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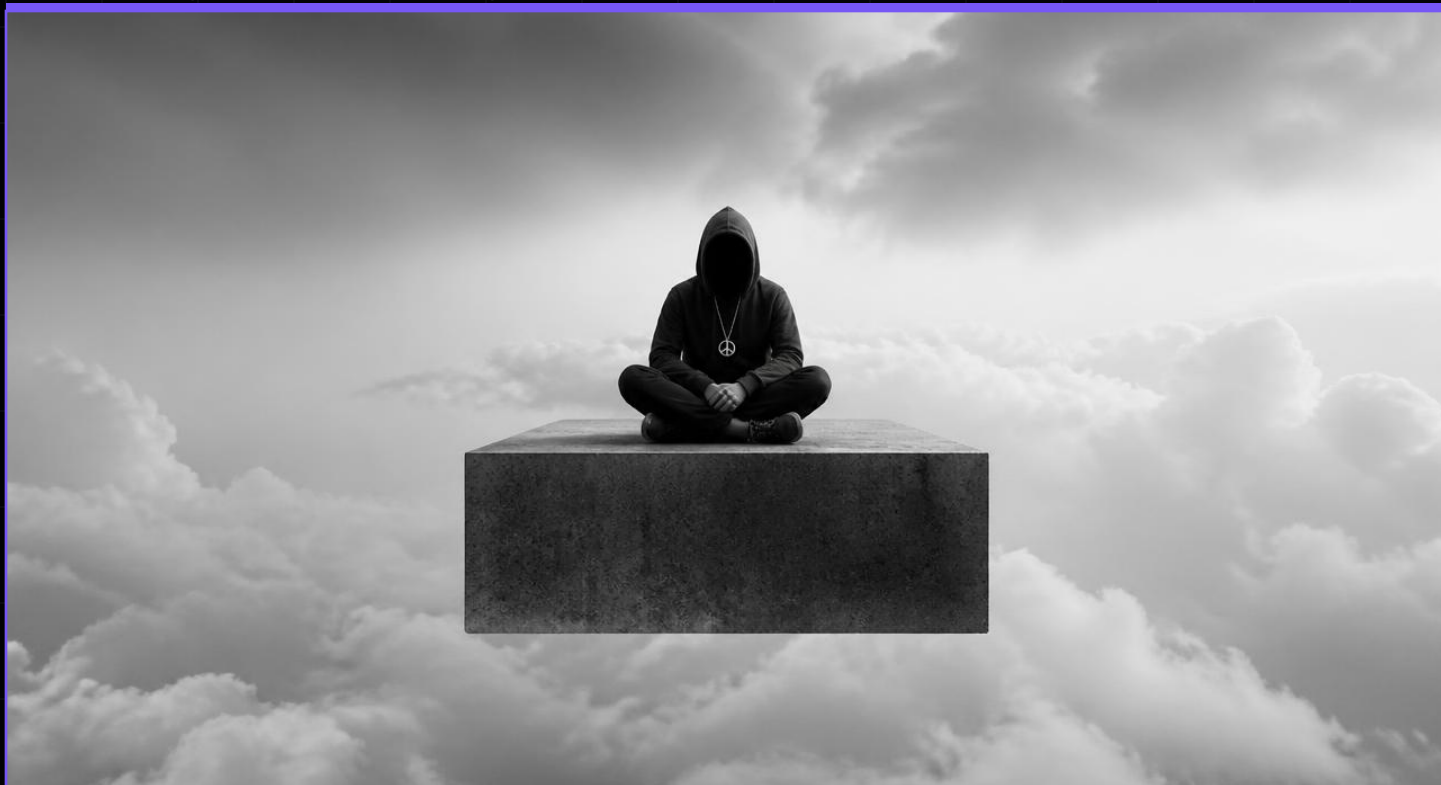
FEATURED CONTENT / Sleep Deprivation

Weaponized Sleep Deprivation: Breaking the Human Spirit in Project Puppet

Sleep deprivation has been used for decades in military interrogations, psychological experiments, and trauma-based conditioning. It is a core technique of MKUltra and its successor programs.

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A complete, designed edition of the live article, organized across 11 sections with its source trail and author note.



THE COMPLETE ARTICLE

Weaponized Sleep Deprivation: Breaking the Human Spirit in Project Puppet

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SECTION 01

The Role of Sleep Deprivation in Mind Control

Sleep deprivation has been used for decades in military interrogations, psychological experiments, and trauma-based conditioning.

It is a core technique of MKUltra and its successor programs.

In Project Puppet, sleep deprivation is no longer physical.

It is wireless, remote, and invisible.

Victims report the following patterns:

- Falling asleep, only to be shocked awake after 5–10 minutes
- Feeling like they've slept 8 hours but waking completely exhausted
- High-pitched tones or sudden "frequency blasts" before sleep
- Vivid synthetic dreams or "inserted" nightmares
- Sudden heart rate spikes and heat flashes in bed
- A feeling of being watched—or occupied—during sleep

These are not hallucinations.

They are symptoms of targeted neuroweapons—engineered by agencies like the NSA, DARPA, and Space Force, and often operated by Zeta hybrid entities in underground command centers.

SECTION 02



How They Deprive Sleep Remotely

The technology used to destroy sleep in Project Puppet includes:

SUBSECTION 03

◇ Directed Energy Weapons (DEWs)

DEWs target the brainstem, pineal gland, or heart region with microwave or RF pulses, stimulating alertness and interrupting natural melatonin production.

SUBSECTION 04

◇ Voice-to-Skull (V2K)

V2K injects synthetic sounds, voices, or tones into the auditory cortex, creating the illusion of internal voices or disturbances.

SUBSECTION 05

◇ Frequency Entrainment

Electromagnetic fields are tuned to frequencies that block delta brainwaves (deep sleep), replacing them with beta or high-theta frequencies to keep the mind active and agitated.

SUBSECTION 06

◇ Dream Disruption

Dreams are hijacked using AI systems that inject imagery, scripted narratives, or emotional triggers. Sleep may occur—but it is never restful.

SECTION 07



Why They Use Sleep Deprivation

Sleep deprivation is not an accident.

It is a deliberate tactic used to:

- Weaken the immune system
- Break psychological resilience
- Induce emotional volatility
- Disrupt spiritual connection
- Create programmable mental states
- Break down identity and trigger trauma memories

In long-term cases, it can lead to:

- Depression
- Anxiety
- Hallucinations
- Memory loss
- Nervous system dysregulation
- Suicidal ideation

The goal is clear: strip the target of their ability to think, feel, and connect—until they are silent, compliant, or destroyed.

SECTION 08



The Pineal Gland Connection

Sleep is governed by the pineal gland, the body's natural timekeeper and melatonin factory.

In Project Puppet, this gland is targeted by satellites and hybrid operators for:

- Frequency modulation
- Identity disruption
- Soul disconnection
- Remote neural interface testing

Many victims report tingling or pressure in the forehead, just before or during sleep, signaling targeted pineal interference.

The pineal gland is not just a biological organ—it is a spiritual antenna.
And they are trying to shut it down.

SECTION 09



The Zeta Hand Behind the Curtain

The use of sleep deprivation isn't just about control—it's about conquest.

According to insiders, the Zeta Reticuli beings behind Project Puppet do not sleep like humans.
They do not dream.
They do not connect to the divine.

So they seek to break our sleep cycles—to sever our link to Source and remake us in their image:

- Obedient
- Disconnected
- Hollow
- Programmed

The Controllers see sleep as a weakness—so they exploit it.
But for humanity, sleep is sacred—and reclaiming it is revolutionary.

SECTION 10



Fighting Back: Reclaiming Your Right to Sleep

You are not helpless.

Here are steps many survivors have used to reduce sleep targeting:

- Shield your sleep area with Faraday fabric or mylar blankets
- Sleep with white noise or 528Hz frequency music
- Use orgonite, shungite, or EMF-neutralizing devices under your pillow
- Say aloud before bed: "I reject all foreign frequencies. I claim my space. I shield my field."

- Use guided meditations or prayer to reclaim dream sovereignty
- Document every incident—time, symptoms, sounds, effects—to build a pattern of proof

SECTION 11



Final Words

Sleep is not a luxury.
It is a human right.
It is biological, psychological, and spiritual armor.

If they can take your sleep, they can take your thoughts.
If they take your thoughts, they can take your will.
But if you fight to reclaim your nights—you will begin to remember your power.

End Project Puppet.
Free the Mind Warriors.
And give the human soul back its sacred night.

SOURCES & REFERENCES

The trail behind this content

- Original MaxisRichards.com article

LEGAL & EDITORIAL NOTE

Legal discussion is general education, not individualized legal advice. Evidence is still required to connect a legal protection to a specific actor, act, injury, and available remedy.

ABOUT THE AUTHOR

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I am a writer, survivor, researcher, programmer, designer, developer, and founder of TARGETED.ARMY. I fight for human rights, cognitive liberty, peace, constitutional accountability, and lawful nonviolent resistance.

[READ THE LIVE ARTICLE AT MAXISRICHARDS.COM](#)

AUTHOR'S NOTE: This content presents the personal experiences, research, analysis, conclusions, and opinions of Maxis Richards. It reflects his understanding of Project Puppet and the public records, testimony, and sources cited. It is published for documentation, education, advocacy, and public discussion.