

Shielding Suggestions from the Community Bulletin Board of PACTS International, then its Shielding Manual

The following electromagnetic shielding suggestions include 3 pages from the Community Bulletin Board of PACTS International, “for immediate distribution” in February 2023, then its 136-page “Shielding Manual”. Individual results may vary partly depending on targeting methods. Please find updates from PACTS (People Against Covert Torture and Surveillance) at www.pactsntl.org.

While hopefully you will find nuggets of value in here, please note that any reference to a psalm or prayer may inadvertently reflect nefarious intents of targeted individual (TI) torture perpetrators as described by Cathy O’Brien and Will Filer. To understand that toward eliminating their tyranny, please study the two accompanying briefs:

- “A Most Dangerous Game” — annotated excerpts of William H. Bowart’s approximately 700-page *Operation Mind Control, Researcher’s Edition* (13 pages);
- Will Filer’s *NSA Mind Control and Psyops* (17 pages), introduced and summarized in two pages of annotated excerpts at <https://infinityb.co/TI> (as of March 2023).



“The views expressed in this section are those of the author and do not necessarily reflect the views of PACTS, International.”

For some reason that I have not determined, I have been targeted with dew [directed energy weapons] and frequency weapons in my home. For 14 months, I have suffered this horrible situation, and I have kept myself as protected as I could. But... recently, I was able to piece together an approach to disable dew/freq devices in my home and it has changed my life! I hope others can use the information below to protect their bodies and disable dew/freq devices in their homes as well! (I will withhold my name for now, as I am suspicious that my attackers will ramp up their attacks if I release my name.)

Here is what I figured out and how...

Protecting your body from dew weapons — After I started experiencing these attacks, I did a lot of reading. Certain folks on the web recommended metal to protect against dew weapons. I decided to apply that idea to protecting my full person. Because I am a seamstress as my second job, I use something called Insulbright. That product contains three layers — a cotton layer, a metal inner layer, and another cotton layer. It is used in products like pot holders to keep the oven heat away from your hands or in fabric trivets to keep heat away from the table. That product, in a single layer, or, if needed, in a double layer, stopped the dew weapons from being able to reach my body. I slept under Insulbright and also put multiple and interspersed layers of Insulbright and aluminum foil in a winter hat that could be tied under my chin. That stopped the dew weapons from getting to my head while I was trying to sleep. I even put several layers of Insulbright in a small stack in my shirt over my heart because I have been hit with sharp dew hits in my chest — one time with 6 rapid hits in my chest near my heart in rapid succession. Insulbright has been a life-saver, and metal plays a major role in disabling the dew/frequency devices as described below...

Draining the dew weapon electrical charge from the body — I bought a strap that was recommended on the web to drain the dew/freq electrical charges. It has an alligator clip on one end, attached to an electrical cord, and terminating with a metal square and a strap at the other end so that you can put the strap around your wrist with the metal square touching your skin.

The point is to ground yourself with the strap by attaching the alligator clip to, for example, the screw of an electrical outlet. That strap was very effective at draining the charge after dew/freq hits but the length of the strap is limiting. I am constantly moving from station to station in my sewing room (my second job), so it was hard to keep myself strapped near an electrical outlet. What I realized is that, if an electrical charge built up in my body, I would start to feel jumpy/agitated. That, for me, is the sign that I have to drain the charge, and I go and hook up and let the electrical charge drain out, and then I disconnect and go back to what I was doing. There is a clear and distinct feeling as the excess charge drains out of my body — my heart and body immediately begin to relax. This strap plays a major role in disabling the dew/frequency devices as described below... (God Bless the persons who designed and make those straps!)

Locating the dew/freq weapons in your home — After spending a fortune on devices to locate these weapons in the wall, hiring an outside firm to find these devices, and cutting holes in the wall of three rooms in my house, I can tell you... don't even bother. The approach to disabling the dew/frequency devices does not involve locating them at all. Figuring out what the devices use in your home — This was how I started to identify the method to disable the devices.

Power — I noticed that my old, huge TV was clunking off and on after these attacks started. One day, I decided to pull the power from the TV and all of the sudden I got a loud, high-pitched noise in my right ear and I started hearing devices across my house going "bam", "bam", "bam", as if self-destructing. I was astonished. I cut the TV power cord and sent it away to the junk yard. They used my power. I started figuring out which circuits the devices were on and I shut off the ones they used and I restricted my circuit use to just what was necessary. Also, I purchased 3 small APC UPS systems and I started charging them whenever I had a live circuit. I could then run without house power for 2–3 hours in my office or sewing room or other area of my house.

Wireless — Next, I started thinking what else the devices were using in my home. They can't be using my own wireless router, I thought, but I decided to disconnect it. To my dismay, I started hearing devices across my house going "bam", "bam", "bam", as if self-destructing. They used my wireless network. I purchased a hot spot for my cell phone to use instead of my home wireless router, but, very rapidly, the attackers figured out how to use that, too. So... disabling their use of my wireless capabilities appeared fruitless, but when I didn't need wireless, I simply shut it off. But restricting power was the best approach.

The body — Logically, since other people in my home aren't bothered by these dew weapons or frequency weapons, the dew/freq devices target me individually with technology. I believed that the attackers had somehow introduced a tracking dye or a nanotechnology into my body so that they could specifically target me. I leaned toward the nanotechnology idea because, after these attacks started, under one of my teeth, on the lower right jaw, at the location of a second molar, I had experienced a strange, continuing vibration so severe that I had to have the tooth removed.

So... then I started thinking... Ok... let's assume it's nanotechnology. That means that there are devices inside of me that are talking to the weapons outside of me. If I interrupt their ability to talk to the weapons, I might be able to defeat these things. Little did I know that interrupting the communications

would cause the nanotechnology devices and the dew/frequency devices to fail. Here is what I came up with that worked:

I used metal — I used two small metal dishes of the same size, big enough to cover one ear. I used the strap that I had purchased. I put one metal dish inside the other (to make a thicker metal layer) and covered my right ear with them (concave side toward my head, flat side away from my head). I hooked the strap's alligator clip to a screw on an electrical plate. I held the flat square at the other end of the strap (you don't need to use the wrist wrap itself) flat against the exposed metal dish bottom and I waited to see what would happen. It took about an hour and I started hearing "bam", "bam", "bam" again, as well as smaller clicks, as devices shut down.

Then, I thought... if these are devices have programming of some sort and rely upon electricity, they might be susceptible to magnets. There seems to be a one-to-one or one-to-many association between these nanotech devices in my body and the dew/freq devices, so I thought maybe the nanotech devices in my body have the programming for the dew/freq devices outside my body. Some articles on the web indicated that magnets strip electronic devices of their programming, so I thought maybe nanotechnology would be affected too.

So, I added a magnet.

The Optimal Approach: I attached the strap's alligator clip to the electrical outlet screw. I placed the two metal dishes (one inside the other) over my right ear.

Then, I placed a strong refrigerator magnet side-by-side with the strap's flat square against the exposed metal dish bottom and voila... in a much shorter period of time, maybe 20 minutes, I started hearing "bam", "bam", "bam" again as well as loud and smaller clicks. I would hear pops and actual clicks under my skin as the nanotech devices failed. Sometimes, even though I had the metal dishes and strap and magnet on my right side, I would hear a click on the left side of my head. Large dew/freq devices in the house would start making a very noticeable vibration when they began to fail. The longer I held this configuration to my head, the more clicks and pops I heard in my head and the more "bam", "bam", "bam" and clicks I heard from the devices in the house. One wave of device failures after another.

My concept is that these devices are spinning rapidly and when they fail, they sort of go out of normal spin, thus causing the vibration. The vibration from the dew/freq devices can be strong! The nanotech devices make a spinning noise too and you can hear them spinning down and they sometimes make a loud, high-pitched noise as they fail, but sometimes they just slow down and then go silent. As these devices fail, they may hit you with a zap or two because, in my estimation, they are trying to use whatever electricity remains to hit the target — another of the attributes of this equipment developed by sick minds. There are still a few devices that activate every now and then, but I have cleared my house of the major problem and I have begun to live my life again. I use the approach described above whenever I need to and have suffered no physical degradation or injuries from that approach. God bless all targeted individuals and their families! I hope you find this information helpful!

Regards,

Concerned Citizen”



The PACTS, International Shielding Manual



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INTRODUCTION

Our soul waits for the LORD; He is our help and our shield.

~ Psalm 33:20

The following information in this Shielding Manual is a product of the targeted individual community since there is no official help or assistance for those who find themselves in this situation at this time. We, therefore, must endeavor to shield ourselves as best we can against those waging a relentless war against the innocent public.

The attackers are people mostly unknown to us who have declared a secret war against innocent people which has sometimes produced casualties. There was a string of around seven deaths from late 2017 through the first couple of months of 2018 which alarmed our community and highlighted the urgency of effective countermeasures.

This compilation is a work-in-progress. We hope to make yearly and semi-yearly revisions as new gadgets and methods of shielding are found. Some information is also copied and pasted in other sections for organization and clarity as needed.

The information provided in these pages is not only from laypersons, but those with technical expertise among us who are also experimenting with devices and materials, hoping and praying they will protect us from the directed-energy and privacy-invading monsters.

We, therefore, cannot guarantee the safety or efficacy of these makeshift remedies. Users may try these suggestions at their own risk.

May God help us all.

Derrick Robinson, President
People Against Covert Torture and Surveillance, International
www.pactsntl.org
April 27, 2018

Notes from Robert Duncan

Condensed Guide on Current Scientific Findings for Shielding and Jamming Of DoD RADAR weapons, information weapons, and psychological weapons

The menticide/genocide programs were planned as far back as 1945 but not fully operational until around 1960. In 1976 and 1996 the programs of betrayal were stepped up significantly and more people in the “free world” were attacked by what used to be termed the “Psychic warfare unit” but is now rolled into the psychological warfare unit. As cruel as it is, thousands of random Americans are subjected to long duration tortures using directed energy RADAR weapons from thousands of miles away. There are many reasons why. But in the end it is just for data on how angry and beaten down humans will try to free themselves in the struggle so that their successful tactics can be clamped down on for the next generation of the tortured-to-death, while still maintaining the illusion of freedom for the rest of the population. The current plight of the American people can best be summarized by the treacherous Dr. Delgado from Yale in a speech to Congress, “Man does not have a right to their own mind.” Communism won as the underpinnings of control with a façade layer of capitalism to keep the people thinking they have any say in the outcome.

Ownership of one’s own mind was lost and everything which that mind controls is therefore controlled by whoever controls the mind which they stole. This was the checkmate of the communist movement that thoroughly infiltrated the Department of Defense and ultra-conservative leadership under a different name. But so as not to alert the public at large, strict information controls lock down the ability of the average citizen to inform the public in conjunction with incredibly complex discrediting tactics developed by the CIA.

Here is a summarized list of reported ways to reduce bio-amplification RADAR torture, neural network reprogramming, human experimentation and menticide/genocide attack signals:

SYMPTOMOLOGY

*Common torture scripts, mind games,
and computer/human mind virus attack programs*

Sudden onset Tinnitus (ringing in the ears) – A ding like a tuning fork every so often usually in left ear. 3.3 hertz square wave pulsing. Melodic computer generated

sounds like in the movie “close encounters of the third kind” repeatedly played for hours or days that is perceived around 90db of audio energy equivalent. Also a “brain fog” of neural noise occurs during perception of tinnitus.

Harassment from neighbors through walls or vents with projected voices -

Multiple personalities or talking to oneself

Paranoia – stalking, following, watching, break-ins with nothing of value missing, commentary by strangers of personal events. Techniques are known as “gas lighting”.

Belief system hacking – delusions

Also to unaffected public – larger the group that they do this to less believable the atrocities are.

Feeling of heart palpitations often not on left side of chest. Various muscle spasms and tweaks that occur at nearly exact periodic times. Pain and stimulation in groin. Beginning of rape bot sequence of mind virus.

Extraordinary dreams that aren't your own. Dream programming experiments usually accompany all other experiments.

Electric vision – It looks like object edges are over amplified. This is part of the effect of neuroamplification using neurotransmitter releasing energy over the entire brain. Causes over excitement of the frontal lobes in addition to everything else.

Vivid mind's eye visual projections – usually grotesque in nature as part of the CIA spooking scripts and breaking down of the human will.

Loss of sleep and then work. Sequence used by CIA to discredit human experiment as described in many documents released. REM sleep disruption signals, overexcitement of the brain using neurotransmitter dump signals. In this part of the neurological experiment sequence, no other drugs will have any effect on your mind including alcohol or potent sleeping medication.

PSYCHOLOGICAL DEFENSES

Selective Sharing of the Experiments Being Conducted on You

DoD/CIA torture projects should use their own judgment. I am sorry that I must give this advice. But from my hundreds of interviews it appears that not sharing your situation with family and friends is the best approach. Join the many support organizations around the country and world and vent there. The human batteries will not understand nor believe the technology. An acceptable standard of selfishness has been instilled in Americans. Unless they are experiencing the same pain they will not join the fight. They have been dumbed down over the decades intentionally for these projects to go unnoticed. They often will distance themselves from the victim rather than educating themselves on the material and help their countrymen. The scripts require the zombiloids (DoD CIA torture testers) to get the subject discredited through a diagnosis by an unwitting psychologist as bipolar or schizophrenic if the subject says they can hear speech.

Don't be intimidated by the zombiloids, i.e. agents. They are under a strict protocol only to stalk and intimidate not to kill or attack. Remember that depression, despair, desperation is the psychological state that they are trying to achieve. Stay as positive as you can in this dark, disgraceful age of American history. Do not allow them to commit a lone act of violence using your body with either psychological controls or direct EEG cloning. Neither the uni-bomber nor the Oklahoma bomber got national attention brought to this issue. Perhaps if one thousand people acted together, the cover-up would be far more difficult if they all claimed government torture and mind control. That's a coincidence that even dumbed down American Joe tax battery can't ignore.

MEDITATION

Quieting the brain is the goal. Remember all biocommunication technology relies on the amplification of neuronal paths already present. Less neural chatter, the less influence the technology has. Using an EEG biofeedback device to measure activity can help you practice, as well as collect some of the brain wave signatures the civilian defense scientists are using to reverse engineer the torture weapon. More samples we can get the sooner we will have a baseline cognitive model to design neurotransmitter modulation and cognitive pathway disruptors.

EDUCATION

More you understand about the physics, politics, and psychology related to the large scale psychotronic tortures, the less effective their attempts become

and the worse their data points will be.

HYPNOSIS DEFENSES

The CIA RHIC program is still going strong. New targets will not be able to mentally cope with the induced hypnosis very well. It will subside in a few months usually. An EEG cloning lock is like a hypnotic state. Breaking the lock is the goal. Find distractions that engross your mind, like reading, television, or sports. Some find certain music, pulsing or ringing sounds to break the trance. Non regular beats are preferable. Hot or cold pads on your skin will help wake you up from the electronically induced matrix. Some use a vibrating seat cushion.

PHYSICAL DEFENSES

Different kinds of charge collecting material helps many people. Thick leather acts like an outer skin and absorbs much of the radar energy. Velvet, Saran wrap, cotton, and other electrostatic materials seem to help partially disrupt either the electron spin resonance imaging techniques or bioelectric field modulation.

Stay healthy and get plenty of sleep. Many people disconnect from the EEG cloning lock during sleep because of the irregular brain rhythms. Longer the target can stay unlocked, the longer it takes the attacker to acquire a lock. Remember that the shadow government wants the subject to live a short life so that these experiments are more easily covered up and forgotten. They aren't planning to inform the tax paying public about this weapon until the year 2025. By then most of us will have died off . They amplify all self destructive urges like smoking for example.

SHIELDING THAT HAS WORKED FOR MANY TARGETS INCLUDE:

Mylar blankets - Covering the walls, windows, and ceiling with loosely hanging metalized plastic blankets connected with alligator clips and grounded to the buildings plumbing or third prong in an outlet works for many to reduce the pain signal influence.

Magnetic jewelry or wider area magnetic field disruptors. Spinning neodymium magnets on a slow rotating motor changes the magnetically aligned landscape used as a masking background for Earth gauss MRI type surveillance.

Negative Ionizer dumps - Charging up spots around areas with a hand held ionizer creates lots of local changing pockets of electric fields that the adaptive algorithms and ionospheric heaters (HAARP, Colorado, Puerto Rico facilities) have difficulty keeping up with. Research in this area is the most promising and active.

Electric field disruptors - Defeating the ionospheric heaters, as they are mismarketed by the DoD, is difficult. The general concept is that they heat up ions to the same temperature electrostatically. Think of this like a charging field. Oscillating, overheating, or discharging this electrostatic temperature will disable this type of surveillance technique and not allow a biocommunication signal lock on. Using the same mylar blankets and a 10,000v or above from a negative ionizer circuitry, one can create two or more large capacitive panels where a strong electric field that diminishes the treatorous DoD attacks. The voltage and capacitance of the large plates will only give you a static shock and presents no danger to life if they are touched. To further improve the shields, constant modulation in a semi-chaotic slow pattern prevents adaptation by the "evil Nazi aliens" running the brutal practice targeting exercises. Who needs enemies when we have the CIA and Department of Defense attacking us?

Superconductor Shields - Superconductors act as a 100% magnetic mirror. These very expensive shields block traditional Radar imaging and Infrared imaging because they need to be cooled with liquid nitrogen. Several scientists also hypothesize that scalar fields are deflected i.e.(interferometric stealth radar). Work is underway to valid this type of shield. Yttrium, Barium, Copper Oxide (1,2,3) is used for the high temperature ceramic plates being grown.

STATIC ELECTRIC SHIELDS - Theory of operation:

The surveillance imaging technologies used by the US military have been making people sick. The one that has been menacing the world's population the most is caused by the ionospheric heaters such as those located in Alaska, Colorado, Puerto Rico, and Brazil but whose reach extends beyond its hemisphere. They bounce their signals off the upper atmosphere back to Earth. There are two main components of the signal, first an ion heating and electron spin alignment and then a second main signal that actively scans the terrain using a technique like electron spin resonance. They have been conducting exercises using a very sophisticated weapon that disrupts the nervous system of many electrically sensitive individuals.

The goal is to weaken the signal to noise ratio by misaligning electron spins and overpowering the electric field over a large area so there is little coherence in the signal. Creating a simple powerful static electric field in an area has reduced symptoms enormously for individuals. This is far more effective than negative ion generators or magnetic jewelry for decreasing the discomfort caused from these surveillance systems. If you are affected by this type of imaging, this will improve your sleep and generally make you feel more relaxed and happier. Set up the shields especially where you sleep or work or where ever you spend the most time.

You can increase the effectiveness by adding more Mylar blankets to your setup to completely close the sides and ceiling of a room. Remember to leave some space between the sheets and attach them loosely by the corners so they have room to breathe. Staples work best because tape tends to unstuck after a time.

RECOMMENDED SETUP

Staple at least one of the Mylar sheets to the ceiling and the other two nearby it. Don't let them touch anything grounded or each other. Attach the end of the high voltage supply labeled output to the ceiling panel and the other lead to the side panels using the alligator clips and wire provided. There is no switch so once you plug in the device, it is on. Feel free to touch the plates. You will only get a tiny zap as it charges your body up with static electricity and you may hear the pleasant pulsing sound of the electrical discharges. The decrease of symptoms should be felt immediately with improvement depending on amount of time spent under the shield.

OTHER CONFIGURATIONS

If you have time, try other configurations. Try reversing the leads to the panels. Try moving the Mylar panels around to different spots.

THE HEAD GAMES

Targeted people with mind control and directed evolution experiments all describe these purposeful events:

Neighbors have neurological torture equipment: People assume the stalking agents are incompetent and accidentally allow them to see equipment in nearby apartment complexes or neighboring houses. The reason is to make the target believe they are conducting near field experiments and keep the focus small. People go to the police thinking they can stop the neighbors because it is some crime gang and not the CIA crime mafia. This sets up a recorded pattern of paranoia that the police and FBI are not able to investigate but will be used against the target when they become violent from the RADAR torture and kill ratio experiments. They will be portrayed in the news as a loony that went on a killing spree and the ignorant, gullible public will accept it because the alternatives and the truth are too horrible for their minds to accept that the enemy has control. Their tactics become more sophisticated every 5 years.

Teeth implants: this is the oldest of the head games. People have seen the Brady bunch episode where bobby heard radio stations from his braces. "Real Genius" is a movie where a tooth transponder through bone conduction made something believe God was directing them. Many people fall for it and are desperate enough to try anything to stop the Silent Sound synthetic telepathy torture technology from the Pentagon. They pull out all their teeth. This of course discredits their testimony further.

Body/Brain Implants. While there are technologies like tooth transponders and brain implants, it is a head game. If you go and tell someone, you will soon realize there are no batteries to power the "brain chips". It is RADAR ion heating technology that requires no metal or batteries to do. 99% of the thousands of targeted people in the UK and US do not have implants although that gives them hope that they can be found and removed. The weapon system locks onto unique body resonance signatures and brain prints. It will track the target anywhere on Earth and deliver the slow kill and torture signals.

Digital Cameras Catch UFOs, ghosts, etc: While energy might be captured, it has of date not been admissible as proof because everything can be explained as anomalies, especially in digital cameras. So even if the camera catches strange orbs (dust on the lens), streaks in the sky (lens diffraction from a direct light source), or other unexplainable light patterns, it will not amount to much other than interesting art. However, publishing the faces and license plates to a central database of these







agents will have an effect in controlling them and diminishing their numbers.

Survey: Shielding Manual Survey

Report: Default Report

Survey Status		Respondent Statistics		Points Summary
Status:	Closed	Total Responses:	78	No Points Questions used in this survey.
Deploy Date:	08/10/2017	Completes:	78	
Closed Date:	10/09/2017	Partials:	0	



1. Please provide contact information:

	Responses	Percent
First Name: 	75	98.68%
Last Name: 	74	97.37%
City: 	74	97.37%
US State: 	62	81.58%
Home Phone: 	63	82.89%
Email Address: 	70	92.11%
Total Responded to this question:		76 97.44%
Total who skipped this question:		2 2.56%
Total:		78 100%





2. Region:

	Responses	Percent
Africa:	1	1.3%
Asia:	6	7.79%
Caribbean Islands:	0	0%
Australia/New Zealand:	0	0%
Europe:	6	7.79%
Middle East:	0	0%
North America:	62	80.52%
South America:	2	2.6%
Total Responded to this question:	77	98.72%
Total who skipped this question:	1	1.28%
Total:	78	100%




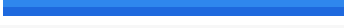
3. Gender:

	Responses	Percent
Male: 	34	44.74%
Female: 	42	55.26%
Total Responded to this question:	76	97.44%
Total who skipped this question:	2	2.56%
Total:	78	100%

4. Age group:

	Responses	Percent
18 - 34: 	3	3.9%
35 - 50: 	28	36.36%
51 - 64: 	36	46.75%
65+: 	10	12.99%
Total Responded to this question:	77	98.72%
Total who skipped this question:	1	1.28%
Total:	78	100%


















5. What type of targeting do you receive? Select all that apply.

	Responses	Percent
Microwave frequencies: 	72	94.74%
Voice-to-Skull: 	44	57.89%
Acoustic attacks: 	57	75%
Chemical: 	38	50%
Total Responded to this question:	76	97.44%
Total who skipped this question:	2	2.56%
Total:	78	100%

6. What type of effects are you experiencing? Select all that apply.

	Responses	Percent
Abdominal pressure or pain:	49	62.82%
Blurred vision:	50	64.1%
Breathing difficulties:	45	57.69%
Burning (internally or externally):	55	70.51%
Cancer:	8	10.26%
Diarrhea:	42	53.85%
Dizziness:	42	53.85%
Electric current:	61	78.21%
Electronic rape:	35	44.87%
Forced speech:	30	38.46%
Hearing voices:	33	42.31%
Heart arrhythmias:	36	46.15%
Heart attack:	7	8.97%
Insomnia:	53	67.95%
Memory loss:	53	67.95%
Muscle spasms:	52	66.67%
Nausea:	38	48.72%
Nosebleeds:	15	19.23%
Poking:	43	55.13%
Seizures:	13	16.67%
Stabbing pains:	52	66.67%
Stinging:	52	66.67%
Squeezing:	31	39.74%
If other, please specify:	42	53%
Total Responded to this question:		78 100%
Total who skipped this question:		0 0%
Total:		78 100%

7. What type of shielding do you use? Select all that apply.

	Responses	Percent
Aluminum foil: 	23	30.26%
Copper: 	15	19.74%
Dave Case's CD: 	12	15.79%
Earthing or Grounding: 	22	28.95%
Epsom salt baths: 	38	50%
Faraday cage: 	4	5.26%
Lead: 	5	6.58%
Leather: 	17	22.37%
Linqstat: 	7	9.21%
Metal: 	9	11.84%
Magnets: 	42	55.26%
Mirrors: 	18	23.68%
Mylar: 	13	17.11%
Rubber products: 	13	17.11%
Sheet metal: 	15	19.74%
Vitamins:	7	9.21%
Xanax (prescription): 	43	56.58%
If other, please specify: <input type="text"/>	10	13.16%
	46	60%
Total Responded to this question:		76 97.44%
Total who skipped this question:		2 2.56%
Total:		78 100%

8. Which item or product do you use most often for Abdominal pressure or pain? Select one.

	Responses	Percent
Aluminum foil:	2	2.86%
Copper:	1	1.43%
Dave Case's CD:	2	2.86%
Earthing or Grounding:	2	2.86%
Epsom salt baths:	5	7.14%
Faraday cage:	0	0%
Lead:	1	1.43%
Leather:	3	4.29%
Linqstat:	1	1.43%
Metal:	0	0%
Magnets:	6	8.57%
Mirrors:	1	1.43%
Mylar:	0	0%
Rubber products:	2	2.86%
Sheet metal:	0	0%
Vitamins:	7	10%
Xanax (prescription):	2	2.86%
None of the above:	15	21.43%
N/A:	9	12.86%
Other:	11	15.71%
Total Responded to this question:		70 89.74%
Total who skipped this question:		8 10.26%
Total:		78 100%

9. Which item or product do you use most often for. blurred vision? Select one.

	Responses	Percent
Aluminum foil:	2	2.99%
Copper:	0	0%
Dave Case's CD:	0	0%
Earthing or Grounding:	2	2.99%
Epsom salt baths:	1	1.49%
Faraday cage:	0	0%
Lead:	1	1.49%
Leather:	1	1.49%
Linqstat:	0	0%
Metal:	0	0%
Magnets:	2	2.99%
Mirrors:	2	2.99%
Mylar:	0	0%
QuWave:	0	0%
Rubber products:	0	0%
Sheet metal:	0	0%
Vitamins:	0	0%
Xanax (prescription):	2	2.99%
N/A:	0	0%
None of the above:	21	31.34%
	33	49.25%
Total Responded to this question:		67 85.9%
Total who skipped this question:		11 14.1%
Total:		78 100%










10. Which item or product do you use most often for breathing difficulties? Select one.

	Responses	Percent
Aluminum foil:	1	1.59%
Copper:	0	0%
Dave Case's CD:	2	3.17%
Earthing or Grounding:	2	3.17%
Epsom salt baths:	3	4.76%
Faraday cage:	0	0%
Lead:	1	1.59%
Leather:	2	3.17%
Linqstat:	0	0%
Metal:	0	0%
Magnets:	2	3.17%
Mirrors:	0	0%
Mylar:	0	0%
QuWave:	0	0%
Rubber products:	0	0%
Sheet metal:	0	0%
Vitamins:	0	0%
Xanax (prescription):	4	6.35%
N/A:	1	1.59%
None of the above:	19	30.16%
	26	41.27%
Total Responded to this question:		63 80.77%
Total who skipped this question:		15 19.23%
Total:		78 100%

11. Which item or product do you use most often for burning (internally or externally)? Select one.

	Responses	Percent
Aluminum foil:	2	3.08%
Copper:	0	0%
Dave Case's CD:	0	0%
Earthing or Grounding:	2	3.08%
Epsom salt baths:	6	9.23%
Faraday cage:	1	1.54%
Lead:	1	1.54%
Leather:	0	0%
Linqstat:	1	1.54%
Metal:	2	3.08%
Magnets:	4	6.15%
Mirrors:	0	0%
Mylar:	0	0%
QuWave:	0	0%
Rubber products:	2	3.08%
Sheet metal:	0	0%
Vitamins:	2	3.08%
Xanax (prescription):	0	0%
N/A:	13	20%
None of the above:	29	44.62%
Total Responded to this question:		65 83.33%
Total who skipped this question:		13 16.67%
Total:		78 100%

12. Which item or product do you use most often for cancer? Select one.

	Responses	Percent
Aluminum foil:	0	0%
Copper:	0	0%
Dave Case's CD:	0	0%
Earthing or Grounding: 	1	1.82%
Epsom salt baths: 	1	1.82%
Faraday cage:	0	0%
Lead: 	1	1.82%
Leather:	0	0%
Linqstat:	0	0%
Metal:	0	0%
Magnets: 	1	1.82%
Mirrors:	0	0%
Mylar:	0	0%
QuWave:	0	0%
Rubber products: 	1	1.82%
Sheet metal:	0	0%
Vitamins: 	6	10.91%
Xanax (prescription): 	0	0%
N/A: 	31	56.36%
None of the above: 	13	23.64%
Total Responded to this question:		55 70.51%
Total who skipped this question:		23 29.49%
Total:		78 100%
















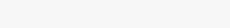
13. Which item or product do you use most often for diarrhea ? Select one

	Responses	Percent
Aluminum foil:	0	0%
Copper:	0	0%
Dave Case's CD:	0	0%
Earthing or Grounding:	0	0%
Epsom salt baths:	2	3.17%
Faraday cage:	0	0%
Lead:	0	0%
Leather:	0	0%
Linqstat:	0	0%
Metal:	0	0%
Magnets:	2	3.17%
Mirrors:	0	0%
Mylar:	0	0%
QuWave:	0	0%
Rubber products:	0	0%
Sheet metal:	0	0%
Vitamins:	8	12.7%
Xanax (prescription):	1	1.59%
N/A:	20	31.75%
None of the above:	30	47.62%
Total Responded to this question:		63 80.77%
Total who skipped this question:		15 19.23%
Total:		78 100%











14. Which item or product do you use most often for dizziness? Select one.

	Responses	Percent
Aluminum foil:	1	1.56%
Copper:	0	0%
Dave Case's CD:	1	1.56%
Earthing or Grounding:	2	3.12%
Epsom salt baths:	0	0%
Faraday cage:	0	0%
Lead:	0	0%
Leather:	1	1.56%
Linqstat:	0	0%
Metal:	0	0%
Magnets:	4	6.25%
Mirrors:	0	0%
Mylar:	0	0%
QuWave:	0	0%
Rubber products:	0	0%
Sheet metal:	0	0%
Vitamins:	6	9.38%
Xanax (prescription):	2	3.12%
N/A:	21	32.81%
None of the above:	26	40.62%
Total Responded to this question:		64 82.05%
Total who skipped this question:		14 17.95%
Total:		78 100%

15. Which item or product do you use most often for electric current? Select one.

	Responses	Percent
Aluminum foil: 	4	6.15%
Copper:	0	0%
Dave Case's CD: 	1	1.54%
Earthing or Grounding: 	8	12.31%
Epsom salt baths: 	4	6.15%
Faraday cage: 	1	1.54%
Lead: 	3	4.62%
Leather: 	2	3.08%
Linqstat: 	1	1.54%
Metal:	0	0%
Magnets: 	2	3.08%
Mirrors:	0	0%
Mylar: 	2	3.08%
QuWave:	2	3.08%
Rubber products: 	0	0%
Sheet metal:	4	6.15%
Vitamins: 	0	0%
Xanax (prescription): 	1	1.54%
N/A: 	1	1.54%
None of the above: 	10	15.38%
	21	32.31%
Total Responded to this question:		65 83.33%
Total who skipped this question:		13 16.67%
Total:		78 100%

16. Which item or product do you use most often for electronic rape? Select one.

	Responses	Percent
Aluminum foil: 	2	3.23%
Copper: 	1	1.61%
Dave Case's CD:	0	0%
Earthing or Grounding: 	1	1.61%
Epsom salt baths: 	3	4.84%
Faraday cage:	0	0%
Lead:	0	0%
Leather: 	2	3.23%
Linqstat: 	2	3.23%
Metal:	0	0%
Magnets: 	4	6.45%
Mirrors: 	2	3.23%
Mylar: 	1	1.61%
QuWave:	0	0%
Rubber products:	0	0%
Sheet metal: 	1	1.61%
Vitamins:	0	0%
Xanax (prescription):	0	0%
N/A:	22	35.48%
None of the above:	21	33.87%
Total Responded to this question:		62 79.49%
Total who skipped this question:		16 20.51%
Total:		78 100%

17. Which item or product do you use most often for forced speech? Select one.

	Responses	Percent
Aluminum foil:	1	1.69%
Copper:	1	1.69%
Dave Case's CD:	1	1.69%
Earthing or Grounding:	2	3.39%
Epsom salt baths:	0	0%
Faraday cage:	0	0%
Lead:	0	0%
Leather:	2	3.39%
Linqstat:	0	0%
Metal:	1	1.69%
Magnets:	1	1.69%
Mirrors:	0	0%
Mylar:	0	0%
QuWave:	0	0%
Rubber products:	0	0%
Sheet metal:	0	0%
Vitamins:	0	0%
Xanax (prescription):	1	1.69%
N/A:	1	1.69%
None of the above:	27	45.76%
	21	35.59%
Total Responded to this question:		59 75.64%
Total who skipped this question:		19 24.36%
Total:		78 100%

18. Which item or product do you use most often for hearing voices? Select one.

	Responses	Percent
Aluminum foil:	1	1.59%
Copper:	0	0%
Dave Case's CD:	2	3.17%
Earthing or Grounding:	1	1.59%
Epsom salt baths:	0	0%
Faraday cage:	0	0%
Lead:	1	1.59%
Leather:	1	1.59%
Linqstat:	0	0%
Metal:	0	0%
Magnets:	2	3.17%
Mirrors:	0	0%
Mylar:	0	0%
QuWave:	0	0%
Rubber products:	0	0%
Sheet metal:	0	0%
Vitamins:	0	0%
Xanax (prescription):	1	1.59%
N/A:	29	46.03%
None of the above:	25	39.68%
Total Responded to this question:		63 80.77%
Total who skipped this question:		15 19.23%
Total:		78 100%











19. Which item or product do you use most often for heart arrhythmias? Select one.

	Responses	Percent
Aluminum foil:	0	0%
Copper:	1	1.67%
Dave Case's CD:	1	1.67%
Earthing or Grounding:	0	0%
Epsom salt baths:	0	0%
Faraday cage:	0	0%
Lead:	3	5%
Leather:	3	5%
Linqstat:	1	1.67%
Metal:	0	0%
Magnets:	1	1.67%
Mirrors:	0	0%
Mylar:	0	0%
QuWave:	0	0%
Rubber products:	0	0%
Sheet metal:	0	0%
Vitamins:	3	5%
Xanax (prescription):	0	0%
N/A:	18	30%
None of the above:	29	48.33%
Total Responded to this question:		60 76.92%
Total who skipped this question:		18 23.08%
Total:		78 100%

20. Which item or product do you use most often for insomnia? Select one.

	Responses	Percent
Aluminum foil:	0	0%
Copper:	0	0%
Dave Case's CD:	2	3.45%
Earthing or Grounding:	1	1.72%
Epsom salt baths:	3	5.17%
Faraday cage:	0	0%
Lead:	0	0%
Leather:	1	1.72%
Linqstat:	1	1.72%
Metal:	0	0%
Magnets:	1	1.72%
Mirrors:	0	0%
Mylar:	0	0%
QuWave:	0	0%
Rubber products:	0	0%
Sheet metal:	0	0%
Vitamins:	13	22.41%
Xanax (prescription):	6	10.34%
N/A:	12	20.69%
None of the above:	18	31.03%
Total Responded to this question:		58 74.36%
Total who skipped this question:		20 25.64%
Total:		78 100%

21. Which item or product do you use most often for memory loss? Select one.

	Responses	Percent
Aluminum foil: 	1	1.64%
Copper:	0	0%
Dave Case's CD: 	1	1.64%
Earthing or Grounding: 	1	1.64%
Epsom salt baths: 	1	1.64%
Faraday cage:	0	0%
Lead: 	2	3.28%
Leather: 	1	1.64%
Linqstat:	0	0%
Metal:	0	0%
Magnets:	0	0%
Mirrors:	0	0%
Mylar:	0	0%
QuWave:	0	0%
Rubber products:	0	0%
Sheet metal:	0	0%
Vitamins: 	23	37.7%
Xanax (prescription): 	0	0%
N/A: 	12	19.67%
None of the above: 	19	31.15%
Total Responded to this question:		61 78.21%
Total who skipped this question:		17 21.79%
Total:		78 100%




22. Which item or product do you use most often for muscle spasms. Select one.

	Responses	Percent
Aluminum foil:	0	0%
Copper:	0	0%
Dave Case's CD:	0	0%
Earthing or Grounding:	2	3.39%
Epsom salt baths:	8	13.56%
Faraday cage:	0	0%
Lead:	0	0%
Leather:	1	1.69%
Linqstat:	0	0%
Metal:	0	0%
Magnets:	3	5.08%
Mirrors:	0	0%
Mylar:	0	0%
QuWave:	0	0%
Rubber products:	0	0%
Sheet metal:	0	0%
Vitamins:	10	16.95%
Xanax (prescription):	1	1.69%
N/A:	15	25.42%
None of the above:	19	32.2%
Total Responded to this question:		59 75.64%
Total who skipped this question:		19 24.36%
Total:		78 100%









23. Which item or product do you use most often for nausea? Select one.

	Responses	Percent
Aluminum foil:	0	0%
Copper:	0	0%
Dave Case's CD:	0	0%
Earthing or Grounding:	0	0%
Epsom salt baths:	1	1.59%
Faraday cage:	0	0%
Lead:	1	1.59%
Leather:	1	1.59%
Linqstat:	0	0%
Metal:	0	0%
Magnets:	1	1.59%
Mirrors:	0	0%
Mylar:	1	1.59%
QuWave:	0	0%
Rubber products:	0	0%
Sheet metal:	0	0%
Vitamins:	8	12.7%
Xanax (prescription):	3	4.76%
N/A:	18	28.57%
None of the above:	29	46.03%
Total Responded to this question:		63 80.77%
Total who skipped this question:		15 19.23%
Total:		78 100%





24. Which item or product do you use most often for nosebleeds? Select one.

	Responses	Percent
Aluminum foil:	0	0%
Copper:	0	0%
Dave Case's CD:	0	0%
Earthing or Grounding:	0	0%
Epsom salt baths:	0	0%
Faraday cage:	0	0%
Lead: 	1	1.79%
Leather:	0	0%
Linqstat:	0	0%
Metal:	0	0%
Magnets:	0	0%
Mirrors:	0	0%
Mylar:	0	0%
QuWave:	0	0%
Rubber products:	0	0%
Sheet metal:	0	0%
Vitamins: <input type="text"/>	0	0%
Xanax (prescription): <input type="text"/>	0	0%
N/A: 	34	60.71%
None of the above: 	21	37.5%
Total Responded to this question:		56 71.79%
Total who skipped this question:		22 28.21%
Total:		78 100%
















25. Which item or product do you use most often for poking? Select one.

	Responses	Percent
Aluminum foil: 	2	3.64%
Copper:	0	0%
Dave Case's CD:	0	0%
Earthing or Grounding:	0	0%
Epsom salt baths:	0	0%
Faraday cage:	0	0%
Lead: 	1	1.82%
Leather: 	4	7.27%
Linqstat: 	1	1.82%
Metal: 	1	1.82%
Magnets:	0	0%
Mirrors: 	1	1.82%
Mylar:	0	0%
QuWave:	0	0%
Rubber products: 	3	5.45%
Sheet metal:	0	0%
Vitamins:	0	0%
Xanax (prescription): <input type="text"/>	0	0%
N/A: 	0	0%
None of the above: <input type="text"/>	15	27.27%
<input type="text"/>	27	49.09%
Total Responded to this question:		55 70.51%
Total who skipped this question:		23 29.49%
Total:		78 100%














26. Which item or product do you use most often for selzures? Select one.

	Responses	Percent
Aluminum foil:	0	0%
Copper:	0	0%
Dave Case's CD:	0	0%
Earthing or Grounding:	0	0%
Epsom salt baths: 	1	1.79%
Faraday cage:	0	0%
Lead:	0	0%
Leather:	0	0%
Linqstat:	0	0%
Metal:	0	0%
Magnets:	0	0%
Mirrors:	0	0%
Mylar:	0	0%
QuWave:	0	0%
Rubber products:	0	0%
Sheet metal:	0	0%
Vitamins: <input type="text"/>	0	0%
Xanax (prescription): 	2	3.57%
N/A: 	38	67.86%
None of the above: 	15	26.79%
Total Responded to this question:		56 71.79%
Total who skipped this question:		22 28.21%
Total:		78 100%

27. Which item or product do you use most often for stabbing pains? Select one.

	Responses	Percent
Aluminum foil: 	3	4.84%
Copper: 	1	1.61%
Dave Case's CD: 	1	1.61%
Earthing or Grounding: 	3	4.84%
Epsom salt baths: 	1	1.61%
Faraday cage:	0	0%
Lead: 	1	1.61%
Leather: 	1	1.61%
Linqstat:	0	0%
Metal:	0	0%
Magnets: 	0	0%
Mirrors: 	3	4.84%
Mylar:	1	1.61%
QuWave:	0	0%
Rubber products: 	0	0%
Sheet metal:	3	4.84%
Vitamins: 	0	0%
Xanax (prescription): 	2	3.23%
N/A: 	2	3.23%
None of the above: 	10	16.13%
	30	48.39%
Total Responded to this question:		62 79.49%
Total who skipped this question:		16 20.51%
Total:		78 100%

28. Which item or product do you use most often for stinging? Select one.

	Responses	Percent
Aluminum foil: 	5	8.06%
Copper: 	1	1.61%
Dave Case's CD: 	1	1.61%
Earthing or Grounding:	0	0%
Epsom salt baths: 	5	8.06%
Faraday cage: 	1	1.61%
Lead: 	1	1.61%
Leather: 	3	4.84%
Linqstat: 	1	1.61%
Metal:	0	0%
Magnets: 	3	4.84%
Mirrors:	0	0%
Mylar:	0	0%
QuWave:	0	0%
Rubber products: 	0	0%
Sheet metal:	2	3.23%
Vitamins:	0	0%
Xanax (prescription): 	0	0%
N/A: 	1	1.61%
None of the above: 	12	19.35%
	26	41.94%
Total Responded to this question:		62 79.49%
Total who skipped this question:		16 20.51%
Total:		78 100%

29. Which item or product do you use most often for squeezing? Select one.

	Responses	Percent
Aluminum foil:	1	1.69%
Copper:	1	1.69%
Dave Case's CD:	2	3.39%
Earthing or Grounding:	0	0%
Epsom salt baths:	1	1.69%
Faraday cage:	0	0%
Lead:	0	0%
Leather:	1	1.69%
Linqstat:	1	1.69%
Metal:	0	0%
Magnets:	4	6.78%
Mirrors:	0	0%
Mylar:	0	0%
QuWave:	0	0%
Rubber products:	0	0%
Sheet metal:	0	0%
Vitamins:	0	0%
Xanax (prescription):	0	0%
N/A:	1	1.69%
None of the above:	25	42.37%
	22	37.29%
Total Responded to this question:		59 75.64%
Total who skipped this question:		19 24.36%
Total:		78 100%

30. Overall which of the following shielding products have been most effective for you? Select all that apply.

	Responses	Percent
Aluminum foil:	13	17.57%
Copper:	11	14.86%
Dave Case's CD:	6	8.11%
Earthing or Grounding:	15	20.27%
Epsom salt baths:	27	36.49%
Faraday cage:	1	1.35%
Lead:	5	6.76%
Leather:	9	12.16%
Linqstat:	3	4.05%
Metal:	6	8.11%
Magnets:	22	29.73%
Mirrors:	10	13.51%
Mylar:	6	8.11%
QuWave:	1	1.35%
Rubber products:	11	14.86%
Sheet metal:	3	4.05%
Vitamins:	26	35.14%
Xanax (prescription):	6	8.11%
If other, please specify:	44	59%
Total Responded to this question:		74 94.87%
Total who skipped this question:		4 5.13%
Total:		78 100%

GENERAL SHIELDING TIPS

MYLAR BLANKETS

BP Medical Supplies
10158 Ave. D
Brooklyn, NY 11236
Tel: (347) 276-2236

Just ask for Mylar Blankets [Item # 1700038].

I suggest ordering several at this price. They each fold out to 84" x 54" and are very light weight [but they do seal in heat so they may be uncomfortable for some in hot locales].

METAL AND COPPER

Buy metal plates or heavy metal sheeting, metal is #1 defense against microwave hits! Fortunately, I had just replaced my old Microwave and took the metal plate off the back. It has saved my life! I prop the metal plate up on my bed and hide my head behind it. I also use Mylar sheets over me at night. I also wrap myself in **Copper and absorbing sheets** sewn together, I buy two and cut one in half to wrap around my head. I find the Mylar during the night slides around allowing the bad guys to hit you.

With the copper fabric I get added protection. You can buy these items on line thru **LESS EMF INC**. I am thinking about buying their silverized stocking cap to wear at night (its made out of metal flakes), it should work even better. Metal and copper are the number one defense against microwave. (proven)

My old neighbor was recruited recently and he uses a modified hunting laser on me, he modulates on my window to listen to me and, then when I go out the gangstalkers are waiting, I have learned to shut up about where I'm going. He hits me hard while watching TV...I'm wondering if he is actually watching me as well. I see something on here about TV's and Monitors. I boil water and set it around my TV so the **steam** can knock his laser out of whack!

I also use candles for smoke. If anyone has a steam machine this would work perfect! I'm thinking of buying **smoke** maker machines that one uses on Halloween. If you listen you can tell the difference in laser and microwave RF's. Watch out for the low RF, you tend to let your guard down, this is dangerous for your health. I hope these things help all of you TI's and wish you all Good Luck! Don't despair....

REDUCING THE EFFECTS OF MICROWAVES by Neal Chevrier

Linqstat (8 mil's Thick) 100,000 ohms (Resistance)

The Linqstat is superior to Velostat for blocking R.F. You can ground it to an Isolated ground to bleed off RF saturation for more effectiveness. NOT hooked to the house ground for better efficiency. (I will post explicit instructions on how to make a safe shielded, isolated ground to the earth on the website in the shielding section as soon as is possible). Using expensive Spectrum Analyzers we find harmful frequencies coming through the neutral & ground wires of house power in the brain entrainment range. Do NOT ground yourself to any ground or neutral from your house plugs !!! I can't stress this enough.

Two ground wires on a hat work better than one according to the engineer at www.stopabductions.com that has instructions on how to make the hat. He has years of trial & error. He also said thicker does work better. The Linqstat is twice as thick as the Velostat. We will test various fasteners for safety & share what we find after it's verified Til then an alligator clip (1 for each side from Home Depot, Lowe's or Radio Shack) attached to an 18 gauge speaker wire will suffice. The speaker wire has 2 separate wires to do one on each side. You split apart the two wires about 10" to give it room to put on each side. If you attach the alligator clips down by your earlobes you can use a bead over the speaker wire to draw up the 2 wires on each side to your chin to keep it securely on your head at night. The blue speaker wire in the audio section of Walmart is easy to work with. After using it for months, I always wear the hat. Cover your brain stem down your neck and your forehead & temples for a night hat. I suggest a synthetic (non conductive) material as a liner in the hat (NOT Cotton) to isolate you from the Linqstat touching hair or skin.

Linqstat will protect your heart & vital organs from RF too. You would have to be in an air tight enclosure to completely shield from RF so it is just a help to cover from what you can without the expense of a very elaborate Faraday cage.

It is \$1.50 per linear foot at 3' width which is \$4.50 per square yard. It takes 2 yards To make an 8 layer thick hat which equals: \$9.00. If you take 1 square yard and cut

it into (4) 18" squares you'll have 8 layers to make the hat. You can put a towel on your head with a piece of paper on top, heat the Linqstat with a blow dryer (FIRST) and get a shape started in the center of each 18" piece to shape it on the top of your head. This gives you a good start. Do NOT over heat it or over stretch if you do this. You don't want to make it overstretch & become thin. If it's too hot to touch it's too hot !!! You carefully do this at your own risk. Do Not breath the vapors if you heat it.

If you fold 1 sq. yard in quarters & cut a smile on a folded side big enough to fit over your head, it makes a vest 2 layers thick for \$4.50. Seal the loose ends with your favorite non conductive tape. If you want an over & under blanket 3' wide I would use 15' (5 sq. yards) & put half of the 15' piece under your fitted sheet & the other half over you so it folds over at your feet. How many layers you use for the vest & blanket is up to you depending on how much you choose to spend. I suggest non conductive bed sheets (NOT Cotton) to keep the RF from touching you at night. This is just good protection for what we have tested it against. A thicker Linqstat blanket is better but I find 1 layer to be of significant help in reducing RF hits.

We are providing this as a service to everyone because lessemf charges \$1.95 per linear foot plus a \$10 cutting charge & shipping for half as thick & less resistance versus conductivity for saturation issues.

For insured, flat rate shipping it's \$14.00 so the total for this package (8 Yards) which is 3' x 24' to protect your head, heart & body is \$ 50.00. You can email me at electricrose22@yahoo.com for any orders or inquiries.

Send me your address & confirm that you want this package of 8 or specify how much you want so I can give you a total if it's more or less than what I suggest you should have here. You make a donation at skizitgesture on youtube as a donation with PayPal or a credit card.

Sincerely,
Neal C.

CONNECTING TO NATURE TO RESET HUMAN BIORHYTHMS

Normal human physiology operates at the same general frequency of the natural outdoor setting of the Earth, 7.83 Hertz (The Schumann Resonance.) The goal is to create a means by which participants gain an understanding that they can create an internal vibration of their own choosing which can counter-act/jam/override any invading/incoming ELF frequency. With practice, the participant can move into their

own desired frequency and learn to maintain its focus even in the face of external frequency bombardment.

To aid human physiology in the initial reset process.

1) Because of the body's natural tendency to entrain to the rhythms around it, we recommend extended stay in the outdoors away from all electronic devices and high voltage power lines. We recommend a 3 hour minimum time length for each short re-training session, longer for the training to settle into a norm in the brain and body physiology (a week to three weeks). During this time outdoors, we encourage quiet time training to "recognize the calm" of 7.83 Hz and consciously proactively understand they wish to entrain to change their higher or lower vibrational rate back to this calming "factory reset."

2) Providing a way for each participant to introduce a percussive vibration rate of their choosing will reverberate throughout the body, interrupting and overriding external influence. While listening to music would do this, a more efficient methodology would include hand drumming percussion (such as Native American, African, Asian, etc.) The effort of the hand striking the drum's surface reverberates up the arms, and the body's close proximity to the drum's vibration surface itself nudges the body to entrain to that rhythm because of it becomes predominant over other external low frequencies (in other words, the drum's loudness and close proximity win out over the ELF.) (Side note: if a participant does not care to influence their vibration through hand drumming, dancing to drums would be an adequate substitute.) During these practice sessions, endorphins and interleukins will be released, again aiding in overriding the adrenaline/cortisol response to disharmonious ELF experienced in the past

3) Because the human body naturally moves into a slower, more receptive brain wave state in the evenings, rhythms practiced for an hour per day minimum are most beneficial if it is the last or final major focus of the participant before retiring. The physical exertion, focus on learning a new skill or rhythm, repetitious movement, and vibratory percussive effect on the body's skeletal system helps reverberate a new rhythm in the physiology which is totally under the participant's control. That which humans do just before sleep become set more easily in the brain body physiology, memory, and subconscious as it becomes the first thing processed in dream state.

During drumming/dancing the participant moves from a beta through alpha and can enter into down to alpha/theta brain trance-like frequency which is under their own control. In that state, the individual's gain complete control of their own body's vibrations as to speed, intensity and duration. In learning to proactively control the

internal frequency, the external invading frequencies are then slowly turned down in volume and affect and tuned out.

4) Utilizing drumming percussion or rigorous dancing in an outdoor setting “sets” better in the human body if the incorporation of the individual’s spiritual belief can be brought into the experience. In any healing, participants must be able to face their fears/issues before they can release them. All individuals have those things in their emotional history that feel out of their control which must be given up to something greater than themselves.

Important Note: The outdoor experience should not initially resemble the terrain in which an individual experienced extreme stress or combat. The outdoor housing also should not resemble that in which one lived under extreme stress. The smells, tastes, and sounds should not be invaded by anything else external to the natural “camping” environment. Make the setting as stress free but with tasks to do as well as free time that is designed to allow observation and merging the natural setting.

5) Food preparation and eating in the natural setting speed the reset process. The handling and smelling/sampling of natural food that occurs in the meal preparation process is just as important for “setting” the natural vibratory physiology reset via taste and smell and touch. Meals would ideally consist of natural and not processed food (which again has its own natural vibratory frequency.) We suggest highly that participants work together to prepare meals. If that food preparation is done primitively over an open fire, the process of making said fire, feeding it, touching wood, smelling woodsmoke all link the association with the human body physiology and the healthy balanced vibratory reset rate.

6) Take advantage of water. Soaking/immersion/swimming in water, because of the pressure sensation of the liquid on the external dermal nerve receptors opens the brain physiology to reset itself easier. (The human brain doesn’t put up as much resistance to change as its attention is engaged elsewhere on dermal pressure receptors.) Also, ELF disharmonies become less intense or nonexistent below the water's surface. When the entire human head is submersed, the participants can again "hear themselves think" clearer because of the liquid's noise/vibration dampening effect.

7) A frequency of 432Hz (a high register octave harmonic frequency to the human body/Earth's natural rate) will counteract the disharmony 440Hz that is associated with at least a portion of the ELF transmissions. Music tuned to this frequency and played in the background of the living/working spaces will increase awareness and productivity and provide a healthy subconscious rate to merge and reset with.

8) We recommend those sensitive to ELF frequency live as far away as possible away from urban environments and the jangled frequencies that permeate populated areas. Their environment must be as close to the Earth's (and thus their own) Hz levels as possible to facilitate and hasten the healing process.

9) If the participant has difficulty in moving from Beta through Alpha, Alpha-Theta and down to Delta brain wave states, the natural usage of subliminal stereo headphones with delta sleep rhythms will be effective as long as the participant trusts the source of the recording being listened to.

10) Cell phone usage honestly is completely discouraged. If it must be utilized, never ever allow the participant to sleep with the phone in the same room. The less the phone is carried on the body or put close to the head, the better. We honestly recommend a "no WiFi" living environment as well.

11) Create a sleeping environment that aids the human body in resetting back to 7.83Hz. Remove electronic devices completely from the sleeping space as much as possible.

12) Focus on a particular body part increases blood flow to that area. In a similar fashion "singing" (sending focus of a particular vibratory rhythm) to a body part/organ that is of concern also aids in counteracting external frequency influences.

In summary, human beings have the ability to control the vibratory rates of their body by proactively creating environments and life situations that reset any external influences. It takes some training and practice, but it can be done. Again, if there are specific circumstances regarding ELF difficulties we have not addressed, please let us know.

10'S UNITS

I would like t.i.'s to know that I found a shielding tip that works very well. It's called a 10's unit. It's used with electrodes. You place the electrodes on the part of the body that's being attacked. You'll find it's instant relief until they readjust their dials, Then you just turn it on again. You'll notice if you hear voice to skull voices. It really pisses them off to the point of not activating it anymore.

You'll notice when they activate it the next time, they'll attack a different part of the body. All you do is move the electrode to that part of the body. You can purchase them online. Some sites require a prescription. In this case just tell your primary

doctor you have back pain, and that you've tried a 10's unit and it worked very well. He'll have no problem writing a prescription. You can purchase these online for anywhere from \$70 to \$200 dollars.

Another tip: You know what I'm talking about. When they try to put you to sleep, put the electrode on your nose it stops it instantly. Also if you hear voice to skull voices, and you believe you have mindreading implants . This is the ultimate counter attack.

Envision them in your mind then blow them away. Example: show yourself where they're at or where you think they're at and let them have it, Shoot em. Show police busting them. The better the vision, the better the effects. Here's where it gets good: you're going to hear them scream like you never heard a scream before. They're not going to know how to play you anymore.

This is the BOMB!!!.

Remember they're under hypnosis in order to read your mind. So if you've ever seen someone under hypnosis, you know they'll do whatever you ask. They're hooked up to a mind machine which requires an electrode in itself. They feed off the thoughts relayed from your ear implants to the mind machine. Tell 'em to bark. Whatever you ask, they'll do. Trust me this works.

I've been going through this for a very long time. Feel free to contact me at davidvindiola1961@yahoo.com. I have a lot of ideas on how to stop the hurt.

GOD BLESS,
David.

EXPERIMENTING WITH VARIOUS METHODS

1. Go to Home Depot or Lowe's, go into the painting dept., and get the pure steel wool. You get about 16 pads and it'll cost approx. \$3.70.
2. I was told to experiment with the different grades, and even mix up the different grades used. If your attackers figure out what you're using you may have to vary, or increase, the different grades. I bought the finest grade -- #0000 -- and may need to do something different myself 'cause sometimes the stings/pains still get through. Not often though.
 - a. I've layered my steel wool mesh with a couple layers of heavy duty aluminum

foil (gets hot though) and even with copper scouring pads flattened into layers. I've stopped using the copper because I recently learned that copper is a conductor of electricity.

b. I looked at a show on electricity and the human body and learned that rubber and clay are the best insulating materials. I've gotten soft rubber bathmats from Wal-Mart and wrapped them around my head (real awkward) and Ken (another targeted individual; you'll hear him sometimes on the conference calls, but he's mostly on our Sun. prayer conference call) told us once that he was targeted so bad that he's had luck with sleeping with a flower pot on his head. It was probably because it was baked terra cotta clay. I've also tried buying cheap women's swim caps and slitting them open and laying that in my shielding scarf. It also works, but it's hot. Also, when using bathmats with rubber backings, lay the bathmats on your body (with the rubber side facing outward) when you feel the electromagnetism on your body. I've had to use a layer two mats thick at times.

3. When you get it home, open up the pads and flatten each one as best you can. Make sure you have on rubber gloves to protect your hands against any little slivers, and be sure to wipe off your counter and sweep the floor.

4. Take your layered shielding material(s) and lay them flat and folded inside some other kind of protective material. I use a plastic pillowcase cover. If I had another large cotton scarf I'd use that, but I don't have one. This is just to keep any metal shards from possibly sticking in your skin.

5. Depending on how you'll wear your layers of steel wool mesh (I've taken a large square ladies scarf, put my protected layers on the bottom half of the scarf, and folded the scarf into a triangle tied on my head), make your layers as large and wide and as thick as you'd like. (I didn't ask Dan how he wore his, whether in a man's baseball cap or in a scarf.)

6. I've had luck with using a mirror to deflect the frequencies aimed at me through the walls.

7. I wear my shielding scarf nearly 90% of the time, making sure that I keep my ears covered also.

NOTE: If the attacks make your head sore, this is what you do: buy a hand-held massager. I have one by Homedics. It's called a Homedics Mini and it's purple and grey with three "legs" on it, with a part that you hold in the palm of your hand and . It works by batteries and cost me, on sale, \$5.00. It is wonderful for putting to the spot that is hurting. The pain will go away. I also use it when my eyes are attacked, but very carefully and lightly. Keep one of these on hand at all times. You'll find it invaluable. I'm going to get another one and keep around, just

in case. www.homedics.com

I don't know how it's being done, but I get pains in different places on my head -- on the top, at my temples, in the middle in the back, and sometimes my forehead. When I feel like my head is starting to hurt, I put it on. Usually the pain will go away.

Also try this. It was sent to me a couple of days ago.

"A few nights ago on a conference call I heard some members saying that they had very good shielding results from putting COPPER wire on their heads - even a little bit of it. That gave me an idea -

I purchased some ALL-COPPER MESH SCOURING PADS. They can be UNROLLED from the tight donut-shapes they come in. They are actually crocheted tubes of flat copper wire. You can unroll them, then cut the long tube in half to form 2 shorter tubes, then stretch the tubes to be wider opened - rubberband the top end and turn it inside-out - and keep stretching and forming it into a hat shape with your fingers. Now you have a "beanie" shape liner for any hat you want! Effective(?), practical, discreet, cheap, disposable, easily replaceable!.

A 3-pack is available at Walmart (\$1.24) or many other stores... A baseball-cap shielding hat costs \$75.00 plus shipping from lessemf.com - but these instant "Faraday Cages" cost under 23 CENTS each! That's less than 1/300th of the cost - and you can wear them with any STYLE HAT!"

Stings and Through-wall Energy Frequencies

I've discovered that when I first start to get a pain or sting anywhere on my body ("they" love to aim at my head and eyes), if I hold up a mirror to where I'm having the pain and turn the reflective side of the mirror outward, it blocks whatever they're using. I had been told awhile back that mirrors deflect lasers. So I guess what is being used on me is some kind of laser, because the pain dissipates almost immediately. Also, I've discovered that the lasers are coming through my windows. How do I know that? Ok . . . whenever I get a pain and hold up the mirror I get a "whoozey" feeling in my head and then the pain goes away. If the pain doesn't go away, that means I'm not aiming the mirror at the incoming direction of the laser. When I turn the mirror in different directions and get that whoozey feeling (and the pain starts to go away), I know that I've identified the source of the laser. And it's generally from one of my windows. I can usually block the laser aimed at my head, eyes, areas of my back and abdomen. It appears that I'm not quick enough to catch the lasers directed at my feet, toes and legs, arms and hands. They seem to be faster

and my response is not as quick.

HEALTHY FOODS

Melatonin supplement - Naturally found in Body to help you sleep.. take 4 3mg tabs daily.

Ginvo Biloba - helps organic brain syndrome

Use one teaspoon a day from one of the following.

Cod liver oil

Extra Virgin olive oil

flax seed oil

Omega 3 and 6 fatty acids - Coasts brain and nervous sytem, Neuro Immunity and strength.

Sublingal or tabs B Multi Vitamin Complex - Mental Health Absorbtion

Black Grapes -Rebuild DNA

Blueberries - helps memory

Apples - 3 day

Green Vegetables - Brain food

Pasta - Car Engery

Banana Potasium

Books to Read

Dr. Ha Ha Lung - Okay.. lol - Dr of Psychology

Mind Control - Psychological Warfare

Mind Penetration

I have been testing easy home shielding for my bedroom -

So far I purchased for myself and my son - Life Energy Shields- they were 79.95 each. Working very well so far.. I like to use it in my groin area.. Will probably get another one for my body.. I put my fingers on the back of the shield during an attack and felt an extremely large quantity of currency hitting the shield.. so it does work.

LIFE Energy Home shields, 69.97 each.. buy two.. place one on each side of the

house.. plug ins.. This is also working out extremely well. I immediately felt a reduction in my room.

They also carry Gauss Insoles.. which I plan on buying 29.95. Jewelry and more.

Healthstores.com or lifeenergysields.com

Shield your bed.. layer up using flannel sheets lined with Heavy Duty aluminum foil, shiny side up (you can use multiply layers of aluminum foil for this). Secure it to the 4 corners of your bed.. shield under your bed, same way, shiny side of the foil facing the floor.. Use wooden 2 by 4's to help prop up the sheets from off the bed.. Have one box fan blow up the sheets and the other to blow across and under your bed.. make sure the sheets are in motion.. I have felt a tremendous difference when underneath this shielding... hope this helps..

MYLAR AND OTHER METHODS

There are many things I have used... to protect myself, including getting a concealed weapons permit. The stalkers know I have a gun and know I am a crack shot, because they followed me to the shooting range and watched when I applied for my license. A few of the stalkers disappeared after that.

Yet, one thing I have had the most success with is to carry a digital camera. Most people don't want to go to jail. And, photos with a time and date stamp do not lie! Whenever I exit my vehicle I put the camera strap around my weaker hand and allow everyone to see that it's there; ready to take their picture. Many stalkers have dropped off when they saw the camera. Of, course I really DO take pictures . . . of people, cars, auto tags, etc., because I'm keeping a log.

But, this is what I most wanted to share. Recently I learned about Mylar batting. This batting is used to make pot holders. It repels microwaves, heat and possibly other kinds of static in the atmosphere. It also holds in your body heat when you wrap it around yourself.

I made several throws from twin sheets which I purchased at the local thrift shop. I washed and dried them, folded them in half (like a hamburger, not a hot dog) sandwiched the batting in between and sewed up the sides. It makes a very light, but warm cover which I use whenever I'm sitting in one place for any length of time, and especially at night when I'm sleeping. (Be sure it's tucked in well around your feet.) I now wake rested, not aching like before. My feet actually have feeling again.

The sheets, in several nice colors, cost only \$3. at Goodwill and the batting was \$4.25 per yard; and is 45" wide. I cut 60 inch lengths, which fit the dimensions of the sheets almost perfectly. Total cost per throw: \$10.! If anyone wants to try this and needs more help doing it they could email at..the address below. I'd love to help anyone who needs it.

Also. I tried a recent suggestion about using remotes to control RF. I find that it works to scramble the microwave rays pretty well too. I have several remotes and swap off from one to another. But, all of them seem to have some effect on the microwaves. I hope this is of help for everyone.

Before I learned about mylar batting and made my throws, I had purchased a couple of the (lg. size) sun guard window shades used to protect the dash area of your car. I cut one of them into pieces and placed those pieces in strategic places; i.e. in front of my computer to put my feet on while I'm online. The other pieces I placed under my couch cushions and under my bath mat. I kept the other sun guard intact and when I felt I needed it I'd expand it to it's full length and simply place it over me; it blocks electric shocks and microwaves. It will also eliminate the ringing or humming sound in my ears if placed over my head. Since these sun guards come folded like an accordion you could easily cut a short piece to place like a small tent over your head. These sun guards cost \$10. each and have worked very well for me.

BTW: I just finished reading a good book, Surveillance Countermeasures, written by a security company and does not actually divulge the author's name. It explains the terminology, the methods used by stalkers, and the countermeasures we can use. Over the past four years I have actually employed a lot of these tricks, just by accident. Necessity is the mother of invention, as the old saying goes. But, they had more than a few important things in there which I had not thought of. I highly recommend it to the group.

VARIOUS SHIELDING TIPS

I use Ice,a palm sander,a 10's unit and a earclip that goes with the 10's unit,which you could you purchase seperately,for about \$25.

I'll start with the ice: My legs tremble,turn to jelly so to speak,also my lower backaches when they activate these implants. The ice I put in a large ziploc bag and place it on my lower back. I wear loose clothing and place part of it under my pants or shorts to hold it,do this for about 5 minutes you'll see it goes away in minutes. Also for those that their heartrate is raised I fill a water bottle,freeze it then place it

under your laeft armpit,I believe the implant is injected there,this also works within minutes.

Now for the palm sander: This works very well for pretty much everything. I use a Black and Decker model fs540 I found this is the most powerful of the palmsanders. These sell for about \$25 at Walmart. You'll also need a 6-inch buffing pad. I purchased mine at Harbor Freight for \$2. The sander works well for the back. Just lay the sander on your bed and lay on it. Start with lower back and work your way up. 30 seconds on each body part is sufficient. This is probably the best shielding I've come up with. This also works well for those that have a pulse in the chest. I get on my knees next to the bed, place the hold the sander on the side of the mattress and lean against it. This works very well for those that get head frequency. Use it the same way as the chest technique.

The 10's unit works well away from home. Place the electrodes where they're attacking you. For the increased heart rate, place an electrode under your left armpit. Shave your hair if you have to. For those that get those punishing headaches, there are earclips you can purchase online that go with the 10's unit. These earclips work very well for the headaches. Put gel right above the lobe of your ear, then the earclips and turn it up as high as you can withstand for about a minute and you'll watch your headache go away.

Reduce Vibrations

leaning something against the window cuts the vibration down considerably. I used a gel pack on one section and a tennis shoe on the other. I think a brick wrapped in fabric would work too.

SHIELDING THE EYES

If it feels as though your eyes become tired for no apparent reason, what it probably is, is their "See Thru Eye", To Wit: Wireless Connections to the Optic Nerve and the Audio and Visual Cortexes of the Brain. They can in my asserainment, see with your eyes with their NSA Etc. Apparatus and Applications for Domestic and Foriegn Intelligence Gathering.

Remember it is all Encoded and Decoded Bio-Neuro-Physio-Radio-Electical
MAGNETISIM, REMOTE NEURAL MONITORING, WIRELESS
CONNECTIONS UTILIZING EVOKED POTENTIALS/BRAIN WAVES/POLICE
BRAIN PRINTS/IRIS SCANS/BIOMETRICS, etc, etc, etc.

My point is that wearing UV (Ultra Violet) Sun or Safety Glasses significantly reduces the access to the eyes by lensatic refraction and distance shielding and de resolution.

Vincent in New York

SEA SALT BATH

Yesterday, I used 2 cups of sea salt in my bath and soaked for 45 min. I drank a glass of water before the bath and a glass of water afterwards. I felt wonderful! The hold that the attackers had on me was off - for a short time.

They increased the attack during the night, but I did get some relief. Sea salt can be purchased at your grocery store or health food store.

Mary

measkew@sbcglobal.net

AN ARGENTINEAN WOMAN

This is what I know and gives me very good results: covering the head with black clothes is an excellent way to avoid headaches. Black colour filters the most harmful microwaves effects; I think it is better to use natural fibres, like cotton or wool.

I'm a victim too; I have found you today. Nice to meet you.

TIPS FROM CHINESE GIRL LIVING IN USA

Hi, all

I'm a Chinese girl and I'm now living in USA.

I'm also a victim of the mind control weapon for about six years.

I've rested for more than one year and I was keeping to look for some treatment.

I have the same symptom with all of you and I also find a lot of good ways to make an improvement of my situation.

1. Hot water therapy

I have a hot water bag. I use it to contain the boiled water and apply it to my body parts (like the brain and muscle).

The link: http://www.amazon.com/10x7-RUBBER-WATER-BOTTLE-Colors/dp/B0013MTHUS/ref=sr_1_3?ie=UTF8&qid=1305097917&sr=8-3

Or you can go to the **Sauna and hot spa**.

2. The EMF radiation shielding product

http://cgi.ebay.com/EMF-Protection-Blushield-Portable-/220702413335?pt=LH_DefaultDomain_0&hash=item3362e39217

Or some other EMF shielding products like the shielding cloth.

3. ear muff product for reducing the noise

I prefer this one below:

Koss QZ-77 Active Noise Reduction Ear Plug System

http://www.amazon.com/Koss-QZ-77-Active-Reduction-System/dp/B000HQ1RGI/ref=sr_1_1?ie=UTF8&s=electronics&qid=1305098570&sr=8-1

4. some very good massager products

ultrasound massager:

http://www.amazon.com/Bodymed-Portable-Ultrasound-Unit-3-Modes-advanced/dp/B0034VY5MQ/ref=sr_1_cc_2?ie=UTF8&qid=1305098816&sr=1-2-catcorr

electric pulse massager:

http://www.amazon.com/Muscle-Stimulation-Unit-Electrodes-Included/dp/B004UBU30M/ref=sr_1_22?s=hpc&ie=UTF8&qid=1305098954&sr=1-22

5. I'm trying to do **acupuncture**, I think it should be a very good way.

6. There is one more product ----- the **anti-radar** product.

It's a little expensive.

I haven't got it and I'm sure it works.

Even though I can't afford, I'll try one before the product return day.

There are some:

http://shop.ebay.com/i.html?_nkw=anti+radar&_frs=1&_trksid=p3286.c0.m359

http://cgi.ebay.com/Bel-STi-Driver-AntiRadar-Detector-Radarwarner-Detecteur-/220476589648?pt=LH_DefaultDomain_0&hash=item33556dc650

7. Candy

Candy is for increasing the energy and promote the human immune system.
It is very useful for me.

Fang Liu

HAIR GEL AND BODY OIL

I had found some solutions to prevent this kind of device : using Hair Gel , hair oil , body oil after bath , I succeeded in creating a thin protection layer on my skin...If you have questions you can mail me to: ovidiu11d@yahoo.com

VARIOUS TIPS FROM JULIANNE MCKINNEY

1) Heating of the Skin -- As to the thermal heating, I've more recently found that it can be abruptly terminated by using a large steel cookie sheet as a screen. Position it (about 7-12 inches from the skull), so that it is between the skull and the base of operations from which the emission is coming.

Positioning of the cookie sheet will depend upon where the "hot spot" on the skull is located. This is assuming that you are not moving about when the thermal heating commences and are in a stationary position, such as, while trying to fall asleep.

This is also assuming that, if you are targeted from positions surrounding you, both above-ground and ground-based, the bulk of your skull is already protected. This simplifies the process of identifying the location of the emitter causing the thermal heating. Again, this applies only when you are in a stationary position.

I don't need to explain "hot spots" on the skull, do I?

If you are moving about, then exposing the heated area of the skull at close proximity to fans or air conditioners helps to a certain extent, as does removing shoes and socks, as part of the process of keeping the extremities air-cooled.

What it boils down to is that thermal heating is caused by (micro- or millimeter-wave) frequencies aimed at the skull, which can be obstructed by metal -- large steel cookie sheets, for example.

2) Voice to Skull - as a minimum: (1) a radio frequency scanner which has the capacity to pick up frequencies in the Megahertz range; (2) a portable acoustical frequency detector, (3) a portable EMF detector with a loop antenna; and (4) a substantial quantity of copper wire mesh.

My reasons for suggesting that you acquire these items are as follows:

First, the auditory input is being conveyed to you on microwave frequencies which can be picked up, if not immediately deciphered, on relatively sophisticated radio frequency scanners (something above a standard police scanner, in other words).

What sounds to you like "voices in the head" can be discerned by the astute casual bystander as a classic high-pitched microwave "hum"; that is, assuming this bystander is not equipped with cochlear implants (receivers) which operate on the same frequency or frequencies being employed in your case; and assuming, absent cochlear implants, that the bystander's skull and brain are not structured like yours and, thus, are non-responsive to the auditory signal embedded in the frequency being aimed at you.

Your scanner should have the capacity to track broad-band spectrum transmissions, in the event the transmissions being aimed at you are being rotated from one frequency to another for disguise purposes. My current suspicion is that some of these auditory transmissions are occurring in the 27-29 Megahertz range --a frequency range being rather too-ferociously protected by the U. S. Government, given their assaults on outlaw CB'rs who try to communicate on these frequencies so as to avoid having to pay FCC licensing fees.

When I say that the auditory input may be picked up but may not necessarily be decipherable on a scanner, I am alluding to the fact that some of these induced voices in the head involve the transmission of speech analogs, which, in effect, are encryptations of human speech which the brain has been found capable of deciphering. I refer to this preliminarily in the enclosed monograph, Microwave Harassment and Mind Control Experimentation. If it happens that you have been equipped with cochlear implants, then the analog process should not be necessary -- in which case, you should have a fair amount of success in picking up decipherable transmissions on a high-frequency scanner.

3) Frequency Detectors - I recommend the acquisition of **portable acoustic and electromagnetic frequency detectors** because I rather doubt that you, your family and or your friends can afford to acquire a more sophisticated spectrum analyzer and non-linear junction detector. These experiments, as a rule, involve highly-focused directed energy, which can be detected by all of the equipment just mentioned.

A spectrum analyzer would let you know what frequencies are involved; however, spectrum analyzers cost about \$25,000 to \$50,000 and are probably beyond your means.

The loop antenna on a portable EMF detector will give you some limited direction-finding capability, but will not identify the frequencies involved. Me thinks that you will probably find a significant amount of focused energy coming from the air/air-conditioning ventilation systems in your cell, which are usually covered by a screen. Surveillance systems are usually also built into those vents, and into adjacent sprinkler systems. (A few "thwacks" at any sprinkler devices hanging in your cell, such as with a book or broom handle, should have the security guards on your back in no time.)

4) **Copper-wire mesh - One thing these freaks are having a terrible time overriding is copper-wire mesh.** In order for a focused signal to have the desired impact in these directed-energy experiments the signal must remain focused. Copper-wire mesh deflects focused EMF in the Herz to Megahertz ranges.

Other types of frequencies can be physically obstructed/deflected by other physical means for examples, **mirrors can deflect certain forms of lasers.** Radar is susceptible to absorption and/or deflection by **heavy-duty plasticized rubber and rubberized fabric.**

5) Ultrasound and infrasound --acoustical frequencies used in these experiments - can be disrupted abruptly by means of **loud FM or AM radio broadcasts** --so abruptly as to suggest that this method may damage acoustical transmitters. "Bee-sting" laser burns can be neutralized by commonly available forms of dental anesthetics (Anbesol or SensoGuard) and can be deflected by generous applications of medicated Vaseline on the area being targeted. I could go on and on; however, I think you get my point.

Copper-wire mesh, incidentally, is readily available in the form of such things as Brillo pot scrubbers. The pot scrubbers are in fact tubes of copper wire mesh, measuring about 10-12" in length by about 7" in circumference, held into a wadded shape by a metal ring, or glue.

I suggest that, if it can be arranged, you start with about 30-50 of those mesh tubes in constructing your assorted barriers to directed-energy harassment. The barrier effect is instantaneous. Covering any area of your body being targeted by EMF will result in an instant "cure" of the symptoms being experienced. All-day headaches focused in one area of your brain will be immediately cured without resort to pain

medications. Arthritic and bursitis-like pains in your joints and spinal nerves (under the shoulder blades) will disappear abruptly, as will sudden muscle "spasms" in your upper arms and thighs when the areas are covered with copper-wire mesh.

Rest assured that, if you are even allowed to bring these materials into your cell, you will incur the wrath of the freaks involved in these experiments. Expect them to try to make your life miserable by other means.

The freaks may be able to knock you out by targeting the back of your skull with highly-intense EMF (an exercise which does not require implants); however, once you start using these barriers, you will find that they cannot communicate with you quite as effectively as has been the case, so far; nor will they be quite so successful in monitoring your speech and thought patterns. (My policy is, "Make them work. ")

6) Induced Dreams - The induced dreams, incidentally, are also easy to obstruct. The activity occurs when you have reached the REM (rapid-eye movement) stage of sleep. Your brain, at that stage, is entrained by ELF, which deepens your sleep, thus eliminating the prospect of your being cognizant of the quasi- subliminal auditory input being pumped into the back of your skull by bone-conducted means. The quasi-subliminal auditory input is what influences the course of your dreams. In a semi-conscious state, you can physically recognize this attempted input as resembling short-burst transmissions which, when impacting upon the back of your skull, create a hissing sound, rather like "PF-FFT! ...PF-FFT!" at five-second intervals. This can be blocked. **All that is required is that you protect the back of your skull with the aforementioned materials before you fall asleep.**

7) Thermal Heating - I would assume that you are also subjected to recurrent thermal heating, usually caused by microwaves or --the big thing now --infrared lasers. (The Air Force is trying to create a battlefield communications systems which exploits this latter phenomenon.) Thermal heating of the brain leaves outward evidence. Your hair and hair follicles are heated at the point of frequency impact. I recommend you keep your hair somewhat longer than a brushcut if you want to effectively monitor this effect. You will also want to have your cell equipped with a couple of large fans, which can quickly neutralize the more unpleasant aspects of this heating.

What long-term microwave and infrared laser targeting do to the brain and other organs is cause "autolysis" (a softening brought on by the destruction of surface capillaries). This destructive process should be discernible by means of properly conducted scans, such as an MRI, (...which are being denied to all obstreperous mind-control experimentees).

TIPS FROM A RETIRED FBI EMPLOYEE

...My Uncle is a retired FBI employee and he advised to document everything.

1) I log everything that happens on a daily basis. Descriptions of people, Car's , License plates and repeat everything out loud so the perps know that I have the information.

2) I pray out loud in the morning and in the evening.

3) I humanize myself and tell the perps that I have a family and how good a person that I am. What would their family do if they found out what they were doing and how they would feel if one of their family members that they loved were stalked as they were doing to me.

4) I put banners in my windows stating "Stop Gang stalking" with the web address for information.

5) Drive in circles and literally take pictures of any suspicious car or person. This helped a lot.

6) I purchased some religious tapes and play them when I leave for the day or leave the television on a religious program.

7) If it's a nice day I will sit on the stoop in front of the apartments that the stalkers took over and read a book and write down descriptions of every person that goes in and out of the building.

Since I started these things, the actual following me has stopped and most of the noise campaigns have ceased. They are still there, but it has calmed down considerably.

HEAVY-DUTY ALUMINUM FOIL

A friend of mine was in the Navy and he lined my ceiling with heavy duty foil leaving no space. Then he took a cord and attached it to the aluminum foil and grounded it by plugging it into the wall with a plug. This has helped me tremendously and targets can line their walls as well. I never leave my window uncovered when I sleep. I cover it with heavy foil or a silver car visor. This helps block the frequency and gives me a chance to get some sleep. Give it a try. It has helped me a lot.

Gina

ROCK YOUR TARGETING AWAY IN A ROCKING CHAIR!

A couple techniques I've found to be useful: The perps will sometimes induce a kind

of sleepiness or mental fog when I'm studying or working on something. In order to do this, it seems they have to be able to get a 'lock' on my brain, so one thing that helps is to sit in a rocking chair and rock back and forth to create a moving target their equipment can't keep up with. The symptom will disappear! A similar technique for dealing with symptoms is to wiggle your fingers and toes or other parts of your body. It seems that the mental/physical activity disrupts the effect they are trying to produce in your brain.

URINARY TRACT INFECTIONS (UTI'S)

I wanted to pass along some helpful advice to my fellow TI's that may find this useful. A few weeks ago, I joined a conference call and while waiting overheard several female TI's complain that they can cause urinary tract infections (UTI's). This is true to some degree. Several months ago, they were hitting me hard with direct pulses to my body from RF microwave. My whole body was taking hard hits and extreme discomfort. I wanted to pass this along, as I recently got another UTI -which in turn causes bladder inflammation and pain.

Hygiene is important, however, when I was working out and sweaty, I didnt shower right away, and stayed in sweaty clothes for an hour or two. This breeds bacteria. Usually women can combat this with a good immune system and showering, changing to only cotton underwear (no thongs-dont mean to sound personal). Some can be age related, our bodies dont protect us as they used to. I developed a chronic inflammation of the bladder from back to back UTI's.

They cause this several ways, by attacking your bladder with an inflammatory process, your whole body's immune system (bacteria multiply at an alarming rate) and they can cause your bladder not to completely empty, which causes the bacteria to hold in the bladder. You do not want to develop a chronic condition, therefore, although it can be an inconvenience and not easy to do while traveling, I bottle wash. Angela Kilmartin's "

The Patient's Encyclopedia of Urinary Tract Infection,
Sexual Cystitis and Interstitial Cystitis

" explains this technique in detail, and also other steps to take to prevent this from occurring. I had my bladder scoped and there was no abnormality, in fact my bladder was healthy. I never would have developed this if it were not for the attacks my immune system and body are taking. I can actually feel the pulse type sensations in my bladder, so I know they are hitting me direct. I dont want to give these perps any additional ammo to use to cause further discomfort. Men can get them too.

Also, (men or women) they can induce spiked blood sugar levels and cause inflammatory processes in your body. Diabetes, arthritis, asthma, allergies, all are inflammatory illnesses. Do not give the perps the satisfaction or ammunition to cause further damage. Also this is good documentation for medical reports. If you have no family history of diabetes, cancers or other illness, do not smoke or drink (following good eating, healthy choices and exercise) like myself and follow the diet in the book, if they cause these conditions, it would be highly suspicious and indictive of external factors such as EMR. A great book-**Inflammation Nation: The First Clinically Proven Eating Plan to End Our Nation's Secret Epidemic** by Floyd Chilton.

If you follow the book, even if you have any of the above mentioned conditions, it will definitely help and prevent these conditions from progressing further or developing at all if you have never had them. The perps love to cause the most suffering and debilitating conditions or inflammatory diseases. The book is worth it. Good meal planning and menus.

Hope this helps some of the TI's. Thanks

DETECTING/DISABLING IMPLANTS

<http://www.tearingdownstrongholds.com>

Stop the Attacks! Find out if You Are Chip Implanted and Neutralize the Chip!
Make it Malfunction Permanently!

What are Electronic Weapon Attacks? Sophisticated Technology designed to attack and eliminate targets, that's people like you and me, who oppose the New World Order. Common symptoms of attacks? Migraines or headaches, dehydration, feeling woozy like you're drunk or on drugs, sulfur taste in your mouth, heart rate racing for no apparent reason, hearing your heart thumping in your ears, usually when you go to bed or you're in front of the computer. If you are constantly suffering from these symptoms, get away from the house for a while, it helps! Or, you can stop it from happening for good with the products I've listed below. I don't make one cent for endorsing these products below. Let's make their chips and their technology useless! God is showing His army how to defend themselves! But we've got to learn how to use the weapons! He's been leading me to certain things for over a year now...for a long time I would just get weirded out by it but as He keeps leading I'm learning! Not everything is of Him so we have to be careful. But not everything is bad either! We're just conditioned to believe it is. Satan perverts everything! Just seek Yahweh and if these are defense mechanisms He wants you to have.

Detect Chip Implants! The Zap 180 Will Detect Chip Implants in Humans, so if you want to know if you or someone you know is implanted, this device tell you and it's only \$89 (cheaper than most of them out there and it gets the job done!). Just scan it over your body and watch the meter hit the roof! If it does you've got an implant. Most people don't even know they're implanted! If you've had a vaccination or flu shot chances are you've been implanted since you were a child. If you are already pretty sure you are implanted, go to the magnet section below to learn how to neutralize the chip(s) and cause it to malfunction permanently! Ok if you have spiritual discernment the Lord will just tell you where you have chips and you can save the money. Otherwise it's a handy tool to have at least for you to use on others, or if you're unsure in hearing Yahweh's voice and leading.

And use wisdom to know what is of God compared to the walls you've built up to reject this kind of information and help. Remember the stones are what heaven is made of! Not all of it is bad we've just been conditioned to believe that way. Neutralize Chips!! If you think or know you are already implanted with a chip from a vaccination, flu shot, dentist, surgeon (knowingly or unknowingly through their pharmaceutical supplies) then you can cause them to malfunction within 2 days with a rare earth magnet you can buy for just .70 cents! I bought 10 of these magnets..the Lord showed me where to put them and use a band-aid to hold them in place. I put them as He led me to. I started on a Friday night, on Sunday I put the last 2 on because they didn't need as many hours to fry the chips as the other ones did, by Monday morning I was cleared and had neutralized all of the chips! New chips, several years old, only need about 12-24 hours to neutralize. The ones you probably got as a kid via vaccines can take 24-36 hours. So I started on a Friday night and took them off on Monday.

USING A SPRAY BOTTLE

Here is an something that can be used to relieve that ever so washed out tired feeling. This is meant to assist instant alertness, and also towards thinking more clearly. It has been tried and seems to work well. This simply involves a spray bottle filled with water, (Cost efficient).

1. Fill the spray bottle with natural room temperature mineral water, distilled water, or spring water, certainly your preference. Slightly chilled water may be preferred in hot climates, but it is recommended to begin adjusting to this spraying procedure with room temperature water. (Ice cold water is definitely not recommended). Natural room temperature water will feel cool to the skin. Do not use the mist spray near any technical equipment or electrical outlets.
2. Adjust the nozzle of the bottle to a fine mist spray. Begin to *lightly* spray the cool

misted water above and over (not on) the top of the head, around the entire face and ears, (spray about 6 inches range away from the face), glasses off, eyes closed. Spray the entire back of neck and allow the water to slowly trickle down the middle of the back.

3. Continue to spray under arms, across the chest, Allow the water to naturally trickle down the front of the body as well.

4. Spray the lower portion of the body, legs, especially over and under the bare feet. (Think positive thoughts as this is done and enjoy the relieving feeling of the experience).

The cool moisture mist will change your frequency, immediately assist to relieve tiredness, and help you to become more alert, relieves dehydration through water absorption through the skin. We are of the opinion that the skin will appear more plumped up as well. Continue this application as needed.

JOHN MECCA'S DEVICE FROM RICK IN CANADA

I found a workable device that is a takeoff from another activist web site that I've put together that has been found after years of testing & enhancing that most definitely, stops & prevents at least three physical torture affects.

1 the vibrating of a victims bed & or self,

2 the pain that accompanies the first in normally in the persons abdominal area

3 the relief of to a good degree of anxiety, and

4 helps most of the time with upsetting dreams. If anyone of these results are witnessed by another victim that would be of at least some relief.

The device is very safe. Cost me about \$50.00 Canadian. The idea as I stated above came from John Mecca's site at - <http://www.homeland-security-join.com/callallfriends.html> called Jammer (11). It's fairly simple to make. My addition to the device is to directly connect a AC/DC 3 Volt cut down adapter to the ends of the wire leads that you solder to the - & + terminals of the small 3 Volt electric motor that feeds a small AC current to the device + recharges the two AA batteryies in the device.

I've found because of the small amount of AC current that tends not to be completely filtered out of AC to DC adapter helps with the random changes of frequency that emanates from the motor through the wire.

Use regular speaker wire from the adapter to the motor, about ten to fifteen feet long, lay the Adapter on the floor beside your bed & the device across

the bed, leaving the wire under you at your lower abdominal area, or the main area that your experiencing the vibration. for helping disturbing dreams separate the two wires near the middle between the device and the adapter bearing the insulation on each 1 to 2 inches & fold a small strip of aluminum foil to make contact to each side just above your temples with tape to keep in place on both sides of the head.

Don't worry about getting a shock, the amperage & voltage is way too low to do any harm. The device will run all through the night and at the same time keep the batteries from completely dying out. After you get up for the day you can just turn off the device & leave the adapter plugged in to charge the batteries for the next night.

I used a small two "AA" battery operated fan as the housing for the motor & batteries.

In some instances the perps have tried to get around or move the area that they are attacking you, answer just move the wire under you to the same area that they move to, if for instance your attempting to prevent stop the vibration. I'm still working on ideas to make the device more effective.

For pain put the device not the adapter right on or beside the the pain area, you will feel a bit of a buzz from the running of the motor, that small amount of buzz will not keep you awake.

MU-METAL OR PERMALLOY AND BINAURAL BRAIN ENTRAINMENT

You can shield a room from ELF-PULSED MICROWAVES & other telemetric-weapons broadcast signals with "MU-METAL" or "PERMALLOY" -----BUT we can not do this for the whole PUBLIC !!! The only REAL SOLUTION is to TERMINATE THE SOURCE OF THE COVERT WARFARE AGAINST THE PUBLIC. PRONTO!!!!!!!! ARREST THE WAR-CRIMINALS, DISSOLVE THEIR CRIME ORGANIZATIONS & BAN THE WEAPONS SYSTEMS.

Keep up the POLITICAL ACTION!!!

Binaural Brain Entrainment tones will help Mind Control Victim

The Binaural Brain Entrainment tones will help interfere with the various frequencies they use to Brain Map us. Please try this shielding to protect yourself.
<http://www.nch.com.au/action/tsetup.exe>

Try listening to this brain entrainment for 24 hours straight if you can. Hopefully you have two stereo speakers and can place them at least 3 feet apart. It is better if you can play it through your computer with external speakers in repeat play mode. While it sounds loud, high frequencies die out quickly in air so it doesn't actually travel through walls to annoy your neighbors. They shouldn't be able to hear it.

Thank you and Best Regards!

A FEW SHIELDING SITES

www.us-government-torture.com

www.lessemf.com

www.blockemf.com

CARBON SHIELDING

Carbon shielding stops all energy waves, everywhere, all the time. If I had the resources and time, I would line one room in the house with two coats, rugs over floor paint, and some kind of carbon painted covering like canvass over windows. With this arrangement, you could just "kick back" and forget the Nazi perps. This may be particularly suitable in a situation where targets have moved in together. To save time, money and mats, you could just shield little cubby hole type sleeping places like are common on submarines, trailers and boats.

Apropos your call for shielding techniques, I want to bring your attention to the element, carbon. This is the only element that will stop all forms of directed energy weapons. For years, I used aluminum "blankets" and sheet metal to disrupt electronic weapons. I still keep these in place for general, added protection. However, a year ago, the perps started using a more sophisticated form of technology that cuts through the shields. Since then, the attacks have been directed almost solely to my eyes. So far, about 20% of my eyesight has been destroyed. And, note that eye tissue does not regenerate. Caterachs will surely follow.

The government uses "carbon paint" to seal conference rooms against surveillance, etc. Taking my cue from this, I fabricated what I call a "carbon mask." This is a typical sleeping mask sold at any drug store. First, spray the outside face with a primer. Allow to dry for 24 hours to avoid breathing fumes while sleeping. Next, smash a single charcoal briquet in a plastic bag until dust. Then, spray enamel paint on the primed surface, and put the dust on the paint. After covering the whole front side of the mask, spray again with the enamel to anchor the dust. Allow to dry for 24 hours, then repeat so you have 2 coats of carbon paint.

Later, I made another one using 4" wide silicon carbide sandpaper, which proved even more effective. It also has a natural curve that wraps around the face comfortably. You can purchase this in the form of a sanding belt for belt sanders (4"X24") at your local building supply store. You need to cut out a area for the nose. Make a pattern from cardboard.

Initially, the perps didn't know what to make of my new found shield. They sure as hell weren't happy about it! I would defiantly face the window where they launched their most effective attacks. They tried frontal attacks with the power turned up to max, which merely used up their battery faster, frustrating them even more. The carbon converted the energy to heat. But as we vics all know, all victories are short-lived. The maggots figured out that they could direct the energy beam UNDER the mask. Furthermore, they have refined the technique by turning the power down low, so as to preclude immediate detection, which takes several minutes. You can tell by closing you eyes tightly: it feels like you have something in your eye, like a particle of sawdust. That's when I adjust position. But, the damage, though incremental, accumulates. Nevertheless, without this advance in my defenses, I would surely be blinded or nearly so by now. Frankly, it is little consolation to know that these bastards are going to burn in Hell. I need my eyesight now!

Here are a few words about carbon paint. Yes, you can make your own, and your should. Commercial carbon paint runs \$100 per gallon, plus S&H. The "base" paint is plain old acrylic latex house paint. Carbon dust from charcoal briquets is mixed in until fully black. The problem is producing the dust! Many types of equipment are used, including coffee grinders. There's even a web site that discusses this in minute detail, as horticulturists use carbon dust as a soil additive. Remember--you need two coats.

ORGONE

I'd like to share the amazing difference that 'orgone blasters' has helped me with. It's a fairly simple creative process that will help remedy much of these symptoms shared by so many as I am noticing. It is positive orgone energy - or better known as 'orgone blasters' . For all you left brain dominant people it is a clearly scientific process (basic physics) in it's workings and for all you right brain dominant people you will really appreciate the creative functionality of it's effects. Either way I can't stress the immeasurable relief you will experience with it's positive power.

Also - please ensure you follow the directions as close as possible to reap the positive benefits and relief that it will serve for you.

Basically - this is the process of making your own, all the ingredients are readily available at your local hardware store and is fairly inexpensive and fun to produce by yourself:

<http://www.orgonewarriors.com/make-your-own.htm>

also... Watch the Video on How To Make Orgone Blasters at:

<http://www.youtube.com/watch?v=KGeGc-Cc-S8>

or you can also order it directly from the maker at:

<http://www.orgoneblasters.com/>

I find the bucket blasters/pipe blasters work best for me due to the heavy-weight harassment I am required to endure but for most the smaller orgone blasters are good enough. I also incorporate many of the other remedies mentioned on this site but the orgone has added the required boost required - you will notice for yourself how quiet the attackers get for the first few weeks while they try to figure out what you've done to defend/counter-attack them as a 'peaceful warrior' of course ;). You will notice relief with:

- Nullifies the effects of the strong subliminal messaging through computer/telephone/towers erected everywhere

- Stops ELF attacks

- Helps you sleep better

- Stops sleep abductions

- Stops headaches and migraines, improves overall health including balancing your brain functions due to microchip implants

- Emits positive energy, evil can't stand being around it - carry it with you in your pocket and notice who's who while you're out and about!

- Protect your home, yard and most importantly your pets!

- Clean the air and help you breathe better. Orgone can help those with asthma and those with breathing problems.

- Eliminates toxins, poisons and radiation from the air

- Defeats chemtrails and keeps your skies clear

- Improves breathing, helps those with asthma

- Promotes natural health, keeps you from catching every flu virus under the sun
- Knocks out bad thunderstorms before they get to your area, chills out tornados headed your way
- Asphyxiates evil, keeps demonic entities out of your home and yard.
- A defensive weapon against unwarranted attackers/assasins
- Repel evil entities/the Inhumane, keep them out of your yard and home

TIPS FROM A SYSTEM ENGINEER

My name is Thomas K. I am currently staying in Western Massachusetts and have been under electronic attack for several years now but did not know or understand until about a year ago. Since finding out, I have been trying to study these terrorists and how to stop their RF attacks. I do want to thank the people that run this site [freedomfchs.com] because it gave me the courage to continue the fight against them. I did send an attack report many months ago but the attacks have been continuous since then (both day and night) and I did not see any reason to repeat the notification.

I personally am under attack from an organized crime ring, some version of the Irish Mafia that runs say South Boston.

They first tried physical and mental harassment by sending people along with low power RF attacks that I could not detect. This eventually failed and they have since opted for high power (pain) RF attacks.

I have a background in millimeter waves before becoming a system engineer and wanted to study their capabilities. In my work I had never encountered their use of two, out of phase waves to pass through metal and believed there must be some way to stop these stealth waves. I have indeed found one sure countermeasure: SALT WATER. I use roughly 12 heaping teaspoons of sodium chloride from either table or rock salt sources into one gallon of water. I have used many different container thicknesses and found salt-water solution to be absorptive even down to one inch in thickness. I currently put this water solution into 20 ounce Gatorade bottles and tape 5 together with duct tape. Gatorade bottles are very strong and do not leak. The grouping gives a good area of protection with a weight that I can handle.

Also, for larger area coverage, I stack multiple layers of flattened cardboard boxes with aluminum foil glued to one side of each box. I have found that when I get to roughly half a wavelength of the threat frequency. In my case that is somewhat under 2.4 inches thickness or half the wavelength for a standard microwave oven of 2.4 GHz. This arrangement has foiled many a high power attack. Also, I try to

orient the stack so the reflection goes toward either the source or other terrorist houses. This arrangement does not hold up against long-term attacks as they modify their radiation to eventually penetrate the defense after an hour or so. However, small changes to the orientation or position of the stack can bring the protection back. This protection is effective against both the real single wave beam and the out of phase beam pair and is effective when placed anywhere between the radiator and yourself.

I have also found that using more layers of aluminum foil on the side opposite the threat helps reduce the radiation. Do not use these backwards as it helps them penetrate this defense.

Another bit of information that one should be aware of is that when you use these devices you may feel an attack that appears to be penetrating the defenses. In fact the terrorists are attacking from another direction trying to convince you the devices are not working. Many times they reflected the energy off the back side of the stack and back at me. Having an extra around to position at other angles can help identify the location of the new attacking source.

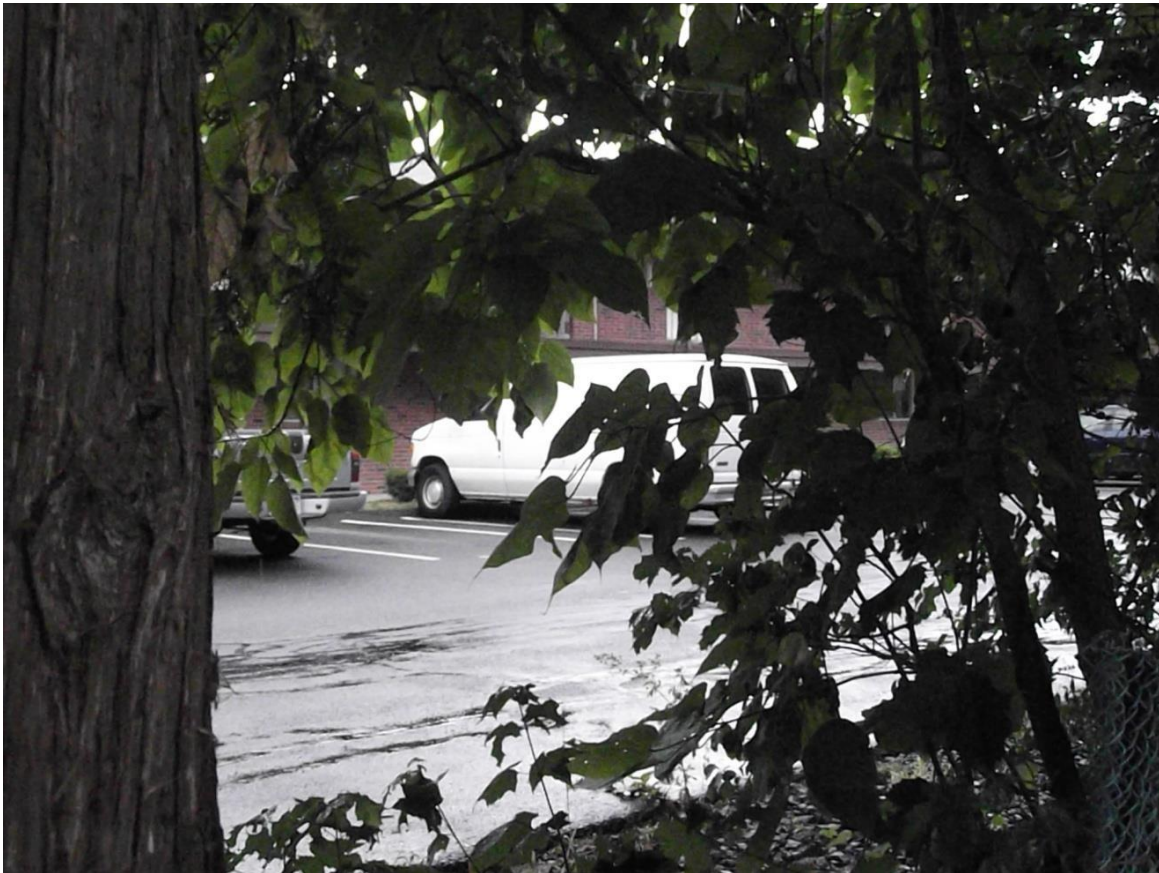
Another defense I have found very useful from your site came from another victim. I find wearing leather gloves and deerskin moccasins extremely helpful at stopping a radiation attack.

To help with identifying the threat radiators I am including a picture of one I found in the open. The rectangular object with wire attached to the trailer is one such RF radiator. I have seen these objects in both houses and in vehicles. I have pictures of those too.



I would like to say I have also seen standard parabolic reflectors used as well.

Also, I would like to include a picture of one of their mobile RF attack vans. One day when I was under a two-beam stealth attack I used a Geiger counter to trace the source back to this white van parked behind the house. Whenever I feel an attack from that direction, I put the stacked reflectors somewhere between the van and me, and the van will leave rather than waste radiation. They will then use either a pick-up truck or SUV and I just have to move the stack to block that attack.



I have many months of security camera recordings of these terrorists' activities, pictures of their devices, license numbers and even attacks against my mother, an 80+ year old woman that never hurt anyone and refuses to believe these terrorists are doing anything to hurt her.

FARADAY CAGES AND SHIELDING FOR YOUR HOME

My name is Abu. I've done TEMPEST shielding work. I would like to offer my technical recommendations.

Stationary Applications;

Purchase a Faraday or Shielding tent- the material can be use a tent, bedspread and pillow case, or nailed to the wall, ceiling and floor and use as curtains.

DATASTOP glass/EMP glass can be used as windows for house and if want have installed on your car windows. The glass is a special glass that shields RF over a wide range of frequencies.

Install aluminum siding or foil-faced sheeting under your siding. If you are handy you can remove siding and install aluminum to each individual siding. This will reduce the attack depending on the frequency.

Remove you old mesh screening and replace them with Aluminum mesh screening for you windows, storm doors and walls inside your house.

Note: the above recommendation would affect your wireless devices depending on the sensitivity of the device.

This would not eliminate all the frequency being transmitted to your home, but will reduce a lot.

Thank you for your time;

Abu

FOR THE HEAD AND EARS WHILE SLEEPING

(This may only work against low frequencies)

Use a quilted garment with a shiny or metallized surface, such as a bodywarmer, bedjacket, or any such clothing. Wrap a little of it round the zip fastener to make it comfortable & push this snugly into your ear. The fastener shape will fit the contours of your whole ear. Lie down with that side on the pillow. Then wrap the rest of the garment round in layers to cover your head & other ear. If necessary push some layers over your eye(s).

Pull up duvet & Mylar (or whatever you use) to keep this in place.

CEMENTED BASEMENT AS SHIELDING

I found out living or going to the basement of a house that is cemented provides 100% coverage from electronic attacks (microwave, electromagnetic, and laser). My basement is cemented throughout except for some of the walls and ceilings.

SURVIVAL BLANKETS



I have found these blankets to be beneficial. I not only hang them over my windows but my dog and I sleep under 3 of these blankets stitched together. Added to that we also have them under our sheets that we sleep on. When it gets real bad during the day my dog runs to the bedroom and gets under the shielding. They can be purchased at Walmart in the camping section and only costs \$11.99.

Also, since I live on the 3rd floor in my building it was hard to do the earthing. In doing some research, I found that if you get Beach sand and put in a kitty litter box you can use that. You must keep it moist and charged in the sun a couple times a week. My dog uses it too and you can feel the electricity coming out of your body. Beach sand makeup is quartz.

Taking Epson Salt/baking soda baths when you have pain in your spine and crippling up, helps.

I also take Kelp for the radiation and use magnets in my ears. I wear a hat with protection most of the time. They do target different parts of your head. I have never had V2K and I have been targeted since 2006.

It has been more intense lately but I just had more of the same.

Thanks
Kathryn

BEST DEFENSES

Decide you will no longer be afraid!

Decide that you have the right to protect yourself!

When they start their tactics, just smile at them in a knowing way, after all, you are in the right and they know they are acting illegally.

I started by carrying a small video camera. When the stalking was by store

employees I registered a complaint with corporate headquarters. I have gotten about 5 people fired at national chain stores this way and the targeting stopped at all stores.

I have now stopped reacting, I don't even give them a second thought any more, and they stopped the gang stalking. I exhibit zero emotional reaction to them.

Do something kind for someone. They are trying to de-humanize you. Your best defense in this area is to find a way to do something kind for someone each day. I found a children's charity that I donate to and I proudly display a bumper sticker to advertise it. I make sure to smile and treat each person I meet with kindness.

Physical Defense

I use an Exercise headband to hold a complete circle of magnetic strip placed against the skin. Be sure to cover your ears, eyebrows and nape of neck. You can add more magnets to this circle especially at center forehead, at ears, next to eyes at temples (if you have video's-in-the-mind) and at base at neck. I use this to sleep many nights, but not always. Somedays I wear it all day.

All magnets need to be north side placed against the skin. I use the 5 cent magnets from the hardware store that are the size of a nickel

To determine north side of magnet, use a hiking compass flat on the table, pass magnet face perpendicular to compass on table. If the compass needle does not move, then you know that this is the north side.

Earplugs

I use Sculpy, bakeable art clay as an earplug and place a magnet in the center for a nighttime earplug in the left ear only. I also make a thick worm shape of Sculpy clay and encircle my ear at night. It really helps with the tinnitus

You can get very small magnets to place in any type of gel earplug or Sculpy to wear discretely during the day.

Degauss (Instant Grounding)

Place the same nickel size magnets in a small Altoids tin that you can carry in your pocket. Use the backside as the north side so you always know what is the side to use. It fits in your hand discretely. Pass the tin over the side of your face, down the side of your head, at your temples if you are getting disturbing visions or any where you are experiencing pain.

Swimming often is very good for alleviating the electrical feeling. I wear a rubber swim cap, dark goggles and Mack's ear plugs. Place magnet in ear plugs if necessary. Do a lot of underwater swimming for at least one hour.

Music

By far the best defense is an iPod with radio capabilities. \$150

You must buy very good ear buds that have a rating for 8 hertz or better if you can find them. I use Sony earbuds \$29, I started with purchased music that was nature sounds with Alpha, Beta and Theta waves imbedded in the music and other relaxing music. These are the albums I purchased "Relaxing Sounds" "Steven Halpern", "Soothing White Noise for Sleeping Babies", "Gary Jess " , "Set the Mind at Ease by Kostas" and "bi-aureal tones"

I now listen to the radio all night long, KLOVE, radio station most nights.

They have very encouraging music that is uplifting to the spirit. This has given me great strength to believe in myself and stop being afraid.

To start you have to have the music playing in both ears. Place the magnet behind you ear in the sculpy coil at the same time

Videos in the Mind

This is done by changing the polarity of your mind. You have to change it back to normal to stop the videos.

I started by painting a large fishing hat with alternate layers of magnetic paint (purchased at a paint store like Miller's Paint Store) and graphite powder (purchased on the internet, \$6) mixed with fabric extender craft paint (art store \$4) About 6 layers on the outside of the hat. When they were hitting me really hard I added a handful of the 5 cent magnets (without regard to north or south) all over the hat and slept in a recliner so my head was up right at night. One night I was jerked heavily and many of the magnets flipped over. This is when I realized that the targeting had a magnetic polarity component.

You can stop the mind manipulation completely by using the north side of magnets at your eyebrows and at the side of the eye. I wear a very high grade sleeping mask \$25 used by travelers that has a small pocket between the eyes. I slip a nickel sized magnet in the pocket. If I need more protection I place magnets at the sides of the eyes. This totally shuts it off. I suffered through two solid years of being forced to stay awake until I figured this out. Use the Altoids tin with magnets for day time use.

Zapping

Protect yourself when you are out in public

You have to provide a path to ground to alleviate this. Make small flat spirals of any type of copper wire, uninsulated. I used pieces from house wiring called Romex from Home Depot but any size would work. Count the number of lines in the spiral to 9 or 12 across the complete diameter. Attach speaker wire to the spirals. Tape the spirals at the nape of the neck, side of the head, over heart, inside hat (for example)

Run the speaker wire under clothing to your feet, You can make disks of Sculpy

clay that you bake and attach to wire to act as a passive ground,
Also put magnetic printable sheets from office store in your shoes
This will stop the zapping completely

Place child protector plugs painted with the graphite powder (purchased on the internet, \$6) mixed with fabric extender craft paint (art store \$4) in your outlets.
No more zapping from the plugs

Test your outlets to see if they have been magnetized. Hold the hiking compass perpendicular to the wall and pass over plug. If the needle swings more than half way, you must change out the socket. This is easy to do and can be learned from the internet. Be sure to scrape the ends of Romex wiring coming from the wall several times to realign the electrons before installing new socket.
Also check all wiring connections, tighten if necessary, especially the buss in the electrical box, (licensed electrician needed)

OBSERVED COUNTERMEASURES AND SHIELDING :

General possibilities for most of the forms below: simulation of underwater living (room surrounded by very large containers of water) and/or living in an anechoic chamber (composed of sound-absorbing anechoic cones; possibly inside the simulation of underwater living just mentioned and surrounded by multiple layers of steel and copper for the redirection of magnetic field lines and the attenuation of electric fields)

Directed Sound (low-frequency and high-intensity): sound-absorbing helmets, noise-reducing ear-phones, earplugs (closed-cell, slow recovery foam), earmuffs, air-tight containers, pillows, stuffy rooms, and white noise (played on a Windows phone or any other digital device with MEELECTRONICS noise-cancelling earbuds); very helpful combination: brain-wave generator (bwgen.com-"learning aid for subliminal" track)+wavetones.com sample file ("Sweep 2": 100Hz-1000Hz, -6dBFS, 3 seconds)+pillows (covering external body hair)+padding+MEELECTRONICS earbuds+noise-cancelling headset (worn with earbuds)+recording of multiple radio channels; remember: many forms of directed sound, which can be recorded with digital voice recorders, are still forms of "sound": consider blocking loud noise from a noisy neighbor's apartment.

Radio-Frequency waves (R.F. waves): Mylar, Reflectix, copper-mesh (multiple layers), silver-mesh (multiple layers), ceramic, clay, orgone materials, mirrors, & magnetic shielding foil

Infrasound (subliminal communication): baffles (10ft wide or more); "subwoofer with a servo-loop circuit" and microphone; according to an Ask.com question-and-answer page; pillows; listening to multiple radio stations simultaneously; and thinking multiple thought streams simultaneously (what Bryan Tew called "thinking in multiple threads")

Sleep deprivation: reflectix (multiple baffles on either side of the covering); steel cookie sheet (placed in a steady position over the head); a magnetic VCR tape blanket (see p. 110-112 of Michael Bell's 2012 book The Invisible Crime: Illegal Microchip Implants and Microwave Technology and Their Use Against Humanity: the use of magnetic VCR tape on the affected area has reduced my experience of remotely delivered shocks while sleeping, signatures of which have been captured on digital voice recordings); a combination of homeopathic sleep aids (500mg L-Tryptophan, Melatonin, Schiff Melatonin Ultra, Magnesium Malate [aluminum detoxification], and Naturemade Sleep Gels) and (very important) Diphenhydramine HCl tablets (25-50mg tablets are available in convenience stores)

Remotely Delivered Shocks: magnetic VCR tape and aluminum-mesh cage (placed around the affected area); according to Carolyn Palit, the experience of these shocks, analogized to the effect of "touching a positive and negative cable to each other on the top of your head," stems from aluminum-plasma interactions along human skin. [I have posted these tips, along with many others, to: <http://edmundosreh.blogspot.com/2012/01/tips-for-targeted-citizens.html>.]

WAYS TO MITIGATE THE HARASSMENT

I just watched a "Ricki Lake Show" aired on February 26, 2013 that dealt with stalking. The show was about women that were being harassed, but applies to all stalking cases. The investigator, who was also on the show and instrumental in stopping those terrorists, said it is critically important to keep logs of when the terrorist stalker(s) show up at places that you are at (date, time and what they did). Also, she said to call the police when they come around. She said that one needs only two instances of contact to start police legal action against them in California. Also, California law allows the stalkers to be prosecuted as sex offenders. It's a great law. Anyone being harassed should watch that show as it is the first real instance of a solution to the harassment problem that I have seen. Anything else below is not from this show.

“Dr Phil” had a couple of shows last year (2012), but seemed to blame the victims as being harassers of their tormentors. Now that Dr. Phil is trying to sell his new book, he seems to have a better, but still very limited (he doesn’t want to believe), understanding of these terrorists and their methods.

Identify the terrorists:

THEY DO NOT WANT TO BE IDENTIFIED!!! They **ONLY** do these things when they are anonymous!!

Get their names:

- 1) Go on-line to the town or city GIS (don’t know the acronym) to get the street address of the building the terrorist use to attack you.
- 2) Do an on-line reverse lookup of people based upon address (I like White Pages). If it is an apartment complex, the reverse lookup will list everyone at that street address with their apartment and phone numbers. This site also gives an age range to help make sure you have the right person. Some other sites will give you their age in years.
- 3) Speak their names inside your residence. Remember, they are monitoring everything you do. They already know if you did the search.

Get a picture of their vehicle:

Usually a visual description will do little. Take pictures. Always carry a camera with both still and motion recording capability. I use a FujiFilm T310 camera I bought for \$90. It is approximately 2.5” high by 4” long by 1” deep, fits into my shirt pocket and I **ALWAYS** carry it with me Get something with at least a 10 times **OPTICAL** zoom. Digital zoom is generally a waste of money as it just adds pixels together. Also buy additional SDHC (don’t know the acronym) cards for the camera. Mine came with one 4 gigabyte (GB) card and I bought an 8 GB card for it. I wish I had bought at least one more 8 GB card.

It would be good to have something that can record sound separately when walking down the street by oneself, but I just leave it on motion record in my pocket. A super camera I saw on the Internet used by police is VIEVU, but it costs around \$900. I believe most cell phone cameras will do well enough.

The goal is to get a picture of the terrorist and/or a picture of the license plate of the vehicle the terrorist is driving. **THIS PATH CAN BE DANGEROUS! THESE PEOPLE ARE PSYCHOPATHS AND ONLY CARE ABOUT THEMSELVES!** If you are alone they will beat you and take your camera. **IDENTIFICATION IS THEIR BIGGEST (AND POSSIBLY ONLY) FEAR!**

I was walking down the street several months ago taking still pictures with my

camera at my side just practicing taking pictures. A car slammed on his brakes and yelled at me to give him my camera. I said no and he said he was calling the police. I just started walking away and he eventually put down the phone and drove off.

Several lessons I learned:

- 1) **THEY HATE THEIR PICTURES TAKEN!**
- 2) He was calling a personal friend on the police force to give me bad information and take my camera. I did call the police station afterwards and asked why they did not respond to his call. The police station never received a call. The police on the phone told me it was legal to be taking such pictures.
- 3) The terrorists have laser detectors in their cars because it was absolutely impossible for him to know a picture was taken otherwise. My camera uses a laser to determine distance to take in-focus pictures. Funny thing was I only got a picture of his car (and license plate) only after he came back after me. The second funny thing was the battery ran out of juice shortly after the encounter.

Install security cameras:

The Digital Video Recorder (DVR) you purchase should have the capability of recording at least EIGHT channels (cameras). Eight channels may sound like overkill, but once installed you will find you want even more cameras. Unlike your eyes, cameras have a fixed Field-Of-View (FOV) and things your eyes can zoom onto, the camera cannot, unless you pay extra for the capability. Further, the cameras are often left alone and the zoom capability only works if an operator is present and commands it.

Use only old-fashioned hard wire connections to your cameras. Wireless is convenient, but the terrorists know how to access the signals and will soon see all that you see. I found 100-foot long cables with 3 connectors (one for 12 power, one for video and the third for sound) to be the best buy for the dollar. One can use the sound wire for video with usage of RCA-to-BNC adaptors at both ends. I have used 50-foot long cables but have found them short in several runs.

I recommend buying the cheapest cameras that usually come packaged with the DVR. I went out and bought multiple cameras with extended night range performance and enhanced FOV capabilities to study the benefits of these enhancements. I found the enhancements to be a liability rather than help. The enhanced cameras were larger and heavy, so I found it hard to place them anywhere. Smaller cameras are far easier to mount and install.

The terrorists carry instrumentation to find cameras and determine what each camera can see. This is accomplished by retro reflection, much like seeing an animal's eye at night when they are hit by light. Their unit sends out a signal and looks for

returns from the cameras. Once they know where your cameras are, they will just go around them.

Buy remotely controlled pan and tilt units for the cameras. I am using pan/tilt units I got from X10 when I purchased a wireless system from them. The reception from the X10 cameras at the DVR was terrible, at best, and would allow others to monitor my signals. But the pan/tilt units are great for the small/light cameras. One controller can control up to four separate pan/tilt units. The pan/tilt units can be programmed to four separate positions, it can scan between those four positions or moved to some fixed position. The terrorists have to constantly monitor your cameras when these units are used.

I have fixed positioned one camera at the door used to enter the house. I set the DVR to detect motion and record the time the door is opened or closed. It also records video of anyone entering or leaving the house through that door. The house actually has two outside doors and I have duct taped the inside dead bolt lock lever into the locked position. I do not believe anyone can open that door from the outside even with a key. The key will break in the lock before they could open the lock. From the inside, one only need lift the tape and the lock will turn easily to unlock that door. I do check the windows every so often to make sure they have not broken into the house through one of them.

I have put most of my cameras on the front porch of the house. I far prefer them inside of the house to mitigate vandalism of the cameras. Because I am looking through a window, I have put black paper over the LED illuminators to block their light. The light would reflect off the glass at night making the cameras basically blind at night. Also, the LED's are very visible to the naked eye at night and one is just highlighting their position and orientation.

I do not block the LED's of the cameras facing the doors to the outside. I want good clear pictures of any terrorist entering the house.

I would recommend for anyone that experiences bouts of unstoppable sleep attacks to, at least, tape the dead bolts into the locked position, whenever possible, for your own safety. The terrorists are inducting the sleep to enter your home while you are inside. I have read in "thehiddenevil.pdf", which I downloaded from the FFCHS web site, that the terrorists contaminate the food and other things inside the house once they enter. Keeping them out is very important to remaining healthy. As a matter of fact, I personally have felt much healthier and have been less sick since I have set up the security system and duct taped the front door lock. Security cameras at the outside doors are important when one has to leave one's home without someone else to watch the place.

Install motion detector lights:

Choosing the correct electrician to install the lights is VERY important. I have observed certain contractors (see "thehiddenevil.pdf"), that I am sure have loyalty to the terrorists. It's how they get their jobs. I will go into more depth in future communications.

Motion activated lights should be installed to the outside of the house. They turn on when a warm object moves through the FOV of an infrared detector that then turns on the light. I am going to try using them on the porch through a window at some point in time.

These lights are extremely useful for wide area protection. Cameras tend to have a limited Field-Of-View (FOV). The detectors on motion sensor lights have a much greater FOV.

When motion activated lights are used in conjunction with cameras, provides notification of some thing going on even outside the camera FOV. Also, the light from the motion lights will illuminate anything within the camera FOV. Where or not one can see the terrorist, just the light turning on in the camera can possibly indicate a terrorist was at your home. There are far many more non-terrorist sources to activate the lights as well.

One should NOT use Florescent lights for finding terrorists in motion sensor activated systems as they take a long time to reach any brightness. Use incandescent lights whenever possible for this purpose.

BLU-SHIELD

A simple yet elegant solution to this high tech problem is simply to introduce something the body responds to positively. This Active Protection Technology we call Blushield. As a tuning fork when struck resonates and vibrates so too does another tuning fork when we bring the vibrating one close enough within range of it. This is called sympathetic resonance. In effect this is how the Blushield works. When the Blushield is within range of the body, the whole body system responds positively by resonating at a cellular level. more energy less fatigue more balance increased stamina more strength less stress better mood sounder sleep less irritable more relaxed Most people experience positive improvements and some even reporting the symptoms they used to have lessen or completely disappear.

<http://blushield.info/solution.htm>

SHIELDING IDEAS BY BRUNO MARCHESANI

To completely shield against EH (electronic harassment) something like a military-grade electromagnetically shielded bunker costing perhaps hundreds of thousands of dollars may be the only thing that would accomplish this. Even industrial double-walled copper shielded screen rooms starting at \$10,000 allow an estimated 10% of directed energy through. While completely shielding a room with sheet metal, metalized paint, paint with graphite or iron filings added to it, or carbon-impregnated foam are more affordable options, the vast majority have found that shielding just their bodies is the most practical. In many cases it has been found to reduce EH to a manageable level.

The following are shielding ideas that have been found to work well based on trial and error. Shielding that tends to be popular due to their convenience and economy are gel packs and rubber mats, so consider starting with these first for shielding the affected areas of the body.

Water and Gel Packs

Water has the effect of absorbing directed energy. Examples of the use of water as shielding are a wet towel wrapped around the head, a wet blanket sealed in painter's plastic, an inflatable beach ball filled with water, filled plastic soda bottles placed against the body or under the bed, dangling feet in a kettle of water, running a humidifier, using a mister, and hand lotion or other lotions, gels and creams applied to the skin. One commented that sleeping on a water bed had the effect of "completely grounding-out the directed energy." Blue hot/cold gel packs available at pharmacies used at room temperature are especially popular; several of them taped together into a blanket increases effectiveness.

Rubber and Silicone Rubber

Also popular are rubber mats, the kind with suction cups for use in a bath tub, not to be confused with similar-looking vinyl ones. The Rubbermaid brand may be better than others possibly due to a purer rubber content. Larger sheets of rubber can be ordered from www.rubbercal.com and related internet sources. Flexible silicone bake ware such as silicone baking sheets have been found to be effective and are easy to wrap around the head.

Metal

Examples of using metal in disrupting directed energy are steel cookie sheets placed against the affected area of the body, heavy pieces of steel such as barbell plates placed next to the head while sleeping, steel wool, lead xray aprons available on the internet starting below \$100, metal hairpieces, metal necklaces, metal wrist and ankle bracelets, and metal belts. Some of us have fashioned metal enclosures out of large diameter sheet metal galvanized steel ducting material from Home Depot, from tall steel filing cabinets, and from aluminum screen, the metal kind used for window screen and screened doors available at hardware stores, not to be confused with the similar-looking dull grey vinyl material, wrapped around a wood-framed structure. Generally aluminum foil has not been found to be very effective unless if many layers are used; the same is the case for mylar blankets, thin metalized polyester sheets available in the camping supplies section at Walmart for ~\$2 each and other retailers or by the roll on the internet.

Magnets

Neodymium and other strong or large magnets available on the internet placed against the head or other parts of the body have been found to be effective. Some have found increased effectiveness when orienting the north side of the magnet (the side that attracts the north pointer of a compass) toward the body.

Electrical Grounding and Ground Planes

Aluminum screen that is electrically grounded, thus forming a ground plane, has the effect of absorbing directed energy. For example place a bed-sized sheet on the mattress, with a fitted sheet and perhaps a thin cotton pad on top of it, and with a wire or clip lead connect the screen to electrical ground (third round prong of an electrical receptacle, cold water supply line metal plumbing pipe under the sink, or a metal rod driven ~2' into the ground outside). Also effective is having an electrically grounded wire touching the skin while sitting or sleeping.

Ceramic Tile and Ceramic Clay Packs

Ceramic flooring tile, ceramic shower tile, or any other ceramic tile, available from the flooring department at Home Depot or other home supply or tile store, have been found to be one of the most effective forms of shielding, a brute-force solution when other shielding countermeasures aren't enough, as the military uses ceramic bricks for electromagnetically shielding their bunkers. For example get a box of 10 16" x 16" flooring tiles for ~\$15 and place a layer of them on the mattress, with a fitted sheet and perhaps a thin cotton pad on top of them. Although it sounds

uncomfortable many swear by it. In addition a tile can be leaned against the abdomen and another against the head.

Thermipaq brand hot/cold ceramic clay packs available at pharmacies used at room temperature have also been found to offer relief.

Shielded Fabrics and Clothing

Shielded fabrics available from www.lessemf.com and www.blockemf.com, or even metallic-like fabrics from regular fabric stores, and clothing and bed sheets fashioned from these, work pretty well for some. Some shielded clothing items are available from www.lessemf.com and www.blockemf.com.

A fabric conditioner called AegisGuard LL, available from www.blockemf.com and www.aegisguard.com, added to the final rinse cycle of the laundry while in the washing machine, results in clothes and bed sheets being electromagnetically shielded; cost is ~\$4 per laundry load.

Head Shielding

Some have found shielding just the head to be effective in generally reducing EH. Examples of head shielding are copper mesh scourers, the kind used for cleaning pans available in the grocery store cleaning supplies aisle for ~\$3/pair, unrolled into a copper netting material and wrapped around the head, electromagnetically shielded baseball cap for \$30 from www.lessemf.com and www.blockemf.com, electromagnetically shielded balaclava for \$60 from www.lessemf.com, a hat washed in AegisGuard, army helmets, motorcycle helmets, and wrapping the head with gel packs. A notably effective head shielding countermeasure consisting of a cap fashioned from washer-like steel disks is available for \$85 from <http://areyoutargeted.com/2010/02/14/liquidating-remaining-stock-of-v2k-caps>.

Auditory Countermeasures

Foam earplugs can aid in blocking-out external noise. Adding a set of headphones with white noise from a white noise CD, white noise audio file, or just an AM radio tuned to background noise between stations, played at high volume will further drown-out external noise. Using noise-canceling headphones will help further still.

Playing one or more radios tuned to different news talk stations or tuned to different types of music stations such as classical and jazz is effective in drowning-out

induced voices so you can't tell what they're saying, as is listening to multiple voice recordings available at <http://www.creviews.net/antiv2s.htm> (download and save to your computer for repeated playing).

A free anti-tinnitus CD available from Case Electronics at (573) 870-0938 used with separately purchased high frequency headphones while sleeping not only offers relief for those specifically suffering from high-pitched noises, but has been found to be relaxing for many of us in general. The headphones used with the CD must have an upper frequency response of at least 25kHz such as the KOSS KSC75 available at Walmart for ~\$20 and other retailers (you need the high frequency headphones, listening to the CD on conventional speakers doesn't help).

Brain entrainment CDs, brain entrainment software for PCs such as the free BrainWave Generator available at www.bwgen.com, and audio tone generator software for PCs such as the free NCH Tone Generator available at www.nch.com.au/tonegen, have been found to be beneficial at entraining the brain, consequently reducing the influence of EH.

Jamming

Home-made electric and magnetic jammers such as those at www.us-government-torture.com/callallfriends.html and www.us-government-torture.com/countermeasuresNOguaranteeNov2000.htm may be worth experimenting with; the bare-wire electric motor jammer has been found to be notably effective.

At least one of us has found relief using an electrotherapy TENS unit which uses small electrical impulses to effect pain relief, placing the electrodes against the skin adjacent to the affected area, available on the internet and at some pharmacies starting at ~\$30.

A couple have found significant relief via PEMF (pulsed electromagnetic field) therapy administered by alternative medicine practitioners. PEMF treatments vary from fifteen dollars for donation-based services to several hundred dollars for a session.

Vibration

A portable hand vibrator, a palm sander, or a box fan leaned against the bed to provide vibration have been found to be effective for some.

Physical Movement

Moving around during the day, by working around the house, gardening, going for walks in the park, and hiking, have been found to be quite effective at reducing EH and consequently clearing the mind. Even shaking a leg while sitting has been found to be effective.

Good Health

Just eating right, getting enough rest, exercising, and otherwise maintaining good physical health will reduce the effects of EH.

Psychological

Focusing on the positive, avoiding obsessing on our harassment, and maintaining a relaxed state within the mind via meditation, chemical or herbal relaxants, relaxing music, or just focusing on clearing the mind will further offset the effects of EH. One of us who practices a form of meditation espoused by Eckhart Tolle slows down his thoughts enough so he can distinguish which thoughts are being induced into his subconscious reinforced with pain, and consequently is able to recognize and overcome their degrading influences. One of us practices self-hypnosis to eliminate pain which for some reason apparently caused them to back-off and stop his V2S. For sleep deprivation delta wave entrainment tones, valerian root and prescription Ambien have been found to work well. Many have commented that as this is a spiritual battle prayer has been very helpful.

Other

In addition many electromagnetic shielding materials are available from www.lessemf.com and www.blockemf.com.

Examples

One of us wears a shielded baseball cap and clothes washed in AegisGuard during the day, sleeps on ceramic tiles with an electrically grounded wire contacting the skin at night, and listens to an entrainment CD for an hour in the morning.

Another of us sleeps on top of several rubber mats, and under a blanket fashioned from gel packs taped together with several rubber mats on top of that, and has more gel packs wrapped around the head with a rubber mat wrapped around those.

Another of us sleeps in an aluminum screen-wrapped wood-framed structure.

Strategies

As everyone's targeting is different no one countermeasure works for everyone so experiment to see which set of countermeasures work best for you. Try one thing at a time. Even if something doesn't have much effect at first try it for a week as it perhaps takes three days for them to adjust their protocol and then another three days for you to adjust to the new protocol before you know how effective it really is. If things get extremely bad then discontinue but be aware sometimes sticking it out for several days proves beneficial in the long run. Also the beneficial effects on your physical and psychological health may not become apparent until after a couple of weeks or so.

Try inexpensive countermeasures first before spending a lot of money on more elaborate versions. Try \$3 copper mesh scourers before spending \$30 for a shielded baseball cap, try a \$10 rubber mat before spending \$150 for a blanket-sized sheet of rubber, try a \$5 home-made bare-wire electric motor jammer before spending \$50 on a TENS unit. Expensive countermeasures costing many hundreds or even thousands of dollars have generally not been found to be any more effective than the relatively inexpensive countermeasures discussed here.

Once countermeasures are found that work, switching-off between two or more of them may increase their overall effectiveness as it forces them to continually readjust their protocol. For example wear a shielded baseball cap during the day and listen to an anti-tinnitus CD at night. Try moving shielding components around to a different spot each night. Reserve an especially effective countermeasure for use only in rare instances of unusually heavy attacks.

If you've never or only briefly experimented with shielding then doing so is highly recommended. You may feel only a little better at night but then during the day may have more energy and may be able to get more accomplished. In some cases it has made the difference between a nightmarish existence and a more positive outlook on life!

More shielding ideas and supplies are at:

<http://www.freedomfchs.com/id12.html>

<http://www.montalk.net/conspiracy/55>

<http://www.multistalkervictims.org/oscd.pdf>

<http://areyoutargeted.com/survival/shielding>

www.lessemf.com

www.blockemf.com

USING MIRRORS

Try placing a mirror on the floor near you and let me know what occurs. I felt different for a little bit and now I feel much better. Although, I can still hear the V2k, it is not as loud. My nervous cat that has trouble sleeping is now taking a nap.

I used a mirror over my head years ago to block the infrared lasers from giving me a headache. I don't get headaches, anymore. I did feel quite heated after this solution...

I was talking to a TI today and he said he uses a small mirror on the floor which seems to help him block some frequencies.

PROTECTING THE EYES

If it feels as though your eyes become tired for no apparent reason, what it probably is, is their "See Thru Eye", To Wit: Wireless Connections to the Optic Nerve and the Audio and Visual Cortexes of the Brain. They can in my asertainment, see with your eyes with their NSA Etc. Apparatus and Applications for Domestic and Foriegn Intelligence Gathering.

Remember it is all Encoded and Decoded Bio-Neuro-Physio-Radio-Electical
MAGNETISIM, REMOTE NEURAL MONITORING, WIRELESS
CONNECTIONS UTILIZING EVOKED POTENTIALS/BRAIN WAVES/POLICE
BRAIN PRINTS/IRIS SCANS/BIOMETRICS, etc, etc, etc.

My point is that wearing UV (Ultra Violet) Sun or Saftey Glasses significantly reduces the access to the eyes by lensatic refraction and distance sheilding and de resolution.

Vincent

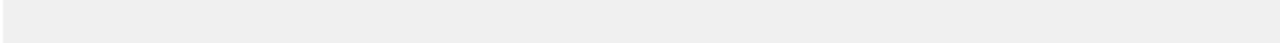
PROTECTION FROM THE VIBRATIONS

Leaning something against the window cuts the vibration down considerably. I used a gel pack on one section and a tennis shoe on the other. I think a brick wrapped in fabric would work too.

ENERGY FIELD TIP

I have taken a copper string necklace with a magnetic fastener and added an electronic resistor greater than 15000 Ohms. My theory simply being that our body stores energy much like a capacitor and that it's much easier to drain energy in this fashion than simply grounding yourself.

This simple project is cheap and I've had great success: better sleep, easier to focus, fatigue in the left ear and head has dropped to a comfortable level. Although street level stalking has not stopped; I don't get a sense of anxiousness when they're around.



SHIELDING FROM MICROWAVE ATTACKS

FROM CARL IN WASHINGTON

A few days ago I began suffering from directed energy burns again on my left ankle and leg. Also my left foot was swelled way up. I had a thought that since sun screen protects you from the sun why wouldn't it also protect from this as well? I am 52 years old and have never used it before in my life but last night I went out and bought a bottle of the strongest sun screen I could find. I slathered it on very heavily when I got home and again during the night. When I woke up today I couldn't believe it! The swelling of my foot is now completely gone and the redness and itching is way down as well. It improves with each application. So, if you suffer from directed energy burns do what I did! I intend to keep sun screen on hand all the time now.

THROUGH-WALL ENERGY FREQUENCIES

I keep rubber bathmats folded near my bed so that I can grab them and lay them completely over my body. They work great at blocking a lot of the frequencies and diminishes the trembles/tinglies.

I also use a leather coat. Leather is good at blocking the energy frequencies.

Sometimes if I'm being hit especially hard, I have my rubber bathmats, then my leather coat, and a sheet of mylar over that. I sleep like a baby.

METAL AND COPPER

Buy metal plates or heavy metal sheeting, metal is the #1 defense against Microwave hits! Fortunately, I had just replaced my old Microwave and took the metal plate off the back, it has saved my life! I prop the metal plate upon my bed and hide my head behind it. I also use Mylar sheets over me at night. I also wrap myself in **Copper and absorbing sheets** sewn together, I buy two and cut one in half to wrap around my head. I find the Mylar during the night slides around allowing the bad guys to hit you. With the copper fabric I get added protection. You can buy these items on line thru **LESS EMF INC.**

I am thinking about buying their silverized stocking cap to wear at night (its made out of metal flakes), it should work even better. Metal and copper are the number one defense against microwave. (proven)

My old neighbor was recruited recently and he uses a modified hunting laser on me, he modulates on my window to listen to me and, then when I go out the gangstalkers are

waiting, I have learned to shut up about where I'm going. He hits me hard while watching TV...I'm wondering if he is actually watching me as well. I see something on here about TV's and Monitors. I boil water and set it around my TV so the **steam** can knock his laser out of whack!

I also use candles for smoke. If anyone has a steam machine this would work perfect! I'm thinking of buying **smoke** maker machines that one uses on Halloween. If you listen you can tell the difference in laser and microwave RF's. Watch out for the low RF, you tend to let your guard down, this is dangerous for your health.

I hope these things help all of you TI's and wish you all Good Luck! Don't despair...

DeAnna

TESLAR WATCH

I wear a Teslar watch that I bought from Tools for Wellness

<http://www.toolsforwellness.com/teslar-watches.html>

and changed the leather watchband to Speidel copper back watchband

http://www.healthaccessories.com/php/speidel_watch_bands.php?catg_id=LM

which I wear all day and night on my left wrist.

It seems to minimize the electromagnetic pollution around me. Whether it be induced by perps, or naturally occurring by surrounding electronic devices such as computer, TV, electrical appliances, etc. It balances the EMF pulses in my body and shields me from the "pin pricks" and "spikes" surging through my body. Especially when I wear it to bed, I actually sleep better, and can sink into REM periodically. I haven't had a good nights sleep since I've been a TI, but I do achieve brief dreaming episodes which are actually quite pleasant. I don't have nightmares as often since I've been wearing it. One side effect, it turns my wrist green, and sometimes it heats up when I'm driving around and being bombarded by perps, but once I get home and meditate for a little while, it realigns itself and starts working again. Weird science.....

Drawback, very expensive item. I had to sell 1/2 of my CD collection just to be able to afford it. A lot of us are in financial peril, and cannot afford it. It doesn't work as well on everyone. I have always been highly electrically charged, even as a child. I used to get a little "shock" whenever I walked across carpet and touched a doorhandle or anything metal.

We all do, but mine were actually audible, and very painful. I am ultra-sensitive and possess hyper-connectivity to electrical impulses, so I can really feel the difference wearing the watch. Just some afterthoughts you might add to the testimony.

Denver Carol

HEALING FROM ELECTRONIC WEAPONS ATTACKS

Lately, we've begun promoting a project of one of our members in Denver who has come up with a process that will hopefully bring hope, healing, and restoration to those who are seriously assaulted by directed energy. The basic idea is of grounding the electromagnetic energy to the Earth so that it flows out of the body and promotes healing. This is not a shielding remedy. It's a healing and restoration process. Here's all you do:

- Materials needed are two grounding rods placed in the backyard, three feet deep, 20 feet apart and about 5 or 6 feet from the house.
- Electric wire is attached to each of the rods with hose clamps and enough wire to extend to the inside of the house, to a basement or first floor to a comfortable chair.
- Refill the holes with leaves or dirt and 5 or 6 gallons of water - enough to connect to the groundwater. **This connection is very important!!!**
- One end is placed on the seat of the chair where you sit. And the other end you attach to your navel (after experiments, this seems to be the most reliable spot).
- Sit in the chair for a couple of hours while the electromagnetic energy is drained out of your system. That's all there is to it!

One person so far has tried this process and it has worked extremely well for her. So we hope others will find similar comfort and relief through its use. We are hoping to have this person at the conference call in the very near future to speak further about his discovery.

MISTY-MATE – Spraying a mist of water

Since water absorbs microwave energy, please consider a product called 'Misty-Mate'. It's a personal cooling system that sprays a mist of water which could be applied to the face, head, or anywhere on the body where there's heating going on. It's what got [me] through some of the tough times of [my] targeting.

This mist when applied to the skin keeps it cool and prevents the burning associated with microwaving that many experience. This product at the link below or even a regular spray bottle with a mist setting could help relieve painful burning while under attack. May be worth a try.

<https://mistymate.com/>

Doris in Washington

SHIELDING DEW WITH SUNTAN LOTION

Some Directed Energy Assaults, the ones that are under the Ultra Violet Spectrum of the Electro Magnetic Spectrum, like Microwave Communications/Voice to Skull/Wireless Brain to Computer Link (NSA Agent Network/FBI Etc., The Assault Side of The Surveillance, CAN BE, SHIELDED with 100 SPF SUN TAN LOTION, rubbed on the affected areas and makes the Digital Imagery on their end look like your Invisible, because of the Wireless Bio/Neuro/Physio/Electric/EEG/CATT/MRI Wireless Medical Monitoring Connection Disruption Properties of the Lotion. Plus Zinc Oxide Onintment in tubes at the Pharmacy or bottles will do a very good job, and aluminum foil does wonders with some frequencys wave propagations.

Check out: LessEMF.Com for shielding and detecting equipment.

Check out: Aulterra Neutrallizer on Google, for a Disc hat Neutrallizes the Harmfuls Affects of ElectroMagnetic Fields.

Check out: Q-Link Pendant, on Google, this helps with BioElectrical Cohesiveness and Reduces Chao and Stress of Blood Cells making them Coherent. I purchased one of the Older Pendants.

ElectroMagnets create electric fields that disrupt the DOD/NSA/CSS/FBI/CIA/Military Intelligence , Directed Energies, and Coils like in You House Fan which create an ElectroMagnetic Field Disrupts Probably Better as well as keep you COOL.

Vincent in New York

ANTI-RADIATION CLOTHING/ ELECTROMAGNETIC RADIATION-RESISTANT CLOTHING

"Google" these terms :

anti radiation clothing

electromagnetic radiation resistant clothing

<http://www.3ltex.com/>

http://www.3ltex.com/product_detail.asp?id=3587

<http://www.cogentemr.com/radiationsafeapparel.html>

http://www.alibaba.com/product-gs/239734012/braces_skirt_radiation_resistant.html

<http://www.freepatentsonline.com/5103504.html>

<http://www.lessemf.com/fabric.html>

<http://www.tradeindia.com/fp239678/Meta-Aramid-Electromagnetic-Radiation-Fabric-With-High-Temperature.html>

<http://www.trader-china.com/Apparel-Fashion/Speciality.html>

Gerry Duffett

MEDITATION TO SHIELD FROM ATTACKS

Please listen to the recordings on this page to learn to extinguish pain from the em attacks

<http://www.talkshoe.com/tc/54436>

Here is the first one:

<http://www.talkshoe.com/talkshoe/web/audioPop.jsp?episodeId=325347&cmd=apop>

It is possible to reduce the pain caused by the Directed Energy weapons without shielding using the following method:

Pain can be induced with millimeter wave Directed Energy weapon by directing the millimeter wave (over the body brain map of the brain) to the body part to which the pain has to be caused and to the brain area in which the pain will be perceived. Consider an example, to induce the pain in finger the perp directs millimeter wave on the finger and brain area in which the pain (in the finger) will be perceived. This type of pain is classified as Artificial Psychogenic pain. The millimeter wave emulates the stimuli to the nerve which provide wrong information (stimuli as pain) to the nerve and the brain.

Perp have to attack two parts of the body to generate pain. Part one is the place where the pain has to be generated and other on the brain area in which the pain is felt. So to reduce the pain we should take away the consciousness away from the brain area where the perception of the attack will be felt. Sometimes the TI, who's is being attacked has to

relax all the parts of the brain by scanning and relaxing the all brain parts to reduce the pain caused by the Directed Energy weapon.

Pain due to directed energy weapon can be avoided by just feeling the brain state. Feeling the brain state is nothing but just taking your consciousness to the different parts of the brain to find the tensed or high potential part of the brain and relax it (or reduce the potential in that part). For example to feel the chill of a soft drink we touch and feel the temperature with our hand (by taking our mind conscious to the hand). Similarly feel different parts of the brain and find tensed parts of the brain and relax it (relax with breathing out).

This technique can be used to reduce the pain perception induced by the millimeter wave directed energy weapons, by feeling the different parts of the brain. Actually you are avoiding the pain sensation being felt by your conscious brain by taking away your conscious to other parts of brain.

Repost from IAACEA Yahoo group

VARIOUS SHIELDING IDEAS AGAINST ELECTRONIC HARASSMENT

by Bruno Marchesani

To completely shield from electronic harassment something like a military-grade electromagnetically shielded bunker costing perhaps hundreds of thousands of dollars may be the only thing that would accomplish this. Even industrial double-walled copper shielded screen rooms starting at \$10,000 allow an estimated 10% of directed energy through. While completely shielding a room with sheet metal, metalized paint or paint with graphite in it are more doable options the vast majority have found that shielding just our bodies is the most practical. In many cases it has been found to reduce EH to a manageable level.

Shielding that tends to be popular due to their convenience and economy are blue hot/cold gel packs available at pharmacies used at room temperature (several of them taped together into a blanket increases effectiveness) and rubber mats, the kind with suction cups for use in a bath tub, not to be confused with similar looking vinyl ones (Rubbermaid brand may work better than others).

Other countermeasures are steel cookie sheets, heavy pieces of steel such as barbell plates, multiple layers of foil, multiple layers of mylar blankets, wet towels, wet blankets, lead xray aprons, flexible silicon cookie baking sheets, sheet rubber available

from www.rubbercal.com, filled plastic water bottles, hand lotion and other lotions, gels and creams applied to the skin, metal necklaces, metal wrist and ankle bracelets, metal belts, metal impregnated clothing, bed sheets and fabrics, such as Flectron, available from local fabric stores or from www.lessemf.com, RF shielding fabric conditioner, electrically grounded ground planes, electrically grounding our bodies, ceramic tile, unrolled copper mesh scourers wrapped around the head, RF shielded baseball cap from www.lessemf.com, neodymium or other strong or large magnets, box fan leaned against the bed to provide vibration, moving around during the day (working around the house, gardening, going for walks in the park, hiking -- makes targeting more difficult), foam earplugs, playing one or more radios tuned to different news talk stations or tuned to different types of music stations such as classical and jazz, V2K jamming multiple voice recordings available at <http://www.creviews.net/antiv2s.htm> (download and save to your computer for repeated playing), an anti-tinnitus CD with high frequency headphones from Case Electronics (573-870-0938), brain entrainment CDs, brain entrainment software for PCs such as BrainWave Generator available at www.bwgen.com, audio tone generator software for PCs such as NCH Tone Generator available at www.nch.com.au/tonegen, and home-made electric and magnetic jammers such as those at www.us-government-torture.com/callallfriends.html and www.us-government-torture.com/countermeasuresNOguaranteeNov2000.htm. In addition shielding materials are available from www.lessemf.com and www.blockemf.com.

Shielding countermeasures that work well for me to counteract synthetic vibrational sensations are rubber mats, electrically grounded ground plane, electrically grounding myself, RF shielding fabric conditioner, ceramic tile, RF shielded baseball cap, the anti-tinnitus CD/headphone, and listening to talk radio.

I have an aluminum screen (metal kind used for window screen and screened doors) in bed under my fitted sheet connected to earth ground (third prong of an electrical outlet, or cold water metal plumbing supply line pipe under the sink, or a metal rod driven ~2' into the ground outside). Thus I'm sleeping on a ground plane that tends to "ground-out" some of the RF directed at me. Helping further is an electrically grounded wire touching my skin while in bed, also helping to "ground-out" the RF. (Next thing for me to try is an RF fabric sheet on top, or a sheet washed in RF shielding fabric conditioner.)

Under my aluminum screen in bed is a layer of 16"x16" (more commonly available in the 12"x12" size) ceramic flooring tile from Home Depot. Yes, for whatever reason, any size ceramic tile works surprisingly well for many TIs according to someone on the conference calls who got the idea after researching what the military uses to RF shield their secure bunkers. If you've never tried it, do so! For me it probably works better than most if not all of the countermeasures listed here. In addition to sleeping on a layer of them if you want you can lean one tile against your abdomen and another against your head.

Also while sleeping I listen to a CD developed by a TI named David Case of Case Electronics which is supposed to eliminate the tinnitus some TIs experience; for me it helps me relax and may eliminate some of the electronic brain linking/neural monitoring from the perps. The CD is free (last time I checked) but you have to buy high-frequency headphones that go up to at least 25kHz, such as KOSS TSC75 and KOSS PRO35/A from Radio Shack (\$25-\$40). Listening to the CD on conventional speakers didn't help. Since using this CD I no longer need to sleep with head shielding.

A fabric conditioner called AegisGuard LL, available from www.blockemf.com and www.aegisguard.com, added to the final rinse cycle of the laundry while in the washing machine, results in your clothes being RF shielded. I use it all the time and feel much more comfortable during the day as a result. It costs about \$4 per laundry load. Based on my experience it is highly recommended if you can afford it!

As everyone's targeting is different no one countermeasure works for everyone so experiment to see which set of countermeasures work best for you. Try one thing at a time. Even if something doesn't have much effect at first try it for a week as the beneficial effects may not be apparent initially. If things get extremely bad then discontinue but be aware it takes a while to adjust and sometimes sticking it out for a few days proves beneficial in the long run.

Try inexpensive countermeasures first before spending a lot of money on elaborate versions -- try \$2 copper mesh before spending \$30 for a shielded baseball cap, try \$10 rubber mats before spending \$150 for a blanket-sized sheet of rubber.

Once countermeasures are found that work, switching-off between two or more of them may increase their overall effectiveness. For example wear a shielded baseball cap during the day and listen to a jamming CD at night. Try moving shielding components around to a different spot each night. Reserve an especially effective countermeasure for use only in rare instances of unusually heavy attacks.

If you've never or only briefly experimented with shielding I would highly recommend doing so. You may feel only a little better at night but then during the day may feel more positive and may be able to get more accomplished. Before employing shielding countermeasures my life had a very nightmarish, hopeless feel to it. Now my outlook is much more positive and I have more energy during the day!

More shielding ideas are at:

<http://www.montalk.net/conspiracy/55>

<http://www.multistalkervictims.org/oscd.pdf>

<http://areyoutargeted.com/protecting-yourself/best-shielding-practices-for-your-home/>
UTILITY LIGHTER

This is a hand-held device used for lighting barbecue grills, fireplaces, candles, etc. It can be found in many places such as hardware stores, drug stores, department stores, etc. One of our members has found relief by using it around him when he starts to feel the attacks of the frequencies.

MASSAGERS AND SILICON WRISTBANDS

The massagers that seem to be working for me are the following: Homedics model # PA-400H and the electric handheld model TSUBO. Both can be purchased on the internet. Both work very well for the Ultra Sound.

In addition, silicon wrist bracelets work very well also: ex. the Lance Armstrong livestrong silicon wrist bracelets. These also can be purchased on the internet.

<http://www.store-laf.org/wristbands.html>

FROM A LETTER, WRITTEN BY JULIANNE MCKINNEY

1) Heating of the Skin -- As to the thermal heating, I've more recently found that it can be abruptly terminated by using a large steel cookie sheet as a screen. Position it (about 7-12 inches from the skull), so that it is between the skull and the base of operations from which the emission is coming.

Positioning of the cookie sheet will depend upon where the "hot spot" on the skull is located. This is assuming that you are not moving about when the thermal heating commences and are in a stationary position, such as, while trying to fall asleep.

This is also assuming that, if you are targeted from positions surrounding you, both above-ground and ground-based, the bulk of your skull is already protected. This simplifies the process of identifying the location of the emitter causing the thermal heating. Again, this applies only when you are in a stationary position.

I don't need to explain "hot spots" on the skull, do I?

If you are moving about, then exposing the heated area of the skull at close proximity to fans or air conditioners helps to a certain extent, as does removing shoes and socks, as part of the process of keeping the extremities air-cooled.

What it boils down to is that thermal heating is caused by (micro- or millimeter-wave) frequencies aimed at the skull, which can be obstructed by metal -- large steel cookie sheets, for example.

FROM LANGDON

Apropos your call for shielding techniques, I want to bring your attention to the element, carbon. This is the only element that will stop all forms of directed energy weapons. For years, I used aluminum "blankets" and sheet metal to disrupt electronic weapons. I still keep these in place for general, added protection. However, a year ago, the perps started using a more sophisticated form of technology that cuts through the shields. Since then, the attacks have been directed almost solely to my eyes. So far, about 20% of my eyesight has been destroyed. And, note that eye tissue does not regenerate. Cataracts will surely follow.

The government uses "carbon paint" to seal conference rooms against surveillance, etc. Taking my cue from this, I fabricated what I call a "carbon mask." This is a typical sleeping mask sold at any drug store. First, spray the outside face with a primer. Allow to dry for 24 hours to avoid breathing fumes while sleeping. Next, smash a single charcoal briquet in a plastic bag until dust. Then, spray enamel paint on the primed surface, and put the dust on the paint. After covering the whole front side of the mask, spray again with the enamel to anchor the dust. Allow to dry for 24 hours, then repeat so you have 2 coats of carbon paint.

Later, I made another one using 4" wide silicon carbide sandpaper, which proved even more effective. It also has a natural curve that wraps around the face comfortably. You can purchase this in the form of a sanding belt for belt sanders (4"X24") at your local building supply store. You need to cut out a area for the nose. Make a pattern from cardboard.

Initially, the perfs didn't know what to make of my new found shield. They sure as hell weren't happy about it! I would defiantly face the window where they launched their most effective attacks. They tried frontal attacks with the power turned up to max, which merely used up their battery faster, frustrating them even more. The carbon converted the energy to heat. But as we vics all know, all victories are short-lived. The maggots figured out that they could direct the energy beam UNDER the mask. Furthermore, they have refined the technique by turning the power down low, so as to preclude immediate detection, which takes several minutes. You can tell by closing you eyes tightly: it feels like you have something in your eye, like a particle of sawdust. That's when I adjust position. But, the damage, though incremental, accumulates. Nevertheless, without this

advance in my defenses, I would surely be blinded or nearly so by now. Frankly, it is little consolation to know that these bastards are going to burn in Hell. I need my eyesight now!

Here is a few words about carbon paint. Yes, you can make your own, and you should. Commercial carbon paint runs \$100 per gallon, plus S&H. The "base" paint is plain old acrylic latex house paint. Carbon dust from charcoal bricquets is mixed in until fully black. The problem is producing the dust! Many types of equipment are used, including coffee grinders. There's even a web site that discusses this in minute detail, as horticulturists use carbon dust as a soil additive. Remember--you need two coats.

Carbon shielding stops all energy waves, everywhere, all the time. If I had the resources and time, I would line one room in the house with two coats, rugs over floor paint, and some kind of carbon painted covering like canvass over windows. With this arrangement, you could just "kick back" and forget the Nazi perps. This may be particularly suitable in a situation where targets have moved in together. To save time, money and mats, you could just shield little cubby hole type sleeping places like are common on submarines, trailers and boats

PROTECTION FROM STEEL WEIGHT PLATES

Steel weight plates used for weight lifting makes great shielding for Directed Energy Weapons. They are very thick steel but small enough to take in the car or move from room to room in your house. The best to use are 3, 5, and 10 pound plates. It doesn't stop everything but it works great for that constant microwave radiation burns on particular targeted body parts. They also work well for that deep pain ti's get in areas like the kidney, hips, and back. when sitting or sleeping at night place or tuck them where the pain or burning are. You can wrap them in tin foil for added protection and duck tape them. This takes away the coldness of the steel and helps to stack them against your body. Use this in combination with a soaking wet towel or wash cloth in a ziplock bag. Use the bag to seal up any exposed cracks or creases that the energy can slip through of the weight plates. You can buy the weight plates at a sportstore or you can find them at places like garage sales. I hope this works for everyone.

Good luck.

- Dave

SHIELDING FROM THE MICROWAVE AUDIO EFFECT

Also called Synthetic Telepathy or
Voice-to-Skull (V2K)
(Hearing voices broadcast into your thoughts)

MUSIC CHANNELS FOR SHIELDING AGAINST VOICE ATTACKS (V2K)

Very good shielding method against V2S attacks: Play two different music channels or anything else you might enjoy. I prefer playing iTunes music in the background and get the radio talk show host Alex Jones on Prison Planet.TV on the other. They can't get a clear lock on you and therefore you can barely hear them. I found it very useful. Please let everyone else know I can't stress enough the importance of it.

USING MIRRORS

Try placing a mirror on the floor near you and let me know what occurs. I felt different for a little bit and now I feel much better. Although, I can still hear the V2k, it is not as loud. My nervous cat that has trouble sleeping is now taking a nap.

I used a mirror over my head years ago to block the infrared lasers from giving me a headache. I don't get headaches, anymore. I did feel quite heated after this solution...

I was talking to a TI today and he said he uses a small mirror on the floor which seems to help him block some frequencies.

Here is a website I found when I Google - "do mirrors reflect heat":

<http://tiny.cc/6rxyt>

Melissa in Florida

EAR BUDS

I've heard a few people during conference calls who claim to be getting relief from "Ear Buds". I've tried this myself with some good results, the best pair I've come across are ones with a metal mesh...not plastic. Make sure they are snug, each pair comes with different size gaskets. A good pair may run \$30 or more....if you can find ones with a metal mesh at a cheaper price by all means get them.

This is specifically helpful for those who suffer from tinnitus as a result of E.H., personally I find a classical music(non-repetitive) format to be most helpful.

COLOR BARS ON YOUTUBE FOR SHIELDING AGAINST VOICE-TO-SKULL

I was speaking to a fellow TI the other day who told me to look at color bars on youtube for blocking voice to skull. I've also heard of using white noise. Here are the youtube links

http://www.youtube.com/watch?v=QBIVOImf_vI - color bars

<http://www.youtube.com/watch?v=w4fXEoJ1Tyw> - white noise

The following is a link to a program that is very simple to use to convert youtube video's to mp3 files. This way you can take the shielding everywhere with you if you have an mp3 player, also to help with sleeping. Set to continuous on a playlist in your favorite media player.

<http://www.dvdvideosoftware.com/products/dvd/Free-YouTube-to-MP3-Converter.htm>

Together we can beat this thing and maybe one day justice too. Peace All!!!

Have a DEW free day!

Tammy

RADIO FREQUENCY SCANNER AND AN EMF DETECTOR VS. VOICE TO SKULL FROM JULIANNE MCKINNEY

Voice to Skull - as a minimum: (1) a radio frequency scanner which has the capacity to pick up frequencies in the Megahertz range; (2) a portable acoustical frequency detector, (3) a portable EMF detector with a loop antenna; and (4) a substantial quantity of copper wire mesh.

My reasons for suggesting that you acquire these items are as follows:

First, the auditory input is being conveyed to you on microwave frequencies which

can be picked up, if not immediately deciphered, on relatively sophisticated radio frequency scanners (something above a standard police scanner, in other words).

What sounds to you like "voices in the head" can be discerned by the astute casual bystander as a classic high-pitched microwave "hum"; that is, assuming this bystander is not equipped with cochlear implants (receivers) which operate on the same frequency or frequencies being employed in your case; and assuming, absent cochlear implants, that the bystander's skull and brain are not structured like yours and, thus, are non-responsive to the auditory signal embedded in the frequency being aimed at you.

Your scanner should have the capacity to track broad-band spectrum transmissions, in the event the transmissions being aimed at you are being rotated from one frequency to another for disguise purposes. My current suspicion is that some of these auditory transmissions are occurring in the 27-29 Megahertz range --a frequency range being rather too-ferociously protected by the U. S. Government, given their assaults on outlaw CB'rs who try to communicate on these frequencies so as to avoid having to pay FCC licensing fees.

When I say that the auditory input may be picked up but may not necessarily be decipherable on a scanner, I am alluding to the fact that some of these induced voices in the head involve the transmission of speech analogs, which, in effect, are encryptions of human speech which the brain has been found capable of deciphering. I refer to this preliminarily in the enclosed monograph, Microwave Harassment and Mind Control Experimentation. If it happens that you have been equipped with cochlear implants, then the analog process should not be necessary -- in which case, you should have a fair amount of success in picking up decipherable transmissions on a high-frequency scanner.

3) Frequency Detectors - I recommend the acquisition of **portable acoustic and electromagnetic frequency detectors** because I rather doubt that you, your family and or your friends can afford to acquire a more sophisticated spectrum analyzer and non-linear junction detector. These experiments, as a rule, involve highly-focused directed energy, which can be detected by all of the equipment just mentioned.

A spectrum analyzer would let you know what frequencies are involved; however, spectrum analyzers cost about \$25,000 to \$50,000 and are probably beyond your means.

The loop antenna on a portable EMF detector will give you some limited direction-finding capability, but will not identify the frequencies involved. Me thinks that you will probably find a significant amount of focused energy coming from the air/air-

conditioning ventilation systems in your cell, which are usually covered by a screen. Surveillance systems are usually also built into those vents, and into adjacent sprinkler systems. (A few "thwacks" at any sprinkler devices hanging in your cell, such as with a book or broom handle, should have the security guards on your back in no time.)

VALERIAN ROOT AND BENADRYL

I have found a method of suppressing/eliminating the voices of the perps (I like to call them 'spooks') and it works...at least in me. You might want to distribute this info to as many TI's that you can.

I found that a combination of Valerian Root (a central nervous system relaxant herb) and Benadryl (an over the counter allergy medication that also has relaxing effects) suppresses the volume of the voices of the perps to a level that they are almost imperceptible. In me, it makes them almost unheard and frequently all I hear is mumbling. I'm a big man, so I'll tell you what I took and persons who are smaller might want to take less and experiment with how much seems to work for them. I usually take 4 or 5 Valerian Root capsules and 4 Benadryl capsules 3 times a day. I've done this for about a week and the results are delightful. Either I can't hear these thought-Nazis or they are very difficult to hear.

YOUTUBE FREQUENCY RECORDINGS

Play this loud it'll help beat voice to skull

https://m.youtube.com/playlist?list=PLH-bz4EZIXV8770TNr_WmMeN-H16bmDD7

BLACK TOURMALINE FOR PROTECTION

Tourmaline, Black (Schorl)

Black tourmaline, also known as schorl, is associated with the root or base chakra, and is excellent for grounding excess energy. It is well known as a purifying stone that deflects and transforms negative energy, and thus is very protective. It can transform and remove negativity from an individual or an environment. It is often used as an aura cleanser, and can help one attain higher levels of awareness. Black tourmaline is also used for repelling and protecting one from black magick, and is often said to return the negative spell to the sender. Some claim that black tourmaline deflects all kinds of energy, but my personal experience is that it's not so. It is possible that the black tourmaline's effect of grounding excess energy gives this impression. Black tourmaline has also been used to deflect radiation energy from tv's and computer monitors. Emotionally, black tourmaline is excellent for dispelling

fears, obsessions, and neuroses, bringing emotional stability. Physically, black tourmaline is said in crystal healing to strengthen the immune system, help with heart disease, arthritis, and gout. As Black Tourmaline is a type of tourmaline it has those properties as well as its own.

<http://www.healing-crystals-for-you.com/black-tourmaline.html>

V2S SHIELDING METHOD

very good shielding method against V2S attacks: Play two different music channels or anything else you might enjoy. I prefer playing iTunes music in the background and get the radio talk show host Alex Jones on Prison Planet.TV on the other. They can't get a clear lock on you and therefore you can barely hear them. I found it very useful. Please let everyone else know I can't stress enough the importance of it.

COPING WITH SLEEP DEPRIVATION

MAGNETIC VCR TAPE AND OTHER IDEAS

Sleep deprivation: reflectix (multiple baffles on either side of the covering); steel cookie sheet (placed in a steady position over the head); a magnetic VCR tape blanket (see p. 110-112 of Michael Bell's 2012 book The Invisible Crime: Illegal Microchip Implants and Microwave Technology and Their Use Against Humanity: the use of magnetic VCR tape on the affected area has reduced my experience of remotely delivered shocks while sleeping, signatures of which have been captured on digital voice recordings); a combination of homeopathic sleep aids (500mg L-Tryptophan, Melatonin, Schiff Melatonin Ultra, Magnesium Malate [aluminum detoxification], and Naturemade Sleep Gels) and (very important) Diphenhydramine HCl tablets (25-50mg tablets are available in convenience stores)

IDEAS FROM ELEANOR WHITE

Here is how I have dealt with sleeplessness, for whatever it may be worth:

- I totally darken the bedroom, and keep it cool
- I run a fan across my bare feet and bare lower legs which stick out from under the quilt
- I take from 12.5 to 25 mg of amitriptylene (prescription item) at bed time
- I take 3 mg of melatonin at bed time, and once in a while, if it's a bad night, a second hit of melatonin later on
- I wear foam rubber style (you roll them tight with your fingers, insert them, and they expand to fill your ear canal) ear plugs - this causes any perp sound effects to be less startling. One pair lasts a few months before they get too saturated with ear wax to be useful.
- I keep quite a few 3M coarse paint stripping pads in the bed because the perps like to cause many parts of my body to itch intensely, and rolling over on to these pads counteracts enough of the itching so that even if sleep isn't possible, there is some degree of comfort. The perps love to target where my body presses into the mattress. I find that slipping just the edge of a paint stripper pad under me at that point, not the whole pad, interrupts the itch without being too uncomfortable. Gluing a long strip of them together can be used, say, between your legs, or to scratch your feet with. I use a garlic grater (small cheese grater with curved surface) to scratch serious itch spots which are too intense for the paint stripping pads.

- White noise sometimes helps, however, the perps have been known to use a white noise machine to broadcast annoying noises

If you are targeted with voice to skull at night, Julianne McKinney advises that multiple radio sets, each tuned to different stations, masks enough of the voice to skull that it becomes survivable.

* Most importantly: I've discovered over time that an extra hour simply lying flat, wide awake but as relaxed as possible, makes a night restful enough that I was able to work for two decades before I could retire.

In other words, don't get too up tight about not having perfect sleep. Lying restfully in the dark is enough to get by on the job, I've found, even though medical reports mention extreme health damage from sleep disruption.

ELEANOR WHITE

Eleanor White is a retired engineer who has had 25 years of work experience in her field.

SHIELDING WITH MAGNETS

RARE EARTH OR NEODYMIUM

I am experimenting with magnets which have helped to some degree, I actually have been able to disable the suspect implants in some areas completely. It takes practice and pressure but it can be done for most. You will find relief when you try it, even temporarily. You must purchase only rare earth magnetics, very strong, and those with a pull ratio of over 500lbs. They make them in small round disc shapes which are about \$3.00-6.00 for one. Those being "zapped" with RF to implant causing vibrations, tingling, electrical stings and jack hammer at the head will benefit from use. You will actually hear-hissing, popping in the areas the magnets are placed. You must use alot of pressure. One near my rib cage was pulsating so hard, when I used the magnet it popped loudly, and forced the magnet out of my hand. After that I have not had any more spine vibrations. The others are harder and suspect nasal is difficult to disengage, but I can alleviate and diffuse temporarily. They are all interconnected and focusing on the main which control the others is key.

They must be rare earth (Neodymium) and a good strength. There are cheaper alternatives, of lower magnetic quality but not enough to make a difference. Also, you must be aggressive and apply good pressure. You cannot just lay them on spots, or keep them on for 12, 24 48 hours as it is suggested in some literature. We are heavily implanted and they are hard at work activating them, so it will take some work, but it is possible. Careful with the magnetics of this type, they are strong and can really pinch/snap your fingers if you buy several - careful! I have found out my frontal sinus and forehead are definite hot spots, as are my ears (inner canal). I placed smaller disc magnets together (group of 4) and placed them in my ears like a plug, not all the way in, and it worked to block a lot of the signal reaching my ears, which causes a lot of the vibration sensations. My sinus implants are definitely the major devices as is the spot on top of my head and forehead. I feel it affecting the other areas so they are all interconnected.

If you are in a high WIFI area then the intensity is magnified. Here is the websites I have used to purchase these. It works. I have been able to disable only 2- one in the upper torso (controlled the spine tingling and one in the back part of my head). The other areas in my head, I havent had any luck yet, but I am trying. At the very least if you put it on your head and hold it in the spot most annoying it will definitely,

dampen the discomfort. At least I have stopped the annoying spine vibrations.

Where to buy

I have this one: <http://www.gaussboys.com/ndfeb-magnets/D7626.html> It is one of the strongest magnet, however, it is heavy and hard to hold, so I have purchased these which I use frequently and they are more reasonable in price, yet super strong. This one is expensive and the ones listed below are very effective.

<http://www.gaussboys.com/ndfeb-magnets/D2512.html> (ordered several and stuck them together) \$6.00 a piece. I would order about 4.

The higher the milligauss strength the better. What happens is that any RF signal reaching these implants is affected by the magnetic dampener. These magnets are super strong and can actually erase hard drives on computers, effect TV signals, etc. I actually erased my hard drive on my IPOD and now have to get a new one. So the principal applies to these implants made of polymer and non -ferrous metals and can actually disengage the signal componant permanently. Remember you cannot be passive. You must apply force/pressure. You can even hear the "popping, sizzling" which sounds like static interference, much like a chanel not tuned into a radio station sounds. It alarmed me at first, but then I realized these rare earth magnets, have healing properties, because they are blocking the offending signals.

Also, I have very strong shielding cloth, that a manufacturer cut for me. It helps to some degree to shield the area where I sleep (you cannot touch it with your skin and it does not have to be grounded). I can loan this out to [a] TI to help. I have also ordered this cap, which helps somewhat and is only \$29.95- <http://www.lessemf.com/catalog/67.pdf>. It has copper threading in it, and helps. Also, it is costly but these units help. The Bio shield- I have two, I used 3-4 on loan and they worked tremendously to help ease the vibrations and electrical feel, however, I had to return the two on loan. Most homes would require at least 2 if the area is bad, which the torturers do use the highest EMR fields.

Hope this helps some of the TI's. Thanks

NEUTRALIZE MICROCHIPS WITH MAGNETS!

Neutralize Chips!! If you think or know you are already implanted with a chip from a vaccination, flu shot, dentist, surgeon (knowingly or unknowingly through their pharmaceutical supplies) then you can cause them to malfunction within 2 days with a rare earth magnet you can buy for just .70 cents! I bought 10 of these magnets..the Lord showed me where to put them and use a band-aid to hold them in place. I put them as He led me to. I started on a Friday night, on Sunday I put the last 2 on because they didn't need as many hours to fry the chips as the other ones did, by Monday morning I was cleared and had neutralized all of the chips! New chips, several years old, only need about 12-24 hours to neutralize. The ones you probably got as a kid via vaccines can take 24-36 hours. So I started on a Friday night and took them off on Monday.

STRATEGIES FOR SHIELDING WITH MAGNETS

Physical Defense

I use an Exercise headband to hold a complete circle of magnetic strip placed against the skin. Be sure to cover your ears, eyebrows and nape of neck. You can add more magnets to this circle especially at center forehead, at ears, next to eyes at temples (if you have video's-in-the-mind) and at base at neck. I use this to sleep many nights, but not always. Somedays I wear it all day.

All magnets need to be north side placed against the skin. I use the 5 cent magnets from the hardware store that are the size of a nickel

To determine north side of magnet, use a hiking compass flat on the table, pass magnet face perpendicular to compass on table. If the compass needle does not move, then you know that this is the north side.

Earplugs

I use Sculpy, bakeable art clay as an earplug and place a magnet in the center for a nighttime earplug in the left ear only. I also make a thick worm shape of Sculpy clay and encircle my ear at night. It really helps with the tinnitus

You can get very small magnets to place in any type of gel earplug or Sculpy to wear discretely during the day.

Degauss (Instant Grounding)

Place the same nickel size magnets in a small Altoids tin that you can carry in your

pocket. Use the backside as the north side so you always know what is the side to use. It fits in your hand discretely. Pass the tin over the side of your face, down the side of your head, at your temples if you are getting disturbing visions or any where you are experiencing pain.

You can stop the mind manipulation completely by using the north side of magnets at your eyebrows and at the side of the eye. I wear a very high grade sleeping mask \$25 used by travelers that has a small pocket between the eyes. I slip a nickel sized magnet in the pocket. If I need more protection I place magnets at the sides of the eyes. This totally shuts it off. I suffered through two solid years of being forced to stay awake until I figured this out. Use the Altoids tin with magnets for day time use.

FROM (the late) BRUNO MARCHESANI

Magnets

Neodymium and other strong or large magnets available on the internet placed against the head or other parts of the body have been found to be effective. Some have found increased effectiveness when orienting the north side of the magnet (the side that attracts the north pointer of a compass) toward the body.

ELECTROMAGNETS

ElectroMagnets create electric fields that disrupt the DOD/NSA/CSS/FBI/CIA/Military Intelligence , Directed Energies, and Coils like in You House Fan which create an ElectroMagnetic Field Disrupts Probably Better as well as keep you COOL.

Shalom

FARADAY CAGES

The Faraday cage is old, well-proven, technology - first invented in the 1800's by Michael Faraday.

A good design that is properly grounded can block most, or even all of the microwaves. The government criminals know this and will try to find alternate ways to get at you.

I am working on a detailed design with pictures and a material list. This will be published and it will be free. We understand and appreciate the urgency. Please be assured we are working on it.

Please see my free ebook, "How to Block the Microwaves & Jam the Tracking Signal" (in the following section)

RLighthouse.com

In the meantime, up next are pictures and explanations of several Faraday Cage designs which may give some ideas as far as how to build one of their own.

Richard Lovelace's Faraday Cage





The picture below shows the grounding wire which is extended through a window. It is a vital addition for effectiveness:



The grounding wire is then anchored into the earth.



Richard built this Faraday Cage model in 2011. It has since been breached by the perps' directed energy weapons, however Richard is working on an upgraded one which he hopes will be available soon.

Keith Sones' Faraday Cage

From Keith: "My design is comprised of an opaque material with two coats of dielectric materials with attenuation coefficient. There are many minerals and different types of materials that can be used but I use cardboard, aluminum foil, & galvanized wire mesh then it is grounded to the wall plug. What this does is put a small amount of current, hertz level, in my panel which also provides jamming as well as shielding... if you put this by your head it turns off v2k."



My design should completely block frequencies from lasers & microwaves if completely encased inside of the Faraday cage. It works on the principal of a galvanized trash can Faraday cage where it forces the frequencies to lower and slow down, then the small amount of current in your ground should jam all other frequencies. Different dielectric materials offer more protection. I haven't made enough money to test other materials out yet, but I hope to in the future. I've focused on using the cheapest household items I could find.

I got the idea from the people that showed the bed Faraday cage and from the traditional trash can Faraday cage. Then I remembered from my past in HVAC work how a household ground still had a very small current and applied that to my design instead of an outside ground. This made it work without completely encasing myself in it as long as I was within about 2 ft of the panel.

I also showed on my video with a smog meter how it was forcing the frequency to lower. I haven't done the math on the size of the panel yet per ft in comparison to the amount of current but I can say both sizes I've built function about the same.

And there is a dissipation time limit that has never exceeded 30 minutes, then your technology shuts down or off depending on how severe your torture is. And how long you have been using the panels. But any true TI should notice a drastic difference in all frequency levels in 30 minutes or less!!!

And covering windows first is key because walls already have frequency blocking properties in them.



Neal Chevrier's Faraday Cages

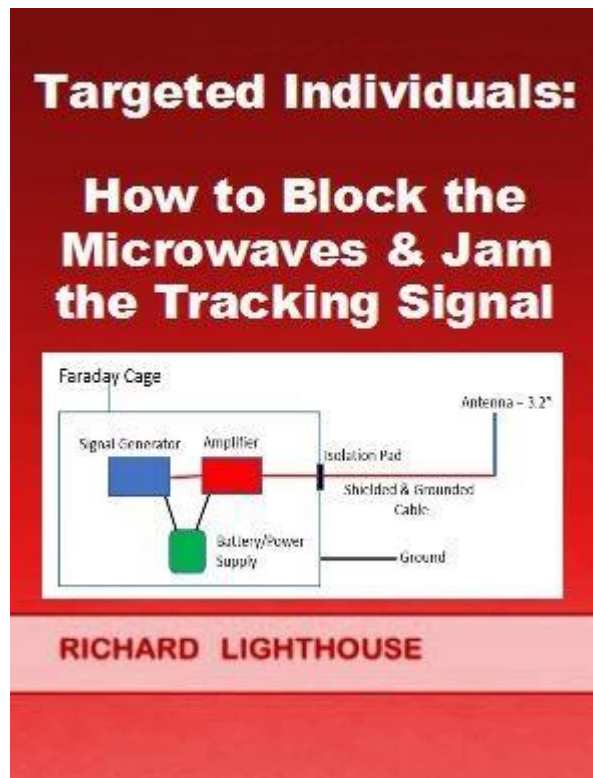
The following pictures are of Neal Chevrier's Faraday Cages. The first one here is an aluminum structure. Experimentation as to what materials are more effective is a benefit Neal shares with his roommate, Skizit.



Below is Neal's lingstat enclosure.



Targeted Individuals: How to Block the Microwaves & Jam the Tracking Signal



Richard Lighthouse

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About the Author:

Many of my books can be found for FREE at: Apple iBooks, Amazon.com, Lulu.com, Smashwords.com, BarnesandNoble, Google Play, kobo, and other websites.

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Targeted Individuals: How to Block the Microwaves & Jam the Tracking Signals

This ebook is dedicated to Ted Gunderson and GERALD Sosbee, FBI Agents. It takes real courage and conviction to stand against a crooked system.

“The CIA and FBI are behind most, if not all terrorism,” - Ted Gunderson, former FBI Chief.

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Abstract

This short ebook presents the techniques and technology for Targeted Individuals that will block most or all of the microwaves. The focused beam of microwave pulses come from three main sources: Satellites with Vircator weapons, Cell towers with magnetron weapons, and Drones with magnetron weapons. The satellites use precision tracking frequencies that operate at 3600 to 3750 MHz. They are able to locate the crown of your head within 0.5 centimeters, using reflected signals and precise atomic clocks that time the signal's round trip. In this ebook, I describe the basic system that will jam the tracking signal. If they cannot track you, then they cannot hurt you. The satellite harm signal using a Vircator, operates at 3920 to 3935 MHz. The tracking signal can follow you, inside of a house or building, by turning up the intensity of the signal, although it does have limits. If you are a recent TI, there are no chip implants that are used to track you. The tracking is done using satellites – see my ebook, “The Microwave Torture of Ed Snowden and Julian Assange,” where I provide diagrams that explain how the technology works.

To block the microwaves, the basic description of a Faraday Cage is provided. The suggested design is made for sleeping, when most of the attacks are done. The MRI's of the Cuban Diplomats showed that these attacks cause long-term brain damage through the deterioration of white matter in the brain. Some TI's have built a Faraday cage, and reported that the Air Force will use acoustic attacks (pressure waves) to try to dissuade you from using the Faraday cage. There are also some reports of scalar weapon technology being used, but this has not been confirmed or measured.

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TargetedJustice.com

Introduction

This ebook provides an introduction to the latest information that was available to this author. I cannot guarantee that the government criminals will not find a method to counter these tactics. However, the readers are encouraged to be creative with your solutions. The bottom line is this – history has shown that any technology can be defeated. It is only a matter of time, before these solutions will permanently defeat the Deep State. These solutions are not rocket science. I have tried to keep them simple initially, but most readers may want to dig

deeper, and I have provided websites and resources that will allow you to read further.

The cell towers have become the primary weapon that the Deep State uses against Targeted Individuals in the United States. Commercial grade magnetrons are mounted in the cell towers, usually in vented, metal enclosure boxes. These enclosures are visible in the cell tower. The magnetrons are air-cooled, so they cannot operate in a continuous mode. A typical magnetron will pulse about 1 or 2 times each second, and consumes about 20,000 volts at 100 amps with each pulse, at maximum intensity. The intensity can be adjusted to lower levels. They can also be set to operate in a “machine gun” mode at a low intensity with 5 to 10 pulses each second.

It is clear that the electrical usage for these illegal devices is staggering, and probably costs \$50,000 per year or more, for each Targeted Individual. What a massive waste of taxpayer resources! It is currently estimated that there are about 170,000 Targeted Individuals in the United States (5% of the Terror Watchlist). See my related ebook on Estimated Numbers. This does not include the family members, friends, and coworkers that are silently targeted and manipulated via satellite – which would count into the millions.

The good news is that TI's are so expensive, that the Deep State cannot afford to put the entire population under such a system. In fact, it will probably never exceed 1%. This means that the system must be used as a mere threat to keep whistleblowers silent, because they cannot afford to control everyone. There are also technical limitations, such as the number of tracking satellites that can be placed into geosynchronous orbit – where it is already overcrowded.

Block the Microwaves

The microwave frequencies can be blocked using a Faraday Cage. This is old technology that is well-proven and dates to the 1800's. It is named for the inventor, Michael Faraday.

There are many designs that Targeted Individuals have used. Some are on Youtube and other video websites. An aluminum screen design is one of the least expensive. Unfortunately, it is also easy to bring in a higher frequency magnetron, that will shoot right thru the mesh. High mesh aluminum or copper screens can be a good alternative, but they are also expensive. The best reason to use these is because you are concerned about breathing air, after several hours in the cage. A solid aluminum foil can be used, but it is necessary to drill many small holes (1/64” drill bit is suggested).

This document describes the least expensive alternative, that cannot be easily defeated by the government criminals. It consists of heavy duty aluminum foil, with many small holes for circulating air to prevent CO2 poisoning. The design is made for sleeping.

The materials cost about \$300 total.

Faraday Cage

A Faraday Cage that is properly designed and properly grounded, will block all microwaves and will block all V2K. It will also block all synthetic telepathy, Artificial Intelligence signals, and whatever other descriptions you have heard. It will also block the RF chip implants. The people that designed this technology for Schriever Air Force Base are not medical doctors. They are engineers. Medical doctors are a great resource for medical problems. Engineers are best suited to solve an engineering problem – that is who you need to talk to.

Your microwave oven is a good example of a Faraday Cage. The microwaves in this case, are kept inside the cage, rather than outside. In simple terms, a Faraday cage is a metal box or shell that conducts electricity and protects whatever is inside. There has been a huge disinformation campaign by the CIA to convince TI's that an effective cage cannot be built. Don't believe it. A Faraday Cage is simple science and has been around since the 1800's. If you build a Faraday cage, the Air Force will try to dissuade you from using it, by hitting the box with pressure or acoustic waves. These pulses will not harm you. They might be uncomfortable or annoying, but they cannot damage your brain like the microwaves. There have also been reports about the use of scalar weapons, but I do not have any credible information or measurements to confirm this.

The history of satellite weapons have been provided on TargetedJustice.com. All readers should familiarize themselves with this information. See the technology tabs. Please read the information that is available on the web site – you will find it very helpful.

The Faraday Cage was invented by Michael Faraday in the 1830's. A simple Faraday Cage is basically a box-type enclosure that will carry an electrical current on the surface and isolate the contents that are inside, from any harmful electrical effects.

https://en.wikipedia.org/wiki/Faraday_cage

We are providing some of the details, so you can make one yourself. This information will be updated as we get more experimental results. You can also find some examples on youtube and other video web sites.

You can make one at any size that you want. We recommend one that is sized for sleeping, since this is when the US Air Force personnel at Schriever Air Force Base will increase the targeting on your brain. Over a long period of time, the microwaves attack the white matter tissue in the brain, and cause it to deteriorate. We know this from the MRI's of the U.S. diplomats in Cuba complaining of "sonic attacks". A good Faraday cage will block all of these microwave attacks.

The wood frame can be built from 2 x 4's that are available at HomeDepot or Lowes.
The recommended size for one person is about 31" X 36" x 90"
The recommended size for 2 persons is about 31" X 48" X 90"

The 31" dimension is set by the maximum size that will go thru your doorway, if you build it in your garage.

The first choice of surface material is a high-mesh aluminum wire screen. This is NOT the

aluminum screen that is available at HomeDepot or Lowes - the mesh is not high enough. (Mesh is the number of wires per inch.) We recommend a 24 x 24 mesh, or higher.

Some TI's have reported building a Faraday Cage using ordinary aluminum screen from Home Depot. At first, it appears that the cage is working properly. Within a few months, the government criminals will install a higher frequency magnetron close by (usually on a cell tower), that will penetrate the aluminum mesh.

One TI has claimed total protection using solid copper panels. Some have reported that their enclosure shakes, although it blocks the microwaves. This is probably an acoustic attack, meaning that acoustic waves are being used that vibrate molecules in the air. This is different than directed microwaves. More suggestions at CitizensAHT.org

The second choice of materials is Extra Heavy Duty Aluminum Foil, such as Reynolds 632 and Reynolds 633 foil.

WARNING: YOU MUST DRILL SMALL HOLES IN THE FOIL AFTER IT IS INSTALLED, BECAUSE THE AIR INSIDE DOES NOT CIRCULATE, CAUSING CARBON DIOXIDE POISONING. DO NOT USE THE ENCLOSURE MORE THAN 30 MINUTES WITHOUT VENTILATION.

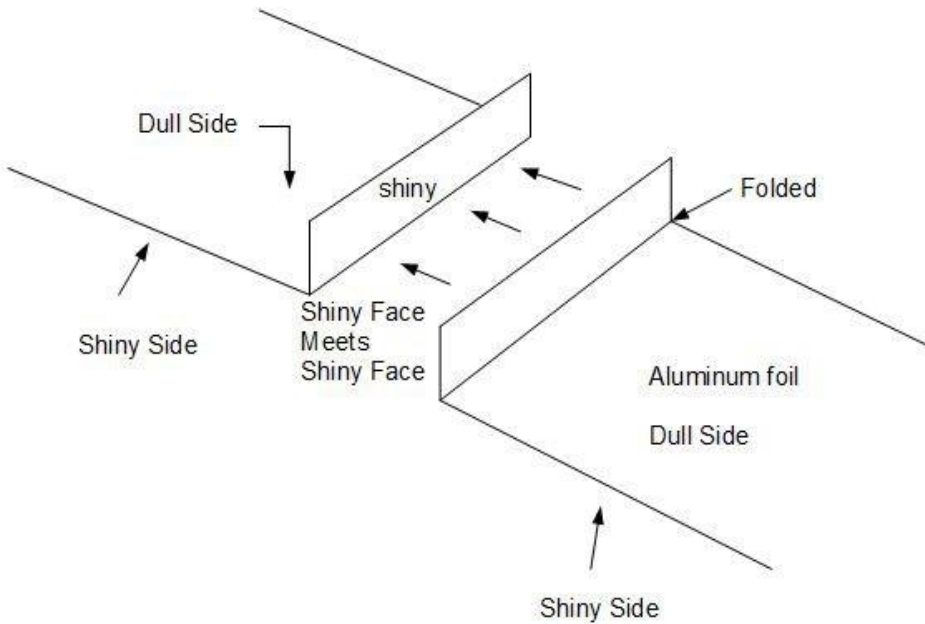
Carbon dioxide poisoning can occur within one hour inside the box dimensions which have been given for one person. It must be ventilated by drilling multiple holes with 1/64" inch drill bit. 100 holes on 2 sides of the box should suffice. The holes are deliberately small to block the higher frequencies, that the Air Force will try to use. Keep the holes in a small area - high on one side and low on the opposite side of the box for circulation.

The total cost of materials is about \$300. It can be built using ordinary aluminum foil from Walmart. However, this might be easily damaged. Extra Heavy Duty aluminum foil is available from many different websites. Reynolds 632 and Reynolds 633 are good examples of Extra Heavy Duty Foil. The aluminum foil easily carries the voltage from the microwaves at 1 to 10 millivolts. The frequency from the Vircator satellite weapon is about 3925 MHz. The magnetron frequency from cell towers is typically, either 2400 MHz or 2550 MHz.

Step 1. Build a wooden box frame out of 2 x 4's, at the size that you want. Measure your door to be sure it will fit inside.

Step 2. Cover the box with wire mesh or aluminum foil, overlapping the joints, and taping on each side. Be certain there are no gaps anywhere on the surface. Use shipping tape or very sticky tape and SEAL BOTH SIDES OF THE OVERLAPPING JOINTS. The glue on one side of aluminum foil tape is not conductive - it will not work. Alternately, you can use copper tape that is conductive on both sides. (Check it with a voltmeter) Any gaps will allow the microwaves to penetrate the box. The government criminals will attempt to penetrate the box by using a higher frequency of microwaves that can get into small cracks and larger holes. **IMPORTANT:** When using aluminum foil to piece together larger panels - be sure to use the bright-shiny face to make contact with another bright-shiny face. This will make for good electrical contact. One side of the foil has a non-stick coating - that is the dull side.

SCOTCH Shipping and Packaging Tape (clear) is available at Home Depot and Lowe's. This is a heavy duty product made by the 3M Corporation. 1.88" X 800" #34-8719-2667-0 or similar. ScotchBrand.com



HOW TO PIECE TOGETHER ALUMINUM FOIL

Figure 1. How to piece together aluminum foil. Make certain the shiny face mates with a shiny face. Lay the folded edges down flat and tape it down. Then flip it over and tape the joint flat.

Step 3. The door seal is one of the critical parts. The door must be designed so that it makes a near-perfect seal. There must be continuous contact where the door seals against the box frame. One method for the door seal, is to use a linear sponge material and wrap it in ordinary aluminum foil.

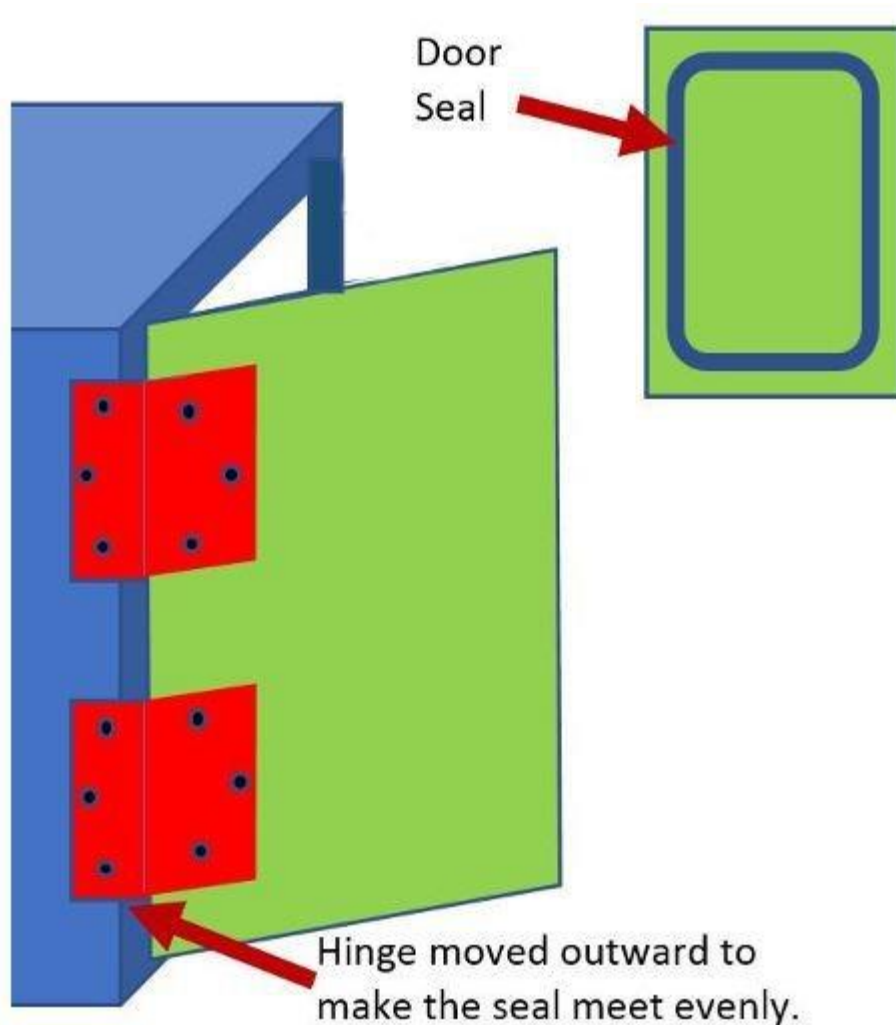


Figure 2. The door and door seal are critical parts. Look at your refrigerator, how the door seal meets the frame. You want the door seal to meet evenly around all sides.

Step 4. Grounding. Use a grounding wire that is #6 gage or better (smaller number means larger wire diameter) to connect to the wire mesh or foil. Home Depot may have a wire remnants section in the electrical aisle, where you can find this wire inexpensively.

Step 5. Ground Rod. Connect to a good grounding source. We recommend NOT using the grounding rod below your electrical box. The criminals can remotely put a signal through the smart meter to the ground, which may back-feed your Box. Your new grounding iron rod needs to be 3 to 4 feet into the ground, as a minimum. CAUTION: Get someone that understands electrical connections to help you. Alternative: Attach to the metal pipe of your gas meter, where it goes underground.

Use a wire brush to be certain the surface is clean and makes good contact between the wire clamp and the rod. Check it with a voltmeter. Clean the surface with a wire brush to be certain the clamp makes good contact with the gas pipe. Do not use the household wiring for a

ground. The government criminals can put a smart meter signal into it.

Step 6. Get someone to help you test it. Get inside and close the door. If it seals properly, you will immediately notice a reduction in microwaves. Install a small fan on the outside, near the 1/64" holes, to force more fresh air into the enclosure.

The government criminals will try to increase the intensity of microwaves to penetrate the enclosure, or use acoustic pulse waves. These pulses cannot damage your brain. The microwaves are what can damage your brain.

Step 7. Troubleshooting. If you are not getting a significant reduction, there is likely a gap or break somewhere on the surface. The door seal or the grounding clamps are the most likely source of the problem.

(It may be possible to take an old refrigerator and convert it into a Faraday cage. The rubber door seal would need to be changed to a metal seal, and air-holes or ventilation would be required. Smaller holes are best. I don't recommend this approach unless you really know what you are doing.)

Jam the Tracking Signals

The tracking signal from the current satellites in geosynchronous orbit, operate at 3600 MHz to 3750 MHz. The FCC frequency allocation table confirms that these signals are reserved for satellite to ground signals. (the govt criminals are also stealing a small amount a spectrum – does that surprise you?)

Websites that may be helpful:

minicircuits.com
digikey.com
windfreaktech.com
aaronia.com

A 1 watt amplifier may be all that is needed to jam the signal (and this is legal from the FCC). Use a signal generator with a sweep that is programmed between 3500 MHz and 4000 MHz. The satellite tracker will be attracted to the antenna, because it is a stronger signal than the one that is reflecting off your head.

The next move - the government criminals will try to filter the signal at the satellite to keep it locked on your head. You will need to turn up the watts, or move back and forth close to the antenna. This will make the system lock onto the antenna, rather than your head. Here are some estimates: At 1 watt, you can initially cover an area of a few thousand square feet. At 15 watts, several square miles. At 100 watts, a hundred square miles – which is enough to jam the signals around New York City with one system. These are just estimates. There are many factors which can effect the range – is it raining? The water and humidity will absorb

some of the signal. Are you located in an area with rolling hills or mountains – that will limit the range. If you can move the signal generator every few hours, that will keep the government criminals confused. There are other technical issues that can effect the range.

The government criminals are going to try to disable your signal generator. There are things you can do to minimize their counter-efforts. Put your system inside of a Faraday Cage. Only turn it on when it is inside the Faraday cage. If it is not protected, the government criminals may be able to disable it, within 15 minutes. Don't operate it unprotected. Keep a backup of the firmware and system files. Maybe several backups. Only turn it on, when you are ready to use it. Always reload the firmware when possible (this will discourage them from breaking into your house to manually hack the system.) Or take your equipment with you and keep it protected.

There are many other technical issues that are beyond the scope of this introduction. A good electrical engineer or electronics technician may be able to provide more hints for you.

The main point is this: The government criminals can be defeated. And that means everything to a Targeted Individual. There are some technical details that were not covered in this ebook, but it is a good start.

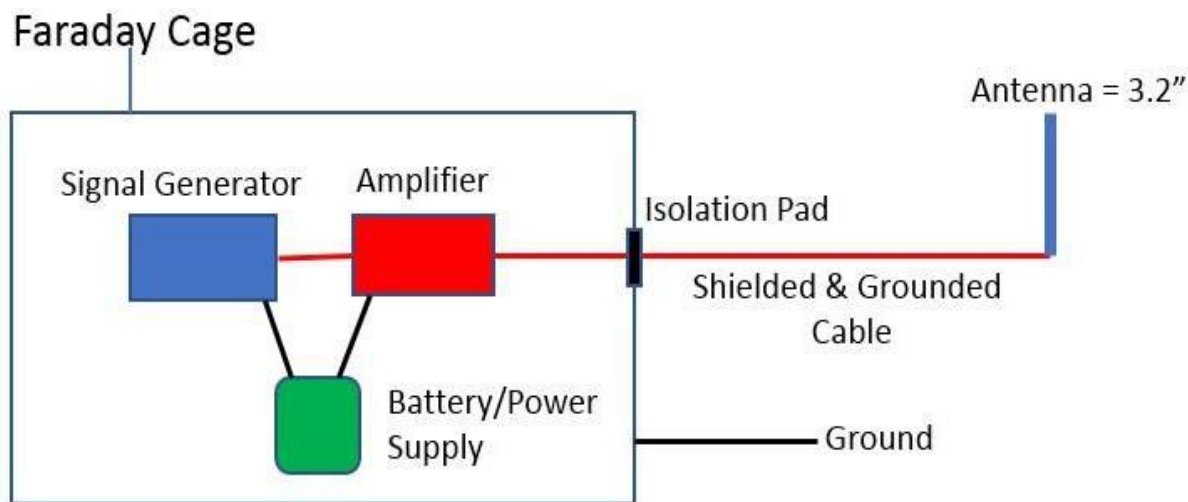


Figure 2. Basic configuration of a jamming system, operating in sweep mode between 3500 MHz to 4000 MHz, which will jam the tracking signal and the harm signal. Equipment can be found on minicircuits.com, digikey.com, windfreaktech.com, aaronia.com

This document is a living document. The author reserves the right to make corrections and changes.

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The government criminals may be blocking or hacking these contacts.

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APPENDIX

I am a proud government whistleblower – see my ebooks about the criminal acts of the CIA, NSA, and FBI. Readers are advised that the NSA may be blocking or restricting access to some of my ebooks, especially outside the United States. Readers are further advised that digital tracking tags may have been placed in my ebooks. It may be best to download from Apple iBooks, if possible. Note how slowly the jpg's load into the ebook when viewing, or

there may be transparent objects placed inside the document (This is the government criminal's latest ploy). The content of some ebooks may have been altered – still trying to monitor this. If you have tried to contact me, it is possible that emails and phone calls are being blocked (Owenc787 at gmail) 713.three.zero.six.8287.

Readers are advised to review the website drjudywood.com which provides compelling evidence about 9-11. <http://drjudywood.com/articles/DEW/StarWarsBeam4.html> Note Figure 63. Dr Wood spent many years researching this and filed suit against the US Government, along with Dr Morgan Reynolds. Jet fuel does not burn through concrete and steel. The cookie-cutter holes were made by a high-powered laser that rapidly ages material - and turned the concrete and steel into dust in seconds. Note Figure 38(a) here: <http://drjudywood.com/articles/DEW/StarWarsBeam3.html> ...Watch the steel beam turn into dust while standing vertically. This laser operates at a harmonic of the blinking frequency - which causes rapid aging. Readers are also advised to see the book and movie "Unacknowledged" by Dr Steven Greer, M.D. It is available for on Netflix, where it is the #1 documentary, and to watch the youtube videos by the Honorable Paul Hellyer, former Canadian Minister of Defense. He has a book titled, "The Money Mafia."

For more than 5 years, this author has been stalked, harassed, and threatened by US Government agents from the CIA, FBI, and NSA - because of the content of these ebooks. My home has been broken into, repeatedly. In May 2014, my girlfriend was drugged and kidnapped from LaGuardia airport. This is not a joke. My computer, phone, and alarm system have been hacked, including those of my friends and family. It is truly sad and pathetic, these agencies have become criminal organizations. If something happens to me (disappearance, false criminal charges, sudden accident, etc. - my readers can be certain that the FBI and CIA were involved. See my related ebooks identifying the murders of Gary Webb, Michael Hastings, Phil Schneider, William Colby, Dr Eugene Mallove, Stan Meyers, Seymour Cray, and others. In my opinion, the Council on Foreign Relations (CFR) is behind these criminal acts; David Rockefeller was the CEO and Chairman for many years.

For future reference, I would never deliberately do something, that would harm or hurt myself. This goes against my beliefs and against the teachings of Seth. This needs to be stated because the CIA and FBI have proven many times, they are willing to use "staged suicides" to silence whistleblowers. See the recent murder of Mikhail Lesin, founder of Russia Today (RT.com) in Washington DC – clearly a staged suicide. Phil Schneider went public with his information after 8 of his coworkers were murdered using staged suicides. And then he was murdered. See youtube.com

Figure 3. ISBN for the ebook.

ISBN Assignment Results for Targeted Individuals: How to Block the Microwaves & Jam the Tracking Signal

Congratulations!

You have assigned an ISBN to your book Targeted Individuals: How to Block the Microwaves & Jam the Tracking Signal.

ISBN: 9781370028504
Title: Targeted Individuals: How to Block the Microwaves & Jam the Tracking Signal
Author: Richard Lighthouse
Publisher: Smashwords, Inc.

Other Shielding Options

The following are some additional shielding ideas gleaned from the Shielding Manual Survey in the 'Comments' section.

- | | |
|---|--|
| <ul style="list-style-type: none">• Earthing or Grounding• Epsom salt baths• Ice packs• Wet towels• Mylar• Vitamins• Negative ion generator• Cooper compression shirts and gloves• MSM (organic sulfur)• Fish oil• High amounts of antioxidants daily• Healthy diet.• Xanax (prescription),• Multiple layers of newsprint• Cardboard wrapped in garbage bag type plastic• Ear plugs• Multiple extra bright flashlights• Ocean water• Suspend 2 to 3 ft off the ground in a hammock• Sleep outside in open field• Publish the damage record to a friend• Cleansing body from heavy metals;• Radiashield blankets• Nylon blankets• Damp cloth on top of my head• Deep breathing• Sequel• Shungite—Positron moving position• Survival blanket 2.0• Covering ears• Sound blockers• Prescription pain pills | <ul style="list-style-type: none">• Adderall to help with fatigue• Wave rider• Orgonite• EMF Protection -Tesla "10 in 1 Technology"• Electro magnetic coupling• Various herbal extract oils-Both ingesting and rubbing onto skin• Borax and boric acid• 3 methadone,3 Robaxin-500 mg a day, 3 Ativan 2 mg a day, Gabapentin 600 mg a day• Vinegar and baking soda bath• Aspirin and apple cider vinegar• Rubber products• Scalar machine• Cilantro, chlorella and ZeoLite• Vibrator• Bought the Tesla "Blue Shield"• A long sleeve turtleneck• Mittens/ Gloves• Wool clothing• Watching television with the volume down• Lead• Oscillating fans• Zanex• Lingstat and steel• Silverall material wrapped around the painful part of body• Turn off power /distancing EMF• Inner detox• Diatomaceous earth,anti-fungal:• Baking soda• Wooden frame bed• Faraday cage, metal cage |
|---|--|

- 1 hand with leather glove for shielding
- Neuroleptic
- Essential oils and lime sulfur dip
- Shaking my head
- Water for Laser beam attack
- Kolonapin
- Survival blanket 2.0
- Meditation
- Positive affirmations

- Anti-depression pills
- Various herbal extracts with coffee or whiskey
- A pair of anti-blue light glasses for blurred vision
- Leather
- Cold water bottles
- Rubbing down with oil onto body