 are somewhat dry and brutal. The last 5 parts are on my collecting intelligence in Iraq. I recommend reading Parts 1, then 9-10 first, as they give the best overviews. There is much new information in the Torture memo sections.

Please contact me if you have questions or find misprints etc. You are free to use this material as long as it is used for the public good. Email: Sue Arrigo, MD intuitivemd@yahoo.com.

TABLE OF CONTENTS

[Did Anyone Make Money Made Off of Torturing People?](#)

[How to Use Reading This Text to Learn How to Overcome Your Fear of Torture](#)

[Part 1: Why the CIA Tortures and why Abu Ghraib looked like sexual torture](#)

Continued in Case 24 C

Did Anyone Make Money Made Off of Torturing People?



In my opinion some people were making big bucks off the suffering of the prisoners in Abu Ghraib prison, Guantanamo, and the other detention centers, both known and covert. The US taxpayer was not watching how the money flowed because the CIA was exempt from informing them. Even their total budget is a secret. But the CIA's creative accounting computer had the data. In it shell upon shell of plausible denial shields can screen the truth of the kickbacks from the average investigative reporter.

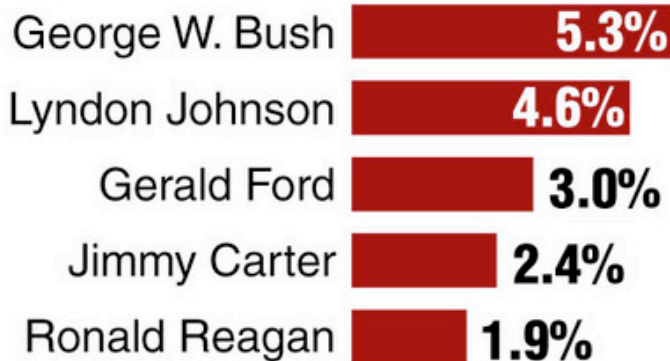
For the first time in history, a private company, CACI, was given US government contracts to 'collect intelligence' from interrogations. CACI was cited by Amnesty International later for its participation in the scandal at the Abu Ghraib prison. Like Halliburton and KBR, CACI was

padding its bills in my opinion. I thought their interrogation services were worthless. I certainly would not have wanted to pay \$200/hr. even for excellently performed cruelty. Would you?

Bush is biggest spender

A comparison of the annual growth in discretionary spending by presidents since 1964; the top five spenders:*

Annual growth of spending, adjusted for inflation



*Includes defense and domestic spending; does not include entitlements such as Social Security, Medicare, Medicaid

© 2007 MCT

Source: The Cato Institute

Graphic: Angela Smith, Judy Treible

I sent over to the GAO a tape of a conversation between Bush and a Director of CACI. That conversation was brought to my attention by a CIA officer who flagged it for my attention as a blackmail risk to the President. Foreign agents have had numerous bugs in the White House and no doubt within CACI as well. I listened to the tape about 7 times because I transcribed it myself before having my transcription of it verified by as accurate. I laid it in DCI's Tenet's urgent inbox immediately for his review. If I remember correctly, that was a few days before he decided to resign.

My memory is not perfect, so maybe it is only good for satire.

CACI: “Good morning Mr. President....We have a problem. We are not sure what you would consider an appropriate level on our interrogation services. We want to be sure not to have a bad audit. Maybe you could help us on that.”

Bush: “What are you charging now?”

CACI: “Well, it is not something I feel comfortable discussing. But let’s just say it is about what a New York psychiatrist would charge for therapy.”

Bush: “A New York City one or an Upstate one?”

CACI: “That is the range in which we have some uncertainty, which is why I called you?”

Bush: “Are we talking about a 50% increase in our “Barbeque Budget”? Come down to Texas sometime and see the spread we lay out.”

CACI: “I don’t have time to wait to discuss this with you. We are having a review [of our books] in the afternoon.”

Bush: “I see. Well, I’ll help. You can count on it. Do you have the phone number handy?”

CACI: “Yes. The auditor’s name is _____ at [phone number].

Bush: “Good man, I know him. Now he made time to come down to my ranch in Texas. You should make time too.”

CACI: “Yes, I will make sure that they are attended by some of our staff, even if I don’t have time.”

Bush: “Can you give me their names so we can send them a personal invitation? We have to justify our expenses too. Did you know that?”

CACI: "Yes, of course. How many people do you want to invite?"

Bush: "Just make it commensurate."

CACI: "[After a few moments] I'll have to call you back. It would be about another 50 [people]."

Then there was about 7 minutes of discussion on another topic.

Bush: "When we break animals down at our ranch we have to be pretty hard on them."

CACI: "Don't worry. We are getting good compliance."

Bush: "Boy, when they bleed they make a mess. Did you budget right for the clean up afterwards?"

CACI: "We have enough blood to keep us busy, don't worry. Yes, I think that the clean up costs are not out of line."...

Then the closing remarks.

Bush: "Give those prisoners first class service."

CACI: "Will you call me back to confirm after you make that call?"

Bush: "Cheney will call you if there is any problem."

CACI: "He already called the auditor. Apparently we need your word on it this time."

Bush: "That's it, then. I'll call. But it won't be easy."

CACI: "Yes. That is why I called you."

Bush: "How much exactly needs to be overlooked?"

CACI: "It is just that one issue of the billing rate per hour that the auditor is still upset over."

Bush: "I thought the audit was this afternoon".

CACI: "It is but we leaked a possible set of books to see how he would react. He wants more convincing than we have yet been able to manage."

Bush: "Don't worry. I'll get right on it. Can you up the percentage?"

CACI: "On just the ranch expenses?"

Bush: "No. All of it."

CACI: "Would 4% be about right?"

Bush: "5% would be nicer."

CACI: "If its a go."

Bush: "Good. I'll call him and get right back to you."

Safari File Edit View History Bookmarks Window Help
Download Iraq for Sale for Free. Watch Iraq for Sale Online with Other Documentary Films and Free Movies.

IRAQ FOR SALE: THE WAR PROFITEERS

News Release

CACI International Inc. • 1100 North Glebe Road • Arlington, Virginia 22201 • www.caci.com

CACI
EVER VIGILANT

**CACI Awarded Prime Contract on \$19.25 Billion,
Multiple-Award Services Program With U.S. Army**

*Strategic Services Sourcing (S3) Award to Support Defense C4ISR Community
Largest Contract Award in CACI History*

32:50 / 1:15:40 Google

MISSION ACCOMPLISHED



5/1/2003

When a person is interrogated, they have teams of people doing it, not just one person. It is common for a team to be made up of a “bad” person, a “pretend sympathetic” person, and a monitor to watch that the person does not die. In a real interrogation as opposed to nonsense tortures there is also a translator, a transcriptionist, a cleaning person. All of those people have to be paid. If they were US Army Staff, those people would each be getting paid a low wage, say \$15 dollars an hour. But in a privatized contract, the workers would be getting roughly three times as much, say \$45 dollars an hour, but without long term benefits. How much would the contractor put on the bill for each interrogator’s services? The bill from a psychiatrist includes not just his salary but that of his secretary, transcriptionist, cleaning person, and his office rental. Would it be fair if the contractor listed the bill of a single interrogator without all those expenses as the cost per hour? The high cost of the NY psychiatrist’s US malpractice insurance as an individual would likely exceed one interrogator’s worth of group insurance even in a high risk setting.

What if Mr. Bush got \$42 per hour of torture “therapy” in kickbacks? What if Mr. Dick Cheney got \$38 per hour of hard torture in money into his Swiss bank account? What if Rice got \$16 and Rumsfeld got \$30/hr for work they didn’t even do? How would you feel about it? Can you sleep at night not knowing, while you have to scrape to make ends meet? What if private contractors are in the war zones primarily to dole out big kickbacks?

Do you know the hourly rate that CACI charged the US taxpayer and who, if anyone, got the kickbacks on it? No. Write your Congress people and demand a full investigation of US torture---including the money trail!

Write up your own farsical account of the money trail and see if it is better. There is a chain of command diagram for Abu Ghraib prison at Mother Jones

<http://www.motherjones.com/news/feature/2008/03/abu-ghraib-chain-of-command.html>

Don’t forget to start with a list of who sits on the CACI Board of Directors.

From Business Week:

Richard L. Leatherwood

Director, Chairman of Audit Committee, Member of Compensation Committee, Member of Executive Committee ..., [CACI International Inc.](#)

Total Calculated Compensation

\$187,572

BACKGROUND*

Mr. Leatherwood served as Chief Executive Officer and President of Texas Gas Resources Group from 1983 to 1985. From 1977 to 1983, Mr. Leatherwood held positions with Texas Gas Resources Corporation, a conglomerate of transportation and energy businesses with both revenues and assets in excess of \$2.0 billion: ... Mr. Leatherwood has been Director of CACI International Inc. since 1996. ... Mr. Leatherwood received his undergraduate degree from the University of Tennessee, a graduate degree in statistics [not accounting] from Rutgers University ... [Were the invoices varying around a statistical norm to confuse auditor and make cooked books look like they related to real services linked to real costs? Or are his books straight as an arrow? Does anyone really know without a thorough investigation?]

The screenshot shows a Safari browser window with the following elements:

- Address bar: Download Iraq for Sale for Free. Watch Iraq for Sale Online with Other Documentary Films and Free Movies.
- Page title: IRAQ FOR SALE: THE WAR PROFITEERS
- Main article title: **Ex-Detainees Sue 2 U.S. Contractors**
- Text: **Employees of Titan and CACI are accused of torturing prisoners. Lawyers say the action is based on a military report on abuse.**
- Byline: **By T. CHRISTIAN MILLER**
Times Staff Writer
- Text: **WASHINGTON —** Eight Iraqis filed a federal lawsuit Wednesday claiming that em-
- Text: Henry E. Hockelmer, declined to comment on the lawsuit but reiterated that his client had done nothing wrong.
- Text: Titan executives called the lawsuit "frivolous." They said the U.S. government had not informed Titan of any wrongdoing by either the company or its employees. Titan has a contract to provide interpretation services to U.S. government and military officials in Iraq and elsewhere.
- Text: "We will vigorously defend against" the lawsuit, said Wil Williams, a company spokes-
- Page footer: 32:59 / 1:15:40
- Search bar: Google

Abu Ghraib abuse firms are rewarded

As prison ringleader awaits sentence, defence contractors win multi-million Pentagon contracts

Peter Beaumont, foreign affairs editor
The Observer, Sunday January 16, 2005
[Article history](#)

Two US defence contractors being sued over allegations of abuse at Abu Ghraib prison have been awarded valuable new contracts by the Pentagon, despite demands that they should be barred from any new government work. Three employees of CACI International and Titan - working at Abu Ghraib as civilian contractors - were separately accused of abusive behaviour.

The report on the Abu Ghraib scandal implicated three civilian contractors in the abuses: Steven Stefanowicz from CACI International and John Israel and Adel Nakhla from Titan.

Stefanowicz was charged with giving orders that 'equated to physical abuse', Israel of lying under oath and Nakhla of raping an Iraqi boy.

It was also alleged that CACI interrogators used dogs to scare prisoners, placed detainees in unauthorised 'stress positions' and encouraged soldiers to abuse prisoners. Titan employees, it has been alleged, hit detainees and stood by while soldiers physically abused prisoners.

Investigators also discovered systemic problems of management and training - including the fact that a third of CACI International's staff at Abu Ghraib had never received formal military interrogation training.

Despite demands by human rights groups in the US that the two companies be barred from further contracts in Iraq - where CACI alone employed almost half of all interrogators and analysts at Abu Ghraib - CACI International has been awarded a \$16 million renewal of its contract. Titan, meanwhile, has been awarded a new contract worth \$164m.

Full article at <http://www.guardian.co.uk/world/2005/jan/16/usa.iraq>

EXECUTIVE PROFILE*

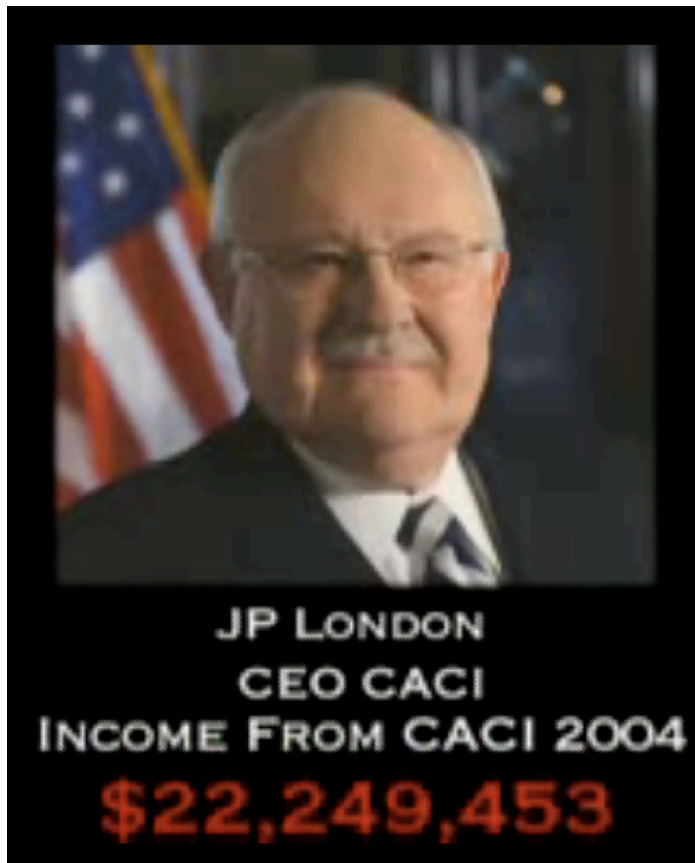
Jack P. London

Executive Chairman, [CACI International Inc.](#)

\$714,600 USD As of Fiscal Year 2007

Total Calculated Compensation

\$2,678,972



Jack P. London, Jack served as President and Chief Executive Officer of CACI International Inc., since 1984. ... He serves as Director of the Armed Forces Communications and Electronics Association. [Does he have the motive and experience to help keep you from knowing the full truth about US torture aided and abetted by people in his company? What did he do to make sure that his employees were properly tried and convicted, if they were suspected of crimes? What did they know about the number of people tortured to death? And what did they do to ensure that no further crimes were committed? Is the lingering cloud over the head of CACI because they did not insist on a full independent investigation?]

According to this frame from Iraq for Sale the CEO made \$22 million from CACI in 2004.

One Thousand A Month Tortured To Death In Iraq

Dr. John Pace drops a bombshell that translates as a whisper through obscure Maltese paper

THE WATSON REPORT



Paul Joseph Watson/Prison Planet.com | February 21 2006

Proving that Abu Ghraib and Gitmo are the tip of the iceberg, the outgoing UN human rights chief dropped a bombshell when he told an obscure Maltese newspaper that as many as a thousand detainees a month are being tortured to death in Iraq.

Dr. John Pace told the obscure **Times of Malta** newspaper,

"The Baghdad morgue received 1,100 bodies in July alone, about 900 of whom bore evidence of torture or summary execution. That continued throughout the year and last December there were 780 bodies, including 400 having gunshot wounds or wounds as those caused by electric drills."

Pace echoed previous estimates in stating that 80 to 90 per cent of those rounded up and taken to prison camps were completely innocent. As we have highlighted before, Iraqis are arrested for dastardly crimes such as **not showing their papers at checkpoints**, selling alcohol and **shouting anti-coalition statements**.

<http://www.propagandamatrix.com/articles/february2006/210206torturedtodeath.htm>

Barbara McNamara

Director, Member of Audit Committee, Member of Compensation Committee, Member of Risk Management & Security Committee and Member of Strategic Assessment Committee, [CACI International Inc.](#)

Total Calculated Compensation

\$179,712

BACKGROUND*

... From 1997 to 2000, Ms. McNamara was Deputy Director of NSA, the most senior civilian position in NSA, regularly interacting with a diverse set of U.S. and foreign organizations and individuals to build support for strategic initiatives [Did that include wars?]. From 1995 to 1997, she led the development and implementation of success-oriented business strategies [corporate profits?] as Deputy Director of Operations for NSA . [Was that a conflict of interests?] Prior assignments include serving as Executive Director of NSA/Central Security Services (CSS), and NSA/CSS Representative to the Department of Defense. She has been Non Executive Director of Detica Inc., US subsidiary of Detica Group PLC since September 30, 2005 and has been a

Director of CACI International Inc. since November 20, 2003. Ms. McNamara is a graduate of both the Armed Forces Staff College and the National War College.

Did the military industrial complex lead to torture for profit? Did the US taxpayer get good benefit for their dollars from that torture? Those are very important questions that need to be answered for the public good. What safeguards are in place to make sure that the profit motive did not lead to excess detentions and torture of innocent people? What safeguards are in place to make sure that that industrial military complex does not torture US citizens? Without a full investigation by independent citizens groups like Common Cause and Human Rights Watch, etc. we will never know. Another Warren-type Commission appointed by those with ties to the military industrial complex is not what we need. Director Barbara McNamara, like the others, may be individuals of integrity. But the questions remain. Have they acted to ensure that they know the truth and to prevent any crimes from being committed?

Has CACI been involved in the mind control, torture, or death of other people that you don't yet know about? Do you only know the tip of the iceberg on the torture story? If CACI has nothing to hide, shouldn't they welcome investigation to clear their reputations?

See more CACI directors at

[http://investing.businessweek.com/businessweek/research/stocks/people/relationship.asp?personId=555729&capId=93425&previousCapId=93425&previousTitle=CACI%20International%20Inc.](http://investing.businessweek.com/businessweek/research/stocks/people/relationship.asp?personId=555729&capId=93425&previousCapId=93425&previousTitle=CACI%20International%20Inc)



CACI: Torture in Iraq, Intimidation at Home

By [Joshua Holland](#), [AlterNet](#). Posted [November 21, 2006](#).

Dogged by serious allegations of human rights abuses in Iraq, a leading profiteer from the Iraq war engages in intimidation campaigns against journalists in America who seek to expose its practices.

Tools

[EMAIL](#)

[PRINT](#)

[65 COMMENTS](#)

Consider the unique problems faced by the corporate suits at CACI International, a defense contractor whose services have included "coercive" interrogations of prisoners in Iraq -- interrogations most people simply call "torture."

Think about the image problems a major multinational corporation faces after becoming inextricably linked with the abuses at Abu Ghraib, a firm whose employees have contributed to the iconic images of the occupation of Iraq -- the symbols of American cruelty and immorality in an illegal war. What can a company like that possibly do to protect its brand name after contributing to the greatest national disgrace since the My Lai massacre?

CACI's strategy has been two-fold: its flacks have distorted well-documented facts in the public record beyond recognition, and its senior management has lawyered up, suing or threatening to sue just about every journalist, muckraker and government watchdog who's dared to shine a light on the firm's unique role as a torture profiteer.

Lately, the company's sights have been set squarely on Robert Greenwald, director of [Iraq for Sale: The War Profiteers](#), in which CACI plays a starring role. Greenwald has been in a back-and-forth with CACI's CEO, Jack London, and its lead attorney, William Koegel, during "months of calls, emails and letters" in what Greenwald calls a campaign to "intimidate, threaten and suppress" the story presented in the film.



Share and save this post:



Also in [War on Iraq](#)

[Anti-War Soldier Jonathan Hutto: People, Not Politicians, Will End the War in Iraq](#)
Lilliana Segura

[Two Caliphates in Baghdad: U.S. Paying High Cost for Ignoring History's Lessons](#)
Ben Tanosborn

[People of Haditha: "This is an Organized Crime"](#)
Robert Druefuss

"The threatening letters started early, trying to get us to back off," Greenwald told me. "We refused, and went back at them with a very strong letter saying, 'no, you're war profiteers and we won't be silenced.' Like any bully, they backed down when confronted. No lawsuit was filed-- they're a paper tiger."

The story they don't want told is of a federal contractor that, according to the *Washington Post*, gets 92 percent of its revenues in the "defense" sector. The *Washington Business Journal* reported that CACI's defense contracts almost doubled in the year after the occupation of Iraq began, and profits shot up 52 percent.

Yet CACI insists it isn't a war profiteer (a subjective term anyway), but was just answering an urgent call in Iraq. In a letter to Greenwald, Koegel wrote: "the army needed ... civilian contractors to work as interrogators" because the military didn't have the personnel, and CACI responded to the "urgent war-time circumstances" and "has no apologies."

But while the firm had experience in electronic surveillance and other intelligence functions, it, too, didn't have the interrogators. Barry Lando [reported](#) finding an ad on CACI's website for interrogators to send to Iraq, and noted that "experience in conducting tactical and strategic interrogations" was desired, but not necessary. According to [a report by the Army inspector general](#), 11 of the 31 CACI interrogators in Iraq had no training in what most experts agree is one of the most sensitive areas of intelligence gathering. The 205th Military Intelligence Brigade, which was in charge of interrogations at Abu Ghraib when the abuses took place, didn't have a single trained interrogator at the facility.



"It's insanity," former CIA agent Robert Baer told *The Guardian*. "These are rank amateurs, and there is no legally binding law on these guys as far as I could tell. Why did they let them in the prison?"

<http://www.alternet.org/story/44506/>

[Go to Table of Contents](#)

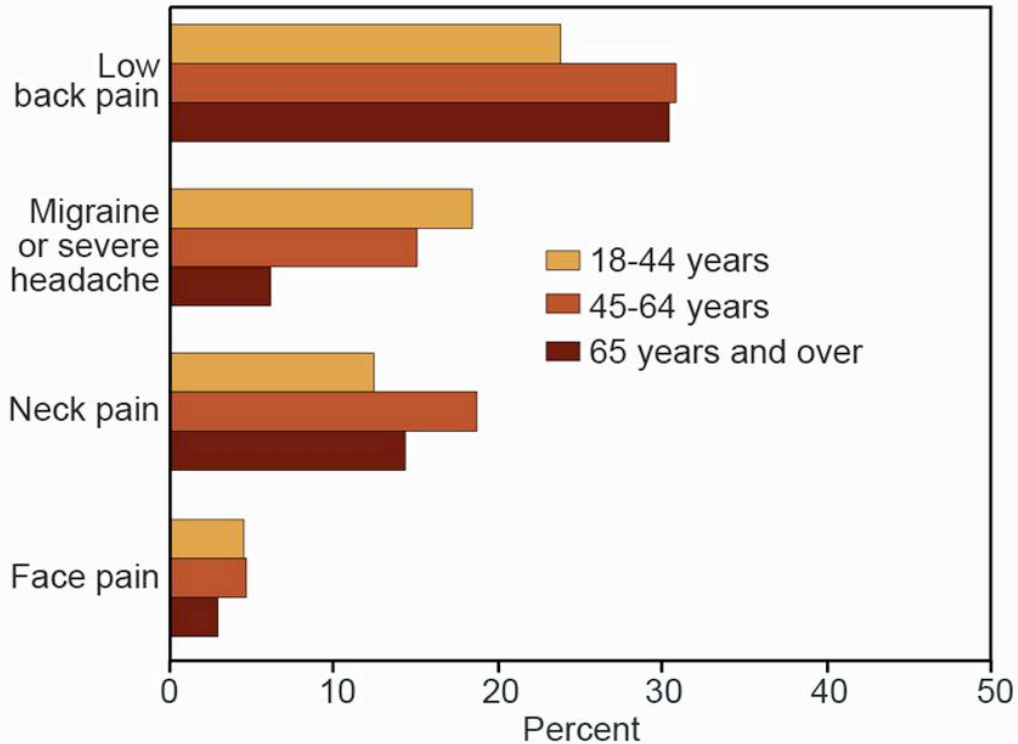
How to Use Reading This Text to Learn How to Overcome Your Fear of Pain or Emotional Discomfort



Most people are afraid of pain and distress. Because I had been tortured many times during the Cold War and was able to continue going into dangerous situations, the CIA considered me an expert in dealing with torture. I learned through reliance on the Holy Mother's kind aide. She is quick to help.

Thus, during the Israeli War in Lebanon in the 1980's, the CIA loaned me to the Mossad to train their officers how to "withstand" torture. There are two components to learning how to deal with torture--the physical and the mental-emotional. As you read this upsetting text on torture, if you apply what I teach you, it will help you master both. Although you are very unlikely to ever be tortured, everyone has to deal with pain and emotional distress from time to time.

Low back, neck, migraine, face pain in past 3 months, 2004



SOURCES: Centers for Disease Control and Prevention, National Center for Health Statistics, Health, United States, 2006, Figure 30. Data from the National Health Interview Survey.

To train Mossad officers how to deal with physical torture I asked them to kneel in prayer on a cement floor. If one doesn't want to kneel, one can lay on a confluence of well rounded rocks about the size of fists. That also will very gradually become painful and allow one to develop endurance. One is allowed to get up anytime. But I encouraged the Mossad officers to put in sincere effort and courage.

When the pain gets strong, one has to have the faith that the body will not be damaged by extending that time for another 20 seconds before one gets up, if one chooses to. Can you tell the difference between needing to move to prevent harm to the body, and moving merely because of boredom, lack of concentration, or spasms of pain? If you immediately get up when you have a spasm of pain, you train yourself not to be able to endure pain. So, the trick is to go past that urge by at least 20 seconds before you get up.

I find it useful to have something to push on like a low stool in front of me to help me up at the end as the legs may be asleep. You don't want to just fall over onto the hard floor. It may be best to put pillows or cushions around you so that you don't have to worry about fainting and hitting your head.



It has been found that people under torture either tense up and increase the pain, or relax into the pain. People who learn to “endure” torture have learned how to do the latter. Only about 0.4% of people learn to do that by themselves. Such skills are rarely taught even within intelligence agencies. Without aversion to the pain, it doesn't matter how much pain there is because it is not “bothering” you. When pain is very strong, it can displace the sense of

self. That can feel like the pain is killing you. But that letting go of self is your ticket to merging with Oneness. Although the pain may dissolve and turn into bliss with practice, I ask my students to ignore that that may happen. It is more important to learn how to be “at home and comfortable” with pain. Getting the bliss early on can interfere with your learning how to become One with the pain comfortably. The end point to seek is when you are so comfortable with the pain that you don't care whether it stops or gets worse.

To overcome pain, fear, and emotional overwhelm well one needs to learn experientially to view them as a part of whole that is inviolable, indestructible, and a place of rest for you. One merges with that All in order to get out of the natural aversion to the pain. It is the aversion to pain and the fear of bodily harm and death, not the pain itself, that is the problem. For example, if you start paying close attention you will find that you are in pain and not minding it many times a day. People when they sit through a movie for a long time often have considerable pain which

they are ignoring. Since they move as soon as they notice, they do not count it as particularly unpleasant. It is largely below their threshold of awareness, not by its severity, but by the fact that they have their attention focused elsewhere. Thus, even if you did not formally practice learning to endure pain, you could learn it by paying attention to your discomfort while sitting and not moving for 20 seconds after you had the urge to move.

In this instance, I asked them to repeat in their minds over and over again the phrase “Lord, I wait upon Thee”. Under torture with drugs, sleep deprivation, loud music, and chaotic jolts of pain, one may not be able to repeat a long phrase or Bible verse. So, I always asked my students to start their prayer with a name of God--that alone is enough deal with all problems. If a person was an atheist, they still could use a word that connotes the whole of existence like “Universe” or “All”. Some of my students also succeeded with words like “Mother” or “Light”. Each person knows what they have the most faith in. All of us have deep operational faith--we get up in the morning believing that the sun will not set until it is supposed to. That is a deep faith in the Oneness that exists.



Everyone will have their body die. So, we need eventually to learn how to identify with that Enduring Oneness by whatever name you call it, instead of with the body. As soon as you do that the pain, fear, and humiliation etc. become as if inconsequential. Let me explain this more carefully since it is crucial to success in overcoming the fear of death.



If one had thousands of a given item, like eggs, you would not be very upset if one was broken.

There are many bodies on the planet--billions of them. From the point of view of your identifying with the Oneness, you cease being upset if one of them dies. You still know that it is happening. You still should have compassion for the body that is happening to. But the upset is gone--**AS SOON AS YOU ARE IDENTIFIED WITH THE ONENESS AND NOT YOUR BODY!**





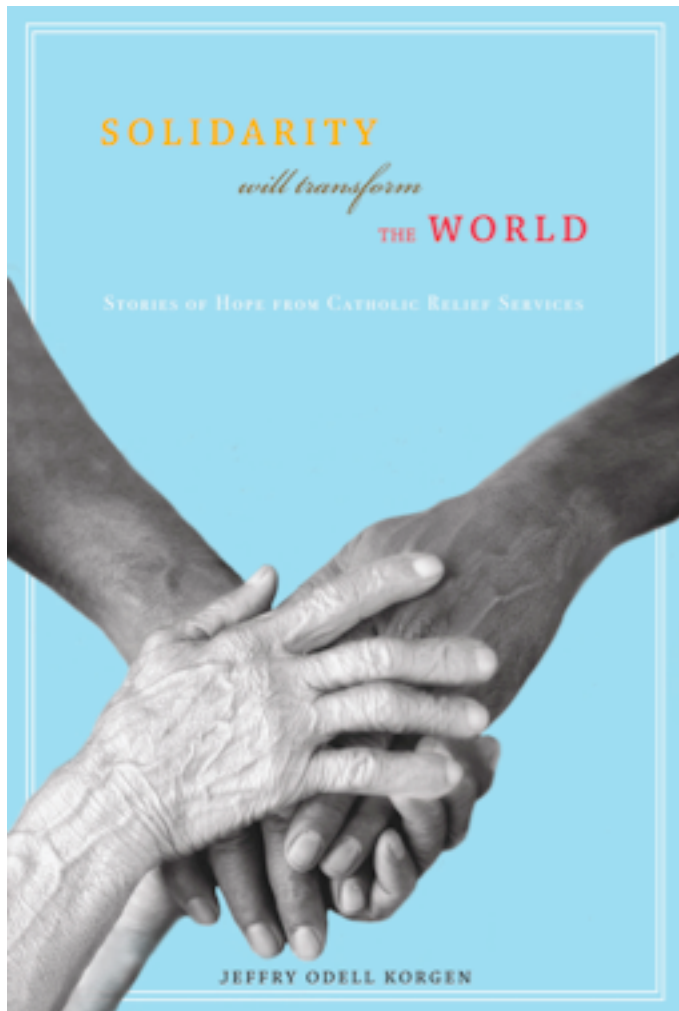
Can you make that switch in who you view you are? Every day and every year your body is changing. Every day and every year your are revising your identity. When you make a 'mistake' you might think "I was a bad person" and think badly of yourself. Next hour someone might praise you or you could do something good and think well of yourself. Your identity changed again. When people get married or have children, they normally expand their identity in some fashion to include those loved ones. When one hates others one contracts one's identity to



exclude those we hate as “others”. As long as you hate anyone you can not endure torture because you can not get to the Oneness that is inviolable and already Well and Contented. Let me say that again. Your ability to be Contented in Life depends on your ability to get past your limited sense of self, your selfishness, to embrace your enemies with love in your heart. You know that you have succeeded when you care more about their welfare, particularly the welfare of their soul, than about your own freedom from suffering.

The Mossad officers did not want to hear that. They wanted to go on having the identity of “tough bastards” being able to “tough it through the pain”. I asked them to see how long that worked as a strategy while we knelt together on a cement floor. They had already passed the Mossad’s training which included being beaten up pretty badly. But being able to ‘tough it through’ some pain is not the same as being able to endure hard torture for extended periods of time. I was called in to train them because two Mossad officers had been captured in Lebanon and tortured until they were “basket cases”. They trembled in fear whenever a new person came

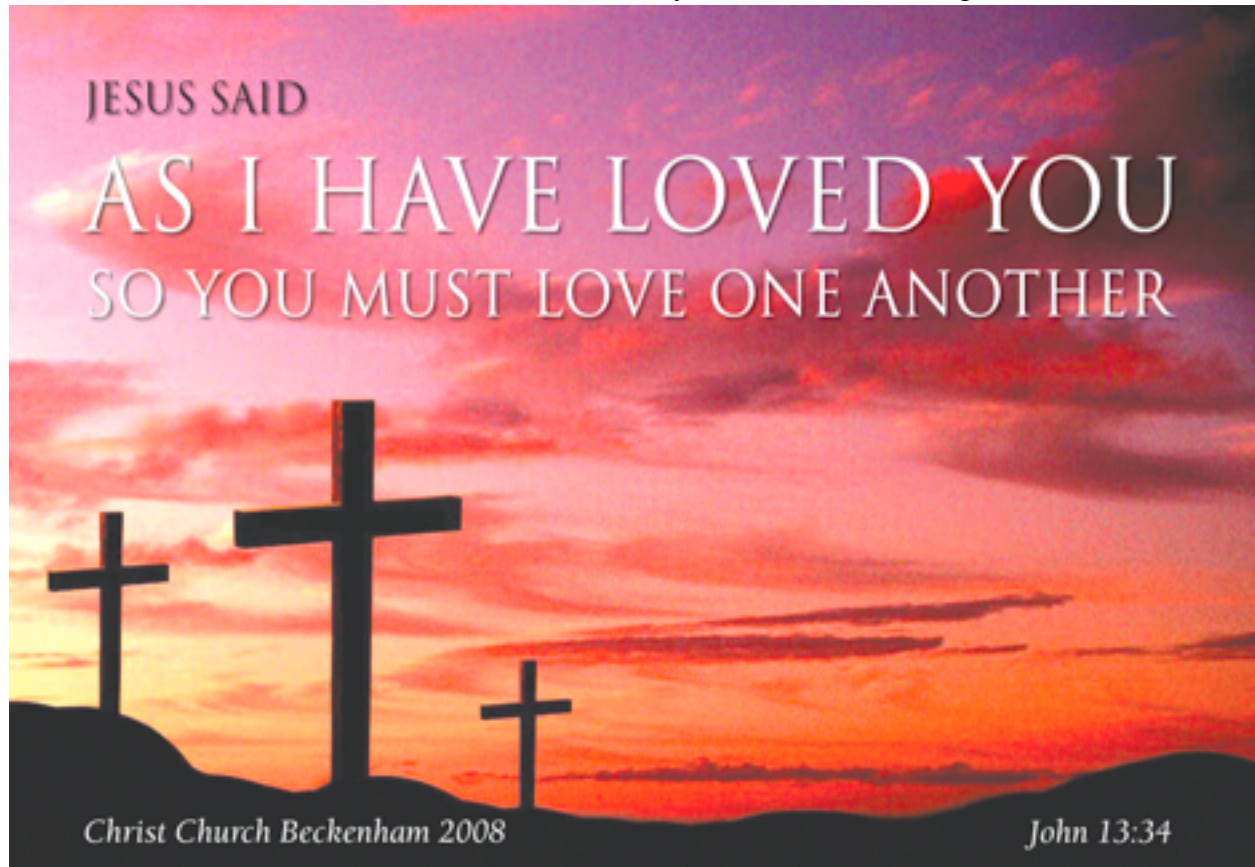
into the room or a loud noise went off. In short, they had terribly disabling cases of Post Traumatic Stress Disorder. That is normal. Everyone who has been tortured severely goes through that stage, usually repeatedly. But one also has to learn to get past it again. Those 2 men thought they had failed because of that PTSD--that is not true. They failed because they could not forgive their torturers and get past it. That is a very, very hard thing to do. I don't want to minimize that. It is probably the hardest thing in the world to do. But that is what it takes to heal. And worse, that is what it takes to "endure" torture and death. So, the faster one gets at being able to do that the better.



It is well known in the literature on torture that solidarity from others helps one to recover from torture. Those who have been tortured are suffering the most from others not caring about their needs and their feelings. So, to help the 2 men who had been subjected to such lack of care I designed a solidarity action to both make them feel cared for and to train others in the Mossad how to endure torture. I asked for all the Mossad officers going into Lebanon and those ordering them into the danger of torture to take that training. The 2 men were put on thick blankets in the front of the room to lay on. For hour after hour, the rest of us kneeled on the cement repeating silently or aloud "Lord, I wait upon Thee". Men broke into cold sweats from the pain. They cried from the pain. They cursed. They threatened to kill me. They did everything imaginable to get out of giving up their grudges against others. I told them that they could get up and leave the room at any time. However, I said that I would not accept any of them

back into the room if they did so. I used their macho attitudes to break their holding onto grudges. It took up to 9 hours for some of them to break through, even with my help. They

wanted to be able to have their hatred more than they wanted to be free of pain.



But the moment that one is free of hatred for one's enemies from the top of one's consciousness to the bottom of one's subconscious, the aversion to the pain is gone. At the end, everyone got to being able to be content with any amount of pain. By the very end of the training, about 10 hours total, they were all able to find the bliss that pain can turn into when one recognizes that pain as part of the All-loving Oneness.

It enormously helped the 2 men with severe PTSD to see so many of their colleagues willing to come out and endure pain in solidarity with them. After that they felt cared for again by others. They stopped being afraid of everyone and were able to return to desk jobs in their office. One eventually went back into operations about 2 years later.

Does that mean that they would be able to endure any amount of pain after that? Yes, and no. Once one has had the experience even for 2 minutes, it is a bit like riding a bicycle, it is

somewhere still in your being to call upon. But unlike riding a bicycle, it does not automatically kick in. You have to look for it--you have to go back to square one and dissolve your animosities again. Torture is designed to make you angry to increase the pain. Under drugs, lack of sleep, rape, harm to your body, etc. it is easy to get angry. So, then it can take some real work even for people who are experts in enduring torture to get beyond that phase of aversion to the suffering.



The CIA did not want me to train their operatives how to endure torture. They did not want that because they wanted to be able to control them through threats of torture, whether explicit or implicit. Thus, when I taught at the Office of Naval Intelligence and Defense Intelligence Agency, I had CIA officers crashing my courses to try to learn what the CIA would not let me teach them at “The Farm”. At “The Farm” the CIA operatives were told that everyone eventually breaks under torture and just try to tough it out for as long as possible before breaking. Many intelligence agencies ask their officers to endure for 1 to 4 days, to give them time to abort an ongoing operation before they start spilling the beans.

Really, talking is not the problem as long as one resolves to only talk about God. You don't have to say that is what you are doing. I once had a bit of fun with the KGB who were torturing me. When they asked me who sent me, I said 3 people had. Then I talked about the Father, Son, and the Holy Ghost while not mentioning them by name. It took them 4 days to figure it out. I was nearly dying of laughter on the inside while trying not to show it. It was harder to endure not laughing and giving it the prank away, than it was the overwhelming electrical pain. Please read the book by the Romanian Wermbrant called "Tortured for Christ"; it is excellent.

Everyone can learn how to endure torture. I never had a student fail that, if they were willing to give up practicing Satanism. If they weren't willing, I asked them to leave my class because I could not help them. Now, there is nothing stopping you from learning how to endure pain on your own. I have given you all the information that you need, if you apply it.

The series of photos are part of the teaching to the right side of the brain. I was unable to find good visual illusion using clouds and light. But please intend to merge with Oneness, not pain, animals, or Death.



Shamans in many cultures have tried to merge with animal spirits or become shapeshifters. But animals and shapeshifters also die. So, if your mind slips into a wrong form of motivation, be sure to bring it back to the right form of motivation, merging with Oneness. From Oneness it is easy to get back to being your limited selfish identity, just long for one of your bad habits to pull you back. I use my desire to overeat to do that. It may be a foolish thing to want one's bad habits or a limited sense of self, but most of us do.

If you read the rest of the text I have written you will have emotional reactions to the torture others were subjected to. That is normal and well. But most people are likely to develop hatred towards those who ordered and committed the torture. That is also normal, but I am asking you to please use the methods I am about to teach you so that does not harm your soul or sense of contentment. No one can harm your soul except you. Your anger, your harsh judgment of others, your actions to hurt others are the only things that do that, even if others were to terribly torture you. So, do not let small things like merely hearing about how others were tortured harm your soul. Resolve to use the reading of this material to get beyond your hatred of war criminals to working hard to stopping them through concern for the welfare of their souls. That will make you an effective non-violence resistance fighter like Gandhi and



Nelson Mandela. Please see the movie **Gandhi** at www.youtube.com/watch?v=jnByy_r2ZKk



Nelson Mandela www.youtube.com/watch?v=zI0pQArg2pU ,

One can not fight evil with hatred, it just makes the evil grow. One can best fight evil by great concern for the souls of the perpetrators and putting yourself in their path to attack while patiently enduring it. Eventually even they get tired of hurting you because it is so unjust. Meanwhile, you are developing your patience and your spiritual strength to shift situations.

Let's get down to the detail of how to reframe emotional distress to make it work for your spiritual growth, instead of being victimized by it. Suppose you are a man and you are raped by the torturers. This is what my students were always most afraid of. They believed if that happened that they had "lost their manhood". They falsely believed that they should have been "man enough" to prevent that. Just how is a Mossad officer, tough as he is, supposed to prevent himself from being raped while he is naked and tied down? I used to ask them that and they would go wild with discussions of how he should have prevented himself from being put in that situation to begin with. Then I would repeat the question and they would spin out on it again to they should never be in that position, they or their superiors must have let them down. Then about 20 minutes later, I would again ask them. Finally, they would have to give up their denial

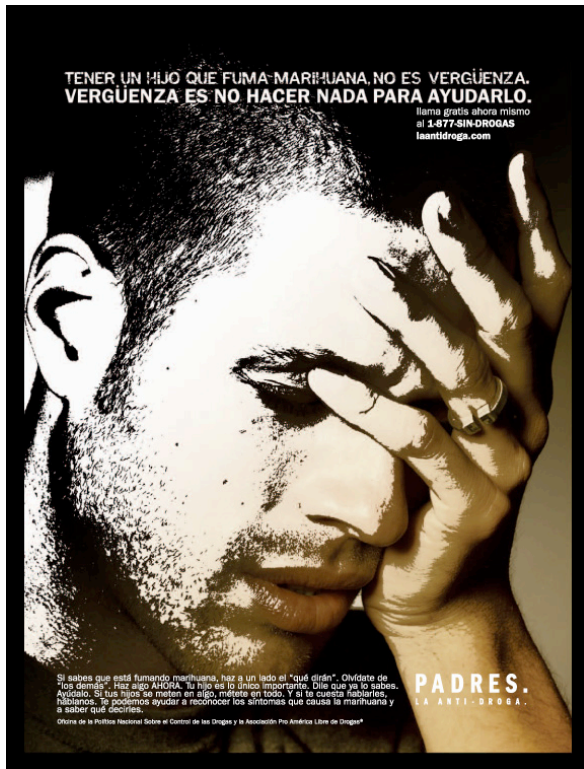
and admit that they could be helpless to prevent themselves from being raped against their will regardless of how good an agent they were. That usually came as a crushing blow to them. They often threatened to kill me before we got to that realization on their part. They were using that denial of the risk to be able to function on their jobs and did not see what, if anything, could take its place. They had real grief come up about the risks that they were taking when they had to give up the denial.

But that denial could shoot them in the foot when they were actually tortured and raped. The torture and rape do not destroy a person's self worth IF AND ONLY IF THEY CAN ADMIT THEIR HELPLESSNESS IN CIRCUMSTANCES BEYOND THEIR CONTROL. We are not God. We do not have total control over our circumstances. We only have control over our reaction to those circumstances and most of us have only a little control over that.



I met a very good Tibetan lama, Lama Yangtang Tulku, who had been in a Chinese prison camp for 27 years. After listening to him teach, I considered him quite an honest compassionate person. He said that in his 27 years in the prison which included being tortured by the Chinese and having his disciples tortured in front of him, he never once had a single angry thought about the Chinese. I believed that he was telling the truth. But irrespective of that judgment on my part, who among us can say the same thing? It is helpful to resolve to become that pure a person by the Grace of God/Oneness. But most of us do not have that kind of control over even our own minds, let alone the behavior of others and the political circumstances we live in.

Thus, if we are raped, tortured, get cancer, get divorced, have a car wreck etc., we have to accept that some part of it may have been beyond our control to prevent. That is, it is unreasonable to have more self blame for those events than is actually warranted. If looked at dispassionately, we can assign to ourselves a percentage of the blame and correct our errors. The reason that is so important to do is that under torture, the torturers will try to destroy your sense of self worth by telling you that you are guilty for things you did not intend through your free will.



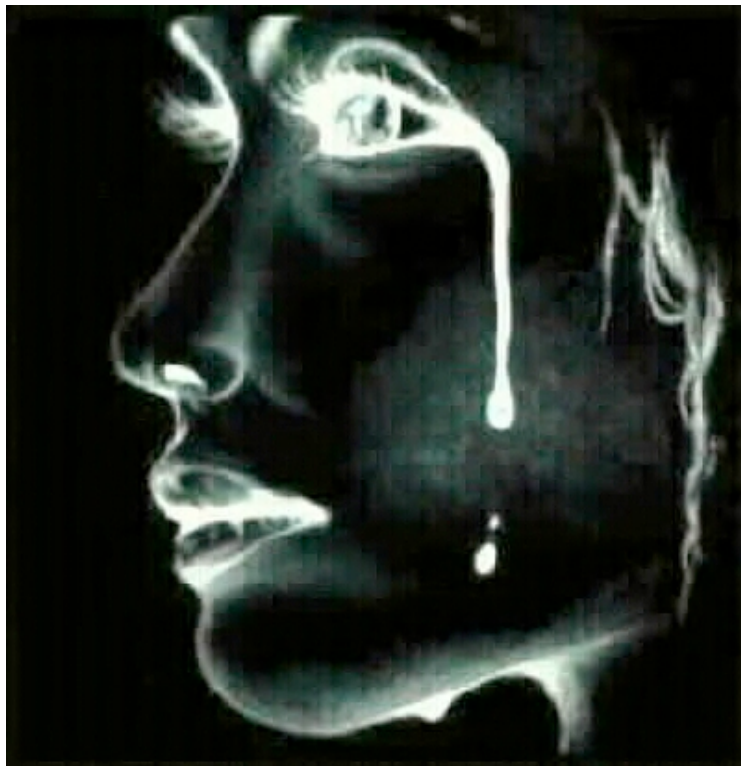
For example, they almost always set up a no win situation by saying “Either you hurt this other person, or we will torture to death a child in front of you.” They are going to blame one for either hurting the person or the torture-death of the child by your not hurting the person. When you are in great pain, sleep deprived and drugged, you can not figure out that regardless of which choice you make you are not to blame. They set up the situation to harm you and the other victims. It was their intentions that did that. It is unreasonable to expect that a person who has been denied the use of their mind through drugs, sleep deprivation, or pain, has a functioning mind to make a choice correctly. No choice they were given is correct.

The correct choice is to walk away and leave such a situation. That only correct choice has been denied them through the torturers. Their will in the matter is nil since they had no choice in how the situation was set up. But commonly, people given that choice are destroyed emotionally regardless of which decision they make. They falsely believe that they were given a choice and are morally responsible for how they made it. Under torture one has no choice; all the meaningful choices have already been made by others. So, you can just relax--what happens is totally out of your hands. It was not your intention to hurt any of those people when you came to the prison, so you are not responsible for hurting them. Once you are being

tortured you should remind yourself, “I am not free to exercise my free will and make meaningful choices.” “I do not have the ability to think things through now, so it is impossible to assign blame for my actions to me. I will have to wait until after I am out of prison and have my

free will and mind's functions back before I review and assign blame. Until then I am helpless to make decisions and have to consider myself blame free."

I asked my students to write down what they were afraid of if they were tortured. And more importantly what they thought that would mean about them if it happened. Most of them said things like "I am afraid of being raped" because it will mean "I am not a man". Then I asked them to contemplate the rephrased statement. "My worth as a man is not effected by my having been raped because it was outside of my control to prevent once I was securely tied up. One could still blame oneself for any mistakes that lead to your being captured, or failing to escape, but not for the rape itself. You did not plan the rape. You did not intend the rape. And you did not benefit from it. End of that story.

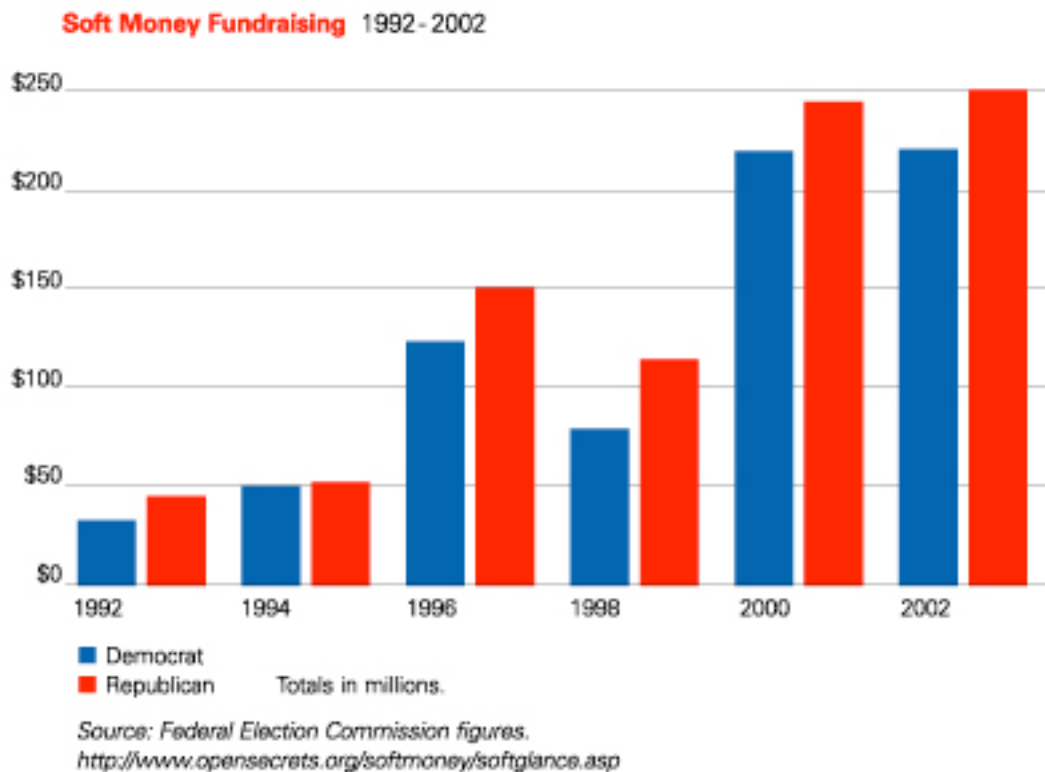


"I am afraid I will cry" because it will mean "I am a coward". That should be reframed as "They overwhelmed the stability of my mind with pain, fear, threats,...etc. until I cried because I am a human being who still has the God given ability to have feelings."

Or "I am afraid that the pain will be unbearable and I will behave outside of my moral values" because that would mean "I am a bad person". That should be reframed as "They increased the pain and debility of my mind until it was no longer under my control."

Now, I want to discuss how the torture strategies to destroy a person are used to destroy people's ability to resist in daily life. People are told that they have a meaningful choice to make in elections and are responsible for what those they voted for did while in office. Some of you may

be very upset with me for what I am going to say--just like those Mossad officers were when I asked them How they were supposed to avoid being raped once tied up. If the US was a functional democracy, we would already have health care for everyone as most people want it. If the US was a functional democracy, people would have decent wages and pretty good job security, because most people want it. If the US was a functional democracy, we would have strong environmental and food protection, because most people want it. Therefore, the US is not currently a functional democracy. That is the case because the Robber Barons have started the CIA and used it to blackmail or bribe most Congresspeople. That is the case because who you can vote for is determined by money poured into the campaigns in ways that you are not aware of, including by the CIA and by the labor of hundreds of them working behind the scenes for the Robber Barons. Watergate's dirty operations were only the top 1% of the iceberg.



www.campaignfinanceguide.org/guide-34.html

In the last Presidential elections you could only vote for those favored by the Corporations. That will be true in this election as well to greater or lesser degrees. Thus, effective choice is largely denied you in an election. It is more true that we have a one-party system of Corporate Control

than we have a two-party representative democracy. That is why the wars in Vietnam continued inspite of a change of Administration from Johnson to Nixon. I know from being inside the CIA that both Johnson and Nixon were getting millions of dollars in kickbacks from the Defense Contractors.



All this is to say, that those who oppose torture and wars are not responsible for them, to the extent that they made an honest wholehearted effort to stop them. I need to say that for several reasons. When you read this material on US torture you are at risk of unfairly blaming yourself. You are also at risk of unfairly exonerating yourself of the blame of not making a sincere effort to help end torture. Everyone is capable of writing letters which Amnesty International has shown does help, little by little.

A reasonable person, in my opinion, should be doing absolutely everything they can without harming their health to non-violently stop US torture. In my opinion many people are remiss in putting their leisure before the welfare of the civilians in the foreign war zones. Sins can be of omission, not just of commission. If you did not protest US torture as much as possible, you have indirectly contributed to it becoming part of US policy. Similarly, with our voting rights being stolen by black box voting machines, see Bev Harris's excellent free book on line at www.blackboxvoting.org not .com.

If you have done everything in your power to prevent US torture and the theft of our democracy etc., then it is not your fault.



But Americans are losing their rights and their honor because most people have acted quite improperly. They have sold out for leisure and the facade of democracy and freedom without troubling themselves to see if these were more illusory than real. They have been willing to go along with the bombing of civilian populations without demanding that that careful honest policework to find and try the criminals who did 911 be pursued instead. They had willing swallowed the official lies in the newspapers and TV news in order to avoid the hard work of ferreting out the truth by looking at well



researched materials on 911 like David Ray Griffin's 911 Commission: Omissions and Distortion or spending so much as 1 hour to listen to one of his talks at www.911busters.com/911_new_video_productions/ .

David Griffin is a Christian theologian. He says that the Bible does not say to give false witness against your neighbors to steal their oil. He also says it does not say to kill them to steal it. Christ said to help the poor, the sick, the needy, and the imprisoned. He did not say to sit around pursuing your selfish pleasures.

Some of you will no doubt blame me for being in the CIA. I am a sinner, that is true. Within the limits of the freedom of choice that I was given I tried to do my best. I probably failed, God knows, more than I succeeded.

Please work hard to stop torture. I have put my life on the line repeatedly to bring you the true of the corruption which is destroying the moral framework of our nation. No doubt those reading these pages are among those making a great effort to learn the truth inspite of it being highly unpleasant. I urge you to continue putting in your best effort.



[Dalai Lama Talk on Compassion as the Source of Happiness is available in English at](http://video.google.com/videoplay?docid=8291565937938897036&hl=en)
<http://video.google.com/videoplay?docid=8291565937938897036&hl=en>

At a teaching by the Dalai Lama he gave an example of a man who was wounded by a bullet from the gun of another man;

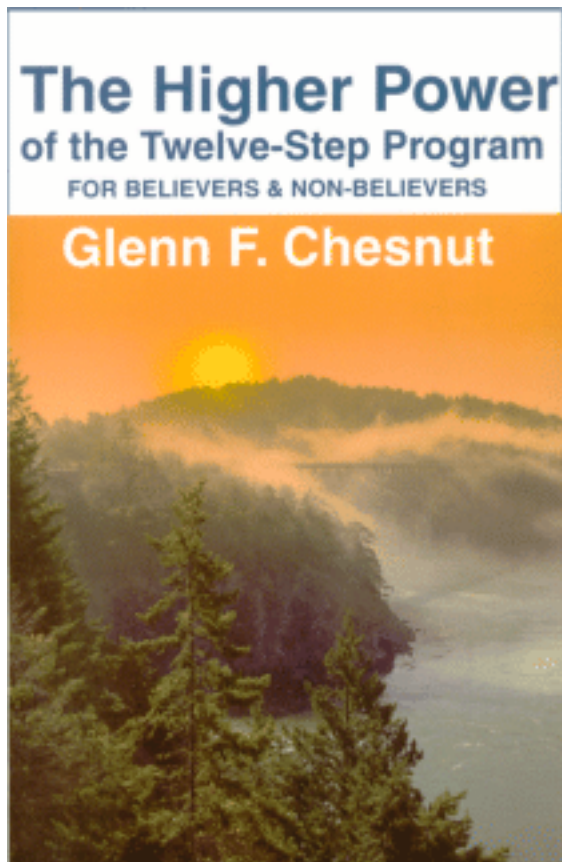
“ Should you be angry at the gun? Should you be angry at the finger that pulled the trigger? Should you be angry at the man? Or should you be angry at the anger which drove him to pull the trigger?”

The Dalai Lama said that that same man later or earlier could be the friend of the wounded man, so it is not an inherent characteristic of the man. But it is an inherent characteristic of the anger to hurt others and that is what we should be angry at, not the person. Our anger destroys our happy mood. An angry mood harms our relationship with others. A single hateful sentence said in anger has the potential to destroy a marriage. Our enemies have to rest and can not always be attacking us. But the anger in our hearts harms our health night and day.

I hope that when you get angry at the perpetrators that you will remember the kind words of Christ to love your enemies. He had our best interests at heart. Anger arises against our will, but as soon as you notice it dissolve it again in the Oneness of Eternal Love. Although you probably already have better methods than I do for doing so, I offer my method in the hopes that it will be of use. Of course, it is presumptuous of me to do so when there have been so many saints whose words have proven worth, like Padre Pio. Please go directly to the Source as well.



This is a picture of Padre Pio with stigmata. He recently was made a saint by the Catholic Church. He had the wounds of Christ for 50 years through his devotion.



I imagine that all the obstacles in the way, such as my many sins, are part of God calling me back to Him. That is, instead of telling myself, I can't experience Peace and Contentment now, I welcome my sins to pull me into the heart of Oneness. I know that sounds strange. But sometimes all I have to work with is my many sins, so I have to use even those to lead me back to union with God/Oneness.

But anything can be used the same way--worries, poverty, pain, etc. Whatever is in the way of one's contentment in the Lord, can be used to pull you into the heart of God by your willingness for it to be so. God knows how to bundle all of those difficulties up and pull you close to Him. There is nothing special one has to do except be willing. Sometimes I am not willing. Then I ask God to put all my unwillingness, resistance, and lack of faith, and anything that still stands in the way into that bundle too. Lord, please add to that bundle my selfishness and all the stands in my way of helping all beings. That really works for me. I hope that others in need will try it.

Sometimes I cry when I am tortured. The torturers think it is because they are hurting me. They do not realize that there is nothing that they can do to me except to send me to Christ, in life and in death. But I weep bitterly sometimes because I can guess where they would go if they died then. Imagining them suffering in Hell is more than I can bear to watch and I cry for them.

There is nothing anyone can do to me to send me to Hell after death. Only my own sins can do that. So, the torturers cannot do anything to me. They are not my enemies. Only my own sins and selfishness is my enemy. If only I could remember that all of the time and not get lost from the Lord for even a moment.

Conclusion: How to Survive Torture and Pain in Good Spirits

I am a firm believer in Christ's ability to help us in all situations. That is the only way I made it through many days of torture. What St. Theresa said about those who have God in their lives having nothing missing is really true.

Although my life has been and continues to be quite difficult, I count myself as one of the luckiest people alive. I had enough pain in my life that I had to come to God to deal with it. Many people do not find the strength that can come from union with God because they are never desperate enough to let go of their ego for a moment. Though I fail often to keep God constantly in my mind, I am forever grateful for the pain in my life that brought me to Him even once.

I wish that everything had that experience of merging in with God deeply enough to release their pains and worries. I do believe that that experience is available to all of us all on the time, but I often forget to turn to it to solve my problems. So, use your upset in reading this material to practice calling on your Higher Power. Learn how to become comfortable with your emotional distress. That is, be aware the distress as physical sensations in the body and track And finally how to dissolve it into bliss through union with that Higher Power.



WARNING:
The material we
will be covering
is emotionally
difficult.

Please take time
to rest, pray, or
get a hug from a
trustworthy
friend
intermittently to
avoid stress.