

# August 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**

## August 1 2024

- Making of the Emerald Toolkit- extreme sleep deprivation and dream harassment, bodily attacks to my husband to force his body to create diseases and pain
- Helicopter 1 at 8:51 AM all mind control/ deep trance victim to fly a helicopter over the house
- Power went out at 5 pm has been turned off for four hours now. Went outside to see if others have power and found a car parked out Infront of the house. The power went out as soon as we put fresh food in the fridge- interesting timing. Normally our favorite food items are "always" sold out at every grocery store. It's always a treat when what we love is available to us.
- Car parked in front of house at 9 pm, left as soon as I popped up a 12D shield on the car and person sitting in the car.
- Car back parked infront of the yard at 9:31. Talked to the individual and was extremely rude, attempted to start an altercation so we walked away and told the dude to have a great night. Individual drove away at 1 AM.

## August 2 2024

- weather warfare. Thunder and storms with demonic essences. Attempt to hurl hurricane debby to our location , instead Christos family off-set it to Sarasota Florida and terminated its growth to a Category 3 that was planned in the timelines. I attempted to create a situation where the storm only stayed at the tropical storm level but it was a little bit of a war with Negative Aliens. I was doing grid working projects on the crystal caverns located in Florida so

I am not at all surprised why a tropical storm was thrown at us. Defending weather warfare

#### August 5 2024

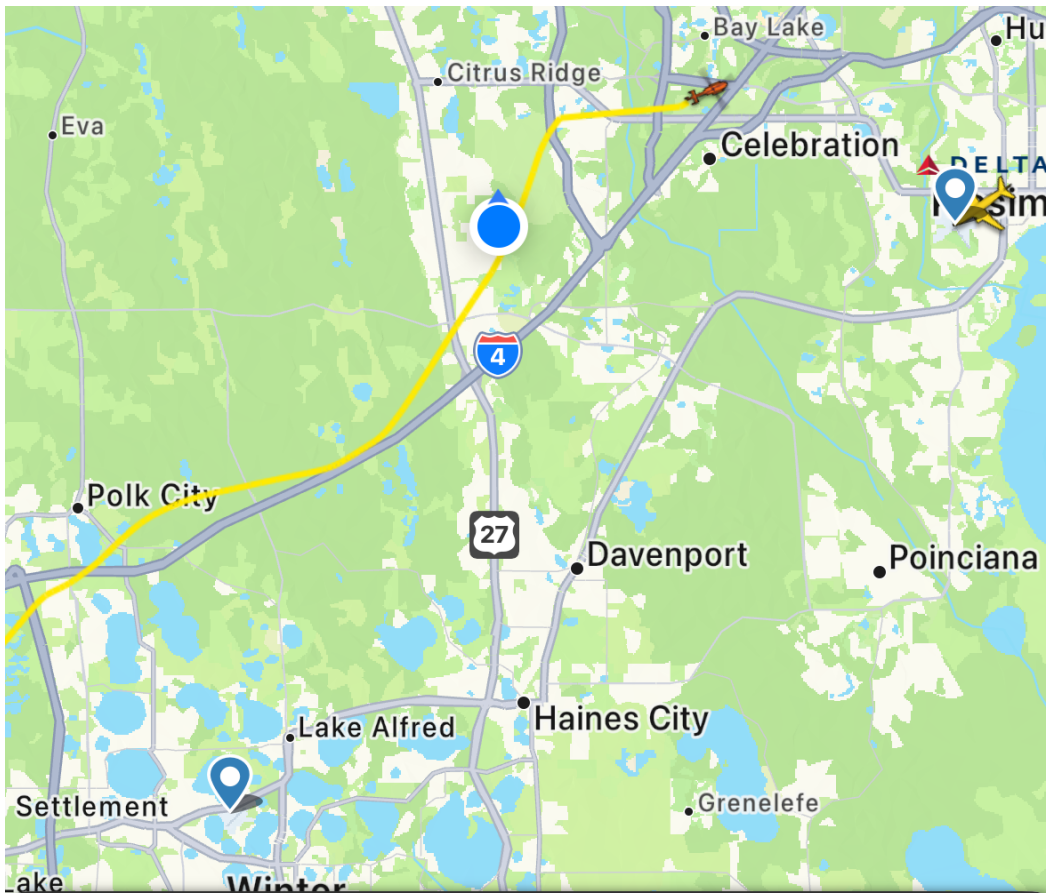
- Microwaving attacks have kicked up again. Borax baths everyday to nourish my fascia as well as castor oil massage on targeted areas. Targeted area left outer labia, inside of my hips (L & R)
- Weather warfare - tropical storm Debby turned hurricane debby
- Making of the Advanced Spirit Body Clearing Checks Manual Handbook, moon is at 5% Lume. Low percentage not much attack from creating this handbook. In the creation progress of this handbook I am sticking to the cycle of creating during new moon cycles when the moon is at the lowest percentage to decrease V2K when I am writing.

#### August 7 2024


- Since uploading all evidence of helicopters and making evidence streamers for the public eye we haven't had helicopters. Instead they have switched to using torture tactics that you can't see
- Constant loud booming in my head, auditory hallucinations, people cussing and mainstream media songs playing in my head on loop.
- Messing with the AC, turning it on and off constantly. So hot in the house 77/78 degrees.
- Sleep harassment

#### August 8 2024

- back with the helicopters
  - Helicopter 1 "foreign military" 14:04 during a grid work project
  - Helicopter 2 military at 7:59 AM. Two military helicopters over the house
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**N67ME** **S76**  
Private owner

**PIE**  **N/A**  
ST. PETERSBURG NOT AVAILABLE  
Departed 0:28 ago

BAROMETRIC ALT.  
**800 ft**  
GROUND SPEED  
**182 mph**

Sikorsky S-76C

REG. N67ME

- asleep for one hour, police helicopter 10:00 pm came by the area. Woken up through divine essence and watched it come into our area. Same helicopters that try the Brain mapping
- Sleep deprivation, woken up every hour or every 45 minutes.

August 09 2024

- Sleep deprivation tactics forced to wake up every 45 minutes to every hour. Waken up 8 different times last night.
- Random car parked in the driveway at 5:30 AM, this unpaid mind controlled perpetrator had to drive up into our driveway past an open gate. We now close the gate.
- Helicopter 1 not on radar right over house 6:50 AM

- Helicopter 2 7:55AM

### August 10 2024

- I haven't been getting time stamps of helicopters because it has been so chaotic. This AM at 9 am 3 helicopters were placed 20 miles away and started orbiting - attempting to do brain to machine interface technologies. They orbited for an hour and we got in the car and drove 30 miles away from the placed helicopters. Got confirmation that the helicopters weren't able to get a direct clone of our brain signatures.
- At 12:00 PM 3 more helicopter from lake county police came over to our location and started orbiting with another helicopter = 4 helicopters orbiting in the same location attempting to do brain mapping interface technologies. We got in the car and are driving out 40 miles away from the helicopters east direction now. So now we have a total of 5 times that they have tried to get our brain signatures via helicopters and whatever technology they have.
- Listen we have been running away from helicopters since 9 AM. Just caught two more helicopters 9:15PM ORBITING right near us. Deploying brain machine interface technologies. They have been trying get our brain signatures for a whole month.
- I think they put a bounty on getting our brain signatures. Every helicopter in several Counties has been coming to our location orbiting.
- 1:20 AM 3 helicopters orbiting trying to get our brain signatures. Current moment moving around, GSF! Mentally, shielding my brain and body.

### August 12 2024

- since AUG 10 my husband and I have only gotten about 2/3 hours of sleep all broken up into 30 min increments for the entire day. We are running off of no sleep and are now forced to reach out to someone. All police helicopters come to orbit the property when we sleep for even 15 minutes. I will not be making the footage available for public viewing because it is going to be all evidence for a Investigation. We have about 5 different county sheriffs doing orbits, circling only when we are sleeping. I know it's Brain mapping.
- V2K, voice in my head have been exceptionally strong, so tired that I'm seeing faces in the walls and pillows around me. Faces in the trees and grass. Constant people talking in my head that I am crazy and have no reason to contact someone.
- I am choosing to contact a prior background military lawyer and the TJ Board. This has been going on since AUG 8 with the sleep deprivation and we are coming up on day 3 with getting only 2/3 hours of sleep
- TJ Board Member gaslighted me, others just aren't even replying back.
- Helicopters turning their radars off, circling the property even 20-48 miles out which is = to 20 min flight for a helicopter.
- They have been doing this thing where my bones and musculature feel like it is melting and it hurts to move and walk. It hurts to even move my body.
- In order to disrupt the brain mapping we constantly walk around the house and forcibly do a mantra in our head. We also wave Mylar blankets around our head similar to a flag. We are constantly moving, walking, jumping in order to disrupt their brain mapping.
- Something that also has been happening is when I go to type or think about what I'm going to

say to these people my mind goes into utter confusion and gets back on the idea that I shouldn't be contacting anybody.

- Constant mind controlled Cessnas from flight schools flying over our house. Ears are extremely sensitive to sound while being forced into sleep deprivation.
- These police helicopters, sheriff are banking on us going to sleep. Because I know we are being brain mapped through radar technology we only sleep at 30 min increments. There is always a police helicopters orbiting somewhere targeting our brain with EMFs.
- My body temperature will not get warm either.... I'm in Florida heat I have a winter headband to warm my ears, pants with shorts under, long sleeve shirt and a jacket while outside and I'm still not "warm". They are doing something to where my body heat is never raising and my feet, fingers, tip of my nose, pelvic diaphragm are ALWAYS cold no matter if I'm sitting in front of a heater. It's so hard to get my body to work up a sweat lately. I'm just always cold. Perpetual state of like hospital cold. Just always cold. It is the opposite for my husband, they have been doing something where he is always hot and drenched in sweat. He is always running extremely hot, can't seem to come to an agreement with the AC. 71 is FREEZING for my body. They hit the ac anyways with a satellite. Crazy we paid 6k and we can't even use the AC. It's always 77/78' degrees in the house .... I'm still not warm and he is always drenched in sweat. They are forcibly making it to where we just aren't comfortable in our own bodies.
- During the 2/3 hours of sleep broken up into 30 min sessions, I experience constant dreaming EMF torture filled with cell phone towers, people making fun of me, my husband leaving me, blah blah blah the simulated torture keeps going.
- I also want to make the point that they are building another hurricane in the middle of the ocean to be pointed toward Florida because their last cat. 1 hurricane never reached us. Constant police, and weather warfare.

Update : it's pointed towards cat. 3 Bermuda area with the other sets of crystal caverns connected to ancient lemuria crystalline technologies. Working on it. No longer will build to a cat.3

- 9:46 Internet is being hit on the phone. Hooked my phone up to Ethernet cable to get signal. Currently going back through flight logs of police helicopters figuring out these orbital patterns
- 10:57 AM 3 different helicopters running orbits. Constantly moving my body to mess up encryptions of my brain. Gosh, I feel like I am fighting for my life. Microwave weapons to my bones and muscles
- All helicopters are turning their radar on and off. The way I combat the millions of EEG EMF wave signatures is by moving my body, walking around the house, jumping, moving my lymph through various EFT Tapping, patting. I listening to ascension based meditations while walking and chant GSF!

### August 13 2024

- Day five running off of only 2 hours of sleep a day. Every single police county in Florida is doing orbiting patterns all day and all night. I can not go to sleep when there is a helicopter orbiting
- They keep using Dews to break our ac. The house is 78' it turns on and off.
- Constant headaches, attacks to my muscles

- Continued with getting in contact with more TJ members... no responses back. That's all okay, I'll do this alone if I have to. I know for a fact this isn't normal Ti material attacks. This is full out all war.

#### August 14 2024

- black hawk 2 same time flying right over house
- Military presence and all police helicopters around us orbiting

#### August 18 2024

- I do not even know what to write. The attacks have become so torturous... I've tried reaching out to others about everything that is happening to my husband and I and nobody believes us. They either think it's not coming from a helicopter or that it's not happening at all I contacted the TJ Board and they gaslit me. I am so fed up with people treating us like the scum of the earth. The people at TJ ( targeted justice ) didn't give me the time of day to talk or show the hardcore evidence. The thing is if someone would take the time to listen to us they would be guided through the BIGGEST case ever that can be held accountable because of the evidence that we have. Somehow no one wants to see the evidence or do anything about it... everyone we talk to is IGNORING us, gaslighting us and just completely being ignorant through the use of mind control.

#### **August 19 2024 Entry.m4a**

Audio Recording · 12.5 MB



You can find this audio located at the Truthful Diary Entries in the " Targeted Empowerment " section on the official website

Please see this video that I have made explaining the technologies -

TI Evidence - In-depth overview of Brain Mapping and Terraforming with Radome Systems

[https://youtu.be/bcs\\_2EtcVEk](https://youtu.be/bcs_2EtcVEk)

#### August 20 2024

- husband wakes up with bruises all over his body. Waking up feeling absolutely battered.
- 3am beam steered super hard to the point of throwing up and tears dripping from my eyes. I just want to get away from the beams that are from the police. Who do I call for help ? These police officers will be charged guilty for treason. I want cosmic order.
- Helicopters circling the property all night long
- Mylar blankets help us. Moving in ten days. Staying strong.
- Bought a 3 person tent. I plan to cover the tent with Mylar to deflect the emf attacks and the

attempt to get my brain signature.

How are they trying to get my Brain signature : Lidar system attached with the camera/ Radome system. Lidar system pulls 2D imaging and then they send the 2d imaging for production of 3D imaging for a full potential scan

#### August 21 2024

- Husband wakes up completely battered. Attempt to spray diseases all over his body from the emf beaming attack. I am doing QUICKSTEPP PDD every two hours to remove disease vector sprays to try to force us to go to the doctor/hospital
- Ordered a three person tent. Going to cover that in Mylar completely so that when the beam steering starts from their Radome systems I can just go sit down and work on projects in the tent while not being hit with the rays they are using. When it touches your skin for about 30 min straight you just start vomitting and feeling so sick from the radiation poisoning. Started Aug 10. DAY11 of the attacks. I have to adjust my life and stay flexible
- Police officers committing treason against innocent humans. Torture through DEW. Directed energy weapon

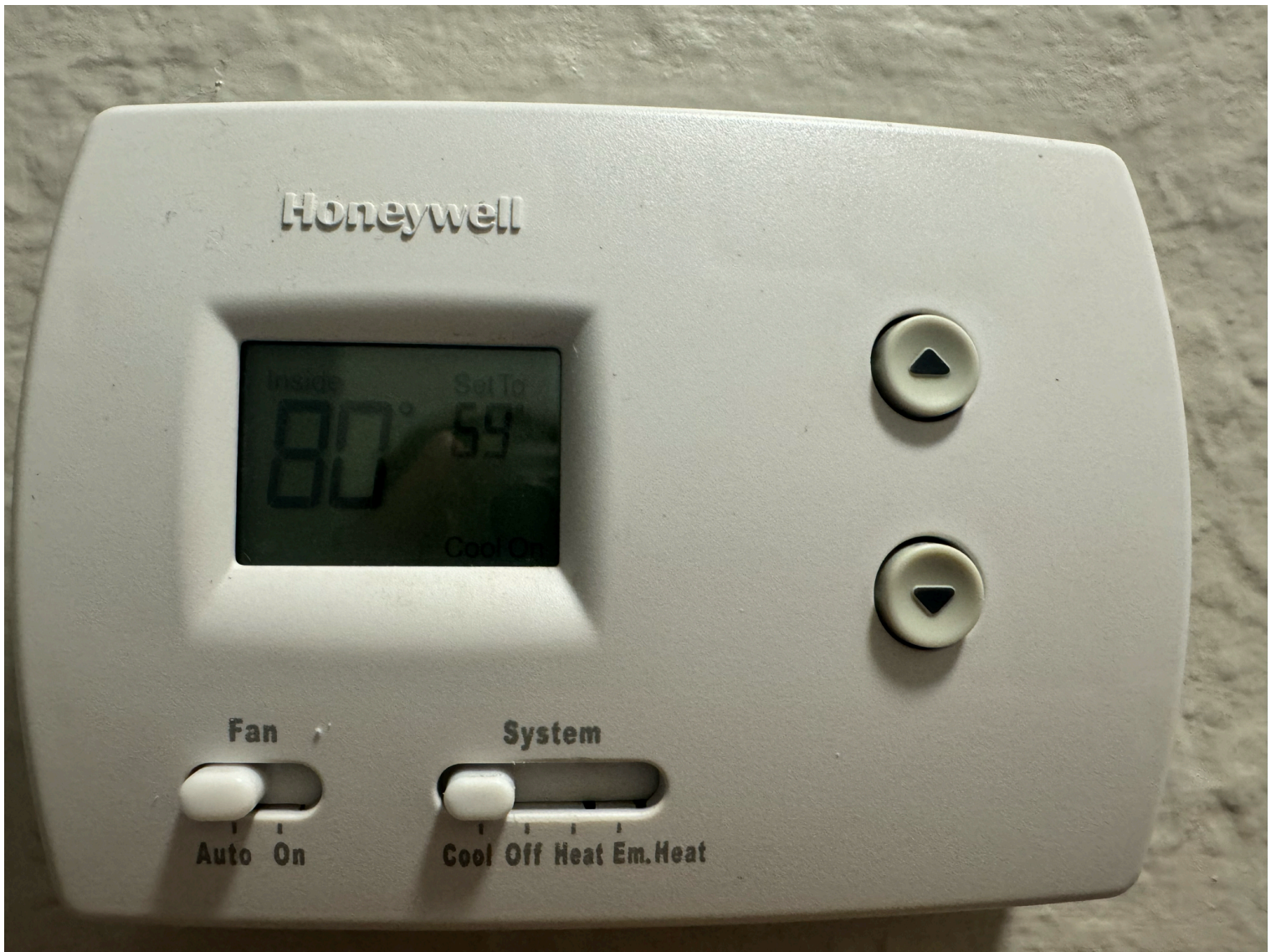
#### August 22 2024

- About 36 hours of no one orbiting in their helicopter. I set up the tent covered in Mylar.
- From 9:30 pm to 1 AM 7 different helicopters orbiting 20-40 miles out trying to get Brain signatures with the randome systems through LIDAR. This is a war on our Brain sovereignty. 6 hours orbiting in the same spot - polk county sheriff has switched out helicopters THREE times so far
- All of the closest counties started orbiting. Orange County, Polk, Osceola County, Marion County. I am coming for corrupt law enforcement.

#### August 24 2024

- Continuous rounds of Electronic attack in the form of pulses to our body creating radiation poisoning, vomiting, diarrhea, without the Mylar deflecting some of the attack, this is what we experience
  - Miracles happened, the current host of this places contacted us to extend our stay at a discounted price. Not moving again, thank god. Here until Sept 2024
  - Found Etheric Giardia Protozoa parasitic infestations in my husbands light body, attempt to conduct forced possession on my husband. Had to do a spiritual deliverance on him and remove the forced parasitic infection. Husband started having all symptoms associated with Giardia Protozoa :(
  - Ac is still messed up via satellite. 80 degrees in house plus having to sleep in a tent covered in Mylar. It's always so hot. Little things that annoy you.
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Today is August 27th 2024 and I have decided to officially close out these logs. I no longer want to use my energy in ways of writing down and logging all of their vitriolic attacks directed against my husband and I. I will continue to use the Targeted Individual List/ program as a form of Self Mastery Training, to say that I will make sure to become such a master of my emotions and mental states that any and all mind control weapons are null and void. I cannot be Brain washed because I take back my own sovereignty of my consciousness and what I choose to embody on this earthly realm. Many times these beings human and non human have overstepped fine lines- It is just not worth talking about due to the constant form of attack Because WHO me and my husband are and our genetic lineage communication network links. I am leveraging the Law of Conservation and flowing all of my creative life force energy into creating through collaboration efforts with Krystal Star Families like completed handbooks and other personal world mission sets and tasks that set my heart ablaze through a passionate creative fire. Let it be very clear that the attacks are daily and they never let up, they simply change form. I have been able to master my embodiment of peace



and Omni love and make their attacks similar to background noise in my incarnational design or reality experience. It is not a human creating V2K subsets it is a computer running algorithms of death and destruction into my mind. I am god sovereign free there for nullifying all kill, depression, and goat mind algorithms. I am the open door that no man can shut. I am the light of ten thousand cosmic eternal suns. I am placed in the winner's arena as cosmic order is being restored. The last update that I will leave here is that Black Sun Regressive's, from the use of emf weaponry at the ELF range via a police helicopter, targeted my husband's light body at the 5th umbilical, intestinal area with black sun demonics covering as the energetic signature of Giardiasis Protozoa. Somewhere through this AI mess someone is controlling and changing the molecular structure of my husband's fecal matter and controlling when my husband has bowel movements. There is actually no way that our light body could have gotten infested with parasites so it was forced upon my husband. They have been viciously trying to make my husband into an elder man that cannot control anything in his body including his thoughts. I did a spiritual deliverance session early AM and evicted the demonics from the umbilical area. These black sun demonics attempted to attack another false umbilicus structure connected to a Wesan deck fallen phantom matrix filled with black grotesque creatures of lunar water astral sludge. Somedays the attacks become more and more complex. Right now I am assisting my husband in regaining sovereignty over his body since they quite literally forced an artificial parasitic infestation into his light body layers. They also did this when my husband first started rebuilding the umbilicus structures to our Cosmic Mother's Holy Vital Placenta and away from his earthly related mother.

They deploy highly agitating V2K subsets that say that they are killing my husband, we will make him defecate on himself forever.... All of these fear riddin algorithms and quiet honestly I do not care what so ever because that is not the truth of the matter. I am grounded in my truth and I nullify all attempts to make my consciousness spiral into a downward spiral. I elevate to higher levels everyday in alignment with my purest truth. I know we are deeply cared for by our family of source light and code. Everything will continue to be more than okay even through all of these vitriolic attacks. They are daily and sometimes escalate through what grid working tasks I am handed to complete as a team effort. I will continue to conduct my tasks through the levels of absolute precision and maintain neutrality as so aligned and connected to the embodiment structures of my highest embodiment. I am on the spiral path of a new beginning constantly and I choose to grow my soul and fulfill my heroic probability.

Signing off in truth,  
Riza Harris

