

# Wernicke's Commands Check List

Name: \_\_\_\_\_

Year: \_\_\_\_\_

Subject	Completed	Number Found	Date Completed	Check if any given Intentionally	Who gave commands	Check when tested if there were drugs that needed balancing out after removal of commands (See Disk #12)
Booby Traps (Commands deliberately given, related to death)						
Commands to Prevent people finding Booby Traps						
Commands against doing kinesiology / other techniques that can improve you						
Commands that interfere with your relationship with God						
Commands against "The Relfes" / "Stephanie Relfe" / "Michael Relfe"						
Commands to forget						
Commands to obey others						
Relationships						
Money						
Success						
Getting things done						
Health						
Using your Metaphysical Abilities						
Commands to go on the ships*						
Manifesting						
Art						
Singing						
Any subject the person feels a block to (describe)						

## **MORE INFORMATION**

### **1) ALWAYS CHECK FOR BOOBY TRAPS AT THE START AND END OF EACH SESSION**

Because there can be many groups of booby traps, stacked between different 'layers of the onion', you might have removed some last session, but another group which you could not access then is now available to be removed, either because you removed some layers, or the person has become activated in some way. They are so dangerous that it is important to continually check for them.

### **2) BALANCE OUT ANY DRUGS AT THE END OF EACH SESSION**

Generally, each group of Wernicke's commands that is given deliberately, will be 'cemented in' with one or more drugs. Muscle test if there are drugs that need to be balanced out, how many need to be balanced out, and then balance them out (As per Disk #12 of "Perfect Health with Kinesiology & Muscle Testing")

### **3) ALTERS**

Wernicke's Commands can be hidden in different alters. Once you have done these tests for the 'normal' person, muscle test whether or not they have any alters ("Indicator change if this person has any alters"). If so, test how many alters they have. Identify the names of the alters. Then remove commands for any alters that have them. Make sure at the end you tell the body to "THIS BODY IS ITSELF AGAIN".

### **4) RECORD ALL COMMANDS**

Record them on index cards, or something similar. Add a date, and anything else that comes up. Try to keep your records as clear yet as brief as possible.

### **5) DO NOT DO THIS ON YOUR OWN**

These commands were worked out by beings that have technology thousands of years ahead of our own. We are blessed that as simple a method as Wernicke's commands can remove them. But do not shortcut the process by doing them on your own, except in an emergency. A broken computer cannot fix itself (your brain is the computer). Even if you do not have anyone who is trained in doing Wernicke's commands, get a second person to do them on you-with you telling them what to do.

### **6) CHECK AGAIN PERIODICALLY**

People can be re-given Wernicke's commands. And different ones can be hidden, as negative emotions and energies are in layers, like layers in an onion. Do another check again periodically, at least once a year.

### **7) PREPARED LISTS DON'T WORK**

I have been asked "Do you have "templates" which have the different wording for this kind of stuff?" The answer is, sorry, no. The lists we have given at metatech.org give a few ideas\*\*, but we have found it is impossible to work from lists, because generally each person has unique commands. It may be useful to have a list to give you ideas when you run out of ideas, but generally, however, lists

just slows you down. You have to find the precise wording of each Wernicke's command before you can do the technique to remove it. One cannot muscle test forever, because the muscles get tired.  
\*\*(See <http://www.metatech.org/wp/aliens/death-thoughts-can-be-from-alien-or-military-abduction/>)

## 8) TIPS FOR IDENTIFYING CORRECT WORDING

The first booby trap is nearly always "Die if you remember this." After that, it can be virtually anything.

If you talk to the person, and pay attention to what they are saying or thinking, generally the two of you will be able to work out the precise wording of each command within about 5-7 tries. For example, if both of you suddenly find your minds going blank, it will likely be the command you are working on is causing this; so you would test for commands related to things like the mind, brain and thinking. Once you remove the command, the blank feeling will go away.

Often the person being tested can almost read a command – it's right there in their head - and the tester can look at the person and almost read it off their forehead. In addition, I scan the body while searching, and do a few other tests to narrow down the subject area of the command.

I do find it useful each time to do a few muscle tests to narrow down the subject. Eg, say then test things like –

"Has the word 'cancer'."

"Has the word 'die'."

"Starts with the word 'be'."

"Is related to organs."

"Is related to this person's abilities."

9) Note that it is not unusual for them to have the same command twice, even three times, since these exist like layers of an onion. The same command could also be layered in with layers of drugs, so don't be surprised if you find the same command appearing again at a later session.

10) The commands will sometimes tend to be related to the person's personality and sometimes to their metaphysical abilities.

\* Reference: [www.DoNotGetOnTheShips.com](http://www.DoNotGetOnTheShips.com)



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