

## Self Induced Method for Blocking Abductions Definitively (SIMBAD)

Place yourself in a comfortable position where nothing can disturb you. Relax with closed eyes and imagine being a moderator of a tv show. Imagine the television studio and the table around which the guests you invited, will place themselves. The theme of the show will be: ***You and the aliens!*** You will invite your soul, your mind and your spirit. After that you will invite the aliens (it is up to you how many and which type) to take a seat around the table in order to discuss with you the matter in hand. There will also be exterior links, by means of a videoconference or by phone, for those who could or would not be present in the show.

The guests will enter through the door as you call them by their name (or with a nickname if you do not know the name), and you will let them to sit where they want.

Imagine the hall, the microphones, the chairs. Spend time to look at the position and at the kind of lights of the television studio.

When all are seated, look at how you are visualizing them: how they are made, how they are dressed, how they relate to each other and how they appear to you while you are observing them. Spend time during this phase, while you are waiting for the transmission line of the show you are going to perform. Observe the behavior of each guest. It could be that some chairs will be empty or it could be necessary to add other chairs. Observe their position around the table and mentally take note of the position of each guest, because later on you will be asked to make a schematic drawing which will reproduce their positions, with a description of each one. As all the participants will arrive and as you will get the transmission line, the show will start: first of all ask each guest to introduce himself/herself shortly. ***Always start from your soul***, subsequently do as you prefer but the soul must always start the round of the interventions. Remember that you are the moderator and that all the participants have to listen to you: if you stop a discussion they must respect you and your decision.

After the phase of introductions, start with the questions: you can ask what you want, but the soul must be always the first to begin the round of the answers.

The first question to ask to the soul is mandatory:

***Do you know all the guests sitting around this table? Do you know who they are and what they want?***

From such a mandatory question the discussion will start. The discussion can go on also for various episodes (in order not to get too tired).

After the first question, ask the participants what they think about the problem of aliens. Ask each alien, if present, what he is doing there and what are his real interests. Ask each of them if there is someone helping them, if they are friends or enemies against each other, when they will finish their work, etc. Such a debate has the aim to determine why the aliens are here and which relationship they have with your own soul, mind and spirit. You can also use virtual movies: make a big screen come down and project the movies that you need. For example, if your soul disagrees with some of the guests, show the movies of what actually happen in reality and then comment on such movies in front of the participants and also allow them to comment. Such movies have been filmed by your brain and the visual data will be provided by it. The movies concern your own experiences, which now can appear on the big screen, filmed by a camcorder placed in the best position in order to see everything. Do not be afraid to invent the facts: indeed your brain has recorded all your experiences and it knows very well which images to show to the guests.

When the show is finishing, in order to come to a conclusion, ask to your soul if she agrees. If she disagrees, ask her to remedy the problem, for example eliminating the problem itself. If she accepts to do it, ask her to do it live immediately. Visualize **with no hurry** the scene of your soul on the job, or create the conditions in order for her to accept to eliminate the problem when she will think it appropriate.

If the soul decides to eliminate the alien problem immediately, visualize in a very strong way such a scene and observe carefully how she appears to you while she is putting her

“will to do it” into practice. Afterwards describe the scene in a small story.

Take into account your own emotions during the show, and give a voice to them. Look carefully the faces of all the guests while they are interacting with you, as you would frame them with your television camera.

At the end it is important that, as in all these kind of shows, the guests are said goodbye to, then the show will continue in the second episode, in which the same, or other, guests will participate, taking stock of the situation.

When such an exercise is finished make a drawing and brief report of the whole experience.

I remind you that such an exercise has been developed exclusively for the true abducted: anyway the false abducted can do it in order to confirm their non involvement in the phenomenon.

**Also such a method of visualization is of the auto-evaluative kind.**

**NOTE!** Before starting to ask the questions, turn on a virtual apparatus such as an alarm which will ring when you will almost fall asleep during the show. If, instead, your soul is present, you will entrust to her the task to ring the alarm bell if something of voluntary or external to yourself will try to make you fall asleep or to distract somehow.