

June 2024 Evidence Log

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

Please Refer to the same day on the monthly synopsis for more evidence.

JUNE17

Sleep

Riza Shot awake with artificial caffeine, manipulation of my brain waves from emf weaponry most likely satellites ? Our WiFi is completely off, unplugged from all routers. Always. Sleep deprivation. Awake at 2:46 AM. Went to bed at 9 pm. Kept being woken up every hour, first forced awake was 11:32pm then another forced wake up was 12:34pm, forced wake up at 1:10. Eventually forced awake, REM cycles completely messed with and manipulated (hours of rest about four for the entire night) asked our healing team to do an EMF calibration at 2 ish AM - eventually feel back asleep around 3:30 ish. Slept until 3:30 to 6 ish. Husband got forced awake by a satellite with more artificial caffeine like energetic signatures. Brain waves manipulated. Went back to bed and husband said somebody jumped into his dreaming experience (forced dreams everynight) and started hitting him. I think this is what is called an astral military operator to force him to wake up again - husband got up at 7:30 ish with thirty more minutes of rest.

Riza continued sleeping 8ish -

JUNE18

While wife was sleeping at 8:15 AM a white unmarked plane flew over the house. We recently have been recording helicopters and the planes that constantly fly over the house. Upon viewing the replay I noticed you couldn't see the plane in the video and it was blinking in and out even though it was lower than the commercial plane that just flew by the house. (cloaking technology / mechanisms) We have noticed since filming the helicopters they only come when we aren't able to film them and now the unmarked planes are using cloaking technology. You can't see the planes in the videos even though you can hear it clear as day. Another unmarked white plane 8:41 AM. Went to go record , active cloaking technology and phones won't start to record.

Plane recorded right over house, different type 9:46 AM

since recording helicopters and planes they fly over the house a bit less about 1-3 helicopters a day and constant planes. Before recording evidence it was about minimum 3-4 helicopters every single day and no planes. Planes started flying APRIL2024 *

JUNE19

Refer to the same day on the monthly synopsis. Helicopter with sprayer 12:56 PM and weather warfare attempt around 13:00 and 15-1700. (in order to stop all weather warfare I collapse timelines and dismantle the artificial storms with my mind and breath - they are on going trying to ruin the house we are staying in. Planned storm was unsuccessful)

JUNE20

Refer to the same day on the monthly synopsis. Helicopter 1 with sprayer 8:09 AM attempted to spray the house. I will go check if they did spray and fix it accordingly. Helicopter 2 at 8:50 AM no sprayer attached, woke up to our pool having an extremely weird film on the top of the water. Some type of chemical. Planes nonstop over the house. After checking the helicopter was not able to get low enough to spray due to my husband being outside and around the premise. I will get them spraying our home on video.

JUNE21

Chemtrails are always dropped over our pinned location. We move every single month to a new location and there are always chem trails directly over the home or residence. This started back in April 2022 after the solar eclipse passageway of ascension frequencies. This is always going on. It is normal to us but it needs to be in the notes, annotated. Chemtrails always right over our house no matter where we travel to. Planes always flying over the house about every 10 minutes- too many to log at this point. They fly over the house either scanning and using spy technology, figure out where we are located maybe via thermal technology. Same type of plane (we call them ti planes -

unmarked, white, distinct sound always spying always around us tracking our whereabouts) please keep in mind everything always pops off when I am sleeping (Riza). Our nightly routine is asleep by 9 pm. From there we are woken up by EMFs every hour or two, the people that know our biological data from all of the spying. Never , and I mean never allow us to sleep more than two hours at a time. Deeper rest begins to at the cellular level and mental reset around the straight , non interrupted 4hour-6hour mark. We haven't gotten more than 2 hrs of rest consistently without being woken up in over a year. For the most part we get about 4-6 hours of sleep every night,always interrupted. My husband is woken up everyday 5/6 AM with forced dreaming and torture scenes. Then I (Riza) continue to get sleep. These sinister people never let me(Riza) sleep past 2/3 hours without interruptions. My body hasn't gone through a mental reset via sleep in over a year now. These are the sleep deprivation tactics, to incite emotional unregulation, confusion, mental breakdown, low vitality. We normally have to use an EMF Calibration and remove mind control scripts for sleep deprivation in order to get back to sleep. Since we are Emerald Order Enlightened Contactees, Guardian Representatives, our Krystal Star Family has helped my husband and I activate and awaken dragon consciousness in our Emerald Sun DNA genetics. Thus far we can function optimally on 4 hours of sleep a day - keep in mind though we never have the ability to sleep past 2/3 hours. They use planes to pulse emfs into our body or forced torture dreaming (constant dream simulation/manipulation) to get us up.

8:05 Helicopter 1 outskirts scanning, 8:40 helicopter 2 with sprayers Big drum tanks, 8:45 same helicopter as 2 circled back around for another pass right over house with same drum tanks ,8:51 same helicopter AGAIN. I have all of these documented on video. A Guy was outside as a witness. I have everything on video. They are continuously trying to spray the house with chemicals to burn off the waterproof sealant. My husband received spam texts(7) that contain uninformed consent forms much like a " hi" and if you reply then that is consent to do something to you like spray chemicals on you. I , Riza am always privy to their slimy tactics of deception. Consent forms vetoed- I do not consent. GSF!

Ongoing weather warfare - planned for entire weekend. Actively dismantling the storms and correcting the planned course of the rain, severe flooding , severe thunderstorms. I've seen almost all planned weather warfare have V2K transmissions and mind control- implanted thoughts in the electricity of the storm structure. They direct the storms / clouds. laced by chemtrails alien metallics, metaloids with NEXTRADS, NOAA SMART Digital/ Solar powered Bouys, Cell Towers& 5G Nodes on land through ELF EMFS.

***this is also how they create hurricanes , tornadoes, controlled weather patterns to elicit suffering in humans- Earth hasn't had organic weather patterns since the elementals started being messed with and wiped off the earth. Give or take 70 years. The government has found ways to completely control weather or manipulate the weather by cloud seeders , vapors coming from power plants ,

chemtrails, NEXTRADS , there is no global warming. The whole psyop of global warming is a lie and they try to push it on to humanity as if we are doing something wrong. Global warming is all a hoax

JUNE22

My husband and I both deal with forced dream simulations every night of our measly 4/6 hours of always interrupted sleep. Highly traumatic forced dream simulations.

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 , by placing my most recent conversations and biggest fears in a torture like set up that I can not wake up out of. I do the core fear removal program everynight so that I maintain fearlessness. Last night there had been a reoccurring situation with my husband where they were trying to turn him transgender by inserting programs into the subconscious mind. They openly showed him how "they ", black government/Deepstate, use mind-control to create an increase in children and people claiming non-binary pronouns (individuals not knowing what gender they are) They have been attempting to change my husband into a woman through dream simulation and suggestive programming. You can never take the Christos out of Christos !!! You will never change our sacred sex that we were born with !!! 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 tropical storms that are projected to hit Cape Coral / Lehigh Acres at 12pm.

Storm is now pushed back until 3 pm. no helicopters thus far. Continued storm dismantle - 8 days left of being at our current location.

All storms dismantled. No storms arrived.

At 7pm random homeless people pitched a tent right across from our home. Played loud music all night. Individuals looked to be on drugs so we did not talk to them directly. Called the cops and they did nothing..... slept with random homeless people blarring music across from our home in an empty lot.

JUNE24

Helicopter at 10:11 made three passes not on the house , ran into somebody walking their dog and the helicopter flew away as soon as the guy with his dog also saw the low helicopter.

On and off weather warfare - with mindcontrol subsets. Targeting storms around our time of sleep. V2K transmissions on an uproar with the electrical storms.

June25

Sleep quality was completely controlled by satellite weaponry. Up every hour , couldn't get my nervous system to enter deep restorative rest. When we did fall asleep for three hours it was all simulated torture dreaming- content : helicopters shooting at me , people betraying me at my every turn , constant harassment by helicopters , loud rumbling thunder sounds , people trying to have sex with me, bugs, spiders being thrown in my face, attacking my heart inside the simulation - then I wake up. Sleeping is always worse when there are electrical storms in the area. You go to sleep and wake up even more tired from the traumatic experiences. We are watched 24/7. There is always something going on. I have noticed when I am happy or try to be happy and do things that bring me joy the people doing these attacks hit my husband and I even harder by inducing straight sleep deprivation where you aren't sleeping at all or none for like 48 hours. This is why we move and dismantle everything(storms) out before sleeping. If there had been a thunderstorm near time of sleep V2K sleep deprivation commands are 1000% worse. Fact. From here onward on the forecast has electrical storms pinpointed towards our location everyday at our time of sleep.

To give an example of this I was dancing in the shower a couple days ago, singing and dancing and all of a sudden my water coming out of the shower starts smelling like straight feces , worst putrid smell ever, I get out of the shower to tell my husband and he smells the water. I wait one hour and go back to the shower and the water is perfectly fine. The line up of this ? You know what this is !

Planes started earlier. 6:30 am - several passes over house same plane. Unmarked. Distinct sound. Propellers. Same planes follow us and fly over the house no matter how much we move and when/ where. Currently our moving status is every month.

June26

(Riza) I tried to get more sleep due to my Menstration cycle coming up. Forced awake at 6 am. Fell back asleep and then forced awake 7:49. Dreams of people constantly trying to have sex with me and stir my sexual energy up from inside of the dream simulation. 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 awakened 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 45 ish minutes... sleep deprivation tactics annotated.

Helicopter 1 8:08 AM outskirts flying

Helicopter 2 8:18 AM to scan if I was still sleeping.

Helicopter 3 16:22 right over the house.