

SIMBAD

1st Step

Imagination of a TV Studio

Imagine being the anchor(wo)man of a TV talk show. In your mind, make a picture of the studio and the table around which the guests you invited will take their place.

Take some time to imagine the materials and the colors you used to build up the room, the chairs, the furniture. Feel really carefully the warmth that is spread out by the materials you chose to construct the whole room. Imagine their roughness and the temperature that they send out: if you used marble, it will feel colder than wooden surfaces.

Plastic will feel smoother than walls, and so on. Spend some more time just to picture the lights and the noises that are present in this room, which, as a matter of fact, is a TV studio. Be careful not to stumble upon the cables of the cameras which are about to frame you in a moment. Place also a mirror into the TV studio in a certain position, so that all the guests that are going to come in will **have to** pass in front of it.

2nd Step

Going on air

As soon as you' re ready to start, go on air: look straight into the camera number 1, which is now turned on, and say something like:

“Ladies and Gentlemen, this evening we’ve a very interesting issue to debate about. The subject of this talk-show’s is: The Aliens And Myself! In order to talk about this, we invited some guests that we’ re about to request to get in. Let’s welcome in my Soul, my Mind and my Spirit.”

Ask now your Soul, Mind and Spirit to come in and **look at themselves in the mirror** (they should turn around in front of the mirror several times!); be aware that the image reflected by the mirror should be the same as the one you are directly perceiving. If not, that means that your guests have a false identity and they are not what they pretend to.

Suggest them to sit down.

Notice how soul, mind and spirit look like and observe which way they are sitting and if they took place on the chairs you prepared for them. Do not mind which form they could have, just go on with your simulation.

3rd Step

Questions to the Soul, Mind and Spirit

Start by asking your soul to introduce her and ask her if she knows the other two guests.

Do the same with your mind

...and at last, with your spirit.

At this point, ask your soul again if she knows something about the aliens' issue and ask the other two the same question. The debate can begin. If all three parts don't agree about something, you can **make a big TV screen come down from the ceiling**, if it's not already there, and start the footage of when the aliens came.

4th Step*

Invitation of guests

After the discussion about this video, invite as many aliens and the ones you want to come in and sit around the table, in order to debate with you about the issue. You can also have external interventions by video conference or phone from the ones that couldn't be there. Your guests will enter the door as you call them by name or by nickname, if you don't know them, and you can let them sit down where they like to. Imagine the hall, all the micros and chairs. Again, spend some time watching disposition and kind of the TV studio lights. When all of them are comfortably sitting, take a look of how you visualize them: how their form is, how they are dressed, how they relate to one another and how they look like to you who are observing them. Notice the behavior of any single one of them. There may well be empty chairs or it could be necessary to add some more. Observe their disposition around the table and, just in your mind, notice where every one of them is placed, because later you will be asked to make a sketch which reproduces everyone's position, with a description of all of them.

As they are all there, ask all of them to rapidly introduce themselves. Remember, you are the anchor(wo)man and they all have to listen to you: if you cut short a discussion, they'll have to obey. After introducing, you can start with your questions: you can ask anything you want, but your soul should be the first one who answers.

5th Step

First question and discussion

The very first question to be asked should be this one:

“Do you know the alien guests who sit around this table? Do you know who they are and what they want?”

From this obligatory question you can start the discussion, which could be taking place over more sessions (just to not getting too tired).

After this first question, ask all the different characters what they think about the aliens' problem and ask any single alien what they are doing here and what are their real interests. Ask them if they're getting helped by someone, if there are all friends or foes to one another, if they know when their job will be done, etc.: the debate's role is to determine why they are here and how they relate to your soul, mind and spirit. You can help yourself by watching virtual videos. You can show any footage you need. For instance, should your soul not agree with one other guest, show the “real” footage of the event and discuss them before your guests and let your visitors do the same. The videos have been filmed by your brain and all the data will be delivered by it: they will be about your experiences, that from now on can be seen on the big screen, shot from a camera placed in the best possible position so that you can see everything. Do not be afraid of creating facts that never happened: your mind has recorded everything you lived and knows very well which pictures have to be shown to the guests at your conference.

6th Step

*Elimination of aliens***

Then ask your soul if she agrees with accepting the presence of the aliens: If she doesn't, tell her to solve the problem, for example by eliminating the problem. If she agrees, tell her to do it now, live on stage. Visualize your soul at work (but just don't hurry!), or let her accept the idea of solving the problem any time she thinks it's appropriate.

If your Soul decides to solve it now, watch carefully the way she looks like while acting through her **“Will of doing it”**.

7th Step

Never Ever

Now, ask the Soul to declare that she “Never Ever” will accept the presence of aliens.

8th Step

Scanning of body for presence of implants/chips/devices

Ask the Soul to scan the body carefully for presence of any implants/chips/devices and to destroy them.

Check: Head (back of the head, behind the ears, behind the eyes, pineal gland, mouth...); neck; arms/fingers; spine; stomach; genitals; legs

(The soul could be asked about the function of a particular implant and who has placed it there.)

9th Step

Elimination of clones/copies

Ask the Soul to check for presence of any clones of this body in space/time and to destroy them

10th Step

'PM'

Ask the Soul to go back and perceive the first body/container she has incarnated in. (If it is perceived as a "giant", then ask the soul to visualise her connection with the "PM" and cut it, burn or pull it off.)

11th Step

*Question time. ****

Ask the Soul anything you want.

12th Step

Integration of the Soul, Mind and Spirit

At the end, ask all components of the being to integrate or 'fuse' together... (if the Soul and Spirit do not want to integrate with the Mind, because of perceiving him as "too distorted" or as a "foreign installation", ask them at least to 'stick together' and cooperate as much as they could.)

End of session

*If a person is not an abductee, he could still be parasitised by bodiless parasites (such as Horus Ra, Lux...) and implanted with their 'etheric' implants; here, one may ask the Soul if any of close family members were abductees, as well!?

If no interference noted, one may proceed to Step 11.

**According to Dr Malanga's cosmology, if a person is an abductee, then the whole "set" of the following aliens/parasites (+ their devices), would be usually detected as "guests" during the session:

1- The Greys: the classic alien you see all over: short, 3,94 feet, big black eyes, three/four long fingers. They are biological machines. Robots. Slaves. They stink like hell! They are the ones you remember most because they are in the front line, in charge to “take you away” and “bring you back”. Are mentally strong and use telepathic communication. Have a “magic stick” to deliver painful electric charges on you, in case you don’t want to follow them. Yes, we use this treatment on dogs...

2 – The Lizards: as you see them on web, more or less. Military race. Rough. Usually accompanied by English speaking military. Seem always nervous. When getting angry their eyes become red. Vertical pupils. Tall.

3 – The Insects (mantids): brown, green and white. Very diplomat but the same sh*t. Usually accompanied by Hebrew military.. Ugly enough. Big black eyes, as grays. Very tall when they stand up, from 13 up to 32 feet.

4 – The Orange or The 5 Fingered Blond (but actually the hair is reddish); humanoid, vertical pupils, around 7,2 feet. Wears a blue stretched uniform with a two entangled triangle symbol on the chest. Has a feminine counterpart. Usually accompanied by French military.

5 – The Nazi Frog: military race, frog like hand, big head, no neck. Wears an uniform very much alike to the Nazi one.

6&7 – Horus-Ra: chicken like head, very ugly and totally different from what you might have ever seen! Very tall, more than 13 feet, dark skin, almost violet. On the forehead has something like a Third Eye.

Great resemblance to the Egyptian deity, Horus.

This is just the biological body, inside resides “the real thing”, the bodyless alien: “Ra”. So this one we call it “horus-ra”.

Horus-ra, in its real form (bodyless, bidimensional, something like a dark ghost) parasites the abductee. You carry it all over... Has great mental control over the abductee. Very mean.

8&9 – The “Growl” or The Fake Blond – 6 fingers. Very tall, very fair haired, very mean. Wears a long white gown. This is not a real body, It’s a machine made by Insects for another extra-dimensional alien which in its real form it seems like a dark spot floating in the air (Castaneda’s voladores?) It parasites the abductee through a special joint on the back. Has great mental control over the abductee. This is the one from “The Exorcist”.

9 – LUX the Light Being: bodyless entity which appears like a moving flame, sometimes as a flying child made of light presenting dark “eyes” and dark “nails”. Enters through the solar plexus and dwells in the brain. May have a great influence on the life and personality of the host. Often the person hears an “Inner Voice” (!!) or sees the “inner guide”(!!)

10 – The Primordial Man (IT: l’Uomo Primo, UP). Very tall human, 20 feet up. The one who created the tridimensional aliens (5 finger blonds, insects, Lizards and others). In our earthly traditions he’s the **Adam Kadmon**. He’s Vishnu. And others...

**

At the end, if a person is not an abductee and free of all parasites, implants etc., he can still use the SIMBAD technique to meet with his other components (the Souls and the Spirit), whom he is not aware of, on his conscious level, and to integrate them.

“The question time”; the questions to the Soul and the Spirit could be prepared beforehand in relation to anything with an aim of increasing general awareness on the level of one’s being...

Please, note that there is another methodology where one does not have to meet the aliens and face the painful memories of his involvement with them. This technique is described - [HERE](#)

