

July 2024 Synopsis

I ASK KINDLY TO PLEASE SPREAD THE WEBSITE, ALL HANDBOOKS, STUDY MATERIALS AND VIDEOS LIKE A DIVINE WILD FIRE TO ANYBODY THAT YOU KNOW THAT MAY BENEFIT FROM THE INFORMATION THAT IS BEING MADE AVAILABLE. THE TSDB LIST NEEDS MORE EXPOSURE, DOCUMENTATION, CIRCULATION OF KNOWLEDGE, ABSOLUTE ACCOUNTABILITY. THIS IS HOW WE ARE GOING TO DISMANTLE THE LIST FOR ALL INVOLVED. I CONSECRATE MY LIFE TO SERVING THE CHRISTOS MISSION AND THE RESTORATION OF FREEDOM AND PLANETARY LIBERATION.

I ASK THAT IF YOU ARE ABLE TO DONATE PLEASE CONSIDER DONATING TO THE PLATFORM AS WE ARE USING ALL RESOURCES TO CONTINUE TO PROVIDE HANDBOOKS AND ASCENSION TOOLS FOR HUMANITY. YOUR DONATION WILL MAKE A HUGE DIFFERENCE! TRUTH OF RIZA DOES NOT HAVE A SOCIAL MEDIA PRESENCE, ADS OR INVOLVEMENT WITH THIRD PARTY GROUPS BY INTELLIGENT DESIGN. I WILL ALWAYS STAND FOR HUMANITY'S FREEDOMS. FOR OTHER TI'S, WE ARE IN THIS TOGETHER. LET'S EXPOSE EVERYTHING POSSIBLE THROUGH DIVINE STRENGTH AND COURAGE! WE ARE VICTORIOUS, GLEAMING IN SOLAR LIGHT!

TRUTHOFRIZA.COM

July 01 2024 at Lehigh Acres

- 8:49 AM high altitude very fast unmarked
- 9:00 AM non commercial plane some sort of aircraft flying rather low and fast.
- helicopter 1 with sprayer right over the house ontop 9:48 AM (maybe liquid, maybe gaseous spraying)
- Riza tries to sleep everyday from 6 AM to 9 Am with no interruptions. Harassed and traumatized by forced dream simulations (EMF Broadcasts) containing sleep state sexual abuses.
- Daily weather warfare pinpointed directly towards our location. They never come towards point of manifestation because I actively break all storms down through my dragon consciousness layers.

July2 Moving Day

- loud & low plane with propellers blazing right over the house 6:58 AM (same one we have on camera recording) same spot , same sound, every location we go. I will replicate all attacks at our new location because they never stop
- Plane 7:56 Loud
- While driving to new location helicopter 1 9:59 same one that uses xray attack
- Helicopter 2 10:07 helicopter following us while driving, they were parked onside of the highway. Same ones that attacked us at the place we just left
- Helicopter 3 10:17 and Ti plane lifting off from airport following us

- Plane 12:15 and another plane 12:29
- Another plane 12:49 big propellers , same ones at the last property we stayed at
- Arrived at new location 3 hours away from old location
- Arrived to new location and recorded a plane not even 5 minutes into arriving flying directly over the house (before we knew that flight schools were being mind controlled to fly over the house, constantly)
- Helicopter 4 new location 2:44 PM

July 03 2024

- Riza Dream state attempt of sexual abuse, traumatizing. Constant EMF Broadcasting Dreaming. Your soul is supposed to be able to travel to other areas not trapped inside of an EMF simulation controlled by others - this is an attack on your soul
- Constant Planes , 1 every 10/20 minutes right over house
- Helicopter 1 9:29 AM
- Two Spy Owls located with feedback loops running. Only fly up when I'm (Riza) outside walking
- Planes recorded , two planes flying all the time passing over house once every 5 minutes. Several on video recording. Again, same type of plane and sound. Deep trance victims flying over the house at all times (when calling the flight schools they say that is their practice flight course now - so their "course " is seemingly right over our house now)

July 04 2024

- Riza and husband constant dream state harassment. Both of us experience EMF Broadcast dreaming. You can wake up/ become lucid and figure out that it is all artificially simulated. Realms full of walking demons and lower creation people.
- Constant planes flying over house
- Weather warfare, this time it was hidden on all weather radars and popped up randomly. Electric storms containing V2K transmission, demonic essences interfacing through thunder with the V2K and inserted thoughts. Every thunderstorm comes with V2K inserted transmissions of suicide and harming yourself.
- Helicopter 1 right side of house far out 15:38

July 05 2024

- Riza deciding to skip extra time where she would receive about 1-2 hours of extra sleep. I am deciding to skip the normal hours that they choose to do dream harassment with me
- The normal sleep state schedule is that my husband and I are in bed at 8ish then are sleeping. First forced awake is normally 12 midnight or 1/2AM. Then we are both forced awake every hour until 5 AM. I (Riza) would normally get more rest from 5 Am - 9 Am. Being forced awake and harassed through dreaming around 7 AM. They never let Riza sleep past 9 AM. When I am in the bed alone I get attacked through forced dreaming patterns. When I am in the bed with my husband - I don't experience harassment but my husband does all night.
- Husband's phone has been tapped. They listen to our conversations through the camera and

microphone. This has been going on since DEC2023. I catch them using the camera and microphone EVERYtime the phone is on lock. We keep the phone on unlocked. Privacy constantly invaded. Surveillance state

- Helicopter 1 14:35
- Helicopter 2 16:42

July 06 2024

- constant planes , bought a 4k legal drone for better video evidence
- 6:57 unmarked airplane, jettish , military turbines in back. Will get it on video next time.
- Helicopter 16ish with other low flying aircrafts that are different than the propeller unmarked planes
- Random fireworks at midnight that woke us up and found an air craft circling low outside 11:58 PM. I don't know if it was a drone or not.

July 07 2024

- Planes have been acting a little odd since buying the drone and test running it to further record these planes.
- After buying the drone my husband and I got the best night of sleep in a whole year. Less planes than I have ever saw.
- Trying to get the planes on drone footage but are having trouble finding them on camera
- Helicopter 1 16:50 all black wouldn't show itself
- Helicopter 2 17:05 , blazing over the house red and black
- returning drone due to inability to document these clowns flying Cessnas Edit: planes are back to normal blazing over the house really low , returning drone due to inability to document these clowns flying Cessnas (this was all before we found out that it was actually all mind control people flying Cessnas)

July 8 2024

- military jettish plane right over house 8:40 AM
- Constant Cessna Planes

July 9th & 10th

- Same update everyday , 100's of Cessna plane models passing over the house. They are heavier in the morning than they drop off to about one or two flying in the afternoon. Last night we kept hearing the latest flying one which was at 9 o clock (2100) flying over the house. At this location they use planes , military jets , caught a fighter jet doing 4 passes over the house, and other military surveillance style planes constantly making passes.
- Sleep quality has gotten better, I am prolifically learning how to make their brain mapping devices inert and unusable.
- More owls in the area that have hooked up feedback loops running into off world locations for surveillance usages. I will have some videos explaining how they do this.

July 11th

- sleep deprivation tactics with the planes flying later at night. Latest flying plane 9:30 PM
- Weather warfare , increase in V2K inserted thoughts.
- Helicopter 1 @ 7:58 AM right over house , moving to fast to get on record of video

July 12 2024

- Military surveillance jets over house 4 ish PM everyday three or four passes
- Forced dream simulations

July 13 2024

- Cessna Planes always around
- Helicopter 1 15:36 PM
- Helicopter 2 15:41 PM
- Helicopter 3 16:06 PM , another pass 16:20
- Found the Flight Radar 24 App

July 14 2024

- Helicopter 2:53 AM a million circles to the side of the house with a drone as well. It's on Video. They did this the first day we got the Flight Radar 24 no Cessnas just a helicopter over the house and circles- my idea is that they are doing brain scanning and brain mapping. Helicopter has n/a on both serial # and registration #. I see it lifted off at Kissimmee gateway airport upon further investigation. Bell OH-58A Kiowa on the app. (I later found out that this is a sherif helicopter doing some type of EMF scanning for broadcast usage)
- Helicopter 2 at 14:53 right over house- obtained the registration number and pictures of it- the registration and pictures were under Air Force Fun Helicopters based in Florida
- Cessnas back to flying like there were , going through archives / playback on the app the see there " flight course"
- Planes that are used against us - all Cessna models, piper Pa models , privately owned pipistrel panthera.

July 15 2024

- at 3:30 PM I called Air Force Fun Helicopters putting in an inquiry about the helicopter N246LC that flew at 800ft over the house darting at my husband- call is recorded the guy said that they sold that particular helicopter to a private owner a year ago and could not give any further details about the private owner or the selling of that certain helicopters
- Weather warfare V2K thunder mind control harassment from the electricity in the storms. Moon is at 69% attacks going up !
- From time to time a satellite pops the walls and shoots EMFs into the house (this has been on going since MAR2024 at every location)

July 16 2024

- Logging all helicopters from the past year with registrations and serials. Making phone calls

to some of these helicopters from health care services- Who is flying these helicopters ? Over the past year we have had about 20-25 helicopters fly over us a month for a whole year straight. That equals to like 150 helicopters per year accounting for the short side estimate of helicopters that fly over and over again but are the same helicopter not different.

- Weather warfare - pushing EMF V2K into my heart. These storms are designed to throw off my electrical field

July 17 2024

- best night of rest ever - 7 hours straight of sleeping
- Called more individuals about the helicopters. Who is flying these helicopters?
- I called Lee County Mosquito Control District regarding a helicopter that sprayed our roof on JUNE2024, Chief pilot was supposed to call us back
- Constant Cessna planes
- Also a high amount of " your crazy , no one is targeting you " subliminal messages V2K. Mindcontrol being pumped that I should quit doing my own investigation and that I'm not actually being targeted it's all in my head.
- Husband takes SIM card out so that no one can listen and stalk through tapped electronics. My phone is now tapped and no way to take out my SIM card because of the eSIM:(. I keep picking up my phone and the green light is on recording my audio / camera. These people are asinine. My solution is that I keep my phone unlocked at all times and I turn down the "reduce white point" to 100 percent while sleeping. I play my self made subliminals out my phone speaker during rest with my phone unlocked at all times. For 2024 programming my own subconscious I am focused on self love, confidence, overall my connection with source.

July 18 2024

- Got great sleep again slept 8 hours planes flying later around the house 10 pm
- My phone is tapped - being used to spy and get audio/ video / picture recordings.
- 11:38 AM potential military helicopter did not show up on the flight radar 24 app. Got the sound on video. Helicopter was moving too fast. My questions is how did it not show up on flight radar.....???
- Satellite pings on walls and above our head when we walk into rooms.
- Helicopter 2 at 12:12 pm N145CL Metro Aviation Corporation departure n/a and n/a on landing (Airbus Helicopters H145) serial 9188

July 19 2024

- alright so due to my grid working projects , I experienced a fare amount of harassment while sleeping. Forced awake 4 times. Planes flying late by the house 10 pm
- I have been calling places connected to these helicopters. Called Lee Country Mosquito Control District back again because the Chief Pilot never got back to us on the inquiry of the spraying helicopter ontop of our roof JUN2024
- I called and put an inquiry on every single company that uses a helicopter or Cessna against us. Leaving the sherif helicopters alone until a litigation kicks off. I don't know when but In

divine right timing.

- still making phone calls and inquiry about these planes and helicopters. Some of these Cessnas planes belong to flight schools where their flight practice courses are seemingly right over our house. We have asked them to scoot their flight practice route over to the south a bit and put in a noise abet / noise complaint.
- Some of these helicopters aren't adding up to what is registered under. We keep calling places and no one has an answer as to why helicopters are flying right over our house almost everyday.
- We then came to the divine answer that these people are 2/3 times being mind controlled to fly their helicopter right over our house. The other times is medical system helicopters and sheriffs doing planned brain scanning attack or emf weaponry attack with X-rays to our Brain or any other frequency output that makes our brain swell after they pass. I also started noticed that they try to shoot demonic essences into our light body layers and then I have to spiritually deliver it later.

July 20 2024

- Dream simulation harrasment with husband and I, low quality sleep. Forced awake 4 different times. 12:30 AM, 3 AM, 4 AM, 5 AM, and finally awake at 6:30 AM for the day.
- Dream simulation : vaccines being shoved into our wrists and legs and yelling that they killed us over and over again , shared dreaming.
- Yesterday we did quite a bit of our own digging with these Cessna plane flight logs, calling certain places that pop up over and over again where the flight logs do not match with registrations and serial numbers. We made the realization that these people flying are being mind controlled to fly over our house and the flight academy gets mine controlled to change their flight practice area more to where we are. There are always Cessna planes around us. I don't think the chief flight Instructure or students are being paid or told to fly directly over the house, I think their neurological areas are being controlled through cell phone towers and the EMFs emitting from their radars and other electronic gadgets they use to fly. It ain't nothing for a demon inside a person to tell the person what to do kinda like devil on your shoulder but this devil on your should can control your entire body because you don't have connection to your organic consciousness because of heavy metals and you are apart of the percentage of being able to be highly susceptible to mind control. I've seen so many people be used against me. Flip right in front of me form targeted mind control.
- When we don't have helicopters flying near or over the house we actually get amazing !!! Sleep. No planes , no helicopters = normal sleep & rest
- Lowest amount of planes ever- peaceful outside when I am getting some sunshine. (I think this was from the noise complaint)
- Husbands eyes have started getting microwaved as we continue to grab evidence, work on evidence streamers for the public eye, gather all data and information for litigation processes. Microwaving on the eyes - I (riza) experienced this microwaving of the eyes in MARCH2024 when I was freshly building out my plasma luminary eyes and I needed my inner visions for grid working projects. All of my eyelashes fell out and got extremely thin. Re growing them with castor oil and subliminals.

- Since calling all of these flight schools and companies connected to certain helicopters our arial harassment has been much less. Let's see how much time it takes for them to fly another helicopter over here and who Will it be ?

July 21 2024 Full Moon - Astral Entities running A Muck !

- low quality sleep with night long dreaming torture , dreaming simulation.
- Dream simulation women with lunatic/ lunar currents not Leaving me alone, helicopters everywhere and people trying to force me back into military marching / walking in a formation, flight radar 24 app and a million helicopters over our little house location
- Newer stabbing pain to my liver, happens about once a day. I woke up to stabbing pain in my liver. Very intense pain of stabbing. This is new to us right now.
- When I'm sleeping it feels like my bones and kidneys are being squeezed. Intentionally squeezed and poked. It feels like someone is forcing a corset onto my abdomen: belly, back side of body where my kidneys are. Squeezing pain/ sensation
- Update: we have called Airforce Fun Helicopters , Lee County Mosquito Control District, ATI Jet call and calls with Mechanics, got hung up on three times by mechanic at ATI Jet regarding the mislabel of Cessna plane at Sunstate Aviation and the LearJet60 with ATI Jet Services. Called Sunstate Aviation, Orlando Health Air Care Services. Did more digging and called Airforce fun helicopters about the helicopter that was used and the answer was different than before, after digging more I found that helicopter that was used for sale on a website and I called Jane Doe the owner of said helicopter under. She hung up on us one time after inquiring. For more please see the evidence log that matches. I tend to elaborate a lot more over there.
- Since we now have clarity that flight schools are the sum of all of the planes that we mostly have on recording it is now a rule for us that when we move and planes start flying our way that are connected to flight schools we call and put in a noise complaint or ask them to move their flight trianing course somewhere else.

keep in mind the amount of helicopters and planes flying over our house is from highly advanced military mind control. This is how they create street theater and some perpetrators aren't even paid they are just mind controlled from the nearest tower

July 22 2024

- Helicopter 1 Polk County Sherif N911WJ Robinson R66 2:45 AM circling the property
- Helicopter 2 6 AM over front trees in the property
- Calling flight schools and places where helicopters have been used today. No body has returned a call back or given any answers to our questions.
- Helicopter 3 11:15 AM N862MM right over house
- Helicopter 4 17:50 not at all on the map, bigger helicopter and white (this is the second helicopter that hasn't popped up on the radar)
- Every time I go to work on the Emerald Toolkit (current handbook) and add more detail of what is needed I get hit with extremely strong V2K and inserted thoughts of anger and hate.

They have also tried to wipe my own memory of the knowledge that I know.

July 24 2024

- extreme sleep deprivation with controlled electronic dreaming, torture all night. Waking up feeling absolutely battered and tired. Feels like waking up in a haze or fog sometimes.
- I have come to the conclusion that the people flying these planes are just mind controlled through cell phone towers to fly as close as possible and low as they can get to the house. The noise complain hasn't done anything- it worked for like two days and now they are back to flying how they used to. I'm interested to see if this continues at another location. Then that checks the box for me that the people just get heavily mind controlled around us to treat us like the scum of the earth. Same thing with these helicopters.....They are deploying mind control on the people around us so that the people can be used against us- this is what I saw happen to my family and friends before they all just left my life. Life long relationships ending in one week. What a trip of a reality. I didn't even try to save the relationship because I know they got mind controlled to speak to me like that, to treat me like that. I stay strong in gods spiritual amour.

July 25 2024

- Found places in the ceiling where the ceiling sealant had been burned off due to microwaves targeted my genitals and head (Riza) On the ceiling you can see how the beams come from a space orientated position. ****satellite ****The ceiling leaks are from the burning of the satellite and it raining, they are in line with one another and are directly over my head where I sleep. I don't exactly feel their microwaves targeted to my head or genitals due to all of the clearing that I do, and borax baths. I'm keeping on. This has started since the first day I uploaded to truth of Riza.

July 26 2024

- Constant planes
- Helicopter 1 3:17 AM - 5:15 AM almost TWO whole HOURS orbiting the property. Brain mapping technology. Stealing of brain signatures.
- Helicopter 2 10AM
- Helicopter 3+4 same time at 1PM (both sheriff helicopters attempting to steal brain signatures again while I was laying on the couch)
- Current projects I have been working on experienced a crash and black out on computer when the police helicopters came and circled the house

July 28 2024

- Big revelations on staying neutral and living in peace
- Constant planes, they no longer bother me though...
- Microwaving of my head when working on projects and while I sleep
- Husband and I both still experiencing dreaming torture
- Helicopter 1 at 1:29 PM while I was uploading projects deployed emf weaponry- 15min after

helicopter passed brain hurts like it was swelling.

- Weather warfare, trying to ruin the roof with planned heavy down pouring rain with the spots that they have been microwaving on the roof above my head and genitals where I sleep mentioned JUL. 25

July 30 2024

- Helicopter 1 & 2 both at the same time 3:30 PM- 5:15 PM orbiting doing attempt of brain scanning - taking our brain signatures
- Same helicopter (Helicopter 3) came back for another orbital pattern for brain scanning at 6 pm. Left when we left our house and started moving around.
- Weather warfare with V2K sets when the electrical storm is near you.

July 31 2024

- Extreme sleep deprivation. Forced awake every hour starting at 10:30 on the dot. Slept for two hours straight and it was all dream simulations with helicopters, drones everywhere, my family calling me a liar and I'm just crazy, people trying to have sex with me. The people would keep following me telling me to take my clothes off. Just harassment all night.

Helicopter Section (JULY2024)

A log of all helicopters dedicated to ONLY helicopters for a better breakdown of daily attacks

July 1 2024

- Helicopter 1 with big drum tanks and sprayer attached - flying super fast right over house at 9:47 AM

July 2 2024 moving day - while driving

- Helicopter 1 9:56 AM
- Helicopter 2 10:01 AM
- Helicopter 3 10:15 AM
- Helicopter 4 14:43 PM

July 3 2024

- Helicopter 1 9:29 AM

July 4 2024

- Helicopter 1 right side of house far out 15:38

July 7 2024

- Helicopter 1 16:50
- Helicopter 2 black and red 17:05

July 11 2024

- Helicopter 1 7:58 AM

July 13 2024

- Helicopter 1 15:36 PM
- Helicopter 2 15:41 PM
- Helicopter 3 16:06 PM

July 14 2024

- Helicopter 1 2:53 AM Brain mapping technology
- Helicopter 2 14:53

July 18 2024

- helicopter 1 at 11:38 AM potential military helicopter, did not show up on the FR24 app. Got the sound on video. Helicopter was moving too fast
- Helicopter 2 at 12:12 pm N145CL Metro Aviation Corporation departure n/a and n/a on landing (Airbus Helicopters H145) serial 9188 - Cessna flying over house at the same time

July 22 2024

- Helicopter 1 Polk County Sheriff N911WJ Robinson R66 2:45/50 AM
- Helicopter 2 6 AM No-Registration all charts Airbus H135 - most likely operated by air methods (we have a pending call with them)
- Helicopter 3 11:15 AM N862MM right over house
- Helicopter 4 17:50 not at all on the map, bigger helicopter and white

July 26 2024

- Helicopter 1 orbiting for a whole 2 hours, following us around started at 3:17 AM ended at around 5:30 AM brain mapping technology
- Helicopter 2 10AM
- Helicopter 3+4 same time at 1PM

July 28 2024

- Helicopter 1 at 1:29 PM while I was uploading more projects

July 30 2024

- Helicopter 1 & 2 both at the same time 3:30 PM- 5:15 PM orbiting doing attempt of brain scanning - taking our brain signatures
- Helicopter 3 at 6 pm attempted to do it again (same n/a police helicopter as before)