

## cathy fox blog on child abuse

Child Sexual Abuse and Illuminati



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Index of Court Appeals, Newspaper clippings Links of cathyfoxblog Posts 2013 – 2022

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### Alice in Wonderland and Wizard of Oz MK-ULTRA Programming Unpacked

Posted on 2018, November, 8 by cathy fox blog on Child Abuse

Here is Fiona Barnett's latest on unpicking Alice in Wonderland and Wizard of Oz MK-Ultra programming and integrating with the core personality. Her original can be found here 2018 Nov 8 FionaBarnett.org *Alice in Wonderland and Wizard of Oz MK-ULTRA Programming Unpacked* [1]

Her twitter account also says recently she is facing new death threats from the Australian Luciferian Cult and asks for prayers



#### *Alice in Wonderland and Wizard of Oz MK-ULTRA Programming Unpacked*

English cricketer Greg Thomas [Welsh cricketer playing for England] was bowling against West Indies batsman Viv Richards. After Viv missed a few balls, Thomas taunted him with: "It's red, it's round, and it's fast." Viv responded by smashing the cricket ball out of the ground, and telling Thomas: "You know what it looks like, now you go and find it!" At that moment, Thomas learned what other cricketers knew – don't sledge Viv Richards because he bats better when he's angry.

Similarly, when I was recently attacked on all sides by Cult scum, I got angry, more focused, and more determined. I used the emotion that the attacks on me triggered, to unravel an aspect of the MK-ULTRA Matrix – i.e., where *Alice in Wonderland* and *The Wonderful Wizard of Oz* featured in 'Comrade' John Gittinger's programming.

The more creative and visual the child victim, the more highly skilled the programmer, the more sophisticated the technology used – the more seamless the result. Gittinger was the greatest brainwashing genius the world never knew. My programming took place at the top CIA / Military Intelligence facilities in Australia and the USA. And I possessed maximum creative and visual-spatial capacity. These factors combined may explain why I have always been co-conscious during the memory retrieval process, and how I managed to basically self-direct my recovery. Plus I had God and His Holy Ghost guiding me.

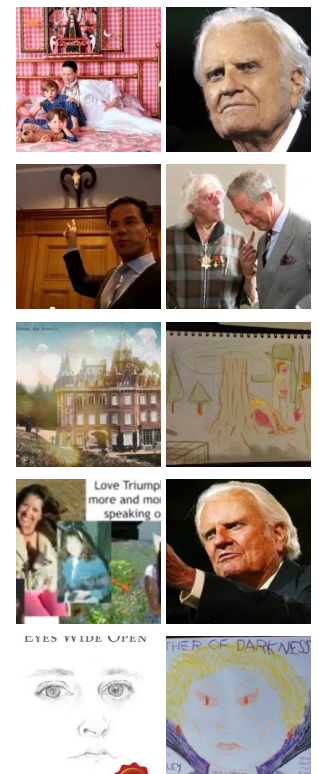
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All mind control programming is a variation on a theme, determined in part by the victim's own imagination and their set role in the Cult. Hence, while *Oz* and *Alice* programming are uniformly employed, their application differ for every victim. Think of this process as a computer game in which the player can partly determine its design. The recovering victim has the ability to subvert the program, like Neo in *The Matrix*, because everything is occurring within the recovering victim's mind in the absence of the original programmer.

In DID, what is commonly called a 'multiple personality' or an 'alter' is nothing more than a brain area sectioned off by trauma induced amnesia walls. A group of behaviors and memories may be separated from the victim's general brain functioning. As a result, different 'personalities' within an individual can possess independent neural circuitry.

MK-ULTRA deprogramming Pioneers Fritz Springmeier and Cisco Wheeler wrote of how the Illuminati conducted research on what might happen when the victim's Core was introduced to their trauma-induced personality splits. The result was instant integration. The Core Self is the victim's Soul or consciousness, i.e., the bit that leaves a person's physical body during astral projection or death.

I experienced this integration phenomenon when I recalled the Eastern Star pentagram configuration that Antony Kidman laid over Dr. West's basic color programming. I was able to open the five, multi-colored pentagram doors (blue, green, red, yellow, white) and meet the myriad of personalities who emerged from behind the doors.


To quote Gittinger, Antony Kidman was "a fucking idiot." Kidman's tampering with my programming caused it to malfunction and eventually break down. That is why he was sentenced to death by the Cult's Grande Council. And die he did. I know because I witnessed his judgement. My therapist and my husband were both present for an experience that blew their minds.

I believe that the initial five brain splits are laid inter-dimensionally. I will explain why I believe this. Springmeier and Wheeler documented that the individual's brain naturally splits into five basic components, and that this process is achieved using John Lilly's sensory deprivation tank combined with LSD. Lilly famously dabbled in inter-dimensional research, and this research contributed to the *Gateway Process* employed by Western Military facilities and the CIA (as documented in released CIA documents).

When I opened the 5 pentagram doors, I was actually in another place. I physically walked through a dark pentagon-shaped room, and physically opened 5 doors.

Immediately after this integration experience, I began to scream for justice. I was lying on a couch during this process, with my husband adjacent to me. As I screamed to God for justice, I reached my hand in the air. My husband thought he should support me and tried to hold my hand – something I didn't want. Every time he touched me, I returned to the room he and my therapist were in. But each time he released my hand, I entered another dimension. I oscillated between two dimensions.

In the other dimension, I stood in a long, rectangular shaped room that looked like an ornate palace ballroom. Tall elders were seated along the two long sides of the hall. They wore stately robes and gold crowns. They looked down at the floor in solemn

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concentration as I delivered my witness testimony against Antony Kidman. My screams in this world were translated into a language in the other dimension. These elders listened with reverent silence at my testimony. Then I saw them pass judgement against Kidman. I saw the elders condemn Kidman to Death and Hell. I witnessed how reluctant they were to condemn a human being to eternal Hell, and their reverence for human life, despite Kidman being the most wicked type of person to have ever lived.

I explained everything I saw, to my therapist and my husband who thought I was simply emotional and imagining things. Yet to their astonishment, the following day, the mainstream media reported that Antony Kidman was dead. As it turned out, Kidman died immediately after my bizarre inter-dimensional experience of witnessing his judgement.

I concluded that I was able to access that judgement hall because my core programming had been laid inter-dimensionally, and I entered another dimension in order to rupture the programming.

People are so smug. We live for what we can see, the here and now. But how many of us have seen eternity? Who knows the fate that awaits the Luciferian pedophiles who delight in tormenting innocent, helpless children? Or those who were themselves victims but now devote their energies to attacking survivors like me? Be warned: Jesus Christ is Lord and will not be mocked. You too will suffer the same fate as Antony Kidman.

What my enemies intend for evil, God uses for good.

Triggers are necessary for prompting the mind to cough up forgotten memories. They are to be embraced, not avoided. This is the secret to integration. So when I was recently triggered by my enemies' threats, I used the feeling that trigger induced, to explore my past, make more connections, and further integrate.

One of my previously therapy drawings featured a treasure chest that contained a key. This was the key to the back door that Gittinger installed, and which he kept secret from Antony Kidman whom he rightly described as a "fucking idiot" following an incident that occurred at age 10 years.

At age 10, I was present at a ritual in which children were being thrown over a cliff in the national park bush land near Engadine. I had had enough of the killing and so I ran at the cliff and jumped – to be caught by one of the men who risked his life to stop and catch me. If I had died, all in attendance would have paid with their lives. It costs the government 1 million dollars to train a modern soldier. It cost many millions to train a child MK-ULTRA soldier. As Gittinger told me, I was a "national asset."

I was aged 10 and 11 years old when my mother spent a year in hospital, paralyzed with lead poisoning. I spent most of that year at my Luciferian grandparents' Engadine home. I have relatively little memory of that time because the Cult had unlimited access to me during that year.

Following my suicide attempt, Gittinger himself was called to Australia from the USA to repair my programming. The problem was that the bit he had to fix was an integral component of my programming – Intellectual Alice. Gittinger reassigned Intellectual Alice as the Gatekeeper in the rabbit hole foyer. There she had limited access to the green door which led to the Mad Hatter's tea party garden setting.

Gittinger's remedy consisted of his flat lining my heart, to bring my heart into submission. He explained that the heart and brain work independently of each other. The heart is connected to the right, visual side of the brain, and to emotion.

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[Childrens home](#)

[Child trafficking](#) [Court](#)

[Criminal Cabal of People in Power](#) [Freedom of](#)

[Information Request](#) [Illuminati](#)

[London](#) [monarch](#) [mind control](#)

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- [Caylen Hartwell](#) 2022, August, 30
- [Luciferian Baby Roast Affidavit](#) 2022, August, 22
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- [Portsmouth 5 – Cosham, Sofie's Story](#) 2022, August, 17
- [Covid Resources 3 – Healing from Vaccine Effects](#) 2022, August, 14
- [Justin Trudeau Pedophile](#) 2022, August, 12
- [Covid Resources 2 – Doctors and Other Specialists](#) 2022, August, 2
- [Covid Resources 1 – Mask Madness](#) 2022, July, 31
- [The Rape of Britain](#) 2022, July, 27
- [Biltmore Unveiled: Vanderbilts / Underground Asheville](#) 2022, July, 25
- [Real Memories – Fake False Memory Foundation](#) 2022, July, 14
- [Helen – A Victim of Ritual Abuse](#) 2022, July, 13
- [Cultism's Roots in MK Ultra](#) 2022, July, 12
- [UT9 – A Report of Child Sexual Abuse in LDS Neighbourhoods by Marion B Smith](#) 2022, July, 10
- [Fiona Barnett's 2019 Evidenced Rebuttal of Hit Piece](#) 2022, July, 9
- [UT8 – Satanism in Utah Valley 1988](#) 2022, July, 6
- [Dianne's Story](#) 2022, July, 4
- [UT7 – David Hamblin Utah County Mormon Ritual Abuse](#) 2022, July, 3
- [UT6 – Church of Mormon in Books About Abuse](#) 2022, July, 2
- [UT5 – Kristy Allen Mormon Ritual](#)



There were 5 different colored doors in the Wonderland Foyer, based on Dr. West's color programming. Here is my drawing of these 5 doors:



Each door represents an amnesia wall. Behind each door sits a personality with their own neural circuitry. As the Gatekeeper, Intellectual Alice was able to unlock the doors. To access the doors and these compartmentalized brain sections, I did as follows:

I visualized falling backwards through the rabbit hole with 10-year-old Intellectual Alice. I knew the landing on the checkered floor to be hard and painful, so I said to Alice, "The landing doesn't have to be hard. We can make it soft because we are in our head and can control what happens in our head."

After landing, I asked Intellectual Alice to locate the key to the green door, which she did. Alice unlocked the door and I accompanied her to the fully laden Tea Party. I used my redundant counseling skills to communicate with Alice and win her trust. I asked her, "Have you ever actually sampled this spread?"

She shook her head.

I suggested, "Why don't you pour yourself a cup of tea? You like watching the way the tea comes out of the spout and into the cup. I know that because I am you."

We watched the black tea arc into the cup. Then I said, "Why don't you eat something? Go on, try a doughnut. I know they are your favorite."

Long story short – we returned to the foyer. There Alice retrieved a second key from beneath a mat in front of the red door. She opened the door and released 6-year-old Ritual Alice. Ritual Alice stood on Intellectual Alice's shoulders to retrieve a third key hidden in the chandelier. Ritual Alice opened the blue door to release 14-year-old Soldier Alice. Note that all three Alice's were created at ages at which I interacted with Gittinger.

Together, the three Alices opened the white door to reveal a cloud of hypnosis. When this cleared, 12 year old Dorothy appeared. She had a fourth key in her right pocket. All four keys were designed according to playing cards: heart, club, spade and diamond.

Dorothy opened the final, yellow door which contained the spiraled yellow brick road to the Emerald City. Here is a drawing of the opened doors:



Abuse and MKUltra 2022, June, 28

- [UT4 – Two accuse Leavitt of being Ritual Abuser](#) 2022, June, 26
- [UT0 – Utah Mormon Satanic Ritual Abuse Links and Timeline](#) 2022, June, 25
- [UT3 – Satanic Ritual Abuse in the Mormon Church – Pace Memo](#) 2022, June, 24
- [UT2 – Rapist Suspect linked to Mormon Ritual Abuse Scandal Still Delaying Extradition from Glasgow to US](#) 2022, June, 21
- [UT1 – Utah Ritual Abuse](#) 2022, June, 19
- [Deep Pizzagate](#) 2022, June, 17
- [Brooke Federline Survivor NWO Supersoldier](#) 2022, May, 2
- [Elon is Bloodline. The Great Deceiver?](#) 2022, April, 29
- [Hampstead – The Great British Cover Up](#) 2022, April, 2
- [Saved Twitter Threads](#) 2022, March, 29
- [LFH 6 Jack Maxey Finds More on Hunter's Laptop](#) 2022, March, 23
- [Scott Ritter – Analysis on Ukraine](#) 2022, March, 21
- [Permanent Suspension from Twitter](#) 2022, March, 10
- [Ivermectin Lies, Big Pharma Pawns, Traitors to Mankind](#) 2022, March, 9
- [Superbowl 2022 Decode](#) Gina Phillips 2022, March, 5
- [Corey Feldman Talks](#) 2022, February, 25
- [Svali Speaks](#) 2022, February, 23
- [Dr David Martin "Canada Gets Kickback" Factcheck](#) 2022, February, 15
- [Tyranny is here. NWO Ottawa](#) 2022, February, 7
- [Freedom Convoys Go Global, Trudeau Goes AWOL](#) 2022, January, 28
- [Truckers Give Canadians Hope Again...](#) 2022, January, 26
- [John O'Looney, Whistleblower Funeral Director Update](#) 2022, January, 25
- [NL6 Nathalie Augustina Trafficked, Raped and Ritually Abused](#) 2022, January, 22
- [More Knowledge, Comiskey and Ferns...](#) 2022, January, 21
- [Pedos and Propaganda – the BBC...](#) 2022, January, 17
- [Russia's False History and MK Ultra by Victoria](#) 2022, January, 12
- [NL5 Child Sacrifice and Prime Minister Mark Rutte](#) 2022, January, 8
- [Funeral Director Covid Whistleblower Rescued from Hospital](#) 2022, January, 5
- [Dr. Bryan Ardis – Covid Treatment Mass Murder](#) 2022, January, 4
- [Dr Robert Malone Interview with Joe Rogan](#) 2022, January, 2
- [Devi Sridhar – Lies and Misinformation](#) 2022, January, 1
- [Survivors Stories 2021](#) 2021,

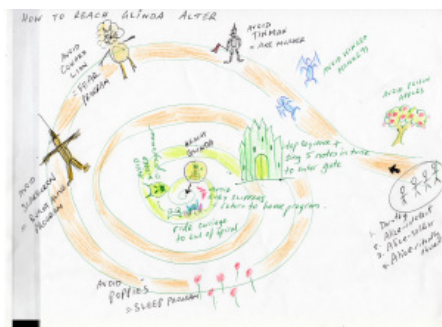


The 3 Alices plus Dorothy joined hands and followed the yellow brick road to the Emerald City. We avoided all obstacles on the way, including:

- Poison apples
- Winged monkeys
- Tin Man
- Cowardly Lion
- Scarecrow
- Poppy field

When we reached the Emerald City gate, I recalled and tapped a sequence and sang a five-note tune to gain entry. Once inside, the spiral turned green. We boarded the carriage pulled by the horse that changes colors. We avoided the Wizard which is a trap, and the Ruby Slippers – the final trap.

Once we reached the end of the spiral, Glinda appeared in a bubble. Glinda is the final programmed alter. Here is my drawing of the Oz maze:



Glinda is the Grande Dame program, she is 'Illuminated' which indicates she is a member of the Illuminati. Glinda was attached to Disney Princess Programming, including the following characters:

- Cinderella
- Sleeping beauty
- Snow White
- Snow White & Rose red

In the context of Grande Dame preparation, the purpose of the Princess Programming is – ‘The end justifies the means.’ I will explain. Every princess loses her mother, father, or both. Each endures hardship of some kind, usually at the hands of a wicked step-mother (the original Sleeping Beauty suffered an evil mother-in-law). But at the end of their

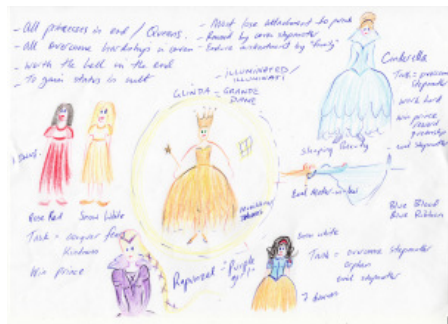
December, 29

- [Blogging – Now is a Great Time to Start...](#) 2021, December, 27
- [My Top Videos 2021](#) 2021, December, 25
- [Trauma and Christmas](#) 2021, December, 23
- [\[NL4\] Netherlands: The Pedophile Kingdom and Sodom and Gomorrah of the Modern World](#) 2021, December, 21
- [NL3 Official State Whistleblower Huig Plug Jailed by Dutch Pedophile Network](#) 2021, December, 16
- [Nadhim Zahawi and Le Cercle](#) 2021, December, 13
- [Hello, Police?...I need to file a report](#) 2021, December, 10
- [Mass Psychosis- The Monster that Devours its own Children](#) 2021, December, 5
- [Save Our Children Podcast with John Paul Rice](#) 2021, November, 28
- [Cali Shai Bergandi \(I Lack Eyes\) Part 2](#) 2021, November, 22
- [Travis Scott Astroworld Decode Gina Phillips Part 1 & 2](#) 2021, November, 20
- [Cali Shai Bergandi \(I Lack Eyes\)](#) 2021, November, 16
- [Edelweiss – Symbol and Song Against Tyranny](#) 2021, November, 15
- [\[Aus1\] Australian Commission – Dean Henry's Evidence](#) 2021, November, 10
- [British Nonces 2nd Edition \(British Pedophiles\)](#) 2021, November, 6
- [Michael Tellinger – Sound, Magnetism and much more...](#) 2021, November, 5
- [Latest Data on UK's COVID-19 Vaccination Injuries and Deaths](#) 2021, November, 4
- [NL2 Demanding Justice for Joost Knevel](#) 2021, November, 1
- [Help Signal – Violence at Home](#) 2021, October, 31
- [Survivor v Childrens Society 21 Feb 2012 \(Southport\)](#) 2021, October, 30
- [The War on Dr.Wakefield](#) 2021, October, 27
- [Halloween 2021](#) 2021, October, 25
- [Greville Janner Child Abuser... Helsing Documents.](#) 2021, October, 23
- [Triangle Tattoos...](#) 2021, October, 22
- [Greenbaum Speech by D.C.Hammond 1992](#) 2021, October, 20
- [My Name is Spartacus and I Have Had Enough. Part 1 The Arguments...](#) 2021, October, 16
- [NL1 Pedophile Network in the Hague](#) 2021, October, 11
- [Child Trafficking by the Jesuits](#) 2021, October, 10
- [A Story of Slavery, Escape, and Movement Toward Freedom](#) 2021, October, 3
- [Prison Britney](#) 2021, September,

ordeal, each marries a prince and becomes Queen.

In a Cult context, this story line translates into the journey a Grande Dame candidate undertakes. The child victim's attachment to their birth parents is severed and they are reattached to a Grande Dame and a new 'Family' who put the victim through a grueling, torturous training regime. But in the end, the victim is 'rewarded' for all their pain and suffering by being crowned Grande Dame.

Here is my illustration of this:



Cinderella, Sleeping Beauty, Dorothy, Alice and Snow White all wear pale royal blue, indicating their training status. The wicked step-mothers wear purple, a color indicating royalty and high Cult status. The Disney wicked step-mothers are dressed like real-life Grande Dames:



So, that's what I cognitively processed within 24 hours. This demonstrates the complexity of MK-ULTRA programming and my understanding of it. I hope this post helps other victims of ritual abuse and mind control tackle and unravel their own programming.

- The Sanctuary for the Abused [\[A\]](#) has advice on how to prevent triggers.
- National Association for People Abused in Childhood [\[B\]](#) has a freephone helpline and has links to local support groups.
- One in Four [\[C\]](#)
- Havoca [\[D\]](#).
- Useful post on Triggers [\[E\]](#) from SurvivorsJustice [\[F\]](#) blog.
- Jim Hoppers pages on *Mindfulness* [\[G\]](#) and *Meditation* [\[H\]](#) may be useful.
- Hwaairfan blog *An Indigenous Australian Approach to Healing Trauma* [\[J\]](#)
- Survivors UK for victims and survivors of male rape or the sexual abuse of men [\[K\]](#)
- Voicing CSA group [\[L\]](#) helps arrange survivors meetings in your area
- A Prescription for me blog *Various emotional support links* [\[M\]](#)
- Fresh Start Foundation *Scottish not for profit group, helping child sexual abuse victims & survivors* [\[N\]](#)

## Links

28

- [Serenity – How I Escaped Sex Trafficking](#) 2021, September, 27
- [Funeral Director John O’Looney Blows the Whistle on Covid](#) 2021, September, 18
- [Devi Sridhar and Covid Narrative Warfare](#) 2021, June, 23
- [Lambeth Compensation for ex residents of Lambeth Childrens Homes and Foster Children](#) 2021, April, 6
- [Links of cathyfoxblog Posts 2013](#) 2021, April, 3
- [Somerset Belenoff 3](#) 2021, April, 2
- [Somerset Belenoff 2](#) 2021, April, 1
- [Anne’s Story](#) 2021, March, 30
- [Ptryk Vega – Eyes of the Devil](#) 2021, March, 27
- [I was Prostituted to Pedophile Orgies at Parliament House](#) 2021, March, 23
- [MJ4 Majestic – Dan Burisch, Stargates and ET](#) 2021, March, 22
- [Wet Ass Mind Control – WAP Beta Kittens](#) 2021, March, 19
- [Royal Pedo Links](#) 2021, March, 7
- [Crown Agents Sisters – Mistress of the Revels](#) 2021, March, 6
- [MKSport 2 – Sports Logos, Television and Mind Control](#) 2021, February, 24
- [What happened to Nicole Kolpack?](#) 2021, February, 21
- [Aria And Phoenix 2](#) 2021, February, 19
- [MKSport 1 – Sports Slaves](#) 2021, February, 16
- [Elon Musk, the Abyss and the Great Deception...](#) 2021, February, 12
- [MJ3 – Cicadas and Coincidinks...](#) 2021, February, 11
- [MJ2 – Purple Programming – Monarch Mind Control Programming](#) 2021, January, 29
- [MJ1- Majestic 12 – 100,000 foot view...](#) 2021, January, 28
- [Belenoff and Q](#) 2021, January, 23
- [Jessie – Trust and Light at the End of the Tunnel](#) 2021, January, 22
- [I3 – Inauguration Malarkey](#) 2021, January, 21
- [I2 Pre – Inauguration](#) 2021, January, 20
- [I1 The Stage is Set...](#) 2021, January, 19
- [What is Happening? Psyops Abound...](#) 2021, January, 17
- [Jessie Czebotar – My Whistleblower and Woman of the Year 2020](#) 2021, January, 15
- [Draft Notice for Local Neighbourhoods in Case of Temporary Emergency](#) 2021, January, 12
- [Best Videos of 2020](#) 2021, January, 10
- [Coup at the Capitol 1](#) 2021, January, 9
- [Globalist Cabal Coyotes – Child Trafficking Part 4](#) 2021, January, 8
- [A Gun, a Child and a Camera –](#)

[1] 2018 Nov 8 FionaBarnett.org *Alice in Wonderland and Wizard of Oz MK-ULTRA Programming Unpacked* <https://fionabarnett.org/2018/11/08/alice-in-wonderland-wizard-of-oz-mk-ultra-programming-unpacked/>

[A] Sanctuary for the Abused <http://abusesanctuary.blogspot.co.uk/2006/07/for-survivors-coping-with-triggers-if.html>

[B] NAPAC <http://www.napac.org.uk/>

[C] One in Four <http://www.oneinfour.org.uk/>

[D] Havoca [http://www.havoca.org/HAVOCA\\_home.htm](http://www.havoca.org/HAVOCA_home.htm)

[E] SurvivorsJustice Triggers post <http://survivorsjustice.com/2014/02/26/triggers-what-are-they-and-how-do-we-work-through-them/>

[F] SurvivorsJustice Blog <http://survivorsjustice.com/>

[G] Jim Hopper Mindfulness <http://www.jimhopper.com/mindfulness/>

[H] Jim Hopper Meditation <http://www.jimhopper.com/mindfulness/#cultivate>

[J] 2016 Jan 5 Hwaairfan blog *An Indigenous Australian Approach to Healing Trauma* <https://hwaairfan.wordpress.com/2016/01/05/an-indigenous-australian-approach-to-healing-trauma/>

[K] Survivors UK website for victims and survivors of male rape or the sexual abuse of men <https://www.survivorsuk.org/> and twitter <https://twitter.com/SurvivorsUK>

[L] Voicing CSA website – <http://voicingcsa.uk/> helps arrange survivors meetings in your area. Voicing CSA supports the IICSA and VSCP and works to help adult survivors of child sexual abuse find their voice

[M] A Prescription for me blog *Various emotional support links* <https://aprescriptionforme.wordpress.com/help/#emotionalsupport>

[N] Fresh Start Foundation *Scottish not for profit group, helping child sexual abuse victims & survivors to achieve Truth & Justice and to support their recovery.* <http://www.freshstartfoundation.co.uk/> Twitter @SurvivorsSoS Facebook <https://www.facebook.com/survivorssupportline/>

This is all written in good faith but if there is anything that needs to be corrected or you wish to write to me please email [cathyfox@zoho.com](mailto:cathyfox@zoho.com) quoting the article title

the truth will out, the truth will shout, the truth will set us free

“The only thing necessary for the triumph of evil is that good men do nothing” – Edmund Burke

“He who does not bellow the truth when he knows the truth makes himself the accomplice of liars and forgers.” Charles Peguy

To sin by silence when we should protest makes cowards out of men – Ella Wheeler Wilcox

Every time we act in the face of fear, we dilute it's power and increase our confidence – via Gary Havener

- Child Trafficking Part 3 2021, January, 4
- Illuminati Players and the Battlefield – Earth Realm 2020, November, 27
- Deeper Esoteric Meanings – Masonic Tracing Boards (SBFIS Part 8) 2020, November, 22
- Monarch Mind Control Deprogramming and Healing – Gina Phillips 2020, November, 10
- LFH4 Beau Biden Foundation for the Protection of Children? 2020, November, 9
- LFH3 Ashley Biden's Diary 2020, November, 5
- LFH2 – The Swamp being Revealed... 2020, October, 27
- LFH1- More than a Malarkey Joe, its a Sordid Swamp 2020, October, 25
- Satanic Halloween 2020, October, 21
- Child Trafficking Part 2 Kim Picazio – Picazigate 2020, October, 13
- Child Trafficking Part 1 – Tucson, Child Trafficking Camp? 2020, October, 9
- CFS/ME Doctor Exonerated. Parallels to Covid19 Hysteria. 2020, October, 7
- Paris Hilton Breaking Code Silence 2020, October, 4
- Warrior Fiona Barnett's Long Goodbye 2020, September, 21
- High Priestess Training (Jessie Transcript Right on Radio Ep19) 2020, September, 20
- Jessie Interview Transcript – Grim Fairy Tale 2020, September, 8
- Blackmail and Child Abuse 2020, September, 4
- Targeted Individuals – The Spark 2020, August, 31
- Illuminati Plans for the New World Order 2020, August, 23
- Jessie's Interviews 1 and 2 with Right On Radio 2020, August, 17
- Anneke Lucas pimped by her mother to the Belgian Network 2020, August, 14
- Marianne Barnard, Mind Control Programming and the Polanski Network, updated 2020, August, 4
- Save The Children Protests starting... 2020, August, 1
- Michael Aquino – Research Information 2020, July, 31
- Illuminati Whistleblower Jessie's Interviews with David Zublick 5, 6, 7 2020, July, 30
- Human Hunting 2020, July, 26
- Why is the system protecting child sexual abuser, David Madge? 2020, July, 13
- Illuminati Secrets to Creating Wealth 2020, July, 5
- Sisters of Light – Illuminati Elite Security 2020, July, 4
- Pokemon Cards are really Occult Magik Cards 2020, June, 27
- Fionas Barnetts Eyes Wide Open,

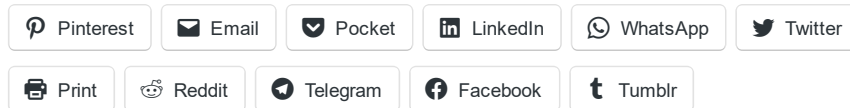


Only the small secrets need to be protected, the large ones are kept secret by public incredulity – Marshall McLuhan

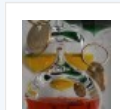
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**HOLLIE GREIG JUSTICE** says:

2018, November, 8 at 10:36 pm

Reblogged this on [HOLLIE GREIG JUSTICE : KAREN IRVINE IS EL COYOTE IS SNAKE LOGAN IS HOAXTEAD](#) and commented:  
brill

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**anndiamond** says:

2018, November, 9 at 7:08 am

Thanks for sharing this, Cathy! Very helpful.

★ Liked by [1 person](#)

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- ["I Feel No Shame" Marilyn Van Derbur, Miss America, Survivor](#) 2020, June, 11
- [Jessie Czebotar with Dave Zublick Interview 2, 5th June 2020](#) 2020, June, 10
- [Jay Parker Illuminati Whistleblower](#) 2020, June, 8
- [Obama is now running the Satanic Council](#) 2020, June, 4
- [Jessie Czebotar with Dave Zublick Interview 1, 29th May 2020](#) 2020, May, 30
- [Manchurian Candidates – MK Ultra Mind Control Assassins](#) 2020, May, 29
- [Barrow Rape Gang](#) 2020, May, 20
- [Twitter Threads – Symbolism, Mind Control, Hollywood and more](#) 2020, May, 18
- [Cheryl Beck Illuminati Survivor and Whistleblower](#) 2020, May, 16
- [Greta Garbage... Illuminati Puppet](#) 2020, May, 14
- [Mothers Who Allege Abuse More Likely To Lose Custody of Their Children – Researching Reform](#) 2020, May, 11
- [Lucifer and Luciferians – Masters of Deception](#) 2020, May, 10
- [Operation Gladio and Gladio B](#) 2020, May, 6
- [Child Kidnapping by the \(Deep\) State – Example Sara Ybarra Johnson](#) 2020, May, 5
- [14th Satanic Illuminati Bloodline – Muslim Brotherhood](#) 2020, May, 1
- [Vaccinations. Are They Child Abuse?](#) 2020, April, 30
- [Report on Child Abuse in Schools, Cornwall County Council](#) 2020, April, 29
- [Dr Raymond Colin Birt](#) 2020, April, 28
- [Cisco Wheeler and Fritz Springmeier – Illuminati Whistleblowers](#) 2020, April, 27
- [Candy Jones – the First MK Ultra Victim ?](#) 2020, April, 26
- [Svali, Illuminati Structure and Mind Control](#) 2020, April, 25
- [Kay Griggs Whistleblower on Child Abuse in Marines](#) 2020, April, 24
- [Archives and Satanist Marina Abramovic](#) 2020, April, 23
- [Light at the End of the Tunnel, Good Dog Interview 2, with Jessie Czebotar](#) 2020, April, 22
- [Dr. Sue Arrigo and the CIA: Timeline, Links, Torture Photos](#) 2020, April, 21
- [Ronald Barnard – Illuminati Banker, until he could not Sacrifice a Baby...](#) 2020, April, 20





**cathy fox blog on Child Abuse** says:

2018, November, 10 at 6:17 pm

Good , hope you going well

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**tomiejones** says:

2019, March, 27 at 10:40 am

Reblogged this on [circusbuoy](#).

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**Anonymous** says:

2021, February, 28 at 7:10 am

The breakdown she gave about the Disney princesses being grand dames was powerful and fascinating. I am reading Cisco's book about mind control slaves and also Michael Aquinos book mind wars. This is fascinating. Awesome how she and Cisco turned to God after all that had happened to them. I just wanted to say I really love Cathy foxes posts , they are very well put together and informative.

★ Liked by [1 person](#)

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- Allyson – Sacrifice to Baal 2020, April, 18
- Antichrist Rising – The When and Where and How... 2020, April, 16
- Gloria Vanderbilt and the Rising of the antiChrist 2020, April, 14
- First GoodDog Interview by Illuminati Insider Jessie Czebotar 2020, April, 8
- Masters of Magik (Silence Breaks Forth into Song Part 6) 2020, April, 6
- Montauk Boys – Blood Ritual Monarch 2020, April, 5
- How Deep The Magik Well Goes (SBFISong Part 5) 2020, April, 1
- Forged Through Brokenness (SBFIS Part 4) 2020, March, 29
- Equilibrium (Silence Breaks Forth Into Song Part 3) 2020, March, 27
- Queen Mother of Darkness's Special Pot Roast (SBFIS Part 2) 2020, March, 23
- How to Integrate Alters – Fiona Barnett 2020, March, 21
- Silence Breaks Forth Into Song Part 1 (SBFIS1) 2020, March, 17
- You are a child... 2020, March, 15
- Illuminati Hand Signalling Decodes 2020, March, 13
- Geoffrey John Ward Allen Information 2020, March, 2
- Katy Groves explains Tongue Tied by Mind Controlled Lion Slave Miley Cyrus 2020, March, 1
- IICSA Report – Allegations of child sexual abuse linked to Westminster 2020, February, 25
- The FIVE Child Trafficking Networks and Structure of the Illuminati 2020, January, 18
- Kim Noble – No Ordinary Artist 2020, January, 13
- Truth and Lies – Jeffrey Epstein – ABC 2020, January, 10
- Mike Tarraga – A Brave Soul and Generous Survivor 2020, January, 4
- Niven Sinclair's Will and Probate 2020, January, 3
- Michael Johnson Azimuth Trust Update 2020, January, 2
- 7 More Reports on Child Abuse from Lambeth publicly released 2019, December, 31
- Met Police on Epstein, Prince Andrew, Maxwell Sex Trafficking 2019, December, 29
- [2] Ty Mawr Report Authors – Gareth Williams QC and John McCreadie 2019, December, 26
- [1] Ty Mawr Childrens Home 2019, December, 24
- [#ScoutsAbuse 10] Scouts and Child Sexual Abuse 2019, December, 22
- Bill Clintons Illegal Dirt Gathering and Blackmail Operation 2019, December, 5
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2019, December, 3

- [Nazis and Mind Control](#) 2019, December, 1
- [David Ferrie US Child Trafficking and Abuse Network 1960/1](#) 2019, November, 28
- [NXIVM](#) 2019, November, 26
- [Rockefellers compromised Prince Charles with Sex Slave](#) 2019, November, 23
- [Phoenix and Aria Speak Out](#) 2019, November, 22
- [Mother Pimped Out Her Own Children](#) 2019, November, 19
- [Prince Andrew's 2019 "Suicide" Interview and Transcript – about Epstein, Maxwell and Virginia](#) 2019, November, 17
- [Hollywood and Satanism – Pacts with the Devil](#) 2019, November, 10
- [Pizzagate Decoded \(Illuminati Pizza Codes – Deep Decode Videos\)](#) 2019, November, 2
- [Finders, McMartin and MK Ultra Documents](#) 2019, October, 25
- [From Trauma to Transformation – Kathy Collins Healing from Child Abuse](#) 2019, October, 21
- ["I Will Do Anything" Hollywood Entrance Fee, Paid c/o CIA](#) 2019, September, 29
- [Epstein and The Edge](#) 2019, September, 6
- [Read Fiona Barnett's Free New E-Book – EYES WIDE OPEN](#) 2019, August, 7
- [Break from Blogging](#) 2019, March, 3
- [Hampshire Police Corruption and "Lost" Paedophile Investigation Files](#) 2019, March, 2
- [REMEMBERING GEORGE BUSH: PEDOPHILIA, COCAINE & MURDER](#) 2018, December, 8
- [Alice in Wonderland and Wizard of Oz MK-ULTRA Programming Unpacked](#) 2018, November, 8
- [The Secret Side of Halloween](#) 2018, October, 30
- [Acknowledgement and Apology to Ritual Abuse Victims from Australian Prime Minister](#) 2018, October, 25
- [Beecholme Survivors Interim Report](#) 2018, October, 21
- [Judge Likens Social Workers To Hitler's Schutzstaffel \[SS\]](#) 2018, October, 14
- [Report on Child Sexual Abuse at Knottfield Childrens Home, Isle of Man, Oct 2018](#) 2018, October, 4
- [Fiona Barnett's ITNJ Testimony](#) 2018, September, 8
- [Fiona Barnett's Recent Interviews](#) 2018, August, 22
- [Interviews with Child Abuse Survivors by Nathan at Lift the Veil](#) 2018, August, 10
- [Paedophiles in Parliament](#) 2018, August, 8
- [Billy Graham – Pedophile, Illuminati, Luciferian and Monarch Slave Programmer](#) 2018, August, 6

- [Robert C Byrd owned Mind Controlled Sex Slaves](#) 2018, August, 5
- [When #QAnon went Mainstream. MockingBirdMedia launch “Conspiracy Theory” Psyop](#) 2018, August, 2
- [Witness Statement by Fiona Barnett – Child Sexual Abuse](#) 2018, July, 28
- [Isaac Kappy exposes Steven Spielberg and others and talks about Pedophiles in Hollywood](#) 2018, July, 27
- [Hollywood’s Starting to Crack Wide Open...](#) 2018, July, 25
- [HG – Hampshire Police Assault CSA Victim after Church Reabused and Revictimised](#) 2018, July, 9
- [TLH 3 Analysis of Tony’s Story on Trevor Lloyd-Hughes](#) 2018, July, 4
- [Grant Wright – Indecent Exposure](#) 2018, July, 3
- [TLH 2 Trevor Lloyd Hughes, Met Police. Corrupt....yes absolutely. Gay...that too.](#) 2018, July, 2
- [TLH 1 – Trevor Lloyd-Hughes, Met Police. Summary of Information](#) 2018, July, 1
- [A POLICE WHISTLEBLOWER SPEAKS – JOHN WEDGER](#) 2018, June, 22
- [Incoming Family Court President Misunderstands...](#) 2018, June, 14
- [Peter Jonathan Denby 1988 Jul 29 Court of Appeal](#) 2018, May, 20
- [New Blogger on Child Abuse](#) 2018, May, 19
- [Knottfield Inquiry Isle of Man – Standing Committee Report 3 May 2018](#) 2018, May, 17
- [A Song for ME /CFS – Bob Dylan’s ‘Blowin’ in the Wind’ has been re-imagined for the ‘millions missing’: Part One](#) 2018, May, 13
- [Fiona Barnett appears to be OK. New Post on her Blog](#) 2018, May, 3
- [Injustice and Organised Targetting](#) 2018, April, 29
- [The “Skin of the Gods!” #TheCabal’s Obsession with GOLD!](#) 2018, April, 19
- [Wanted Pedo – Peter Righton’s Network](#) 2018, April, 2
- [Steven George and Jason Packer – Framed by Corrupt Police and Judicial System](#) 2018, March, 31
- [Survivor’s Reply to Archbishops’ Pastoral Letter](#) 2018, March, 25
- [Child Abuser Morris Fraser, Factual Errors by NI Child Abuse Inquiry](#) 2018, March, 24
- [More Councils Using Section 20 Arrangements To Keep Children In Care Illegally](#) 2018, March, 21
- [The Pedophocracy by David McGowan](#) 2018, March, 20
- [Q Anon – Spirit Cooking and Hollywood Mind Control, Enslaved Children](#) 2018, March, 10
- [Sex Slavery – Slave Girl Return to Hell by Sarah Forsyth and Tim Tate](#) 2018, March, 9

- [Child Safeguarding Whistleblower, Thomas Tallis School Part 2 – Supervising](#) 2018, March, 8
- [Child Safeguarding Whistleblower, Thomas Tallis School Part 1- Cover Up](#) 2018, March, 7
- [Palestinian Children routinely abused by Israel](#) 2018, March, 6
- [INQUIRY INTO CHILD SEXUAL ABUSE: FIRST REPORT – CHILD MIGRATION PROGRAMMES](#) 2018, March, 4
- [George Webb Day 500 Summaries – Crowdsourced Research into the US Criminal Cabal](#) 2018, March, 1
- [#ScoutsAbuse 9 – The Lasting Legacy of Childhood Sexual Abuse by Nic Seagull](#) 2018, February, 28
- [Secrets](#) 2018, February, 27
- [Lambeth Council Offers Compensation To Child Abuse Victims.](#) 2018, February, 26
- [5 Years Anniversary of Cardiff Judge 'Child Smuggling' Ruling: Cover-up of Toddler Rape, Satanist Ritual Abuse \(SRA\), and Murder](#) 2018, February, 22
- [Billy Graham – Child Abuse](#) 2018, February, 21
- [Operation Spanner Dissected, by Grimstock](#) 2018, February, 20
- [BAFTAS, Corruption, the Charity Commission and Groucho Club](#) 2018, February, 19
- [Natalie Esther – Radio Channel for Survivors](#) 2018, February, 18
- [\[#ScoutsAbuse 8\] William Henry Twigg 1988 Jun 7 Court of Appeal](#) 2018, February, 10
- [\[#ScoutsAbuse7\] John Queen 1984 May 10 Court of Appeal](#) 2018, February, 10
- [\[#ScoutsAbuse6\] Ernest Fred Jay 1978 Jan 20 Court of Appeal](#) 2018, February, 9
- [\[ScoutsAbuse 5\] Derek Lewis Foster 22nd October 1987 Court of Appeal](#) 2018, February, 8
- [\[#ScoutsAbuse 4\] John Oliver Bentley Court of Appeal 29 Jul 1999](#) 2018, February, 7
- [\[#ScoutsAbuse 3\] Andrew Lee Clark 2000 Jun 13 Court of Appeal](#) 2018, February, 7
- [\[#ScoutsAbuse 2\] John Anthony Coghlan 2006 Jun 19 Court of Appeal](#) 2018, February, 7
- [\[Scouts 1\] KCR v Scout Association High Court 18th March 2016](#) 2018, February, 6
- [Home Office Summary of Child Sexual Abuse Operations](#) 2018, February, 5
- [Medomsley – John McCabe, Appeal to Police Complaints body – IOPC](#) 2018, January, 28
- [Beecholme Survivors and Justice Group Letter](#) 2018, January, 17
- [Calderdale 5 Survivors story – Skircoat Lodge](#) 2018, January, 14
- [Calderdale 4 Working Post – Skircoat Lodge and Operation Screen](#) 2018, January, 13



- [Calderdale Working Post 3- Calderdale Report and Response](#) 2018, January, 12
- [Dissociative Orders and Child Sexual Abuse](#) 2018, January, 4
- [Hivites](#) 2018, January, 2
- [Steven George and Jason Packer](#) 2017, December, 30
- [David Wilcock – Stunning New Briefings: Mass Indictments, Targeted Arrests and Disclosure](#) 2017, December, 25
- [NORTH WALES POLICE COVERED UP GORDON ANGLESEA'S LIES](#) 2017, December, 12
- [FBI Sexual Abuse and Harrassment](#) 2017, December, 8
- [Beecholme – Wandsworth Council wrong to say they had no Child Abuse Reports](#) 2017, December, 5
- [Judicial Review of IPCC and Hampshire Police re Arnewood School – Documents released](#) 2017, November, 26
- [The Real Origins of /r/Pizzagate and The Pizzagate/Pedogate Movement \(Part 1\)](#) 2017, November, 24
- [Anatomy of the Luciferian Elite's Global Child Sex Trafficking Pedophile Operations – Joachim Hagopian](#) 2017, November, 21
- [I HEAR VOICES: Murder by MKUltra?](#) 2017, November, 20
- [Kincora survivor Richard Kerr](#) 2017, November, 15
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- [Big Moves soon against Child Sex Abusers?](#) 2017, November, 5
- [CIA Supply "elite" \(ill-ite\) Pedophiles with Children \(Also Corey Feldmans abusers named\)](#) 2017, November, 1
- [Beecholme Survivors – please get in touch](#) 2017, October, 31
- [LANDMARK RULING: Foster Children Can Now Sue Local Authorities For Abuse](#) 2017, October, 20
- [\[Le7\] Lewisham Council – Whistleblower Documents 3 – "After Leeways" Report](#) 2017, October, 15
- [Submissions to the Investigation into Knottfield Childrens Home, Isle of Man](#) 2017, October, 13
- [Lack of Blogging](#) 2017, September, 7
- [Isle of Man – Paedophile Paradise for downloading child abuse pictures](#) 2017, August, 11
- ["Security Services" running rogue – Deep State out of Control](#) 2017, August, 10
- [Tyrone Mark, Arnewood School, Child Abuse Cover up in Hampshire](#) 2017, August, 9
- [Pilot Study on Alleged Organised Abuse – Hale and Sinason c.1994](#) 2017, August, 8
- [Len Lawrence email to Official](#)

- [Solicitors Office](#) 2017, August, 7
- [Child Abuse at Beechholme Childrens Home, Banstead, Surrey](#) 2017, August, 5
- [Rochdale and Beyond – the Legacy of Child Abuse by Anne Wade](#) 2017, August, 4
- [Isle of Man Knottfield Child Sexual Abuse Investigation Aug 2017](#) 2017, August, 3
- [Barry George Cutler 2011 Oct 26 Court of Appeal – PIE](#) 2017, August, 2
- [David Joy 2007 Dec 11 Court of Appeal](#) 2017, August, 2
- [Bremner and Joy 20 Dec 1984 Court of Appeal – PIE](#) 2017, August, 2
- [Irish Child Abuse Survivor goes on Hunger Strike](#) 2017, August, 1
- [They Don't Bloody Care by Wally Harbert](#) 2017, July, 31
- [#CSASurvivors Stories 4 – Shirley Cooper](#) 2017, July, 30
- [Responding to Collective Astigmatism by Wally Harbert](#) 2017, July, 29
- [\[Le6\] Lewisham Council – Whistleblower Documents 2 – Introduction to Leeways](#) 2017, July, 28
- [Islington Councils' "flop" choice of "top" lawyer](#) 2017, July, 27
- [Tower Hamlets – Working Document – creating a full Timeline](#) 2017, July, 26
- [Judge Adrian Fulford – Can we trust him?](#) 2017, July, 25
- [Matthew Andrew Carter aka William Charles Harcourt, Serial Child Rapist](#) 2017, July, 24
- [Roger Laing 2015 Oct 2 Court of Appeal](#) 2017, July, 23
- [Clifford Nigel Drake 23 May 2012 Court of Appeal](#) 2017, July, 22
- [Wayne Herschel 3 – Alpha Omega Taurus Stargate Revelation Part 3](#) 2017, July, 20
- [Wayne Herschel 2 – Alpha Omega Taurus Stargate Revelation Part 2](#) 2017, July, 20
- [Wayne Herschel 1 – Alpha Omega Taurus Stargate Revelation Part 1](#) 2017, July, 20
- [#CSASurvivors Stories 3 – James Reeves Story](#) 2017, July, 19
- [Peter Saint 3 1998 Apr 5 Sunday Mirror article](#) 2017, July, 18
- [Peter Saint 2 Court of Appeal 17 Feb 2004](#) 2017, July, 18
- [Peter Saint 1 Court of Appeal 6 Oct 2000](#) 2017, July, 18
- [\[Le5\] Lewisham Council – Whistleblower Documents 1](#) 2017, July, 17
- [#CSASurvivors Stories 2 – Carolines Story](#) 2017, July, 16
- [Niven Sinclair is dead. He abused whilst working for the BBC](#) 2017, July, 15
- [Irish High Court Judicial Review 2017 Jun 1 – Child Sexual Abuse](#) 2017, July, 14
- [#CSASurvivors Stories 1 – Why I Write by Amanda](#) 2017, July, 13
- [\[La3\] Summary of Child Sexual](#)

Abuse Reports, Lambeth 2017, July, 12

- [\[Le4\] Summary of Information on Lewishams Child Sexual Abuse Documents](#) 2017, July, 11
- [Sea of Complicity – Blog on Abuse in the Church of England](#) 2017, July, 8
- [\[Le3\] Lewisham Chief Executives Report](#) 2017, July, 7
- [\[Ha3\] Times articles on Mark Trotter, Child Abuser, Hackney Council](#) 2017, July, 5

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- [#CSASurvivorsStories](#)
- [#OpDeathEaters](#)
- [#OpPaedoHunt](#)
- [#pedogate](#)
- [#SilenceBreaksForthIntoSong](#)
- [4iicsa](#)
- [Americas](#)
- [Andrea Davison](#)
- [archives](#)
- [Armed Forces](#)
- [asia](#)
- [Australia](#)
- [Avon](#)
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- [Bedfordshire](#)
- [Bexley](#)
- [Birmingham](#)
- [Books about Child Abuse](#)
- [Brent](#)
- [British pakistani rape gangs](#)
- [Brixton](#)
- [Bryn Alyn](#)
- [Calderdale](#)
- [Cambridgeshire](#)
- [Camden](#)
- [canada](#)
- [cathyfoxblog](#)
- [Cheshire](#)
- [Child Abuse](#)
- [Child sexual abuse](#)
- [Child trafficking](#)
- [Childrens home](#)
- [Church abuse](#)
- [CIA](#)
- [Cleveland](#)
- [Conservative Party](#)
- [Controlling Prostitution](#)
- [Cornwall](#)
- [Council Response](#)
- [Council Social Services](#)
- [Court](#)
- [covid](#)
- [Criminal Cabal of People in Power](#)
- [Crown Prosecution Service](#)
- [Cyril Smith](#)
- [D notices](#)
- [Derbyshire](#)
- [Devon](#)
- [East Anglia](#)
- [East Midlands](#)
- [Eire Ireland](#)
- [Emma The Imagination](#)
- [European Child Abuse](#)
- [Falsely accused, set up, framed](#)
- [Family Abuse](#)
- [football](#)
- [Forced Adoption](#)
- [Forced Drug Use](#)
- [Freedom of Information Request](#)
- [Freemason](#)
- [Gladio and Gladio B](#)

- Gloucestershire
- Government
- Gwent County
- Hackney
- Hampshire
- Hampstead
- Harrow
- healing
- Health Professions
- Herefordshire and Worcestershire
- Hertfordshire
- Hollywood
- Home Office
- Human Hunting
- Humberside
- IICSA Goddard / Jay child sexual abuse Inquiry
- IICSA Independent panel inquiry into child sexual abuse
- Illuminati
- Indecent Images
- Index
- Information
- Inquiries
- International
- Isle of Man
- Islington
- Islington Council
- Jersey
- Jessie Czebotar
- Jillings Report
- Jimmy Savile
- Journal articles
- Judges Remarks
- Justice System
- Kensington and Chelsea
- Kent
- Kincora
- Labour Party
- Lake District
- Lambeth
- Lancashire
- Leicestershire
- Leon Brittan Dossiers
- Lewisham
- Liberal Democrat
- London
- Luciferian
- Macur Review
- Magic Circle
- Magik
- Manchester
- ME /CFS Chronic Fatigue Syndrome
- Medical abuse
- MI5 MI6 Security Services
- Mind Control MKUltra
- Missing Information
- monarch mind control
- Monmouthshire
- Mormon Ritual Abuse
- My Story
- N Yorkshire
- National Crime Agency
- netherlands
- New Zealand
- Newcastle
- Newspaper Articles
- North east
- North Wales
- North West
- Northamptonshire
- Northern Ireland
- Northumberland
- Nottinghamshire
- Other bloggers
- Oxfordshire



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- [Paedophilia around Piccadilly](#)
- [physical abuse](#)
- [PIE](#)
- [Pizzagate](#)
- [Police](#)
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- [Prisons](#)
- [Qanon](#)
- [Records](#)
- [Refused](#)
- [Reports](#)
- [Ritual abuse](#)
- [Rochdale](#)
- [Royalty and Child Abuse](#)
- [Russia](#)
- [Schools](#)
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- [science](#)
- [Scotland](#)
- [Scouts](#)
- [Serious Case Review](#)
- [Sex trafficking](#)
- [Shropshire](#)
- [Social Service Inspectorate](#)
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- [South West](#)
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- [Sport](#)
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- [Sunderland](#)
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- [September 2022](#)
- [August 2022](#)
- [July 2022](#)
- [June 2022](#)
- [May 2022](#)
- [April 2022](#)
- [March 2022](#)
- [February 2022](#)
- [January 2022](#)
- [December 2021](#)
- [November 2021](#)
- [October 2021](#)
- [September 2021](#)

- [June 2021](#)
- [April 2021](#)
- [March 2021](#)
- [February 2021](#)
- [January 2021](#)
- [November 2020](#)
- [October 2020](#)
- [September 2020](#)
- [August 2020](#)
- [July 2020](#)
- [June 2020](#)
- [May 2020](#)
- [April 2020](#)
- [March 2020](#)
- [February 2020](#)
- [January 2020](#)
- [December 2019](#)
- [November 2019](#)
- [October 2019](#)
- [September 2019](#)
- [August 2019](#)
- [March 2019](#)
- [December 2018](#)
- [November 2018](#)
- [October 2018](#)
- [September 2018](#)
- [August 2018](#)
- [July 2018](#)
- [June 2018](#)
- [May 2018](#)
- [April 2018](#)
- [March 2018](#)
- [February 2018](#)
- [January 2018](#)
- [December 2017](#)
- [November 2017](#)
- [October 2017](#)
- [September 2017](#)
- [August 2017](#)
- [July 2017](#)
- [June 2017](#)
- [May 2017](#)
- [April 2017](#)
- [March 2017](#)
- [February 2017](#)
- [January 2017](#)
- [December 2016](#)
- [November 2016](#)
- [October 2016](#)
- [September 2016](#)
- [August 2016](#)
- [July 2016](#)
- [June 2016](#)
- [May 2016](#)
- [April 2016](#)
- [March 2016](#)
- [February 2016](#)
- [January 2016](#)
- [December 2015](#)
- [November 2015](#)
- [October 2015](#)
- [September 2015](#)
- [August 2015](#)
- [July 2015](#)
- [June 2015](#)
- [May 2015](#)
- [April 2015](#)
- [March 2015](#)
- [February 2015](#)
- [January 2015](#)
- [December 2014](#)
- [November 2014](#)
- [October 2014](#)
- [September 2014](#)
- [August 2014](#)
- [July 2014](#)
- [June 2014](#)

- [May 2014](#)
- [April 2014](#)
- [March 2014](#)
- [February 2014](#)
- [January 2014](#)
- [December 2013](#)
- [November 2013](#)
- [October 2013](#)
- [September 2013](#)
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