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Saturnian Sol do Naro
1950's Starseed Howard Menger

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Under "Who Are Contact Men?" <https://sharonandivo.weebly.com/et-visitors--the-liberation-of-earth.html>

Me: In your book, or rather your book written as Howard Menger, where you were a starseed contactee for Venusians and Martians who visited and worked on earth, you talked about a few things and I'd like to ask you about them now.

Sol: Of course.

Me: You said, you saw, "Strange instruments, objects spotted in fields and so on." What were these strange instruments? What did they do?

Sol: Well, at the time, back in the 1950's there were different priorities in the fight against the overtake of earth as there are now.

Me: Yes.

Sol: Building awareness was what we were really trying to do. There were few on the planet other than the contactees themselves that knew of our existence. Strangely, everyone seemed to believe that we were alone in the universe. Of course the vastness of the universe would indicate otherwise, it's just logical. But as you know this kind of illogical thinking comes from mind control and their efforts to keep the earthlings on point with their narrative.

Me: Yes.

Sol: So at the time, our job was to try to break through these mind control frequencies, and that was what these boxes did. Just break through them, and those who were most apt to wake up, in fact did. There were clubs all around America at that time where people would meet and discuss either their beliefs or what they'd in actuality had seen.

Me: Did this society have a name?

Sol: We loosely called it the UFO society.

Me: Was there any structure?

Sol: There were people who had access to secretaries and could mail out newsletters and invitations, and such, or it was done at home as I used to do. A handwritten note was just as effective. John Baldry was a prominent member and Art Bell caught on even in those days. Yes, he was young, but he still attended and he was a voracious listener and questioner, even then.

Me: He might be worthwhile mentioning on my page as well.

Sol: I think he would be. Of course, he's from Mars too.

Me: Of course. Who else is going to believe except someone who's from another planet? They're the first to wake up and I have to admit it was a brilliant idea to have us come to earth.

Sol: Yes. Art Bell did a lot for disclosure, especially in the 70's and 80's.

Me: So these strange appliances that we left in fields were to disrupt the mind control waves that came to the planet?

Sol: Yes. Mind control waves are low frequency waves and so disrupting them is easy. Just have waves with other messages on them.

Me: The same vibrational frequency?

Sol: No, a bit higher. Enough that there's a difference but still accessible by the lower mind.

Me: Okay, thank you.

You also wrote in your book, "We are contacting people all over the world." Is this the formation of the Alliance



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or the Resistance? I'm wondering if these are the only two groups that are fighting the Darkness on earth.

Sol: No, there are more.

Me: More? That's interesting.

Sol: Believe it or not, there are low frequency humans from the planets within our solar system doing trading on earth. They had to be dealt with as well, and this was done by us. With pleasure, I might add.

Me: So they're no longer here?

Sol: No, we took them off planet and jailed them.

Me: Oh yes, the Martians. The Martians were the ones who came to Atlantis.

Sol: Yes, that's right. There are also the Orions, the Sirians, Draconians, Reptilians.... all sorts from other planets who the GFL mainly deals with.

Me: Arcturians, the Zetas...

Sol: Yes, So we picked a certain group and dealt with them. Ashtar Sheran has more capability within his fleet and so they chose to rid the planet of the majority of the dark beings inhabiting it.

Me: What about the tall whites? I spoke to one once who was trying to get into the GFL but they wouldn't have him. I think they booted him off the planet. So is it the GFL who's dealing with their being here?

Sol: Yes, largely. There are other groups as well such as the Arcturian fleet, Andromedans and other fleets that are here, also doing work. They may be involved in warring, or not. They may be here for technological work or working with their own starseeds to prepare them for ambassadorship, I sense you know about that...

Me: Yes.

Sol: There are many many people. The Vegans, of course, are still here channeling to their starseeds. The Lyrans are doing some work but not as much.

There are the Builder Race, the Elohi, they're here, watching, observing.

Me: Yes, my race as well.

Sol: Many, Sharon, not just the GFL.

Me: Who coordinates all of this?

Sol: There are council meetings in Sirius everyone affecting planet Earth has to report to and there are people just with that particular job of reporting, but ultimately Ashtar Sheran has veto rights. He's the top man.

Me: Hmm. Interesting.

So what were these "bad Venusians" and "bad Martians" doing?

Sol: What did we catch them at? Yes, they were kidnapping earthlings to take back to Mars for either experimentation or inhabitation there. They were looking for new DNA and earthlings are a good source of rich DNA. That's why there were reports of Nordics working with dark forces – they were either coming from negative Pleiadian planets or service to self planets in our own solar system.

Me: So your primary contacts on the planet were to work with the inter-solar group?

Sol: Typically, yes. We worked with the Alliance as well on certain jobs. They would borrow us for certain jobs and we them. We would swap intel.

Me: Wasn't it difficult keeping all this information from the public while you knew these things?

Sol: They didn't tell me until later. I was still writing books up until the end but you know, older and wiser, so you keep your mouth shut. A lot depended on that. Disclosure is a question of being able to understand what to say and what not to say.

So you see, there are many groups. Yes there are different agendas, but many of us have our starseeds or even people from the planet on earth now.

The Light forces are extremely diverse as well as being prolific so the chances of the dark ones actually winning



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are very slim.

Me: That's good to know.

One role I know of was the role of secretary for William Tompkins, I believe it was, who worked in black projects. That's a good way to forward information to the Light: through a telepathic Pleiadian typing up documents in black projects. Were there others who acted as spies in this same capacity? They also leaked information out to various other sources, I'd assume.

Sol: Yes, there were.

Me: Firkon already talked about this in his interview I did yesterday. He said many of them were spies and used various means to keep track of DS members. However, the DS is extremely vast – there are members all over the earth and they number in the thousands of thousands so I would think that tracking them would be an extremely intense sort of work. Tracking one person on earth is hard enough but thousands of them is a bit more difficult.

Sol: It is, of course. But we have good computers and are telepathic, can astral voyage, and also have quantum technology, as you know, so this makes it easier. There are 10 million in the GFL alone. When you add the Venusian contingency as well as forces from other star systems, those who are doing the work to track them are vast in number as well.

Me: You wrote, "One of my tasks was the mental assistance of individuals, often without their knowledge. Such could be accomplished by sound frequency waves, light waves, the use of colors and other physical means." What exactly, does this entail? Is it being used on any level other than a planetary level because I know they send energies from others star systems.

"Do not think of this as some artificial control of the human brain," one of the men said, "as you may see in some of those horrifying science fiction pictures—though I must confess that he (and he indicated the other man) and I saw two of them on a double picture (I assume he meant to say 'double feature') and rather enjoyed them, if mainly for the humor we saw in them. We do not control the brain. Such an action is not in keeping with the laws of the Infinite Creator. Instead, with the proper instruments and technique, you can accomplish a much larger purpose: YOU CAN RELEASE SOMETHING IN THE BRAIN WHICH IS ALREADY THERE."

Sol: Yes, we did mentally assist earthlings. Without this assistance, they're lost.

Me: Yes. This whole planet is crazy. People can't even see how nuts it is, but when you live in two worlds like I do, you can see it. I talk to you guys all the time and I see how sane you are and then I have to still deal with earthlings. They need the mental assistance.

Sol: (Laughing) Yes, I had the same feeling. When you talk to another person and they flatly deny the existence of extraterrestrial life although there are an infinite number of planets just in our galaxy alone. It defies logic.

Me: It does.

Sol: At the time, we were trying to instill these messages into people's heads, simple messages of "you are not alone." We did even that. Because you have to start somewhere and we started at the very beginning. The belief system of a human is, well, it's like the operating system of your computers. It's hard to run the computer properly when the operating system is always changing, but that's what we started doing.

Me: Yes. I know about that operating system.

Sol: Back in the 50's, we had to work on reducing the resistance to our message. Of course then the Deep state turned around and made many of us recant our stories under threat of death.

Me: Yes, they're a mafia-type operation. Strangely very unsophisticated for what they do.

Sol: Well, that's due to their low frequency.

Me: Yes. So when you say you can release something in the brain that's already there, what specifically are you



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referring to?

Sol: They have memories. Many memories of their past. Many of the earthlings have been here since inception, or shortly afterwards, and they still retain memories of their former lives. You can't erase it, but the dark ones have tried to disconnect them from as many as possible.

Me: Howso?

Sol: Through mind manipulation, through manipulating the timelines, creating confusion in the mind of the person. Then there's doubt. They use that as a weapon against humanity.

Me: I meet many doubters and I tell them just to stop it. Also their habit of intellectualizing everything they see or experience, it's not going to validate the 2 foot astral spider you just saw walk across your living room ceiling. There is no reference for that, no way to make sense of it. But they keep going back to their intellect, back to their belief system, because that's what they always do.

Sol: Correct, so we have people like yourself changing their belief systems.

Me: Let's hope so. Two foot astral spiders do exist, so do astral snakes because I see them wiggling across my carpet!

Sol: Yes.

Me: In your book, you had a strong focus on "killing is not the answer," either homicide or suicide. Why?

Sol: Nobody has a right to take another's life. Nobody. God gives life and nobody has that right other than God. I would rather die than kill someone. It's a complete violation of God's will. With severe consequences of course.

Me: Yes, Karma, rebalancing.

Me: What were the observation discs about that you were using? Was this a method of spying on people or watching starseeds or determining what the other side was doing?

Sol: All of the above, really. Whatever we had to observe without putting ourselves in personal peril, we used a disc for. It's still being done. These discs can sit just outside of the visual range of anyone, dark or Light, so it can't be detected through ordinary circumstances.

Me: Yes, but don't the dark ones have the means to perceive outside of their light spectrum? They must have done that much.

Sol: They do, but the discs can cloak their transmissions. So they stay undetectable.

Me: Reference to: "Strange instruments, objects spotted in fields and so on." Why in fields? (Buildings provide too much resistance to the rays emitted by the strange instruments. Stronger in an open area. Also has to do with the planet's energy grid and ley lines.)

Sol: Yes, that's why. Besides there are fewer people in fields, and as you know your cities are heavily monitored so these instruments would be more detectable.

The fields we put these instruments into, were also fields that sat on various ley lines. So their frequencies were carried along the earth's energy fields.

Me: "Three other men they mentioned had been working independently on scientific projects and were finally contacted because of their work." So you contacted people who were working on technological advancements for humanity on earth. Did you contact Bill Gates? What did he say? LOL

Sol: No, strangely we didn't contact him. He's a clone, anyway.

Me: Of who?



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Sol: Another scientist that actually did develop the computer for earth. LOL

Me: So he's taking credit where it's due someone else?

Sol: Well, the DS has its front men. And it's Gates' job to be a front man, not a technician. Although he has computer savvy, he didn't create it.

Me: Oh I get it. It came through black ops, that's why you need a front man if you're going to introduce it to humanity.

Sol: Yes. Correct.

Me: That makes sense. Everything comes from the dark aliens on the planet working in coordination with the secret military/government, and then there has to be a cover story so they find a front man to lie his ass off to us and pay him to be the guy who created the computer. Or whatever.

Sol: Yes, correct.

Me: All lies. I hate that about this place. So let me see.... Lee Iokoka didn't create the Chrysler?

Sol: You have to realize that most of the people who have invented things on earth are people who perhaps lack the social skills to be able to convince the public to buy. The inventor of something or the founder of a company often doesn't have the inter-personal skills to be able to sell. You need a salesman for that. So the founder is in the back of the company, working in the background while the salesman is out front, pitching the business.

Me: Makes sense. And for black ops projects you get the real technological breakthroughs through the secret military, but in order to (finally) introduce them to the public, you need someone who will take on that role. And that's what they don't teach us about business. These personal success stories are faked. Totally faked. So there's Forbes Magazines and Time telling us who the inventor of the year is and it's all bullshit.

Sol: Yes. It's all a lie. Made to sell, made to make it look good to you. Make it look believable. The other thing you have to realize is half of the things that were invented were created by ordinary people on the planet, who "suddenly go missing" and "are never seen again."

Sometimes you see these "whodunnit" video's of a person suddenly going paranoid and "leaving his family behind." Yes, maybe to protect them the inventor is in the wind. He's showing he has no connection to his family and they're innocent, they don't know where he is. Eventually, the DS catches up to him and either steals his blueprints and computer to silence him because he's been creating technologies that they want or already have, or they get him to work for them under threat of killing his family.

Me: Nice.

Sol: Yes, Mafia style tactics are used all the time. Now technologies will be coming out because there is no resistance from their side anymore. As was just said, "The DS has no money to pay their staff," so the staff go and work for the Light instead because they now have all the money.

Me: There was a book out on this. Some guy was a DS hitman and wrote a book about it. I'll try to find it.

Sounds interesting.

Sol: Terrible, but interesting.

Me: Thank you for this interview and if I need anything else, I'll be sure to call.

Sol: I'm most happy to oblige.