

## What are Internal Programmes?

An internal program is the conditioned response an alter has to a specific trigger/code. Programming is an internal, pre-established reaction to external stimuli as a result a part/alter will automatically respond in a predetermined 'programmed' manner. For example a part will perform a specific set of actions according to a date and/or time, phrase, coded taps or other means.

The program is repeated numerous times with the exact same trigger, so that by the time the individual is an adult the conditioned response for the part is automatic.

The program once triggered can have various effects:

**Global Effect:** The entire system responds to the triggered program.

**Group Effect:** A specific group of alters responds to the triggered program.

**Individual Effect:** A specific alter responds to the triggered program.

Multiple parts in a system can have the same program and not the same trigger.

There are the well known base programmes used within systems. These are;

**A-ALPHA**-Also called 'the base personality control.' Symbolism is used to reinforce programming. The symbols can be found outside the body, such as; hourglasses, white rabbits, monarch butterflies, as well as found in the programming of that individual.

The programming for alpha teaches the person triggers, assists in fragmenting the personality, protection programming, logic programming, map of the system, base commands for contacting/calling up of other alters, and the foundation for future programming. (Base program)

**B-BETA**-Sexual programming spans from rigid gender stereotypes on one end of the spectrum (Princess Programming) to hyper-sexualised conduct at the opposite end. Particular programs (and thus commands) are for pornography, acting, oral sex, etc.(porn/sex/BDSM Programming).

Beta Programming requires absolute submission from women/men in order for them to perform their tasks. Early sexual torture will be used to anchor programming. These alters will develop sexual abilities that are for the pleasure of others. These alters are programmed to have charm, seductive skills, charisma, and creativity. This Programming eliminates ensures the alter is lacking sexual inhibitions. Kitten alters are created with this Programming. (Look for the Greek letter Beta)

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**Δ-DELTA**-One of the more cognitive brain wave states, and will often be highly dissociated. Also known as killer/assassination Programming, originally developed for training special

agents or elite soldiers in covert operations. Optimal adrenal output and controlled aggression is evident.

Alters are devoid of fear; very systematic in carrying out their assignments. An alter selected for Delta programming may be selected for strength, dexterity, and physical fitness.

Delta alters can appear emotionless, with excellent memories. they may hold some memories for the other alters.

**Θ-THETA** - 'Psychic' programming. correlates with the development and use of extrasensory powers and extra physical abilities, including long-distance mind connection with other remote viewing where alter's could see what an individual is doing in another location. It also implies the use of thought energy to kill someone at a distance. Paranormal ability known as "remote scanning", the ability of some humans to locate objects or envision events in remote geographical areas of which they have no prior knowledge.

**Ω-OMEGA**- "Self-destruct programming", also known as "Code Green" involves suicide training to commit suicide if commanded. The alter will exhibit behaviors such as suicidal tendencies and/or self harm such as cutting.

The individuals suicide can be contributed as willing sacrifice for a ritual or religious belief. Many alters of Omega programming have a strong need to honour their 'group' family. They fear being killed or seen as traitors to the organisation. They also fear losing their status within the organisation or group and their group's protection and even losing what they have been gifted with. (Spiritual programming)

This program is often activated when the alter/survivor begins therapy or interrogation and too much of their memory is being recovered. (Base program)

It can be used as a silencing program to protect handlers from a failed assignment such as protecting secrets or other assets. (Government programming)

**Γ GAMMA**-Can be system-protection and deception programming which will provide misinformation to outsiders and try to misdirect people by telling half-truths, protecting different internal programming. Gamma parts are trained to sow doubt and confusion about the existence of programmers. This is done by creating a number of misinformation alters, some of which are involved in exposing the group, but they will mix truth with wildly speculative and obviously ridiculous assertions.

Other programmes are then placed in these categories. Some programmes listed above may not be used. Other programmes are group specific. There can be numerous programmes in a system.