

June 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

It needs to be noted that the reason why I (Riza & my husband) started taking such copious notes on our levels of daily attacks and terrorism is because the most recent month they (all those working for this TI List) attempted to ruin our entire roof and flood/ run us out at the current place that we were staying at. We weren't able to leave our location for a whole week due to not having any storm drains and I think "they" knew that. They used weather warfare pointed against us and Miami FL for a whole week. All weather that I was able to dismantle with my dragony consciousness layers (because all of the weather is planned and artificial/ man made anyways) was pushed to Miami so the weather we were supposed to receive went to Miami sadly flooding out those residences. This entire tropical storm was a planned attack to get us out of our current location which would lead to another potential cash grab. The way I dismantle weather warfare or storms is through evicting demonic spirits and essences. Once the demonic essences have been evicted and transited the entire storm normally collapses and dissolves. All storms are powered by nanotechnology/heavy metals and demonic essences.

The targeted individual program will deploy any type of attack, any way, any rhyme or reason to drain your bank account and try to put you into poverty. I have already experienced 8k taken from "accidents." We are now strictly living from paycheck to paycheck due to how much financial depletion our joint finances have experienced. There is no room for extra with our household income at the moment due to the massive amounts of 1000's that are missing.

Things not noted Here in the Synopsis, but can be found in the Timeline of Attacks :

JANUARY 2024 - Severe Military Grade Chemical Gassing to destroy DNA ladder bondings. All airways of breathing started closing in - ran us out of our current location.

FEBRUARY 2024 - daily microwaving of genitals and fascial lips, vulva & vagina, testicals still ongoing to present time by satellite and cell phone towers.

FEBRUARY2024 - Our first day with 5 helicopters harassing us in one day, all different helicopters. Minimum since JAN2024 we have 1-3 helicopters flying over the house everyday no matter the location.

MAY2024 - was the worst month of microwaves due to how many times we got burned. If we have sacred sex and are thoroughly enjoying ourselves we get microwaved. (Riza) if my sexual energy, orgasmic energy starts to flow even through dancing or doing conscious body work I will get microwaved. My husband and I have designed our life so that we don't get microwaved because our body can't handle anymore burns. I believe they have some type of alarm that tracks our life force energy and if I go higher than a certain level I wake up the following day with painful microwave burns on my genitals. Particularly since I am solarizing my sexual life force current these Negative Aliens do not want me Solarizing and running solar plasma currents from my sex organs into my husband's body. Sacred Sex is designed for spiritual growth and evolution when done through pure love and a solarized sexual life force current.

JUNE2024 - 7 Helicopters in one day directly over the house.

Start of Synopsis

JUNE19

- Drone or personal jet plane? over and over again over house 7:47 AM, 8:07 AM, 8:15 AM, 8:19 AM, 8:27 AM, same spot
- Helicopter 1 8:57 AM
- Plane so low over the house 8:32. Wife was sleeping prior she woke up at 8:40AM pulsed with EMFS
- Helicopter 2 with sprayers 12:56 PM right side passing - didn't spray yet
- Weather warfare, last week prior they sprayed something on the roof to melt the waterproof siding. Water started leaking through the roof. House next to us got hit also, problems with roofing on the house next to us. Continued weather warfare to ruin and run us out of the home we are staying in.

- Disease vector spraying from planes - emitting EMFs? Maybe cell towers?I use the PDD quickstep to heal our bodies from emf and pain.
- Supposed to be weather warfare all day with heavy rain and thunderstorms. I was able to transit the demonics in the storms. No rain thus far in our area

****full moon is approaching, attacks always get worse and more severe during full moon cycles****

JUNE20

- Rough night of sleep. Up every hour pulsed awake. Hard time falling back asleep. Have to use the EMF Calibration to get rest. Forced artificial dreaming simulations. Husband gets up at 6 AM everyday, forced awake. Satellites and or controlled torture dreaming force him awake at this time- daily. Itchiness around the eyes, an attempt to manipulate our emotions.
- Riza attempts to sleep from 6 AM until 10Am never gets past 9 AM daily. Planes and helicopters use EMFs to pulse me awake everyday at 9-9:30ish. I had an extremely hard time falling asleep and my body wouldn't go into deep sleep.
- 8:09 AM Helicopter 1 with sprayer, attempted to spray but husband was outside.
- 8:50 AM Helicopter 2 no sprayer attached.
- Cessna Planes flying around the house consistently.
- Ongoing planned weather warfare with subsets of mind control
- Rest of the day was noise campaigns with neighbors blaring bass music all day, people yelling and cussing around us. People honking cars, rumbling sounds from the ground, buzzing everywhere.
- When I go outside shortly after like 5 /10 minutes somebody always manages to try to come near me whether they are walking their dog, looking at me from the canal, people all just come outside as soon as I am outside. I have tested it over and over again. I go outside and then they immediately come outside, I go in they go In.

****PLEASE NOTE***** My husband and I haven't been to a single Doctor, health practitioner, dentist , or anything since being discharged from the military. We do not believe in disease, illness, we do not believe in the mental health hoax labels of ptsd. These mental health labels are all deception and a way for humans to be drugged with man made pharmaceuticals for mind control. We do not believe in seeing any doctors, therapists, psychiatrists. Nobody has access to my body but my own hands. These people in white coats are not the authority and know it all about MY Own body. I KNOW BEST. In regards to what is going on with my sovereign body. We source our state of Health from the messages our body tells us. Everything I need to know will be told to me through my body. We do not put our consciousness in the hands of others, an externalized source.

JUNE21

- chemtrails directly over the house. This was starting back in April 2022. This is always going on. It is normal to us but it needs to be in the notes. Chemtrails are always right over our

house no matter where we travel to.

- Planes always fly over the house about every 10 minutes. Same type of plane (we call them ti planes - unmarked, white, distinct sound always around)
- 8:05 AM Helicopter 1
- 8:40 AM helicopter 2 with sprayers Big drum tanks attached
- 8:45 AM same as helicopter 2 circled back around for another pass right over house with same drum tanks attached, later we found out this was the Lee County Mosquito Control District being used against us
- 8:51 AM same helicopter AGAIN. I have all of these documented on video. A guy was outside as a witness. I have everything on video.

Microwave burns to the genitals have gotten so bad that my husband and I cannot have sex. They always target our genitals for microwaving if we have sex with one another. Our bodies physically cannot handle any more burns. If I kiss my husband for a long time our lips get microwaved and the skin will start peeling off. These people attempt to control everything about our life. V2K transmissions about divorce on the daily. Harassing our marriage.

- Ongoing planned weather warfare directed at Cape Coral & Lehigh acres over the weekend (Friday June21, Saturday June22, Sunday June23) attempt to spray roof has failed. We have cameras recording everything at the moment. Dismantling all storms with guardian host functions.

JUNE22

- Sleep last night was filled with forced dream simulation. The people Controlling these technologies always like to openly show me that they are using Brain mapping, remote neural monitoring to read my thoughts and find my biggest fears. They place my most recent conversations and biggest fears in a torture like set up that I can not wake up out of. Due to ongoing weather warfare, and the fact that they always try to do the most heinous things while I (Riza) am sleeping, Riza is up at 0600 dismantling severe thunderstorms that are projected to hit Cape Coral / Lehigh Acres at 12pm.
- Planes every ten minutes started at 0700 AM (distinct sound, unmarked, right over house, NO MATTER where we move)

later we found out that mind control will control those who are flying Cessnas from local flight academy's right over our location constantly, I have to put in a noise complaint everywhere

- Random homeless people blaring music right near our house, pitched a tent and slept on an open lot directly in front of our home
- After dismantling what was projected to reach Lehigh acres , we only received a couple minutes of rain shower.

JUNE23

- Riza woke up at the same time as husband today at 0700 AM, looking at weather warfare tactics and dismantling the severe thunderstorm pin pointed toward our location for today. Dream simulations were about suggested programming on being homeless which I find interesting because those homeless people pitched their tent right in front of our location.
- Planes started flyin 8:30 AM same unmarked planes, distinct sound.
- EMF weaponry pinged in every room we visit in the house from satellite usage (you can hear the forced ping- emf bullets)
- Been a little quiet around here, no helicopter for two days, constant weather warfare and your normal noise campaigns of people cussing, blaring loud rap music , shouting as soon as you go outside. Cars speeding and fencing engines all day long, lawnmowers constantly, dogs barking.

JUNE24

- helicopter 1 at 10:11 AM, made three passes
- Weather warfare pinpointed towards sleep time (V2K and other electrical harassment tactics from electrical storms)
- Constant planes flying back and forth

JUNE24

- Helicopter 1 8:11 AM , harassing us with EMF weaponry
- Constant planes flying over house, always the same type
- Weather warfare pinpointed today same spot as we are and same time.
- Sleep deprivation tactics through satellite emf bullets and pulses. You go to sleep and wake up more tired from the constant simulated traumatic experiences that they force your mind, brain to go through. Our life has sucked for a year straight. We deal with this 24/7/365. I have just now begun to write it all down for evidence.
- Same dude with EarPods in rapping outloud, cussing yelling, energetic signature of just dirtiness. I do not want to hear your vocal current, cussing and yelling at 800AM
- Electrical storms pinpointed during our time of sleep, uproar of V2K transmission and traumatic dreaming.

JUNE26

- (Riza) I tried to get more sleep due to my Menstruation cycle coming up. Forced awake at 6AM. Fell back asleep and then was forced awake at 7:49AM. Dreams of people constantly trying to have sex with me and stir my sexual energy up from inside of the dream. People talking about the TI program from inside the simulation. Tried to imprint me leaving my husband and having sex with someone else from my past. I do not consent. I tried to get more sleep. A satellite pinged emf bullets into the room creating increase in awakesness and inability to drop down into deep rest. At the same time a helicopter came 8:18AM and shot EMFs into my body. I am now up, not able to go back to sleep or get more sleep. All night , everynight I am woken up every hour or every 45ish minutes... sleep deprivation tactics

annotated.

- helicopter 1 8:08 AM in the tree line trying not to be seen
- Helicopter 2 8:18 AM sneaky and trying not to be seen
- helicopter 3 4:23 right over house

JUNE27

- a couple of planes right over the house
- An unidentified military jet. I saw this yesterday but did not annotate it. 1:15 PM
- Changed the molecular quality of shower water, turned to a feces, gassing smell. Day prior our raw milk in the fridge did the same thing.
- Constant bings on walls from satellite weaponry (got it on audio recording)

JUNE28

- helicopter 1 with sprayers 10:45 AM
- Helicopter 2 no sprayers 11:23 AM
- Constant planes over house

JUNE29

- helicopter 1 over house 6:33 AM
- Helicopter 2 1:45 PM
- Same helicopter back 2:07 PM - emf weaponry and controlled forced emotions of suicidal / sadness all forced
- Sleep deprivation, mental body manipulation, inserted thoughts and noises

JUNE30

- helicopter right over the house 2:30 AM
- Everyday it is the same thing as all of the above annotations of attacks. The attacks are constant. 24/7/365. Satellite weaponry dinging sides of the house, rooms we walk into, planes flying right over the house every ten minutes, helicopters harassing us everyday, noise campaigns, chaos energy / black magic around us, attempts to drain our bank accounts with cash grabs, sleep deprivation.

** When was the last time I slept 4 hours straight??? Without something forcing me awake???? I truly can not remember....

- helicopter at 12:16.

Helicopter Section Prior Months & JUNE 2024

We started this log after 5 helicopters came in one day with sleep gas in order to force us to fall asleep- sleep gas, some type of nano sleep spray gas that shifted my brain waves into more of a hazy delta/theta wave. They 100% had something in the astral waiting as a booby trap. It didn't

work at all. Once we felt it hit and my brain started to slow down I got up and worked out.

April 25 2024 location : Ocala

- Helicopter 1 at 1:35 PM (N465NE)
- Helicopter 2 at 3:15 PM The use of X-rays (N1MH)
- Helicopter 3 at 5:16 PM (N465NE)

April 26 2024

- Helicopter 1 at No time Stamp - Outskirts but who is it ?

April 27 2024

- Green Military Chinook, super low to the house 3:05 PM
- Helicopter 17:46 PM

May 06 2024 Moved to Kissimmee

- Helicopter at night like maybe 11: 15 PM

May 08 2024

- Helicopter 1 at 13:10
- messed with the AC , out of commission , mess with the functioning of the AC unit with electronics
- Helicopter 2 at 19:06 Blue + White

May 10 2024

- Helicopter at 14:20

May 11 2023

- Helicopter 1 No time Stamp
- Helicopter 2 at 11:50 AM

May 12 2024

- Helicopter 1 at 10:52 AM
- Helicopter 2 11:24 AM
- Helicopter 3 12:46 PM

May 13 2024

- Helicopter, Chinook 4:15 AM also Drone but wasn't for sure ~
- Another Potential Helicopter No Time Stamp it did come during my sleep

May 14 2024

- Helicopter 1 no time stamp - while we were sleeping

- Helicopter 2 at 14:30 ish , drone followed after
- Helicopter 3 Military at 3:58 PM
- Helicopter 4 - no time stamp. Heard the drone followed by after the helicopter

May 16 2024

- Helicopter 1 - No time stamp. During sleep cycle (Potential Chinook)
- Helicopter 2 - 10:42 AM Right over house , Slow and military
- Helicopter 3 - 9:10 PM

May 18 2024

- Helicopter 1 During sleep - somewhere 1 AM
- Helicopter 2 during my second sleep iteration - 7 AM to 10 AM

May 20 2024

- Helicopter flying FAST- all black at 18:25 Looked to be undercover CIA
****(N156DB) MBB Bo 105P Twin jet(actually a helicopter) cover up aircraft

May 21 2024

- Helicopter slow , outskirts non military at 1:05 PM

May 22 2024

- Helicopter sounds , couldn't get eyes on it at 10:40 AM

May 25 2024

- Helicopter 2:21 AM didn't get eyes on it ~ fast right over house (Bell OH-58 Kiowa)

June 03 2024 Moved to Lehigh Acres

- Helicopter at 12:30/ 40 , police helicopter

June 04 2024

- Helicopter at 18:01 Police Looking Helicopter

June 05 2024

- Helicopter 1 at 8:53 AM Same One As Yesterday (whitish one)
- Helicopter 2 at 10:02 AM Black Helicopter

June 06 2024

- Helicopter 1 at 12:09 PM
- Helicopter 2 at 12:14 PM
- Helicopters 3 at 12:58 PM
- Helicopter 4 at 1:15 PM with sprayers , right over the house is it safe to get in the pool ?

Sprayed something

- Helicopter 5 at 13:57

Helicopter 6 at 14:52 landed Nearby, later found as the Buckingham Army Airfield

****Seven different helicopters in one day right over our house!!!! We started filming the helicopters after this****

June 07 2024

- 2 Helicopters , both military at 4:30 PM

JUNE 10 2024

- Helicopter at 9:13 AM

JUNE 14 2024

- Helicopter 1 8:15AM flew by twice , again 8:53AM (woke me up - through EMF)
- Helicopter 1 (second pass) 8:54
- Helicopter 2 09:58 AM (Black Hawk Military)

JUNE 15 2024

- Helicopter 1 6:33 AM (Black military)
- Helicopter 2 12:49 potential
- Helicopter 3 4:31 with sprayers attached

JUNE 16 2024

- 08:45 AM helicopter 1
- 9:40 AM helicopter 2
- 10:00 AM Helicopter 3
- 20:59 potential helicopter

June 17 2024

- Helicopter 1 at 4: 45 PM

June 19 2024

- Helicopter 1 8:57 AM
- Helicopter 2 with sprayer 12:56

June 20 2024

- Helicopter 1 8:09 AM with sprayer attached
- Helicopter 2 8:50 AM

June 21 2024

- Helicopter 1 8:05 -outskirts
- Helicopter 2 8:45, 8:51 same one two passes, sprayer big drum tanks

June 24 2024

- Helicopter at 10:11 AM

June 25 2024

- Potential helicopter 8:18

June 26 2024

- 7:45 AM Helicopter 1 barely can see them just hear them
- 8:18 AM Helicopter 2 outskirts
- 16:22 Helicopter 3

June 28 2024

- Helicopter 1 with sprayers on outskirts at 10:45 AM
- Helicopter 2 at 11:23 AM w

June 29 2024

- Helicopter 1 at 6:30 AM
- Helicopter 2 at 1:45 PM -Same one at 2:08 PM (second pass)

June 30 2024

- Helicopter 1 at 2:30 AM sheriff helicopter (covert attack with nods) 2:42 AM second pass over house, I do not know if it was all black military it was black though and has to have access to night flying through nods
- Helicopter 2 at 12:16 PM right over house.