

The Genesis of the Great Sabotage

“It is more convenient to believe certain things don’t exist than to face the idea that we’ve been deceived for millennia.”

1.1 – An Idea That Shakes Certainties

Whenever the hypothesis of a great sabotage on the human species is mentioned, the most common reaction swings between skepticism and curiosity. It’s as if our instinct tells us it can’t be true—that no one could have the power to “block” an entire planet—while, at the same time, a deeper voice whispers that something, indeed, doesn’t add up. Why do we live in constant conflict? Why do wars, rampant competition, envy, and disease seem like inevitable companions of human history?

This book stems precisely from this question and from a discovery that, over the last thirty years, has gradually emerged in my life. A discovery that began as a vague hypothesis, a sense of “something” acting on our minds and emotions in a subtle way, so much so that it remains invisible to most people. I decided to call this “something” the *Mental Circuit*: a simple term, but one that encapsulates the idea of a control device, an intelligent filament inserted by alleged entities of unknown nature into the psyche of every human being.

1.2 – My Encounter with the Darkness

The first time I felt a strong sense of sabotage, I was sixteen. It was a very tough period of depression, during which it seemed that every spark of vitality—the joy of waking up in the morning, the desire to hang out with friends, the passion for my activities—was constantly countered by an opposing force. It was as if every desire or intention was immediately followed by a kind of inner voice: “It’s not worth it,” “You’ll mess it up,” “You’re not good enough.”

At first, I thought it was just a normal teenage crisis, perhaps complicated by family or environmental factors. Yet, there was something too systematic about those thoughts: they seemed programmed to demolish any shred of hope. Over time, the situation stabilized, but that “shadow” never fully left me. At twenty-four, depression returned with a vengeance, forcing me this time to explore my inner world more deeply.

1.3 – The Key of Introspection and the “Non-Human” Doubt

It was during that period that I began asking the first real questions about the origins of those thoughts: “Is this inner voice really mine?” and, above all, “Why does it always seem so belittling and sabotaging?” I dove into the study of psychology, meditation, and every theory—esoteric or alternative—that could explain the source of such self-destruction. Initially, I considered the possibility of childhood traumas or social conditioning, but soon I realized

there was a deeper layer, where these causes, while real, served as a cover for something more profound.

During a particularly intense meditation, I had the clear sensation of an alien presence feeding on my fears and insecurities. I couldn't see it with my physical eyes, but I "saw" it with my inner eye: a constant influence modulating my mental processes. In that moment, a flash of awareness struck me: "What if it's not just a psychological process? What if there's an actual technology behind it, invisible but perfectly integrated into our biology?" The idea was shocking, but it explained countless anomalies.

1.4 – A Look at History: From the Sumerians to Today

At that point, I began looking at human history with different eyes. If the hypothesis of a Mental Circuit were true, there had to be traces of external intervention in ancient times. I searched for clues in ancient cultures: the Sumerians, for example, spoke of deities like the Anunnaki, beings descended from the heavens who supposedly created or influenced humanity. Similar stories appear in Egypt, India, among the Maya, and many other peoples. Most scholars dismiss them as myths, but the question remains: what if these myths were based on real contact?

Moreover, there are incredible megalithic structures (some over 5,000 years old) that display advanced astronomical and engineering knowledge. All these civilizations seem to have experienced a sudden halt or decline, as if they lost their knowledge at some point in history. Naturally, official historiography explains such phenomena

through wars, climate changes, or plagues, but it's not impossible that an external intervention played a significant role. If the goal was to sabotage humanity, to inhibit its most advanced faculties, perhaps the initial phase was a kind of in-depth “study,” culminating in the global installation of the Circuit.

1.5 – Why Such a Control Plan?

If non-terrestrial entities truly created and spread a sabotage system, the question is: “To what end?” The hypotheses could be many:

1. **Energy Exploitation:** Some claim these intelligences feed on our negative emotions (fear, anger, hatred), much like a parasite feeds on the vital sap of its host.
2. **Social and Political Control:** A divided and weakened humanity is easier to govern or manipulate for various interests.
3. **Evolutionary Limitation:** Originally, humans might have had divine faculties (telepathy, telekinesis, clairvoyance, self-healing, longevity, etc.), and perhaps such potential posed a threat to those who wished to dominate us.

Whatever the reason, the effect of such a system—if it exists—is plain to see: competition, conflicts, an inability to express deep cohesion and harmony among peoples. If humanity had remained intact, we might now live in a peaceful and highly evolved world, instead of endlessly re-

peating cycles of destruction and reconstruction, like a hamster on a wheel.

1.6 – The Role of the “Mental Circuit”

But how does this hypothetical Circuit work in practice? Over the years, I’ve come to view it as a bio-psychic technology, installed in every newborn remotely, without any recognizable physical intervention. The hypothesis is that hidden “stations” exist (perhaps in remote locations like ocean depths or underground bases) capable of emitting signals on frequencies unknown to official science. Every human, from birth, would receive these impulses, which gradually integrate into their neural circuits, becoming “normal.” Thus, what we experience as anxiety, guilt, self-devaluation, or fear of rejection might not be natural at all but the result of constant manipulation that has accompanied us since we can remember.

The Circuit, being integrated into our mental processes, goes completely unnoticed. If someone glimpses it (as happened to me), others accuse them of chasing conspiracy theories. What better defense for a control system than our own disbelief?

1.7 – The Unsuspecting Complicity of Human Structures

One aspect worth noting is how human institutions—governments, religions, science, economics—can become unwitting accomplices of the Circuit. This doesn’t necessarily mean they’re all “in the service of non-human enti-

ties,” but rather that, being composed of sabotaged individuals, they reproduce patterns of fear, division, and control. Consider, for example, the push toward competition and rampant consumerism: we’re constantly told we’re “not enough,” that we “need more,” that we “must win over others,” fueling fear of failure, frustration, and envy. These messages, spread through advertising and media, find fertile ground in us because the Circuit amplifies our sense of lack.

Working on ourselves to recognize it is not easy, but it’s the only way to erode its influence and begin seeing reality with different eyes.

1.8 – 5,000 Years of Silence: Why Now?

One might wonder: “If this sabotage has lasted at least 5,000 years, why hasn’t it been systematically discovered before?” In part, certain past cultures may have realized it, leaving us cryptic clues. But the majority of humanity has never fully grasped it. Today, however, we live in an era of global connectivity, where information spreads rapidly. Many are beginning to sense that something is off about our way of life, that negative emotions and conflicts aren’t necessarily our “true nature.” At the same time, practices like meditation, yoga, and holistic disciplines are spreading, helping people explore their inner world more deeply.

All this facilitates the emergence of collective awareness, which could pose a threat to the Circuit. If too many people become aware of how the mechanism works and choose to

dismantle it, the entire control system could collapse like a house of cards.

1.9 – My Goal in Writing This Book

After thirty years of inner research and discussions with others (some of whom have had similar experiences), I decided to present the vision of the “Great Sabotage” coherently. Let me be clear: I don’t claim to offer absolute truth or to convert anyone to this interpretation. However, I want readers to have the opportunity to consider the possibility that what we’ve always called “normal” is not normal at all but the result of an ancient manipulation operation.

Whether you believe in the non-human origin of the Circuit or not, I hope you can at least observe your life, emotions, and relationships with a more critical eye. If even some of the anxieties, fears, and conflicts we experience daily aren’t truly ours but induced, wouldn’t it be worth trying to dismantle that mechanism?

1.10 – Overview of the Coming Chapters

In this first chapter, I’ve outlined the key points of the theory:

- The existence of a global-scale sabotage (the “Mental Circuit”).
- My personal and historical experiences that led me to suspect its non-terrestrial origin.
- The power it would have in conditioning our minds and emotions.

- The fact that, for 5,000 years, humanity has never clearly noticed this manipulation.

In the coming chapters, we will explore:

1. Humanity's original potential: what would we be like if the Circuit weren't holding us back?
2. The daily dynamics of sabotage: practical examples of how relationships, work, and even physical health are affected.
3. The historical context and possible methods of the Circuit's installation: from the Sumerians to megalithic civilizations, hypotheses of hidden "bases" on Earth or elsewhere.
4. The path to liberation: how to recognize the Circuit's signals and begin loosening its grip, both individually and collectively.

1.11 – A Choice of Courage

Revealing the existence of a millennial sabotage is no easy task. Many will prefer to close this book, dismissing it as a product of fantasy. Others, perhaps, will feel something resonate deep in their hearts and choose to continue. I cannot convince you to take one more step, but I can assure you that, if you do, you'll find clues along the way to help you see a level of reality that has so far been skillfully concealed.

Five thousand years is too long. The time of the great deception may be nearing its end. And perhaps you, reading

this, could be a spark of that awareness which, once ignited, will never fade.

EXCERPT