

ROBERT DUNCAN

HOW TO TAME A

DEMON

A SHORT PRACTICAL GUIDE TO
ORGANIZED INTIMIDATION, STALKING, ELECTRONIC TORTURE, AND MIND CONTROL

How to Tame a Demon

**A Short Practical Guide to Organized Intimidation Stalking, Electronic Torture, and
Mind Control**

By Robert Duncan BA, MS, MBA, PhD

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Caution: The advice in this book is just that. Always consult a medical professional for treatment, check your local laws, and many suggestions may be dangerous. The author and publisher take no responsibility for damages that may result from outcomes by reading this book.

Dedication

To the heroes, those who care about humankind's future, freedom, due process, and brave enough to take on powerful corrupt institutions which lead to tyranny.

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Introduction

I'm sorry this short book has taken so long to write. What the reader should realize is that s/he is not alone. 10's of thousands of people are going through something similar around the world. This book hopes to give some practical advice and understanding of how different perspectives can cause confusion and frustration for the target and hopes to consolidate some solutions others have found. There are people that have been released from the programs but this is rare. It is more realistic to expect the intensity of the various attacks to be lessened and whereby personal physical and psychological coping mechanisms are found.

This book is basically a compilation of the most commonly asked questions a novice asks when brought into these horrific government programs of experimentation, manipulation, and silent assassination. The questions are answered as simply and succinctly as possible.

This book is not meant to produce false hope. It hopes to alleviate suffering. It offers suggestions from hundreds of TIs through anecdotal stories. It seems that what works for one person does not necessarily work for another. Large scale studies have not been done because of the lack of government grants in this area for the "fringe". As more and more people come forward, the fringe will become the norm.

"All truth passes through three phases.

First it is ridiculed. Secondly, it is violently opposed. Third, it is accepted as being self evident."

- Arthur Schopenhauer

Demons

The Catholic Church used exorcism to cast out demons who were possessing people. In modern times many labeled mentally ill can be described as demonically possessed. In today's world there is a group within the government that is using a transmitted technological demon that can induce symptoms of what would appear to be both demon possession and mental illness. This worldwide, remotely transmitted technological demon was originally unleashed upon humankind under the guise of "national security, but is now being used as an instrument of oppression, tyranny, totalitarianism, and world domination. This book hopes to help people learn how to tame that demon.

A person who is targeted by this technological demon or is subjected to any form of government harassment or terrorism is known as a "Targeted Individual (TI)". There are a vast number of Targeted individuals in today's society. That number grows larger everyday as these technologies advance and the conquest for world domination proliferates.

The experiences of targeted individuals have many commonalities. This short self help book hopes to bring these different experiences together and offer some solutions to alleviate further trauma and mental scarring through understanding and some practical advice.

We will take a journey from all the different perspectives of these experiences to help combine the jargon from many different fields. When one starts down this path of being victimized by this "demon", they ask themselves many questions and often come up with the common answers, but get tricked into going down the wrong path which will lead them to misguided theories and false conclusions often against their best interests.

Unfortunately by the time most people read this book they have made many mistakes and walked down a confusing undesirable path.

This book is written in a very different style than most. It is a book of the most commonly asked questions from people about the topic of government mind control projects. The questions are answered as briefly as possible so that the reader can grasp the fundamentals of what to expect during the experimentation, interrogation, and programming. But first let us take the time to read and understand the following terms for our mutual language in order to understand on how tame this demon.

Glossary of Terms

- **AI** – Short for “Artificial Intelligence”. These are computer programs that simulate human intelligence including speech recognition and natural language conversations.
- **Algorithm** – A step by step procedure.
- **Data mining** – The science of using algorithms to parse out information, alerts, and categorizations of extremely large databases.
- **DEW** – Directed Energy Weapons. The general classification of these weapons can include microwave, lasers, sound, and even building shaking. Any type of energy that can be directed at a biological or structural target.
- **Electronic warfare** – These involve weapons systems that interfere and can take control of electronics such as alarm systems, car locks, electronic garage doors, computers, etc.
- **EM** - Electromagnetics
- **Gas lighting** – Techniques used to produce paranoia in a person.
- **Information Warfare** – The use of electronic warfare, computer network operations, psychological operations and deception to influence, disrupt, corrupt, or usurp the decision making process of a group or individual. This is a general classification that involves perceptions of human beings and their belief systems. It can include cyber or cybernetic warfare.
- **Martha Mitchell Effect** – A psychological misdiagnosis of delusion in which the subject’s story being strange ends up being true.
- **Memetics** – is the study of ideas and concepts viewed like living organisms such as genetics. Ideas that breed in host minds, mutate, and evolve as they spread.
- **NLP** – The acronym stands for “Neural Linguistic Programming”. The techniques are used in advertising and positive hypnosis but the CIA uses it in their techniques to program others to kill which includes various drugs and mind control techniques or for reprogram a person from one loyalty to another.
- **Perp** – Short for perpetrator. Someone involved in nefarious activity.
- **Psychotronics** – This is old terminology meaning the effects of electromagnetic fields on the human mind.
- **Psyops** – Short for psychological operations. Passing information to a group or individual to influence their emotions, motives, reasoning, and ultimately their behavior. Such uses include propaganda. The purpose of psychological operations is to fool that group or individual into doing what the instigator wants them to do. It is even used against politicians to increase war budgets.

- **PTSD** – Post traumatic stress disorder. It often occurs after traumatic events and leave mental scars which are difficult to cure. It is purposefully induced for interrogations, brainwashing, and mind control.
- **SATAN** – An above top secret mind control weapon system used worldwide for eugenics of so called dissidents. It stands for “silent assassination through adaptive neural networks.”
- **Synthetic telepathy** – It is the most common terminology for direct brain to computer to brain communication artificially. The technology can transmit emotions, words, and sensory perception bidirectionally to the “hive mind”, usually 2-6 people in a hive.
- **TI** – “Targeted Individual”. This acronym is commonly used to mean when you are on a government “re-education” or silent assignation list.
- **Trolls** – These are agent provocateurs mostly on the internet whether government affiliated or not.
- **V2K** – This is another old but commonly used acronym to mean “voice to skull” often called “V2S” but this term doesn’t define the type of technology used for transmission of voices. There are 4 published technologies.

Government Mind Control Programs

Many of the discovered government mind control programs use trauma based conditioning. Here is a short list of revealed programs. Project Bluebird, initiated in 1949, was the first CIA behavior modification program. Bluebird morphed into Project Artichoke to create programmed assassins and split personality spies. Then the CIA added to the goals of the program into its most famous mind control program, MKultra, for espionage, counter-espionage, and clandestine manipulation of global politics. Thousands of pages were declassified on this program during the 70's Church hearings. These programs were followed by many others under new names and budgets such as MKdelta, MKsearch, Chatter, Spell Binder, MkNaomi, etc. The current programs are classified but MKultra continues in new forms and under new names and budgets. Another common program is a trauma induced form of mind control call Monarch programming. Project Stargate was a cover story of psychic spying however it used very advanced remote sensing and influencing technologies on human beings which has become global. The leaked newer programs follow Disney themes.

The Awakening

The first thing one notices is that there is something wrong with the world, society, the news, and people are acting unusual and unaware of a better world that could be created or should exist already. Freedom is an illusion.

When the pains and mental distortion occur, the target will suffer from disillusionment, loss of free will, and feelings of being watched with feedback of the monitoring 24/7. Depending on the program that the specific target has been placed in some will experience tinnitus, V2K, and organized stalking. The target will often notice campaigns of defamation and slander run against them.

The target will realize that news is propaganda and the rest of society is unaware, not fully awake, almost hypnotized or too self centered to think of others suffering. They see the lies of politicians and government as just another kind of crime industry.

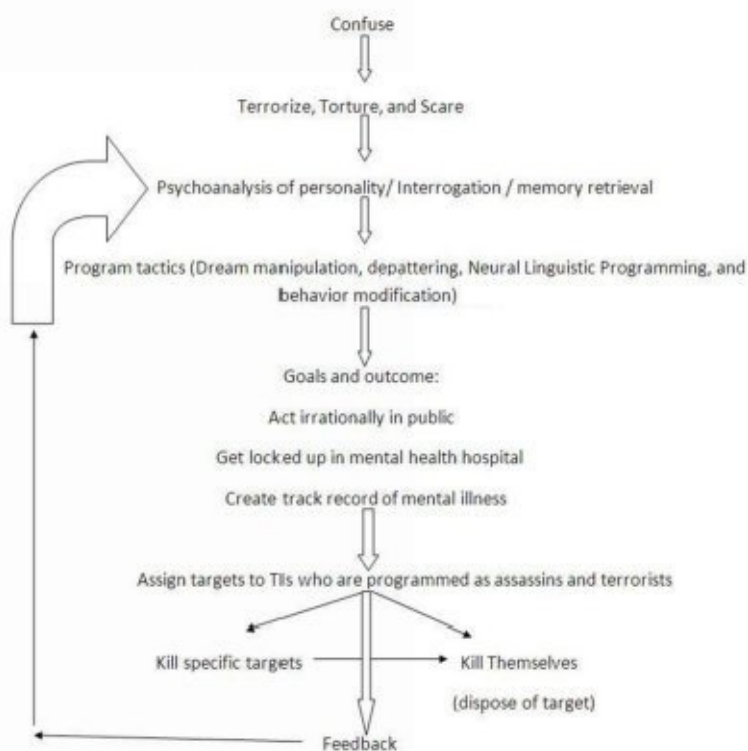
What is their game?

Every action a TI can do damns them. It is a checkmate before the target even realizes they are at war with an unknown enemy. It is not exactly fair, but neither is war or life in general.

There are many experiments and reasons for doing these horrific long term crimes against humanity in order to sample points of culture, languages, and countries, but let's look at some of the most brutal programming and silent assassination methods the US government is doing to create false flag fear in the general public.

Here is simple flow chart of how to create a suicide or a programmed assassin.

The Basic Programming Used for False Flag Terrorism



For more details on the programs of mind control, read the book **“Project: Soul Catcher Volume 2. Secrets of Cyber and Cybernetic Warfare Revealed”**.

Assumption of Life Goals

We, society, generally agree on certain life goals: excel in a job, seek happiness, and longevity.

The mind control aggressors understand these general metrics of success for which one strives, and use this knowledge in their mission to destroy someone, break down their will to resistance, and ultimately to control or dispose of them. These tactics and techniques are to make the target irrelevant in the participation of the worldwide collective consciousness that is fundamental in creating a viable future. These life goals are what the TI is trying to keep or restore in their struggle against the secret forces of destruction.

Goals of a Targeted Individual

Once the target realizes that they are in the program, they have immediate goals in response to their pain and terrorism. The first is to make people believe them. This is a difficult task to prove to people what they are experiencing. Next they want to stop the targeting and get relief and their lives back. They seek answers and ask, “why me?”, “who is behind it?”, and “how it is done?”. In the beginning they seek the simplest answers, but after a few years and more investigation they realize it is much, much bigger than they first realized and the politics and technology is far more complex and sophisticated than they first thought.

The Controllers’ End Game

What are they up to? The answer is kind of disappointing. Everyone thinks their lives are the most important but that isn’t true to the war machine. TIs are just a data point amongst 10s of thousands. The short answer is data collection of mind control, practice, improve the victory of all possible outcomes, plausible deniable assassinations, false flag terrorism, and to incite wars. There is more than one purpose for the torture and mind control experiments and operations.

Traps to Avoid

The most difficult problem for the average person is to avoid the traps and obvious moves one makes when first indoctrinated into the program. Unfortunately this war game has 60 years of study of how the target will react and what counter moves and counter intelligence can be done to the target. It is a game of “**Damned if you do and damned if you don’t**”. This book hopes to demonstrate the trade-offs of decisions the target needs to make and to help the TI understand the potential consequences of those decisions.

Here is a quick list and common traps a TI often falls for:

- Avoid the addiction of drama and gossip on internet support groups. Website information is good but TIs rarely get along or can organize themselves in numbers great enough to get main stream media attention.
- Do not live with other TIs except under rare conditions. The stresses caused by everything and the induced paranoia and destabilization of emotions always ends in dysfunction and accusations in the group. Encourage new friendships by not talking about your situation too much, but also avoid isolation.
- Don’t lose your finances by moving or spending too much on technical research for passive or active shielding unless you are an expert.
- Typical Faraday cages do not work like those built with chicken wire. Other types have had some success with some TIs.
- Stress relievers are very important such as hypnosis, sleeping with music, positive affirmations. Surround yourself while emotionally sensitive with positive people. Some TIs can be a positive influence but other will turn on you. Don’t assume because you have a common goal that people can act respectfully. TIs with more emotional development will be a better support group. Choose wisely.
- Be honest with Shrink. Why? Use only private shrink and not public ones. Even though the government under the un-American Patriot Act can grab your records, at least some government agencies can’t. Later in this book you will understand your choices. Read on.
- Do not believe the lies of the handlers of who they are and what they will do in the negotiation phase to release you from the program.
- Use sanity checks. 24 hour loop security cameras and audio meters in cars and home. Video of compasses of magnetic field readings and volt meter readings on body. Video of oscilloscope readings on body and spectrum analyzers.
- Never commit an act of violence against yourself or others unless you are in a revolution or at war.
- There is no way as of yet to show that your private thoughts are communicated by other people unless you can recruit some of the world’s best scientists and have millions of dollars to spend. While this is very disturbing, proof cannot be gathered in this way for the typical TI. It

is a personal experience that only those in the program will experience and know to be true.

TIs think their experiences are personal and find the “reason” why they are targeted and who “they” are. You, the TI, needs to understand that this is part of the game they play with you.

Frequently Asked Questions:

The following questions are typically asked from TIs. The answers to many of these questions are still unclear, but for a quick understanding of the options a TI has, and to understand the consequences of their decisions, this format and summary answers provide a concise foundation for new people brought into the program.

What is a “TI” (Targeted Individual)?

A “TI” is an abbreviation for targeted individual. A TI will experience defamation of character in their community, harassment, electronic torture, directed energy attacks, break-ins, organized stalking, gas lighting, or a combination of the previous.

There are many reasons a government targets a particular person. If you have ever worked for the government with a security clearance, you will periodically get spied upon and tested to see if you will speak about secrets that you know or if you are still aligned with that country’s values. You will be set up, discredited, or killed if the answer is not what they want. The US is the epicenter of the thrust for world domination and absolute control (2013).

Many other people are just mind control test victims who provide practice for the armature spies and data points for these newer technologies to control society, economics, and world politics.

Why me? Did I do something wrong?

This is usually the first question asked by a target for these high tech projects. There are many answers. In the 1960’s, the gifted children who were intelligent and creative were brought into the programs. These qualities are probably still used but in any covert program the patterns must be hidden from the general public and independent researchers. Counter intelligence must be considered to hide the development and use from U.S. enemies and the progress made in mind control for enhancement or deprecation of the targets.

There seems to be certain sectors and classifications that are outliers in the data that we have collected on the population of targeted individuals. People, who have a drug abuse history, live alone in an apartment complex, whistle blowers, enemies of the state like peace protesters and so called dissidents become statistical outliers in the study. The government agencies try to make it as diverse as possible throughout the social strata for data collection.

New TIs get the “*shame game*” and think back to who might have the power to put them on a torture and slow kill list. It is a distraction of the truth. Do serial killers have a pattern? The US government is like a serial killer in terms of collecting data on every walk of life to understand the kill capabilities and disablement of individuals when they use these programs in war and peace time. The “shame game” is used to extract secrets and black mail on the target. The world is always at war. The databases are huge like the human genome project or the human mind project but this is important for the next generation of cognitive warfare.

Some researcher say the intelligence agencies involved in mind control are only looking for unusual minds for their cognitive databases and how to re-educate the target for conformity of thought and

as a way to hide their experimentation on the fragile elements of society, those that are awake.

Practical advice: One of the primary tactics of these mind control programs is to lead the TI down a false path of blame of themselves, a particular group or person leading them to believe that that group or person is behind their misery and harassment. Don't jump to conclusion right away. Remember voices can be transformed and mimicked and thereby false correlations created.

How long will I be in this program?

Usually the programs are for life but the torture phase of the program generally lasts a few years. It is different for every TI. Some, a very few, get released from the program other than through death, but their lives are in shambles of course. There is no known way to buy your way out of the program once in it.

For those that have escaped the program, it is because they figured out all the psychological mechanisms of mind control and their handlers gave up on them. Knowledge of thyself and the human condition is power.

Practical advice for survival of these programs is to stay grounded, be logical, analytical, educate yourself, and use the scientific method.

How many people have had these experiences?

This is a difficult question. People who have come forward can only be tracked by internet groups. Those that are too disabled due to the experimentation are not counted. The estimates are based on several sample points. It is at a minimum of 10,000 people and at the maximum every human is affected in small and large ways. The count is based on not the small influences over populations but those that are direct torture victims of the mind control technologies. These experiments or control of the minds of the masses using direct electromagnetic stimulation over the population started as early as 1965. More and more are indoctrinated depending on war and black budgets. Many TIs become too scrambled to understand what is happening to them and hence can't be counted.

What is their agenda?

For the TI, there are many purposes for their handlers and scientific data of behavioral responses. The ultimate goal has been the same since the dawn of human tribes: conquest, control the population, and ultimately world domination.

They are using a swath of cultures and language to perfect the ultimate mind control weapon/technology on the population. The handlers are practicing the various techniques to control their subjects and the scientists use the data to evaluate the effectiveness of those technologies and techniques. There are of course multiple purposes. Creating programmed assassins in order to induce fear into the rest of the masses so that they will give up gun rights and allow the government to monitor all communication for fear of "terrorist". This is a new technology but a very old false flag strategy to manipulate the average people. Remember 95% of government employees are morally good and have no idea how they are just cogs and pawns in this complex game. I don't know if being purposefully ignorant gets them into heaven but don't assume they are consciously aware of the bigger picture anymore than an

SS soldier killing Jews and just following orders.

TI's make the mistake that the police or FBI, federal police, would know about these technologies and strategies. Please don't fall for level 1 and contact them. This only creates the track record that many others have fallen for, discrediting the TI, and then allows further programming in case they are successful Manchurian candidates for the 4 major "news" channels. It is far more unlikely that they will release you from the program after such events of discrediting. There have been several FBI and police officers who have been put into the program. Even with their clout, they could not get help.

Seeking Help or Assistance Questions:

Why won't my family and friends believe me?

Articulation of a complex topic is important. Credibility is based on accuracy of grammar and spelling even if you are a scientist. It is difficult for the TI to eloquently explain their experience given how they will disrupt the mind and capabilities of thought. On top of that, people in society have been conditioned to believe that people who make such claims are crazy. "Crazy" is just a discrediting word as well as the words "Conspiracy Theorist". This was intentional to hide these secret activities from 98% of the public. The Pentagon released a paper that said they could falsely imprison up to 1.6% of a population without a successful revolution due to the rest of the public having sympathy for the cause. The US imprisons more than any other country per capita at roughly 1.3%. There are about 1.6% of potential people that could be put into secret mind prisons. There are many ways to propagandize and deceive those that haven't experienced the true nature of their handlers. Yes, we are all human animals according to CIA documents. They are correct.

Yes it is frustrating that something so obvious to you, a TI, others cannot perceive. Try to imagine explaining color to a completely color blind person? You can't do it, if they don't have the neural wiring for color perception. Try to get sympathy from a person who has never experienced long duration torture. Or similarly, try to explain calculus to someone with only a basic arithmetic education. It takes many years of study and research. Most don't have the patience to understand the complexity.

Don't get angry at them. They are unaware and happy with that. They have been conditioned to believe such technologies do not exist. Try to slowly encourage them to read articles and books on the topic.

It is so blatant and obvious why doesn't society stop it?

Until you have been tortured, you can't possibly understand what it is like. Unless you have been raped, you can't imagine what it is like. It is impossible to empathize and understand fully what people have gone through and walk a mile in their shoes. The best that a friend or family member can do is sympathize with the target of US mind control experiment subjects and all the torture and psycho-terrorism that it entails.

Most people are too busy providing for their families and themselves to care or realize that this is happening to people all around the world. They are distracted by relaxing and useless information on TV. All large truths are slowly understood by the masses.

Remember before this happened to you, what did you believe and how would you view someone who told you about what is happening to you?

In about 20 to 50 years, society will believe it was being done like the slaughter of Indians for their land. But they will believe they are a moral and good society then. It took hundreds of years to make most of humankind believe the Earth isn't flat.

Will it ever end?

There are very few TIs that have had it end completely. With the negativity of the synthetic telepathy the best that a current TI can expect is to find some relief. “The game” is for the human animal to understand the technology completely and therefore it has little effect on their psychology. A plaque outside of the CIA’s Langley building states, “Ye shall know the truth and the truth shall set you free.” More you understand about the psychological war games that are being played with you, the target, less affect it has.

There is dampening shielding which works a little bit but there are more advanced methods that can give relief that require active electronic jamming. The FCC will have a field day when we release these technologies and they have to start arresting people who are seeking relief from government radar torture. Others have been released from the torture and brainwashing programs due to developing advanced techniques and collecting evidence that may be acceptable in court. Generally the blogs and forums will never hear from these people once they are released from the mind control programs and begin to rebuild their lives. It is human nature to repress such horrific memories.

Don’t believe that this world domination strategy and control over the entire world’s population will stop due to some congressional investigation. It didn’t stop after the Church hearings. Presidents and congress are not in control. The agencies are quite willing to lie to the American people how far this has gone and how many egregious mistakes they have made to justify their budgets. No one can do an independent cost benefit analysis without being labeled a whistle blower and traitor.

Should I get life insurance?

This is a difficult question for many TIs. On the one hand they feel that they are going to be killed quickly and want to leave something for their families, but many TIs get paranoid that the people doing this to them took out life insurance policies on them and that is why they are slowly killing them. This is very improbable since only government has access to mind control technologies on the most part. This is usually just another stress and typical paranoia induction into the target. The brain searches for reasons why these government sponsored serial killers and torturers are doing it to them. The reasons are much more complex than the average person can understand and people have trouble with being part of a random sample of such horrendous manipulation.

Other TIs have taken out million dollar life insurance policies on themselves to donate to a TI foundation for research in shielding and political activism. It provides a sense of justice and changing the world even after one’s death.

Why don’t people believe me?

This is the most frequent complaint of new TIs especially those with V2K. What is so obvious to the target cannot even be fathomed by those who have not been put through the programs. It is like trying to explain the rainbow to a completely colorblind person. It is not possible. They are not wired for those perceptions, plus they are scared that maybe they will be indoctrinated and tortured too if they do believe. It is like asking someone to believe in a different God or country. People will not give up their world view, the beliefs and sample points of their life experiences that shape their reality.

Additionally, the average person does not have the desire to learn physics, understand the diabolical underside of something they want to have pride in, nor the time in their busy lives to do it. Many people just give up and say the common man can’t change anything. It is just easier for the average

person to say the TI is crazy, then the TI out of frustration says those that do not believe or research are ignorant or dumb. Name calling doesn't achieve anything. Most people strive for mediocrity and have the need to be herded thereby flocking to the common sports team, political party, or popular belief such as fads. Unfortunately the CIA has been very good at promoting "Conspiracy Theorists" as crazy so the theorists' testimony is not pondered by the general public.

Practical advice is to show people documents but don't flood them with information. Don't get frustrated with the person that does not believe you. What is your goal to get them to believe? Do you want sympathy or someone to listen to you? That is what psychologist get paid for. There is nothing your friends and family can do for you and the stranger simply won't care and distance themselves from you.

Is there a way off this EH torture and organized stalking list?

Not unless you are a famous politician, but you would not have been put on the mind control and behavior modification list while you served the public most likely. This is not to say that politicians are not subconsciously mind controlled by neural remote monitoring and influence. It just means that they are not made aware of it. Clearly this technology can be used to determine who gets elected in a so called democracy.

Be careful, several TIs have fallen for a trick. They are told through synthetic telepathy that if they put \$10,000 or more at some location like a garbage can they will be released. This is part of the program to deplete a target's finances. One cannot buy their way out of these government behavior modification, torture, and kill programs.

Should I trust doctors?

Just like in any profession there are good ones and bad ones. Use doctors recommended by friends. Be realistic what they can and will do for you. Private doctors are preferred over state affiliated ones like the VA. You really have no choice but to try some of the solutions that modern medicine offers. This advice has been given throughout this book. Even chemicals can alter the effectiveness of EM technology. It is TIs fears that tell them that the doctor will implant them again or give them deadly drugs. This is rarely the case and it doesn't hurt to try new things. Also, not all pains and problems are due to the SATAN weapon system. Don't give the mind hackers more power than they actually have.

Don't blame everything on technology. Don't give the program more power than they have. It is a common belief that technological induced symptoms cannot be helped with medicine. The body is an **electromagnetic chemical** reaction. Yes, chemicals like drugs can help the body and be used as countermeasures to electromagnetically induced problems. Drugs can be used to affect the body's electrical-chemical processes.

One TI went to see two psychologists and four psychiatrists and told them the same story and brought some literature on the topic. One of the psychologist and one psychiatrist believed the story. One psychologist diagnosed the TI as schizoaffective, One psychiatrist diagnosed the TI as bipolar. Another psychiatrist diagnosed the TI as a mix-state and yet another diagnosed the TI as schizophrenic. Obviously, depending on what the TI is looking for as a diagnosis, it depends on the doctor. If it is for a court case, the TI should shop around to prove their sanity. If they are looking to be classified as disabled they will want another diagnosis. When doctors misdiagnose a patient it is call "The Marsha Mitchell Effect". No matter how outrageous their story, it ends up being true.

Should I go to the police or FBI?

You may be locked up for 72 hours if you tell your story. The police usually give a psychological evaluation for such claims. Don't fall for it. They don't have the authority to stop it nor the technical and psychological warfare education to understand it. In this chess game "who are the kings and queens?" you should be asking. No local or state judge can stop this level of covert warfare on the world's population. Be realistic. There are people who operate above laws and have a "license" to kill.

Why does valium and xanax help to defeat some of the effects?

It is advisable to keep valium on hand for a heavy attack. There are a couple of reasons for this. First of all most of the tactics involve increasing stress levels to panic mode. It is a runaway process. This can break the intended cycle. The Russians hypothesized that a person could be scared to death by a runaway panic mode stressing the heart and arteries blood pressure increasing the risk of stroke using psychotronic weaponry. Also, one doctor who studied the brain and hypothesized about psychotronics said that the brain has neurons that act like the clocking mechanism in a computer. Valium changes that clocking mechanism and thereby might break the auto-correlations of the impinging external signal of influence on the brain and temporarily disengage the brain maps.

I went to a doctor. Should I take the medications?

This is a personal decision. Medications have side effects. But if the target is truly tortured and other shielding hasn't helped to reduce the tortuous effects, it is rational to try something new. Remember medications usually take a few weeks before an effect will be felt. Many TIs are worried about turning into a zombie or the doctor purposefully poisoning them. My advice is to try everything including chemical defenses along with the other types of shielding and jamming techniques. Nothing will work a 100% but you can lessen the effects with trade-offs. It is always a game of "Damned if you do and damned if you don't."

Should I believe what they, "The voices", tell me?

Almost never! "The Devil always lies", is a good motto. These are part of the mind control experiments. Make the target believe almost anything is the goal. Unless you have been subjected to these brainwashing and programming technologies it is difficult to understand how powerful they are. In 60+ years of development, the technologies and tactics have nearly been perfected, but you won't hear about it in the mass media. Every country controls their mass media to program the simple people. Humans create their reality by the sample points of information that they are given.

There is a problem in logic with always lying and the programmers are figuring it out. If they always lie, then you deduce information with the negative logic. They can't do random, because the target can figure out when they are lying or telling the truth using some emotional feedback loops. Obviously they can't always tell the truth because then their game will more quickly be learned by society and the target. This is a kind of poker game. You must figure out when the opponent is lying. The practical advice is to just throw out all the information if the V2K TI can.

They gain the trust of the TI by initially using feedback on what the TI is doing at the moment. Once the trust is gained the deception begins.

Should I tell my family and friends what is happening to me?

This is a difficult situation to avoid. It is such a life changing experience that you, the target, have difficulty believing that the people closest to you can't believe you and 10's of thousands of others' testimony. There is a trade off by doing this. Your family will first believe that a mental illness has taken hold. A certain percentage will be believed, but at a cost. Their family will worry and empathize with the target's suffering. They will not be able to do anything about it. Sympathy feels good for the target but it is not productive for their social networks.

Do you want your mother to cry over your suffering? Do you want many of your friends to decide you're crazy or scare them that they will be next if they talk to you? Most friends will run and distance themselves from the target. The target will believe that it is a slander campaign being done but it is what they said to their friends that causes the reactions. These are the decisions that you must make. Damned if you do and damned if you don't.

Are there support groups for what I'm going through?

I don't recommend many support groups because TIs get sucked into the addiction of drama on the hundreds of internet groups. There are a few useful ones but I won't recommend them. Many of the others get the victims addicted to lies and drama like a soap opera that they can never escape. Negativity becomes an addiction for some people. Misery loves company. It is not good for psychological health. Surround yourself with positive people and mostly non-TIs if you want to feel better about the world. It is costly to undo the damage of many trolls surfing the internet. The anger and bipolarism that is induced into many TIs create strife of hatred and anger on the general public and to their family, friends, and strangers trying to help them. They know not what they do. They shoot themselves in the foot and expect people to care. It is a very unfortunate situation. They can never take back the damage they do for the movement, and this planning is of course intentional from those who understand the average emotional reactions. Emotional control is of extreme importance to make the enemy act irrational and make bad decisions. You are the enemy to the powers that be.

However there is some relief in not feeling alone and some good resources are out there to help the target understand the programming. Be selective in who you friend on Facebook or which support groups you join.

What are "Trolls"?

Trolls deserve a mention. Trolls is a term for a psychological illness where people on the internet infiltrate celebrity groups or any cause and enjoy pretending they are one of the group then creating strife through rumor or spoofing other people's identities. This is an outlet for sociopaths and anarchists. Trolls are experts at getting under your skin and use fake identities because of their cowardly acts that would classify as libel, stalking, and harassment. There is another group of paranoids that hang in the internet support groups that don't have any strategy to fix their situation and think everyone is a troll, agent, or "perp". They accidentally do the dirty works of these classifications of people. This book is

most relevant to new “TIs”. They have a multivariable, large chess game to play, psychological war games. Not everyone understands “game theory” and just react to each confrontation that they encounter. Only those that see the future and many moves ahead of time can be useful to change the future if they know to change the rules of the game and get out of their “Skinner Box”.

The only practical advice, like much of the advice in this book, is to ignore them. If you are on Facebook, you can report them but they will just create new accounts. Most troll accounts have very little history and few friends are some clues to avoid *friending* them.

The support groups you can do nothing about and hope the moderator can remove them but sometimes the moderator falls into the antagonist role. Drama is an addiction for some people. Look at how popular soap opera’s are. With all the signals and pain induced into a target, it is difficult for them not to become bi-polar and experience extreme emotions and become overly sensitive to attacks on their character.

We will discuss strategy in more detail later. Strategy is the art of seeing all possibilities given your opponent’s rational countermoves as many levels as the war game master. The most important skill to learn is strategy usually learned in a business school, military, or the simple game of chess. Psychological warfare games are no different. Know they know the possible moves you will make and how to silence your voice. Most TI “protectors” are not very responsible and are waiting for a confession 50 years later which is useless to alleviate any suffering now but will occupy your emotions and time. Learn from their failures. We hope we can speed it up so that it wasn’t a strategy of observing but one of fast forwarding the outcome to alleviate the pain of those suffering.

Remember that most TIs mean well, but they don’t understand the strategy. Longer they have been a victim/target shows that they never broke through that level of the game. Don’t assume in this case that time equals wisdom. Always look for newer researchers who are smart and have creative ideas.

Is there any hope?

There is power in numbers and with those voices the whole might be eventually heard but there is a lot of work to be done to unify TIs’ understanding of both the technologies and strategies to communicate to the public. Congress seems impotent to investigate at the moment. More people they put into the program, the more research that will be done for shielding and the more the general public will hear about it. Media is becoming more open to the idea of ELF and microwave weapons being tested and used for example.

Shielding and Blocking Signal Questions:

Pain signals are the most difficult to block besides the V2K. Most new TIs do not understand how complex and big these programs are and blame the experience on their neighbors and crime organizations. Who has the power to investigate and stop it and why is it worldwide? Who has this kind of budget and who wants control over the population? Decide for yourself.

Is there shielding?

This is the million dollar question. Defenses can be classified into these groups: passive shielding, active adaptive jamming, chemical, and mental.

Passive shielding is the first approach everyone tries. This is where the “Tin foil hat” was introduced as an early and naïve form of shielding. Unfortunately I have never seen any solid studies done to say that it works. A simple double blind study has never been done properly. In fact other scientific research shows that it may amplify the return signal to the receiver and turn your body into an antenna. Some TIs use space blankets/Mylar to try and deflect RADAR energy. Some charge their Mylar sheets to high voltage static electricity levels and find some dampening effects of symptoms. Many have built faraday sleeping cages with specific designs that claim they help them. Some TIs have used refrigerators for shielding with claimed success during heavy assaults. Obviously be aware of your oxygen levels. If you fall asleep in a refrigerator you will die.

I would recommend using the materials that the government uses on the stealth bomber to reduce any RADAR signature and bio-effects on the body and nervous system. Use sharp angles with a deflective material and other materials that absorb like Teflon, ceramic, and doped rubber. You will have to research this yourself; the others might still be classified. Full spectrum Radar is used which means that there is not just a narrow single signal frequency that needs to be dampened. Nothing is a 100%. Mu-metal which dampens magnetic fields have had some success with TIs. One TI even built a super-conductive coffin shielding device cooled by liquid nitrogen. It worked perfectly. Don't try that yourself. It is very dangerous. Some TIs use magnets rotating on their bodies. Again no good scientific studies have been done mostly because it is too expensive to get enough TIs in the same place at the same time to conduct the study and rule out the placebo effect.

The unfortunate quality about passive shielding is that it isn't practical and doesn't do the full job. The FCC(federal communication commission) may not like this recommendation but people's lives are at stake. Electronic warfare is where it is at. The techniques to jam the spectrum is complicated and beyond the scope of this book. It is not just jamming because that can be overpowered; it is adaptive jamming using semi-chaotic patterns. This means that there are particular frequencies that will lock onto a target and their environment; you need to create ghost signals that the government systems try to track. These change, and thus the false signals must change. Your jammer/ghoster needs to be very sophisticated and be reading the signal spectrum in real time. There are several algorithms that can work. Project: Soul Catcher vol 1 goes into more of the scientific details.

Most TIs do not have the skill or money to build such a device and program the computer. There are cheaper tricks that can sort of do it. Chaotic random high powered magnetic pulsers or the opposite, random high voltage static electric fluctuating sheets. There are several technologies being used such as NMR (nuclear magnetic resonance) and ESR (electron spin resonance) for example. Can you create a

reverse MR Imager and ES resonator? I.e. add energy into the system as well as monitor the subject's signature return response.

Other methods with active jammers are to halt the correlation of the brain signals from those being inserted. There is a problem with that though. It adds noise into the neural networks of the brain which has side effects on the target. Power levels are very important. There appears to be a window. General pink noise does not work for long. Some published psychological papers theorize that there are beneficial effects to adding noise to the brain such as creativity.

There are many pieces to how the mind control technology works. The idea is to disrupt as many of them as you can and you might get some relief. It takes a while to reconfigure an autonomous mind to the network. There are many factors. One is neural chemical sensitivity. It has been hypothesized that a sensitizer is used on TIs, a chemical agent that bonds permanently to the nerve cells of a TI. Most TIs are distrustful of doctors and the pharmaceutical industry in general. This is where the TI needs to make a decision. If a pill once a day might stop the torture, should they try it? The TI does not want to be diagnosed with a mental disorder. There is the taboo of such a diagnosis but if the TI uses a private doctor it will not be known. Also the TI has the concern that if they are diagnosed that they will be discredited and if the brain washing and mind control program continues, they may be tortured worse. Damned if you do and damned if you don't. Even if the mental instability is caused by an external signal, it makes some sense that chemicals might be able to dampen bio-amplification of these signals. Of course some drugs leave extreme side effects like turning the target into a zombie. If a TI chooses this course, the practical advice is not to talk about EH and organized stalking, just discuss the symptoms. Generally a TI will be prescribed an anti-depressant, a mood stabilizer, or another drug to lower the brain activity in the frontal lobes. The technology creates huge emotional swings, the torture creates depression, and EEG cloning over excites the frontal lobes, a kind of dopamine dump. From one study, 25% of those forced to take medications were grateful.

Now let's talk about mental defenses. This only applies to TIs with V2K. It is part of every breakdown process of the individual and the human will, degradation and fear. It is used in every military indoctrination process. The psychological techniques can be quite complex if changing a person from one loyalty to another. Understanding the handler's objectives is key for resistance and the counter resistance techniques employed. Understanding torture and brain washing techniques is a must for psychological defenses. SERE is a US program to give soldiers a sense of what torture would entail if captured by the enemy. Study torture so that you can grasp why you are being tortured in certain ways. To help defeat the psychological trauma, be confident who you are and what values you stand for. See a psychologist and try positive affirmations and hypnotism to counteract the negativity from the V2K. Surround yourself by positive people and limit your time on the conspiracy web blogs. Misery loves company but it is a downward spiral for many.

There are other mental rewiring techniques to subdue the eternal correlated signals which are meant to create a different personality in the target. This is the gist of the techniques to explore. A TI gets programmed using subliminal synthetic telepathy and during their sleep cycles often called NLP (neural linguistic programming). The resistance goals are to de-correlate the programming. There are several discovered technologies and tactics that may help to alleviate some of the programming. The big question that TIs with V2K ask, "Is there a jammer?"

Why do commercials work or government propaganda on less conscious, self aware human beings? Some TIs have displayed their EEG (electroencephalographic) readings before and after some experiments. What these TIs did was to listen to music, their tinnitus frequency, white noise while they slept, or during the daytime for 6 months. The results of their EEG and brain function were very hopeful.

Let's look at the theory of why this might have had a positive effect on their psychology.

When information in neural networks (wetware) is being overridden, it is changing the synaptic connection strengths of dendrites and synapses under time delay informational microcircuits and macro circuit responses. It is like having multiple minds in a single brain depending on the timing circuits of the brain which gives rise to reality perception in the brain/mind. This is one method of how multiple personality disorder can be induced and state dependent memory. These theories of neural networks which use timings in the brain for alter realities are classified for now.

Here is a list of things to try:

- White noise generators or complete silence while sleeping.
- Negative ion generators. Especially if they oscillate their spray and have a random intensity of dispersal of ions. This appears to have a jamming effect.
- Strong magnetic pulsers often called EMPs or induction propulsion.
- ELF scramblers 20,000 Hz to 1/3 of a Hertz. There are many psychotronically active frequencies in those ranges especially the lowest ranges.
- Door jams and dead bolts are a good idea for sleeping areas. Voice activated or movement activated recording devices help to defend against break-ins. One could put flour on the floor to view footsteps and use other clever subtle break-in detection methods. Under carpet pressure sensors work too.
- It appears that there are detrimental effects from a signal piggy backing the alternating current power lines and the static electricity the body accumulates. Earthing/grounding helps some TIs. Use true ground because the body acts like an antenna and capacitor, inductor, and resonator.
- Changing the capacitance of the body helps others temporarily because it changes the resonance. Such examples are extending and touching a long metal pole while extending the arms in particular directions. Be sure not to fall for the torture technique of "stress positions" that are used on TIs and part of all torture techniques.
- Some TIs have experimented with 3-D magnetic coils. One powerful one on each axis around their environment x,y,z at low oscillation frequencies at slightly different timings. This would jam some of the NMR imaging technologies if done correctly.
- Since a wide range of frequencies and wide bands are used, jammers at various ranges disrupt the signal to noise ratio of the receiving sensors necessary for RNM (remote neural monitoring).
- One experimenter found relief using coils of different sizes with poles of certain vertical lengths surrounding his/her environment helped. They were horizontal tesla coils.
- Faraday cage designs using ceramic, Teflon, rubber, mu-metal at sharp angle reflection of radar energy and other dampening materials have helped some TIs.

- Electronic warfare signal communication jammers

Remember as of yet, only superductor chambers have provided real TIs with relief. Nothing on the market is 100% effective and you will have to experiment with yourself to find what works for you.

I feel like they are messing with my heart's rhythm. Is there any defense against it?

The technology can increase blood pressure and cause arrhythmias by training the heart to beat improperly. These are common methods at the beginning of the torture and probability of kill programs. Strokes can also be introduced in this fashion. Some defenses TIs have written about is during an intense attack wear a thick leather jacket. This seems to absorb some of the RADAR energy. Other practical advice would be to keep some Beta-blockers on hand. This stops the brain from being able to increase your heart rate. Since this is mind control they use the release of hormones triggered by certain brain pathways to increase the heart into a runaway panic. Amazingly hypnotic distractions such as clapping or plucking the ears can snap the brain entrainments out of track with temporary beneficial results. What does that tell you about the mental technique being used? Neural feedback and biofeedback has helped others.

Can I do anything about blocking synthetic telepathy (V2K)?

It depends on the stage of the target brain's adaptation to the synthetic auditory signals. Many studies show that an overactive Vagus nerve can cause "auditory responses" like tinnitus and "psychotic symptoms". Some research has shown that electrical stimulation at the right current can quell some of the effects of synthetic telepathy and tinnitus.

The program usually evolves in this way with TIs who develop synthetic telepathy. First it starts off as far away voices in white noise from anything that makes noise, or sounds like voices from the neighbors and apartments next door, then it evolves into perfect voices as clear as a mobile phone, then as true synthetic telepathy. There are examples where this evolution is not true and reversed. There appears to be several technologies or algorithms working. Why is this? It appears that the technology must piggy back neural signals at first. Both pitch and direction is heard and then over time it becomes a whisper in the mind. The idea of synthetic telepathy is that one cannot disguise his own internal voice and thoughts from those injected.

Separating synthetic telepathy and mind control is difficult. It is a sophisticated set of technologies and tactics. Let's discuss a few of the known technologies and a couple of lesser known ones. Most researchers claim that "the microwave hearing effect" is the technology behind synthetic telepathy (V2K). This is only one way that voices can be inserted into the human mind's perception. "If you can insert voices into the enemy's head, I will find a way to talk them to their death." - Colonel in the U.S. Army. The microwave hearing effect as described by Dr. Frey causes the brain to expand ever so slightly according to the pulse and that is how it is heard by stimulating the inner ear. Of course, brain damage is a major concern with this technology.

What most researchers don't consider is that an external excitation can be correlated in the brain of the target using both the microwave hearing effect and specific brain entrainment signals. Once auto-correlated, what the brain's neural networks do, only the entrainment signals are necessary to give rise to the auditory cues and not the other kinds of pseudo auditory stimulus via any means. At this stage it is true

synthetic telepathy. The target's brain must adapt to the signals over about a year before the other mind control trickery can be done to them although this time period is debated by researchers.

Many targets believe that an ultrasonic heterodyning is occurring to them. This could be done but ultrasonic energies can't penetrate much and diffuse over distance very quickly (See American Technology Corporation). It was made famous in the US by a billboard in Time Square NY of a Paranormal Activity movie advertisement.

In the early stages, the sounds piggyback the normal nerve signals. These can be dampened by being in an acoustic anechoic chamber or putting mineral oil in the ears with ear plugs. Without any stimulation to the audio cortex the piggy backing signal cannot be correlated by the brain and can delay the onset of the rest of the mind control program. Some EEG (electro-encephalograph) signals are helped by playing music into the mind while the target sleeps over a period of about 6 months. This disrupts the correlation as the target gets programmed while they sleep. Unfortunately it only seems to delay the full mapping of the audio cortex responses if targeted 24/7.

Counter arguments have been made by researchers that the microwave hearing effect is not the source of the communication to the target. Several well microwave shielded environments have been created. The communication can penetrate them and with oscilloscopes and power spectral scopes have shown that RF wavelengths under 450Mhz still penetrate while mobile phones won't pick up any signals. This is a counter indication that microwaves are not necessary to accomplish synthetic telepathy.

One interesting experiment to try is a time delayed voice response. Most TIs do not have the technical expertise to build one themselves, but they can find one in any city's science discovery center. Since the nerves of speech are easily deciphered and many companies have formed to show this (including NASA), one way to screw up the V2K is to use one of these machines. Why does it work? Everything is about auto-correlation. If you screw up the sound that is being made by time delaying it, their instruments also cannot correlate the speech sent back to the computers or the person's hearing interpretation.

Some TIs find that Mu-metal surrounding their head dampens the effects. Mu-metal is a magnetic field dampening material. There are many theories by scientists that point to ion cyclotronic resonance as the mode of action in the nervous system. This requires the Earth's magnetic field to do it or a kind of magnetic scalar wave and it is in the ELF (extremely low frequency) modulation range of ions in the human body.

Other experimenters have researched Stealth bombers defenses for a low Radar profile. These materials help too. Sorry, due to national security they cannot be listed here but some researchers give hints like Teflon, rubber, and high dielectric materials. Try to lower the RADAR profile on your body. It is worldwide so you can't run from it but you can dampen some effects by randomly fluctuating high electron static fields and magnetic fields.

In the case of fluctuating magnetic fields, slowly apposing poles of magnetic fields have had beneficial effects and EMP (electromagnetic pulses) at high intensity at unpredictable intervals have had some success. Why? Study NMR/ESR and signal intelligence theories.

Other experimenters have used simple acoustic sound waves distract the brain from interpreting external sound signals. Binaural beats at 7.8 hertz and 3.3 hertz have helped others.

Do tin foil hats work?

Please don't try this. This was an early experiment that may have provided temporary relief for some investigators but this has been shown by many experiments not to work plus it discredits the person using it. If you want to try it, hide it under a hat. Society has been programmed to believe that you are crazy for trying it. MIT and other people have done experiments to show that it actually enhances the body electrical properties like an antenna.

Coping Strategies:

My mail is being delayed and tampered with. What can I do?

Unfortunately all the government systems are connected. Try to keep track of bills so they don't start to deplete your finances through delayed credit card payment scams. They even try to isolate the target by delaying delivery of invitations, etc. Complaining to the post master General has had no effects. Remember every division of government is segmented and controlled by an integrated all inclusive system when you have been put on the list. I'm sorry I helped to integrate the system to give too much power to a partially corrupt government. We all know absolute power corrupts absolutely.

Will moving help?

Moving will not help in general. If stalking is your problem and you believe people are moving next to you, moving into a small town community in a house where you know everyone can help. This is rarely the case and people move and move but it will happen to them anywhere in the world. The EH will follow after a few days to any new location. One of the objectives is to deplete the targets finances over time. A very few targets were held captive in their apartments and houses initially. If they left, they would be targeted with torturous pains, and then the handlers would reverse the program and make the targets run from each location.

Using many anecdotal stories from TI interviews, one can come to a conclusion without expensive testing of their own. Several TIs literally bought tickets on a plane at random leaving their state 30 minutes before departure. They still had the V2K and when they landed they were stalked. Some have gone to places where there is no mobile phone reception like islands but still had the V2K and even inside caves. No one has gone into a submarine yet a mile underwater and reported their results. What does that tell you? Can you escape? There is a place in Virginia called "The Quiet Zone" that does not allow much electromagnetics in their community due to RADAR reception. Many "electrically sensitive" people move there.

Will yoga, meditation, and hypnosis work to alter the brain frequencies and be harder to clone and adapt to?

Some TIs have found relief from bio-feedback and neuro-feedback systems to control the brain into a sound state of mind and body, often called the Alpha wave dominant state. There are sounds that create a binaural beat frequency of 8.7 Hertz which is the resonance of the Earth and provides some relief. Hypnosis works to create empowering messages and diffuse some of the negative messaging the handlers use in V2K on their victims. The handlers' game is to maximum stress on the target so everything that can be done to alleviate the stress lessens the handler's power over the target. Unfortunately trauma and stress induction on the human psyche is cumulative. All you can do is delay the effects and their ultimate goal of control over the mind and breakdown of their freewill.

My memory can be wiped and is very foggy. What can I do to help my thinking?

Slowing down the mind can help. Thiothixene is a drug that is a dopamine suppressant in the frontal lobes. Since it appears that mind control signals can only add energy into the brains circuitry it usually creates dysfunction by over activation of neural circuitry. Side effects include dumbing down and zombie like states if taken in too high of doses. These are choices of the lesser of two evils. Keep routines and write stuff down. Overactive frontal lobes can cause hypergraphia and disjointed thoughts leading to a diagnosis of schizophrenia. Consult your doctor for other advice of chemical blockers, but remember the choices you must make in describing your symptoms to your doctor. They know nothing about mind control weaponry and will not believe it.

How do I rid myself of the bad memories and bad dreams?

There is a lot of research to alleviate PTSD symptoms such as bad dreams and memories. There are new drugs but they have to be taken at the time of the induction of PTSD. One doctor is using MDMA to help soldiers cope with PTSD but the DEA obviously is very wary.

Practical advice is to create new positive experiences such as travel and spending time with friends and even volunteering. Anti-depressant drugs can help too. For self survival sake, getting your message out once like in a book or internet site can help with catharsis. Do not focus on it and revisit the trauma over and over again. This is another choice a TI must make.

Some find solace by fighting and bringing awareness to the masses. Some psychologists suggest not revisiting the trauma over and over again and to forget it. The downside is that a former TI will feel that they did nothing to help bring awareness to the cause and help future generations from similar US government sponsored tortures.

How do I stop others from controlling me?

There are many forms of control. We are discussing government mind control programs when you are targeted. First kind of advice is don't let them make you paranoid. They will use every means from mail tampering and following you in cars to make you paranoid. Once you reach that state, everything that seems out of the ordinary you will decide is due to their subversion tactics. Accept each incident as if they are natural disasters and adapt accordingly. I know it is hard to let go of your previously perfect life. Know thyself and know what is external. Paranoia will destroy ya. More you understand about their mind control tactics, less control they will have over you. This is true with propaganda news on television too.

I am in a thought and behavioral rut. How do I steer it in another direction?

This is a tough question. Brain entrainments and ruts of thought are some of the toughest to break. The programmers don't have control of your daily life. Trying new things and meeting new stimulating people often help or even reading a book. It is called depatterning. Even certain drugs can help depattern the individual from the detrimental thought processes by electromagnetic induction to some extent.

Can I stop dream manipulation?

Part of the stress, fear, and panic induction involves dream manipulation in the early stages of programming the target. These are like horror movies played while the person is in their weakest

condition; their sleep state. These are not normal dreams. These are played specifically for the target. Often dreams of fighting with friends and family are played into the subconscious state in the attempt to affect the target's view of their personal relationships.

The technology of EEG cloning is quite impressive in how the mind of the target of the injected dream sequence will interpret the first person and third person characters. Some cultures like Native American Indians put much prophetic meaning into their dream world, and thus it is a means of behavior modification.

Anti-depressants have some effect to diminish the horror dreams or at least disassociate from the first person experience. Some people can control their dreams with practice and have supernatural powers; this is called lucid dreaming.

Other techniques are to drown out the programming with music in the background while they sleep or even a simple fan that creates white noise.

I am in constant panic and confused. What should I do?

The most obvious statement is to make sure you are not taking speedy medications like Ritalin or Adderall. They will typically amplify the condition and are used by the CIA for brainwashing and programming. Consult your doctor if you need to get off these drugs without serious side effects.

Panic feeds on itself and leads to poor judgment. It was hypothesized for psychic warfare that you can kill someone by spooking them to death through a runaway brain/heart feedback loop. So, ironically the panic, that people are trying to kill you, is what will kill you. Take a deep breath.

Valium has been recommended by a doctor who studied psychotronic weaponry as a means to diffuse some of the effects. Be sure not to get addicted to such medications.

My jaw snaps down as I'm about to fall asleep or I feel like I may suffocate.

There are some solutions to this type of torture: CPAP (Continuous airway pressure) or soft gel mouth piece. This is usually a temporary torture less than a month. Sometimes these conditions can be a side effect of medications but it is a common torture for sleep deprivation if you are a TI.

My neighbors seem to be in on it. Should I move?

If you are a true target, no, moving won't work. They will buy houses and apartments next to you and even if you go to a hotel they will follow you. Their budget is much bigger than yours. It is unclear whether the beginning stages of targeting require specialized localized instruments or if this is yet another false flag to make the target believe it is a localized weapon and not global.

From the anecdotal stories only moving to a small community or isolated place helps with organized stalking. The electronic torture and mind control is worldwide. No one has been in a submarine several miles under the ocean to see if the technologies work there, but through understanding of the science, ELF (extremely low frequencies) penetrates the entire Earth at certain power levels.

How do I stop them from controlling my emotions?

Unfortunately this is a major goal of the programming methods, inducing everything from extreme anger to fear. Only some drugs can reduce the emotional effects but meditation and relaxation methods work too. The handlers goal is to induce an artificial bi-polarism.

What can I do about the break-ins?

If you live alone, it is obviously easier for the agency to break in. They are often called black bag jobs. They need no warrants for these black operations. They operate outside the law. If you have a dog, they will poison it usually. Alarm systems are easily cracked by these agencies. They want to make sure all your evidence is destroyed while they stalk and gas light you. You have captured faces of agents that they don't want published. Typically they will only destroy or take something personal to you.

This is not recommended but it has stopped break-ins for at least one TI. The agents are naturally cowards and don't want to be harmed or caught. The technology does not allow for very accurate information of floor space from the target's mind or the through wall radar. Booby traps detour the break-ins. Door locks and alarm systems are easily disabled on the most part. High tech alarms that use radar, floor pressure, and electro-capacitive systems they won't try to beat. But something as simple as exploding dye packs like they use in banks or high voltage electrified systems are enough to detour the government agents and their pawns from simple stalking tactics.

Many TIs put 24 hour computer loops with cameras in their home and outside that go directly to the internet. This just becomes too problematic by the NSA, FBI, or CIA. They can't simply disable electronically the computer systems and wipe the drives clean anymore. The government, random criminals, terrorists, and mafia have become on the most part become indistinguishable from each other.

Now if you go to the extremes of electroshock to get your predator or chemical or dye explosive packs, you must be a very meticulous human being so that you don't trigger your own traps for the invaders.

Audio recording are good too. This was mentioned in other parts of this short book. The majority of TIs is single and live in apartments. Their neighbors come in and out from above and next door. To insure that you are not crazy, you need to install simple sound meters around the ceiling or adjacent apartment and use a video camera to record how their movement is correlated to yours. It is a gas lighting technique. This is truly proof that can be accepted by a court of law. It often used in the beginning of governments programs of mind control.

They said I will be homeless in a year. Can they do it?

Yes, they absolutely have done this with many TIs during the program. Watch out for financial depletion objectives. Know your limits. Like most sensitive jobs you will never be able to get a security clearance or run for office. Don't work for the evil side of humanity anyway.

Paranoia will destroy you. People are attracted to happy, friendly people. You are not in a condition to easily fake it during job interviews. Don't burn bridges with your last employer. Yes there are a lot of evil and selfish people in the world. It doesn't mean they talk to each other and organized something to get you. If you exude a negative feeling towards the world because you are being harmed, the average person who doesn't know what you are going through will respond negatively too.

The handlers of the target will try many tactics to make the target lose their wealth and power.

Let's give a few examples here that are common. "If you give your wealth away, you will show your purity. Put your most valued possession in the trashcan." Yes someone fell for that because no one wants to be tortured by remote resonance energy weapons. Did it stop? Of course not.

Once you are homeless, they will attack you more. Don't isolate yourself from family and support networks.

Does prayer help?

Hope and comfort is a useful psychological tool however a TI can find it. If religion helps you through the hard times, use it. Make a note of it at the end of this book. To find whatever works for you is the goal.

The technological demon preys off of hatred and hopelessness. It amplifies the targets emotional state to drive them to bi-polar, a cycle of mania and depression. One aspect of the mind control break down process is commonly known; create false hope and then crush it over and over again.

One danger to avoid with religion is that many of the tricks the handlers use involve religious deception. Don't assume the voice of God you might hear is his. Remember the weapon systems, such as synthetic telepathy or the others that project voices into your head are often referred to as "voice of God" weapons.

What do I do about sleep deprivation?

Unfortunately this is one of the greatest and most common torture and interrogation techniques which now can be done remotely using these EM resonance weapons. While no one wants to take drugs, only Ambien, melatonin, and such substitutes have ever provided some relief. There is always a tradeoff. Sleep in exchange for a hypnotic state that makes you sleep walk and do things you don't remember and then get paranoid that someone was in your home after the events, or do nothing and suffer until you collapse in a few days. It is another damned if you do and damned if you don't scenario.

How about fatigue?

Wish there was better news but you are in a program that can alter your metabolism too. Your government has left no stone unturned when developing the capabilities of these weapons. There are two known ways that this can be induced: The proton drive in the Creb cycle of the cells can be interfered with and a rhythm inside the brain that induces sleep normally known as the Delta level induction. Also, the added energy into the brain to make it more active than normal causes mental fatigue more quickly. There is no real practical advice to be given. Of course the person could use caffeine or Adderall but these have a negative impact on the target longer term.

Psychological Methods Used:

What is Group Organized Stalking?

Government mind control programs and intimidation techniques often use many groups of stalkers. Stalkers present themselves through correlation of events and often convey specialized knowledge of which only the target would know. This is part of “spooking” the target. It is done intentionally and meant to heighten paranoia. Targets ask themselves, “What well funded organization can do this? And why are they doing it to me?”

The target gets confused by the time they realize they have been targeted. It is usually a gradually onset. One reason is to mimic the symptoms of paranoid schizophrenics. The major goal is to induce paranoia. The target is usually first stalked by ground agents then once paranoia gets induced they don't need to use the technique that much anymore. The mind will naturally ascribe all coincidental events as if “they” are doing it. There are several techniques used to stalk the target. Let's cover a few examples.

With over 950 claimed targets of organized stalking interviews, most of the stalkers use these techniques to put fear into the victim.

- Destruction or theft of intellectual property or possessions that are personal and often not of value to a common thief.
- Repeating a conversation that is esoteric and of personal interest to the target by a stranger.
- Groups acting in a strange way to intimidate often called “street theater”.

There are several techniques that have been published in various counter intelligence manuals that employ stalking as a form of intimidation. COINTEL-pro is one of the most well known programs. The provocateurs want the target to know that they are under surveillance. It is not incompetence on their part that they are noticed. The government has no shame that they are using your tax dollars against you.

Some researchers speculate that the newer technologies of mind control allow for a new form of stalking using commoners that are not aware that they are participating in the stalking program against the target.

Now let's look from a psychological perspective. Everyone is trained to believe that if someone thinks people are stalking them, especially the CIA, they have a mental illness called “paranoid schizophrenia”. How were we taught this? Hearing another person in your head can also be diagnosed as a mania stage of bipolarism. What differentiates a technology from a naturally occurring mental illness? The DSM manual of psychiatric disorders is of no use and many professionals don't use it.

Disabling a target is an objective. Inducing symptoms of mental illness is the game. “Causing irrational behavior in public” is an MK-Ultra objective to discredit the target, often called “Gas Lighting”.

Gas lighting occurs in many real and induced forms of hyper sensitization. Some are real perspectives and others are sensitization of the set triggers which evolve on their own. This is all quite intentional for those in the program. It is like how people are sensitized to hearing their name called in a crowded room. This can be done with any color, symbol, or numerology.

Here is some practical advice to the newly indoctrinated into these programs with regards to gang stalking. The reason they use multiple people and groups to intimidate the targets is to induce an

overall feeling that the world is against them. Once triggered, the minds of the target will assume that all bad things that happen to them are due to this organization, while most will be random bad luck events and criminal activity that happen to all people.

Ask the people or person what they are talking about. Don't be afraid. Interject yourself in the conversation to find out why they are talking about what they are. Some people might be standoffish, but if you approach them in a friendly manner, you might learn that you possibly misheard what they were saying or realize they are not hired nor aware they are being used for your program. The brain basically filters information and recognizes patterns. If it becomes sensitized then the filters don't work and the recognition algorithms become too sensitive and the TI will begin to see patterns where there are none. This is why TIs must always use the scientific method to keep themselves in check. But even then false correlations are purposefully inserted into the target. For example, a TI might recognize that when some particular neighbor comes home they get a headache. After many events like this, the TI will come to the conclusion that the neighbor is causing the headache with some kind of weapon. The correlation could be real but the conclusion may be wrong.

Another example is how many TIs get sensitized to coughing around them. One TI, for example accused another TI of being a "perp" (short for perpetrator) because they had a chronic cough due to smoking. Other TIs assured him that no one paid her to do it. It was a reflex. The TI said this happens to them everywhere. But what most TI's don't realize is that unwitting innocent people around them can be triggered to cough through the use of psychotronic technology.

Yet another example of sensitization is of colors. Some TIs will see more cars of one color at a given time or people wearing ties of certain colors that represent something. Being overly aware and sensitized does not mean that the observation is wrong, just not all possibilities are prioritized. There is always a very small probability that every car on a street might be red. A TI will see these improbable events that happen every day to everyone as a message directed at them from the powers that be. Sensitizing a TI is easy in plain sight because the average person would just blow it off, but a TI is more aware due to their knowledge of DEWs (directed energy weapons at the biology) or V2K technology (microwave hearing effect).

One of the most important countermeasures in the beginning stages is to try and lower the paranoia induced and for the TI to keep social ties with their family and friends who cannot understand or believe what is going on. The TI is angry and frustrated and will lash out with those who would normally want to help them, but the average person has a limited amount of patience and is conditioned to believe that people who speak of such things are mentally ill with all the associated taboos of the topic.

Many TIs fall into the belief that it is done locally by a typical criminal organization like drug cartels, KKK, or anti some social alignment. They fail to realize that this is happening in every country all over the world to people of different walks of life. Only governments or an alien species would have such power to organize or control a technology more powerful than an atomic bomb in term of manipulating the human race's future. The practical advice is to keep an open mind that it may be much bigger than a mafia or an angry co-worker who would have you put into the program. These conclusions are generally red herrings.

What is Media Stalking?

After much thought about TIs media stalking experiences, I can only come to a few logical conclusions of how it is done. First let's start off by describing the subjective experience. People say that

television shows, news agencies, internet groups, radio and other kinds of media know their thoughts and are giving feedback to them just after their thoughts occur as if the person is talking directly to the targeted individual. This situation is caused by a combination of group stalking, gas lighting and psychotronics. The TI's whole reality has been hijacked. They are looking for answers everywhere. At this point psychotronic technology will be used to transmit a type of paranoia where random connections between things seem more relevant. All it takes is one random comment to be made by someone in the media that seems to be connected to a TI's experience. The TI will then become fixated on that media person and will find conspiracy where there is only coincidence.

There is a neuroscience principle that describes how Déjà vu works. The basic description is when the brain stores information; the timing is occasionally off creating an error of perception of information storage and retrieval. The brain will retrieve a memory milliseconds after it was just written into the memory giving the perception that the thought occurred before. This might explain some media stalking.

There are many popular examples of TIs that were "media stalked" and what they did. David Letterman had his. Dan Rather was beat up by two Tis. President Reagan's shooter was communicating with his TV. This can be a dangerous invoked delusion most likely part of the typical Manchurian Candidate, programmed assassin projects.

Don't they realize that by torturing the world's population that it will reach a breaking point?

According to Pentagon documents, 1.6% of any population can be falsely imprisoned such as with electronic weapons without a successful revolution by the other masses becoming sympathetic to the cause. And of course they have planned for it. Guns need to be taken from the citizens and concentration camps prepared. New weapons that suppress movements, control information flow, and spread propaganda are being developed. World war takes time to prepare for. Germany was eventually defeated because they took on too many fronts. The US and allies are a bit more careful this time but using the same strategies of propaganda and false flag attacks.

They are getting better at manipulating the minds of the simple masses, those that keep their heads in the sand, cross their fingers, and hope for the best. It is a very good short term survival strategy that the wolves will attack those on the fringes first, but of course those people who do nothing will be forgotten in time due to their cowardice. No one of importance in the history of the human race went with the flow and common beliefs of the time.

Could our country be controlled through blackmail and mind control technologies?

You're naive if you don't think this is how it works around the world. Read the torture memos and many other independent investigations. The majority of US citizens believe that the US doesn't torture which shows how out of touch they are with reality. Unfortunately they don't even know the newer plausibly denied methods of torture like microwave stimulation of the nervous system that leaves no physical evidence of prolonged maximum pain from no touch torture technologies.

We always knew that the government collected all data on Americans like they do in Russia and China. The color of the flag may change but the systems of control remain the same. America is just more of a war machine and better at it. Do they make mistakes of classifying good humans with terrorists? Do we hear about the mistakes they make? Of course not! There are no true checks and balances. We have no

citizen secrets with the NSA's PRISM and profiling algorithms but "they" can be trusted in the torture, blackmail, and kill machinery. What is wrong here? Democracy is an illusion for the masses. Politicians are groomed and placed into their positions. Psychotronics is just another tool to use on politicians and the public to shape their views.

Are my neighbors using microwave weapons on me?

This cannot be disproven yet. What we do know is that the agencies will put in neighbors into the community to spook the target. They may be testing localized weapons but the real weapons are global and you cannot escape from them. Currently the theory is to make the target know that they are a focus of the government and to increase the fear factor. They purposely allow the target to see instruments and equipment that they are bringing into their abodes to create the delusion that it is localized and not global. If one creates a correlation of pain when their neighbors arrive, the person will of course believe their neighbor is doing it to them. They will call the police and the neighbor will say the target is crazy thereby creating a track record for the target furthering their journey down the rabbit hole.

This is not to say that localized microwave weapons are not real. They are such as ADS (Active Denial System). But this just makes the game more complex, from the simple to the complex and worldwide.

How is mind control possible?

There has been much secret development for the newest weapon of mass destruction and control of the minds of populations, neuroweapons. Notice how all the research went black where there should be huge amounts of experimentation and data.

There is no simple answer without much mathematics and physics terms. In short there are many biochemical processes that rely on Hydrogen, Calcium, Chloride, Potassium, and Sodium ions which affect metabolism, cellular communication, and specifically neuron communication. Even the human body can be viewed as a spectrum of relaxation times under different magnetic field strength and radio frequencies as a signature. The brain has been deciphered on the most part and how to rewire it to receive audible communication and induce pain and sporadic dysfunction in the systems. Don't focus on a single frequency because the frequencies depend on the electromagnetic environment and signal to noise estimations and autocorrelation functions.

It is the most top secret and devastating weapon to the information of minds and biology ever conceived by the war machine.

How do they know what is important to me and what will give me stress?

Stress responses via the polygraph, EEG, and MRI have been studied thoroughly. It is an important indicator during interrogation and security clearance reviews. During psychotronic torture the stress response is important to optimize misery and suffering. For example if a TI has synthetic telepathy, with every abusive statement that is issued the stress response is analyzed. The data is then used to repeat the most effective abusive statements. If organized stalking provides the greatest stress response then that is what is repeated on the target. The obvious practical advice is to let go, ignore, be confident, remove your pride, and accept your circumstances. Easier said than done.

There are other brain signals that represent importance of an object to the target. This is why personal possession are stolen or vandalized with only importance to the target, not usually of much material value.

And of course there are the usually death threats about your family, sleep deprivation, and the torture pain signals that very little can be done about that will always invoke extreme stress reactions. But this has become commonplace in the new U.S. mind control programs around the world.

How do the handlers know all my fears?

There are many common human fears that they play off of such as suffocation (water boarding), killing your family, being fried by microwaves or fire (ADS), slander and loss of reputation, etc. These are the basis of the fear of death and loss of quality of life. They bring the TI as many times to near death as they can, hopefully without actually killing the target. This creates the trauma that allows them to reprogram the values and psyche of the target.

Stress reactions help them focus on the target's individual fears such as stalking, invasion of privacy, rape, stroke, harming their children, etc. The US intelligence uses over a thousand techniques that cannot be listed here because you would cry and be ashamed at what your tax dollars fund. Read the enhanced interrogation memos or "Project: Soul Catcher v2" for more details of torture techniques.

Do I have a choice of how I am programmed?

No, in typical Monarch programming techniques a personality profile is assessed and the target will be used and programmed accordingly. In recent years the thrust has been to choose the most difficult program to shape a person. So for example if you are non-violent, they will try to make you into a programmed assassin. It is even heard of that the programmers will try to change the sexual orientation of a target. They know that a target with anger issues is too easy to program into a psycho-bomb. They are trying the most difficult personalities to change to the opposite of what they are.

People are programmed since pledging their allegiance to their country in childhood. They are programmed by advertising and propaganda on television and even history books they read. But direct mind control through retraining the brain patterns and using Skinner behaviorism techniques alters the freedom of a soul and programs them including their religions. We are programmed through life experiences, subtle and direct forces.

Knowledge and awareness of these programming techniques can set you free.

Do the brain frequencies matter? Why did they serialize my thoughts and slow me down?

It is interesting why they serialize thoughts into words. This process can slow down the parallel processing of the brain if you think in pictures but when under mind control the frontal lobes become over active. Brain frequencies matter very much in terms of the timing of the circuits and correlation of various brain subcomponents as well as the external signals that have now been autocorrelated to the targets mind. Serializing the targets thoughts are important for mind reading as the subject sounds out every word they are thinking. Targets' minds are rewired for this over months. It is an interesting experiment that when the target changes their dominant brainwaves through drugs or meditation that the signals get interrupted temporarily.

How are memories erased and how are they implanted?

This is a complex topic covered in other books. The CIA psychologists have been working on this for over 60 years. It is part of a system of programming for a programmed assassin and mind control slave. There are several ways in which to erase memories and implant other memories in their place. Read “Project: Soul Catcher vol. 2” for more details on memory erasure and implantation.

How does government herd the people and weed out the malcontent’s and dissidents and anyone smart enough to question those without checks and balances?

This is nothing new in any government including the history of the US. There was Co-intel pro which was counter intelligence and a program to squash out any movement such as civil rights for African Americans. America’s history isn’t that proud. Steal land and wipe out the Indians, enslave blacks, don’t let women to vote, etc., and now destroy the very ideals of freedom and moral righteousness we claimed since the beginning from our Bill of Rights.

Everyone in America has been profiled and classified into some list. With any government the idea is to bring the people together into common objectives. One old technique is to always be at war with another tribe. With these newer mind reading technologies, the dissidents, and those that think differently can be weeded out silently. This makes sure no sudden or new ideas emerge for social justice and thereby stabilizes the foreseeable future. The usual propaganda machine is always at work and give the simple minded majority, 90%, their belief systems of reality. There are no good shepherds in government. Today people can lose their rights if they are classified as “non-combants” or other word games to get around the rule of law and the constitution. It is a game of full world domination of all cultures to normalize them and homogenize the world. How uninteresting.

How are split personalities created?

This technique devised by the CIA, was used to create “Manchurian Candidates”, and other programmed assassins. This has been tried with drugs, hypnosis, and electroshock. Now with the relatively newer processes of direct mind control, and directed energy torture to split the personality it has been much more plausibly denied. Some example of uses are to manipulate the population for gun control by eliminating guns using a false flag technique of “psychopaths” going on killing sprees. Typical media manipulation techniques are usually employed.

They say that if I do an act of murder that they will free me from the torture. Is that true?

Remember it is always about mind control. Your handlers will tell lies constantly to try and make you do a particular behavioral act. Don’t do it! It is a trick to dispose of you and your testimony of these projects. As they roll this out worldwide, every testimony counts and adds up. According to theory if 5% of the population begins to believe the truth, the rest will eventually follow. Remember this is about false flag terrorism to take away gun rights and other rights of the western nations. This is a secret type of the **Northwoods** doctrine by the Joint Chiefs of Staff, enemies at the highest level of treason for the US and its constitution. You can’t be a general without conquering countries and warfare. Think about their twisted reality to make a better world.

Why hasn't the news covered this most important topic?

The mass news media and corporations are owned by a few people. Americans believe their media is free from propaganda and only Russia and China do it. Nothing could be further from the truth. Torture of Americans by the government is a very taboo topic. Also the evidence is difficult to come by. What is obvious to the target appears like a mental issue to an outsider. Alternative media covers the topic but that doesn't help the population to take action. The hope from TIs is that once the topic hits main stream media people will protest and somehow stop the torture and silent kill weapons. The US government cannot admit what it has done and is doing. It would mean the destruction of the US and a greater holocaust than Nazi Germany would have to be admitted. All trust and legitimacy would be lost forever.

Isn't there a whistle blower who will come forward to save us?

This is like asking someone to be Jesus. They will be assassinated or locked-up in solitary confinement for life. What are you doing to save people around the world whom you don't know, the starving or homeless for example? It is asking too great of a sacrifice from a single person. Whistle blowers would be discredited and dragged through the gutter by the government and media at first. They are giving up their career, their freedom, and potentially their loved ones. You know the drill. Look at what happened to Edward Snowden and other whistle blowers. On top of that, most scientists who worked on the technology only know a small piece of the puzzle and were deceived as to what that piece would be used for.

Will they attack my family too?

There are a limited number of testimonies that say the entire family is attacked. A psychologist will say that a mental illness must run in the family's genetic line, but they don't know how the technology works. Yes, part of the psychological breakdown and terrorism through V2K are very common threats of killing and torturing the rest of the target's family. There is little evidence that they follow through with their threats, but this is unknown. Studies cost money and the government is not giving out grants for this topic.

Are they trying to kill me?

Initially the program seems to be to kill the target. It is difficult to know if it is just high risk programming methods to make the target believe they are killing them or if they are acquiring data on the short term kill rates for the weapons systems. Often the program progresses to have the target kill themselves or others. There are various ways that they try to kill the target such as putting them to sleep while driving on the highway or depolarizing the nerves in the heart for the remote heart attack weapons portion or increase blood pressure to cause a stroke. Depression signals and V2K psychological breakdown help with suicidal programming. If the target can survive the early deadly stages, the program progresses to other mind control experiments. However, they can only kill the target indirectly through mind control and body electricity appears to be the rule. If they wanted the target dead, they could stage

any number of poisons or car wrecks etc. Near perfect plausible deniability is a must for these assassinations by the government. The operators are of course keeping track of targets' cancer rates and other long term effects from the energies they are subjected to. This is why they are lifelong experiments.

As one TI, who was released from the program, stated, "Don't fear death because there are things far worse than death."

Are they stealing my creative and intellectual property and giving them to someone else or stifling its release?

Yes and no. This is a common tactic used to increase the target's frustration and it obviously can be done, but the handlers are more interested in the target's creative defensive measures and how the system can counteract the defenses. This is the majority of intellectual property that they are stealing from citizens.

Certainly, more vocal you are about these government programs the more torture you will receive. This is behavior modification and mind control so of course they will stifle the release of books on this topic and torture you more when you are more vocal.

Are they black-mailing me?

Unless you are in a political position or have ambition to become one, it is an empty threat. They will threaten to set you up by local authorities but generally this doesn't happen. It is usually just an empty threat that the intelligence agencies give like "we will kill your family if you tell anyone what we have done to you." No, George Bush Jr. nor Obama know what is going on in terms of how their draconian policies are actually implemented and abused. They are merely figure heads and puppets. They get blamed for their administration but they are clueless and programmed. The idea of threats is to increase the targets stress and panic. The police will not believe you and there is nothing they can do to protect you from a technology this sophisticated. They would have become scientists and not police officers if they could understand it. There are many pawns in this war game.

What does "crazy" mean to the average person?

"Crazy", as a word, is generally used as a discrediting word by those who do not want to do the research to understand how the person of interest they are discrediting thinks. It is generally a word used by lazy thinkers. Many famous geniuses were classified as crazy by their colleagues such as Einstein, Edison, and Galileo and hundreds of others by lazy thinking people. Most of these types of people who use the word crazy were those who it took 300 years to make them believe the Earth wasn't flat and square. They exist today in the same proportions of the population when discussing technology. They wait to see it on their hypnotube and see what those around them believe.

The discrediting word "dumb" can at least be proven by IQ tests as a standard of society. Crazy can mean emotional or unorganized thoughts and irrational beliefs. It appears that when the average person uses the word "crazy" they mean something they don't understand. In some subcultures "crazy" means to be eccentric or wild. According to the DSM manual on psychiatric illnesses over 20% now increasing to 40% of American's are classified with one or more mental illnesses at some point in their lives. It almost appears that they are defining "normal" as an emotionally flat and self centered

personality as the prototype of mental health. That sounds more like sociopathy. Perhaps those behaviors that are against the person's best interest and survival instincts such as charitable acts or being a soldier is considered mentally ill and crazy.

Unfortunately in today's age, people who don't understand ELF, microwave, and biological resonance weapons believe that victims of such weapons are "crazy" when they talk about them. The psychiatry community has done a great disservice to the credibility of their profession for not taking the time to understand these technologies and their possible uses.

The natural reaction to being tortured with "invisible rays" gets classified as "crazy" with the targets extreme emotional reaction which is quite appropriate for what they are going through and anyone who speaks about these weapons are "conspiracy theorist". Understand the propaganda. The people who partook in the systems if they are still alive when it is revealed will never apologize for it and in order not to not look stupid will say they knew it all along.

Practical advice: forgive them for they know not what they do.

I think they are slandering me. Are they?

Slander can be done whether government sponsored or not. Generally speaking, not unless you are working for a political cause will they do that. It is usually that your friends and family notice you acting paranoid and your language can cause them to act differently towards you.

What is the worry about slandering? Job loss, loss of social networks and support groups, but it is also a primitive drive about reputation and pride in legacy of family name. They prey off of all fears. Remember they study pure evil according to the human construct.

Paranoia is purposely induced through brain entrainments and organized stalking and other gas lighting techniques. The internet has created an open door for people with opinions. Trolls on the internet like to stir things up using slander and libel when they can. Generally there isn't anything you can do about it. It would be difficult to sue any of them. Be sure not to release personal information on the internet. The trolls will use any information against you to slander you or steal your identity. You will want to tell your life story on the internet but leave out specific information. One technique trolls and stalkers use on the internet is to use slander in hopes you will feel the need to respond out of anger thereby releasing more information about yourself to be used against you later.

Being on radio or the internet brings you into the spotlight. This is a decision that every TI must make. More often your name appears, more you will become a target even from other TIs. Some people feel that their story of horrific suffering needs to be told for posterity sake, but if you put your story on the internet, potential employers might find it and judge you for it. But if you do nothing, you are furthering the suffering of others for not trying to bring light to what is going on. There is power in numbers. But you are damned if you do and damned if you don't.

Many TIs suspect that subliminal messaging about their character is done to their friends and family or possible employers. What can you do about it? Sit a good friend down and ask them if they have heard anything? Google yourself on the internet.

I suspect most of the suspicion about slander is from V2K.

Remember that no one is exempt from others' opinions. Imagine if you were the president, half the people always hate you. People misunderstand intentions and communications all the time. Remember

how many rumors you heard about someone in the playground? At best, rumors may hurt some of your personal relationships. It would be difficult to prove someone is going to your potential employer and libeling you unless they say something. One of the best things you can do is to volunteer and let people know. Slander falls off of people with good charitable works.

Most people who believe the target, assumes that s/he deserved it. S/he sinned in some way. This is called the “shame game”.

Remember, that the majority of people are still in the Matrix of the propaganda and lies. They do not know what is going on. “You must see it for yourself.” – Morpheus from the movie The Matrix.

Know thy audience when speaking. One type of speech to communicate your circumstances does not necessarily work for every audience.

Why is stress used for programming?

Torture is ineffectively used for interrogation is what many interrogation experts claim. Without proof the CIA claims it works. All other studies show that soft interrogation works better. But the powers that be do it in the Pentagon and CIA helping the USA lose its soft power and the moral high ground which it had for many decades. These policies now endanger our troops since we don't abide by torture treaties anymore and just allow language to be redefined with euphemisms like "enhanced interrogation".

Many doctors who betray their oath to do no harm decided that if the target of interrogation can be softened up, i.e. induced PTSD, they are more likely to talk. This is the basis of Bush's and Cheney's torture schools' philosophy.

In terms of brainwashing and programming the strategy is very different to change a loyalty and alignment from one flag and tribe to another. Every human needs purpose be it a child, husband, a career, a country, a religion, or other. We have classified all human emotions and tribes now in our databases as profiles from genetics to memetics.

Stress releases certain hormones like cortisol that affects short term memory and long term memory of the human being. This is important to split personalities to avoid the trauma and to make the split personality remember how painful it is to remember thereby causing repression. The process is very difficult and complicated to describe but works with years of torture. The target will often attack the people helping them. They cannot help themselves. It is all they can hold onto. Cheryl Welsh, a lawyer and neural weapons expert said to me, "TIs are their own worst enemy". There are no truer words.

Capabilities, effects, and technology questions:

What are some electronic assault symptoms?

There are many common symptoms of DEWS (directed energy weapons), microwave weapons, and EEG induction weapons: bodily pains and sensations that have no human experience analog, fatigue, involuntary speech like Tourette Syndrome, bee stings, projection of odd sounds, limb jerking, sleep deprivation, headaches, teeth pain, eye pain, heat, genital assaults, heart palpitations, etc. In the lab even parts of the brain can be stimulated to feel a spiritual presence in kind warmth and the opposite has been documented.

One major difficulty is sorting out what are naturally occurring illnesses and those induced by technology. All illnesses can be mimicked and induced by electronic assaults. The TI begins to believe all pains and illnesses are caused directly or indirectly by these weapons. There are a couple problems with that. The TI will not try common medications which might alleviate the pain and secondly, they begin to believe these people and the weapons are all powerful. The practical advice for the TI is to try the obvious medical advice first and if that doesn't work try electronic assault shielding. This is also true with organized stalking. There are common criminals which should not be confused with government agent stalking techniques.

What is the frequency?

This question was asked by two TIs that beat up Dan Rather, the news reporter, because they believed they were being media stalked by him. They were just Manchurian candidates sent after him probably because he started to reveal too much truth about conspiracy theories that ended up being true. They asked him, "What is the frequency Kenneth?" The question all targeted individuals end up asking about the government's EM-bio neuro-weapons.

The problem is that there is not just one frequency. It is full spectrum. There are some frequencies that manipulate the human nervous system that are specific to the magnetic and electric field strength surrounding the target. There are some that related to SARs (Specific absorption rate). There are ultra-wide frequency bands and those that hop. There are some that have resonances to the average size of brain cells or entire organs. Some frequencies are used just for surveillance and others to inject energy into the brain patterns to control them. The list goes on. The frequency question is posed incorrectly. Even Sony has 4 patents to use ultrasonics to manipulate perception for video games.

I will give two examples and show how the magnetic and electric fields surrounding a target can be solved using a couple surveillance technologies and simultaneous equations. I'll show that there are specific frequencies that can manipulate the human nervous system using reverse MRI, reverse ESR, and ion cyclotron resonant heating. Even microwaves have been shown to alter brain function based on frequency pulses and intensity both in American and Russian university literature. These equations will be revealed in "Project: Soul Catcher Volume 1".

How do they keep a lock-on the target and be able to see through walls?

This very common question can only be understood through advanced physics. For the simple

disbeliever, you only need to look at how many bars you have on your mobile phone and how the telecom companies can triangulate on them. Understand for yourself how that works? Lower the electromagnetic frequency, deeper the penetration into the Earth and structures. How can one communicate to nuclear submarines? The TI's next question will be, "How does the technology tune into one person and not another?" How do mobile phones do it? We all have unique resonances and signatures. Dr. Becker stated that the brain has a 3000 Q factor (quality factor) which means each brain has very specific bandwidths for influence like mobile phones. How many products do you own that have RFID chips in them? You would be surprised at the answer. The brain itself is a very advanced specific encryption code but with some generalizations of emotional cluster signatures. Only the sender and receiver know the private key encryption with the particular cognitive model. Get all the cognitive models and you will have all the brain codes. For example NASA tracks 26,000 golf ball sized pieces of space junk around the Earth's orbit. Can 7 billion unique brain signatures be tracked on Earth?

Is this being done by satellites or what?

The question is where are the sensors and emitters? The same antennas can be used as both. Redundancy is key for any warfare weapon and especially one that is global in reach. Most sophisticated Radar systems use synthetic apertures, which means that they use beam forming to electronically steer the beam instantaneously or to multiple locations at once. Intersecting these connected phased arrays creates a tighter intensity on a location and multiple locations at once. A mathematical term called an inverse Fourier Transform allows for these calculations in real time. Holography is another term of similar concepts when computer calculated.

The entire system is global, fully integrated, and uses every technology available just like PRISM in information warfare. Most researchers want to point the finger at one particular entity like HAARP or Satellites. The problem with the data is that some of the first mind control subjects came forward right about the time the first satellite was launched (1961) which did nothing of importance. Satellites are of course used for spying all over the world now but they don't fully explain the previous capabilities of mind control and may be used now as a redundant system. HAARP wasn't built until 1991. These may all play a part to expand the global mind control agenda but it isn't the full answer. Over the horizon Radar and Ionosondes could also have those capabilities and have been around since WWII. No matter the military instrument, you can't bring it into a court room since they are heavily guarded. Trying to point the blame on the power grids, cell phone towers, and neighbors with modified microwave oven weapons is sort of pointless in the sense these EH weapons are global now and can be used with multimodality.

Am I micro-chipped or nano-chipped?

There are many studies going on. Several groups use radio frequency detectors to scan the subject. There are some very interesting results which show TIs who have a positive signal at locations on their body and non-TIs (controls) with no radio signals. Is this proof? Of course a type of RFID chip would make tracking humans much easier and have been used in the past. But with all the MRIs and x-rays that have been done on TIs, very few find anything except for what specialist call imaging anomalies. The theories have changed that the implants must be even smaller and they can't be picked up with those kinds of imaging technologies, called nanochips. There is a problem with both nanochips and microchip theories which have been tested. It is that chips at that scale cannot withstand a very high electromagnetic

pulse without shorting them out. Also RFID frequencies would change under a strong magnet due to inductance and hence be untrackable. It is a logical conclusion that the technology would require a microchip to send and receive signals but so far it appears to be more complex than this. Microchip theories also provide hope for the target. If they can just find and remove them, they will get their lives back and freedom from mind control and torture (behavior modification and reprogramming).

Let's say a TI finds a chip and removes it. Still, who can they sue? It isn't practical to go on that hunt. An MRI doesn't hurt anyone if you can afford one. It still hasn't provided enough evidence or relief if a RFID chip is removed.

There have been many anecdotal stories from TIs that metal detectors go off on certain parts of their bodies other than fillings in their teeth. None of these stories have been verified by independent investigators and there are other theories of electronics of how bodies which have inductive and capacitive effects interact with some kinds of sensing technologies.

The current best theories involve doping agents that bond permanently to the target's biology which act as contrast agents with certain EM interaction frequencies. However the use of biometrics such as brain pattern signatures and body resonances to identify and track targets are more useful for secret warfare, mind control, and interrogations.

Can they make me kill someone against my will bypassing my conscious will and then make me not remember it?

The CIA has been studying these psychological mechanisms for many, many decades. Some hypnotherapists and psychologists claim that one cannot be forced to do something against their primary moral compass under hypnosis. There is evidence that in some cases this is not true. Yes, memories can be repressed and when remembered, the psychologist will call it false memory syndrome. Obviously there needs to be more rigid tests. Psychology is in its infancy as a profession like when medical doctors used bleeding people to release the evil demons.

The answer is yes but with a small percentage of programmed targets. There are many examples in history for plausible deniability of assassinations by programmed civilians, indirection by government for the media to play off of. Try your best not to allow government to use you in this way to create terrorism for false flag operations and take away more rights from the citizens. It is a very old false flag scam. Currently it is being used to scare the public into forfeiting gun rights and justifying more surveillance and tyrannical control.

Are computers involved in mind reading?

The human brain is one of the most powerful computers on the planet. It was theorized that if signals from brains of two or more humans could be combined, each brain would learn how to interpret the other brains signals to some extent. Since the early experiments, computers are very much used to interpret brain patterns and signals for mind control. Not only do they help automate and scale the mind control programming, torture, and 're-education' over the population, they act as a firewall so that targets cannot get too much information from the handler in the old bi-directional feedback mechanisms. They now can record pains from every human being and play them back as torture on others to some extent, but the databases of these brain signals are necessary for programming thoughts and emotional signatures into the population. It sounds science fictional like, doesn't it? It improves every year. Computers are also

necessary for improving the cognitive models and transforms between the variations of humans' minds and languages.

Can other animals be used?

There are many documented experiments from human to ape, human to dolphin to some degree of success, but the most famous are a bull, dragonfly, and mice with probes directly inserted into the brain. A cat's vision was also deciphered onto a computer screen with invasive probes. Imagine if they could turn a person's pet into a spy.

Can a targeted person pass a lie detector test or purposefully fail one?

This question was brought up by a TI because they said they went through a series of tests and experiments to do just that. This was all done remotely using synthetic telepathy (V2K) as the means of communication. The handler would ask a set of questions then look at an instrument to see if there was a guilt response, i.e. a stress response. They tried hypnosis and implanting false memories in the target to see if that would invoke a guilt response. This was all done remotely. Then they said to the target after they asked each of the questions, "Press on your sternum." Each question was not supposed to invoke a guilt response but the pressing on the sternum would invoke a spike in the remote truth telling device. The handler was very amused that the signal they were using was so easily defeated.

In brief, yes a targeted individual can remotely be manipulated to pass or fail a polygraph using preprogrammed hypnotic triggers or a remote, real time induced physiological response. Uses might include discrediting a target or a captured spy.

Can the government technology create extreme emotions in people who are not aware of the technology, be influenced emotionally, or subliminal suggestions be put into them?

All emotions have been catalogued and easily transferred onto an unaware target. Symptoms of bipolarism can be artificially induced. You can imagine the uses of such power. The controllers can keep a population placid or incited to war. At the individual level friends could be made to be enemies thereby social networks controlled.

There are drugs that can smooth emotional responses even created by artificial electromagnetic means. Knowledge of oneself and taking some deep breaths can diminish some of these extreme emotional entrainments. In many ways this is a test of forgiveness and emotional control.

How can they access my memories?

Part of the interrogation process is to make the target believe that the handler has more knowledge than they actually do. In physical renditions they use false newspapers with fake dates and headlines and the little intelligence that they have to make the target believe the "event" has already occurred and they are free to talk about it. They use sleep deprivation and questioning. The person sleeps and forgets a week later, then they bring up the information that the target gave out under questioning when they were sleep deprived or drugged a week later. This makes the target believe the interrogators know everything about them. They continue this process and walk the target back through their history, while all

along the handlers knew very little other than NSA communication intercepts. It is done the same way with remote mind control interrogations too.

Word and picture associations will trigger certain memories in the target. These can be shared with the handler under ideal conditions and the specific brain signatures recorded and replayed. These are often used to get floor plan layouts let's say of secret bases or houses. This technique can also be used to rewrite the episodic memories too. Later in this book you will see how passwords can be cracked using a variation of this technique.

Practical advice is to stay grounded during this type of remote mind interrogation and remember to give the handler false information. A week later the handler will bring it up and you will be reminded that they only know what you tell them. Don't laugh at their ignorance or you will show your hand in the bluffing poker game. You will get a chuckle out of their ignorance and mental games they play.

There are more sophisticated techniques that inject random neural noise to trigger memories, bidirectional associated memories, word associations, etc. It is beyond the scope of this book to describe the details of these techniques.

Can they make me experience something like smells and tastes that I have never smelled before or pains that I have never felt before?

From our research and investigations, yes they can. It is usually common for pungent smells to be used on a TI like burning rubber, onions, ammonia, pencil lead, etc. , but there are some pains that cannot be described by targeted human beings in these neurological weapons testing of torture and behavior modification. Pungent smells are more easily EEG cloned to the target. If humans have never felt certain pains, there are no words in any language that can describe them. For example a fairly common artificial torture is to make the target feel like there is an electric worm crawling through their body. How do you describe that to a doctor? There is no common human experience that we have given a name for that to communicate to others without the experience.

Can my memories be transferred or false memories put into my mind?

Other questions cover some of the techniques. Yes, this is a very important part of the research being tested. It doesn't work on everyone but hypnosis and another more sophisticated technique (episodic memory replacement) can be used to insert or replace memories. In mind control processes, bringing up a previous memory then rewriting it, is one way to replace an earlier memory in a target.

Unfortunately, real memories that were repressed are often called false memory syndrome by naïve psychologists. The psychologists are not sophisticated enough to test for memory tampering.

The best advice is to stay grounded and make sure you have continuous memories throughout your life. If there is a false memory, it won't be associated with any logical chronology of continuous and nearby memories in the mind space.

Can psychopathic personalities be created using this technology for false flag purposes?

Unfortunately, this is one of the most important tests of the technology. It usually involves killing their father or someone that the target very much loves. This is the ultimate test of the power of remote

neural influencing technologies. There are many examples of this for the researchers of this technology. Politicians don't seem to have a clue. Our research group found TIs that were programmed to kill famous politicians like Hillary Clinton. We don't get into the details of the programming and deprogramming methods in this book. Anyone reading this book knows the US government has been hijacked by now. The "programmed assassins", if successful, are easily written off as psychopaths. This creates a false sense of terrorism and gives the government provocation to disarm the citizens. Fear and false flag operations work on the simple minded population throughout history.

If you are of non-violent character, remember your core values. If a rage is put into you, sleep it off and try to keep guns away from you if you are controlled. Some mood stabilizing drugs can help defend against a psychotronic emotional attack and remember that voice morphing and transformation is common to misdirect the mind control subject to a particular target of their remote torture.

How can I tell the difference between DEWs and various resonance frequencies versus RNM (remote neural monitoring and EEG cloning)?

DEWs (directed energy weapons) is a classification of weapons that can direct energy at a target such as particle beams, lasers, maser, and phased array microwave weapons. Many of these kinds of weapons are to heat and destroy and use ionizing radiation at their power levels. Some of the more secret and complex weapons that attack the human nervous system and electronics fall under many different classification of weapons such as non-lethal, directed energy with non-ionizing radiation, and resonance weapons. DEWs will leave burns on a person, but often the pains caused by RNM and EEG cloning are confused to be DEWs. Resonance weapons are directed to the individual so they can be classified as directed energy, but the energy is directed at molecules and ions in the specific body. These are better described as resonance weapons. Just like identifying a star with spectral lines and spatial resolution, identifying life forms on Earth is very similar.

The science of remote neural monitoring and EEG (electroencephalographic) cloning are generally regarded differently than directed energy attacks which also causes pain and nervous system malfunction. Typical DEW attacks are only skin deep. EEG cloning is much more complex and can cause similar pains on the body but with no physical evidence. The pains are perceived through the pain circuits of the mind and body.

The advice is only useful for directed energy weapons. Space blankets imbedded in clothing can deflect microwave weapons such as ADS (active denial systems). Lasers cannot penetrate homes and most clothing. However resonance weapons can only be jammed using active adaptive noise by slow frequency semi-chaotic magnetic and electric fields.

What are the long term effects of these energies and experimentation on me?

The most deadly effects are on the mind itself. Interfering with a person's decision making processes lowers their survival abilities and even their will to live.

Of course with all energy exposure there is an increased risk of various types of cancers. There are many secondary and tertiary long term health effects of prolonged stress caused by the torture and experimentation including heart arrhythmias.

Do they currently have the ability to record all my memories from life until death?

Not yet, but they are working diligently on it. There is a chip called “Soul Catcher” that is supposed to do this and then be put into a baby and basically create immortality for that person. Imagine an Einstein or a Hitler living for ever. Some people will do anything to cheat death.

Can they insert languages or skills into the mind of the target?

To some extent they can insert skills into the target that were not previously studied. There is accelerated education using aspects of the technology and a shared hive mind with participants. Obviously there is much funding of research for this capability.

Can they get my passwords?

They can crack your passwords even while you are dreaming. This is a very important feat for mind hacking by the NSA and other intel agencies. There was a team that used OTS (off the shelf) parts for less than \$500 to hack passwords by brain feedback. What they used is what is called the delay of the P300 brain signal. This is the recognition signal. So by showing the subject digit by digit and reading the results, they were able to crack passwords of a consensual subject. The NSA techniques are similar. There are backdoors to all computer systems of spying but this is one through the mind.

There are ways to defeat this mind hacking technique with computer passwords. There are programs that generate a password that even the user cannot see. The passwords are cut and paste only but blocked out. The only password that the user needs to know is that of the password database. A hacker would have to have physical access to the computer or a keystroke logger and go to great lengths to get the others. If you are a target, nothing is private and certain government agencies will even use your medical information to silently assassinate you if that is their objective.

What are some long term effects of torture, trauma, and stress induction?

It depends on the person and any programming done at the time. In general torture sensitizes the animal or person to violence. Several of the Guantanamo Bay torture subjects who were released appeared to be sluggish schizophrenics according to medical doctors. For many tortured people, they become timid and empty of hope. It can cause a passive aggressive condition too. The mental scarring becomes worse based on the duration and intensity of torture methods employed. Nightmares and flashbacks are common later in life. Behaviors such as alcoholism and smoking are common ways a target copes with PTSD (Post Traumatic Stress Disorders) if they survive.

Stress coping mechanisms, psychotherapy, support groups, and desensitization methods sometimes work to some extent. With TIs, the torture and torment often never ends if nothing new is tried. Surrounding oneself around positive, supportive people and meditation helps. There are some drugs being experimented with that reduce PTSD but they must be taken during the trauma. One controversial doctor is experimenting with MDMA to alleviate PTSD effects.

Why do some people hear voices?

For researchers of psychotronics, it is easiest to identify a real target due to the types of speech they hear through V2K. Some targets only hear tinnitus or hissing and these cases are more difficult to

diagnose although mentioned as a side effect of the microwave hearing effect.

V2K/synthetic telepathy is most useful for mind control, programming, interrogation, and disablement of the target. Disablement occurs by wasting brain cycles of the target and constant distraction.

In over a decade of searching we haven't been able to find a deaf person who hears synthetic telepathy. Is the rate of manic/depressive and schizophrenia the same in people who are deaf? Does sign language have its equivalent to voices in the head? What does this tell you about how the technology works?

“How do I hear my sentences completed before I speak them?” is another common question from TIs who have “V2K”. “V2K” is an old term and should be outdated when speaking about synthetic telepathy and the microwave hearing effect. These are completely different effects but related. It is called predictive sentence completion and uses artificial intelligence programs usually using Markov models of speech.

The adaptation of the audio cortex of the brain to the external signals goes through stages before it become true telepathy in many cases. This is how voices are thrown at a distance of the neighbors and family in isolated rooms or through white noise sounds at first. It has pitch, distance, and directionality. Eventually over time it usually turns into a voice directly communicating in your head with no direction or distance clues once the brain has fully adapted to the external communication signals.

Cognitive behavioral therapy can be of use for some people to diminish some of the effects. 30 minutes a day of practicing to not respond to the voices helps. Reading entrainments of the brain to sound out words is complex. There is another technical method that screws up speech that simply gives feedback to the ears from the mouth with a time delayed phase. This system can be found in most science centers for experimentation.

How do they see me? Am I showing up like an infrared body scan, or are they literally viewing me through my TV's and other appliances?

This is a very interesting question. There are so many technologies involved. Yes. With the newer TVs the video cam can be hacked just like on a computer or a mobile phone device. Traditional bugs can be used, pinhole cameras, etc. However, that is not how much of the more advanced systems work by the government. Radar methods, spectroscopy, and other imagine methods are used to view a wide area and signal processing it into an image. NMR(nuclear magnetic resonance) and EPR(electron paramagnetic spin resonance) are used at Earth Gauss levels. These techniques are difficult for the average person to understand. Now it becomes more difficult to believe but EEG (electroencephalographic) cloning is how mind control works bi-directionally. Yes, it is possible under certain conditions to clone the senses including vision. This means that the handler can actually see through the targets eyes to some extent. There are about 26 high tech methods of surveillance and they are all used on the targeted individual.

What is the frequency? Is it ELF (extremely low frequency) or Microwaves attacking me?

This is a common misunderstanding of the technologies. All the methods used against a TI are multi-modal from multiple sources and everything from spread spectrum to narrow bands. Yes, pulsed microwaves at different frequencies and intensity affect brain wave function and nerve cells. Some can

release neurotransmitters in the brain to confuse the target like drugs. Pulsed microwaves can communicate with the brain and create a low frequency carrier wave (ELF). However, without brainwave feedback all these technologies cannot do direct mind control. These transmitters and receivers require a body electrical feedback from the target. How is it done? Too complicated to discuss here but the ELF is important in turning the targets environment into an NMR (nuclear magnetic resonance) and ESP (electron and free radical spin resonance) machines with some other waves to increase signal to noise ratio at Earth Gauss levels. This is why people confuse microwave technology, radio frequency technology, and ELF technology. It is not a single frequency. Biology is responsive to many kinds of energies and frequencies. These frailty and weaknesses of human biology are very understood by the weapons scientists studying these new classes of weapons.

Scientists artificially classify the entire spectrum of electromagnetic waves into sections. Of course the spectrum is continuous. Microwaves are the wavelengths from 1 millimeter to 1 meter. They are used in radar and communications as well as to cook food. ELF waves are at the longest wavelengths we classify. They are waves classified as cycles from 3 to 300 Hz, or wavelength of 100,000 meters to 1000 kilometers. Interesting to note that at ELF wavelengths the electric and magnetic component of the waves are usually measured separately. This is important when we discuss increasing the local magnetic field for localized NMR and ESR surveillance technologies over the Earth.

One of the reasons people speak about microwaves is due to the research on microwaves affecting the firing frequencies of neurons. Another reason is because they penetrate buildings and can be focused using phased array beam steering and synthetic apertures. They are also instrumental in what has been patented as the microwave hearing effect. Microwaves can heat the organs of a body and cause many other bio-weapons effects too. Other UHF frequencies can interfere with cellular communication in the body.

Pulsed microwaves can create low frequency bands. We hear those near speaker amplifiers when our mobile phones are called for example. So this is an example of microwaves creating ELF waves. How does a simple transistor radio work? High frequency with a diode/transistor can create an ELF auditory signal in a speaker. Neurons act like transistors and diodes too. Even Dr. Becker in his book "The Body Electric" says bones are an NPN junction, a type of transistor.

ELF waves are what brainwaves work on and audio communication. But most ignore the much higher frequencies created by individual neural firings. In fact the brain operates at ELF frequencies and microwave frequencies due to the individual firing neurons in the 100s of billions there must be a large Q factor (quality factor) that determines the narrow frequencies to trigger micro and macro circuits of the specific brain to target individual minds. Obviously this is important but more interestingly is how to focus ELF waves on a target and to increase the localized field for NMR, ESR, and ion cyclotron resonance for signal to noise ratios. Project Soul Catcher Vol 1 will get into more of the science while Vol 2 reveals the psychology of programming.

There are many questions for scientists that hear ELF waves are targeting an individual. The first is that ELF waves cannot be focused, so the original signal must be above ELF waves. However there are many biochemical processes that act as diodes and can transform the interpretation of beat frequencies of higher frequencies waves into ELF waves interpreted in the body. There are many mid frequencies waves that can penetrate the ground to submarines and used for Earth penetrating tomography which can even map out the core of the Earth. ELF waves have traditionally been used to communicate with submarines deep under salt water.

Can they read my mind? Are they only able to scan the way that my brain processes my thoughts? How clearly are they able to understand and interpret my thoughts?

There are many complicated tactics to mind reading from the ancient psychics to modern day EEG cloning methods. Forgetting the art of illusion and magic from the old, modern day mind reading is done with brain monitoring methods, background NSA information, and synthetic telepathy interrogation techniques.

One of the most important tactics to read minds is a variation on CIA interrogation. In some physical renditions they use sleep deprivation, and some drugs to erase the memory of the target then give them a fake newspaper saying a certain event happened to see if they confess and hope they give out more information. The same technique is used in EEG heterodyning techniques. They walk the target back in time gathering their personal history making the target think they know more about them than they actually do. The interrogators get points to determine how well they did with the researched history of the government profiles on the target and their collected data using V2K and EEG cloning

Under ideal circumstances all the senses can be cloned and some memories recalled.

Besides these mind tricks, as Col. Alexander said about EEG synchronization techniques, “Secrets begin to slip.”

Are my telephones tapped?

As Edward Snowden revealed our government has everything from computer search histories to every voice call recorded. Yes, they have been tapped for decades. Some lesser known but interesting tactics the intelligence agencies use is voice transformation or often called morphing which is heavily used on targets and sometimes the target’s circle of influence using the voice of the target to destroy and alter social circles. Voice mails can be deleted, scrambled, or intercepted and replaced. The information can be tampered with and used against any target. Social networks, banking accounts, medical history, etc. are all just a keystroke away for the NSA. What is the information used for? Everything from blackmail, destruction of the target’s life, or to control a target are common.

Are the voices human or an artificial intelligence program?

They are both. Using real humans at the beginning of the program but later on they use AI programs to do most of the work and scale the weapon system with fewer personnel. An astute target can usually differentiate between the two modes or mixed modes by observing that the artificial natural language program is more repetitive and doesn’t remember well.

I initially heard sounds perceived at a distance. Now it is heard after a month in my head. Why is this?

This is how the program generally starts off with voices projected through walls and strangers conversations heard at great distances. Often the voices can be heard as clear as day through white noise generators piggybacking other sound stimuli. It is theorized that this is the beginning stages of the brain rewiring itself to perceive the auto-correlated external voice signal modulations. It takes a while for the brain to adapt to its new senses. Other researchers claim they are completely different technologies being used for projection versus V2K audio cortex rewiring and the microwave hearing effect. Later on after the

brain has been rewired the audio cortex interprets the external signal just like a source from the inner ear but with no directionality. Soon the signal does not need to be that strong to be amplified by the brain and interpreted into words. At this stage it is true synthetic telepathy.

How can they target me even when I am near someone else?

This is another million dollar question. Notice that most targeting is done in private and away from other people in terms of the body pain and tortures. NSA satellites can see a 1cm square resolution in the visual space on Earth but this question goes much deeper in terms of electronic warfare on the human body and mind. It all depends on the frequencies of resonance and the intensity. In another book written by this author the physics will be revealed. Resonance is when the nucleus, ions, organs, cells, protons, electrons, etc. are absorbing energy from the target. Imagine a reverse NMR (nuclear magnetic resonance) where energy can be added to the targeted parts of the body and atoms of interest.

How does resonance work? How can an MRI see different atom's nuclei in the human body? It gets much more complex and one must study concepts like the Zeeman splitting and general spectroscopy. It requires understanding of beam steering, synthetic apertures, and phased arrays to name a few topics. "Project Soul Catcher Vol. 1" covers these concepts in more detail of imagining, surveillance, and tomography sciences if it ever is published.

If Dr. Becker and his colleagues are correct the brain's circuitry has a 3000 Q factor for its micro and macro circuitry. This means it can act like a mobile phone in terms of its reception and amplification without affecting the other brains nearby because of the narrow bandwidth.

Why can't anyone hear what I record on a device or see what I see on video?

These are complex questions. This book is only to summarize many researchers' and independent testimonies' of TIs experiences. All the recordings seem to only be able to be heard by the target themselves. The recordings only serve to discredit the target to others. Why can only the target hear the messages in white noise or otherwise? This is another difficult question to answer simply. This involves a neural encoding technique that is beyond the scope of this book. The practical advice is to let a close friend hear or see what you believe you experience on the recording. They will usually say that it is nothing intelligible to them. So don't broadcast it or use it as evidence for others. This is a common trick to discredit the target.

Is anything private?

You must get used to no privacy like being in jail, a mind prison specifically designed for you. What is the human need for privacy? Yes, you are a prisoner in your own country and in your own home.

NSA does more harm than good but they don't release those statistics. How many people's lives have they destroyed? How many innocent families that just blindly trusted their government were destroyed by their manipulation? Just by using full spectrum information gathering (PRISM) and information attacks on innocent people have they created madness in the person? They justify their budget by their own analysis. "We prevented 10 pipe bomb attacks?" they might say to the senate intelligence committee, but at what cost? Their damage is never assessed independently or properly.

What most Americans never realized until they are assaulted by their government is that they

never had privacy. Every conversation has nearly been recorded. They use voice sampling software on everyone to project those voices to other people on phones or through V2K when desired for a false flag operation or to route out “terrorist” networks. Every transaction made anywhere except through old cash and bit coin has been recorded. Edward Snowden only informed the public of the tip of the iceberg. Yes, shocking that our government has been lying to the population at least since J.F. Kennedy’s assassination. America’s values have been turned on its head.

How do I prevent electronic warfare weapons ruining my electronics and stalling my car?

TIs have many barriers to gather proof and retain their livelihood. Electronic warfare is also used in conjunction with bio-resonance weapons and illegal surveillance technologies. The US government operates secretively as a crime organization when all will be known. It only takes a few bad apples at the top of the intelligence agencies to control all of world events and manipulate media for the less than informed busy slaves.

Anything which generates a radio frequency can be monitored and subverted. TI’s typically have their car engines stall while driving, their car alarms disabled, their electronic garage doors manipulated, computer drives purged, their house alarms disabled, mobile phone messages scrambled, and other electronic warfare done on them.

One must remember PRISM that Snowden revealed about the NSA. The attacks are a full electronic assault in the full information spectrum including the human mind.

“They say that they are going to kill me and my family if I don’t do what they say.

I’ve gathered some proof but they steal my data or erase it.” – a TI

Unfortunately there is little practical advice that can be given. You could use nothing but mechanical means to defeat some of these technologies. For example you could use an alarm system and cameras that leave video images on the internet with password protection. By the time you come back they wouldn’t have had time to hack it or steal your data. The reality of the situation is that you must just come to accept what the NSA and other agencies are doing and try to live your life the best you can.

Legal Issues:

Is there legal recourse?

Everybody's instinct is to go to the FBI and convince them it is some kind of major crime mafia with top secret weapons. This is a delusion, misunderstanding, and misdirection. The FBI will not investigate. Guess why? One, they don't have the equipment nor expertise and two, because this is done by government at the highest levels of secrecy. Not everyone in government is in the know. In fact the majority do not know. You are just going to sound like another "tin foil" hat believer, alien abductee, or mental patient. It is probably not worth your time to complain to them. The FBI mean well but they are programmed in false beliefs for their government jobs. If they are smart enough to understand and believe TIs, they will resign or be fired. The system of total control is in place. Some call it order, but they misunderstand the bigger picture of how the people with less than virtuous qualities rise to the top. When the good people resign in protest, they are simply replaced by the humans that are not emotionally intelligent and are addicted to power and pride.

Many lawsuits have been filed and different legal strategies tried. As to date, I haven't heard of any that have worked. The US government is capped at \$100,000 for misbehavior anyway unless congress approves a larger amount. Most TIs lives are worth far more than that. It is cost effective for them to grab a TI, use plausible deniability, and hope only future generations might sue with a presidential apology for a previous one's mistakes. Most governments rule by a truly criminal mindset. You must defeat unbelievable power and wealth, some of which you contributed in taxes to be used against you. Gathering evidence is very expensive and time consuming.

There are other problems. Some attorneys will take your money but won't produce results. It is not always their fault. Gathering proof is so technologically difficult. Finding an expert witness who isn't afraid of being assassinated to testify is another hurdle. Plus you will find difficulty pointing the finger at a particular intelligence agency due to government secrets. You need to show the tools of torture and how they are used. Again you will be up against propaganda words like "national security" or "executive privilege", "state secrets", etc. What if satellites were involved for example? How do you bring one into court? Think it all the way through. You can produce piles of books and documents but the court will just stare blankly at you and not read through it. Science and legalese are very different vocabularies. What is obvious to you is not even fathomable by those who have not survived these programs of torture.

Another important consideration is that of information overload. Always summarize and bullet point your facts. Many TIs overwhelm anyone whom they approach by too much information. Yes, these programs are the most sophisticated in the world, but most people don't know how their mobile phone works or their television. Keep it as simple as possible when conveying your message to the uneducated and less informed.

Who is behind it?

In the beginning stages of the mind control programming every TI believes they know who is behind it. They cannot be talked out of it. The actual algorithm for determining who is a target is mostly random unless it involves protestors, counter-intelligence operations, intelligence gathering, or whistleblowers. They try to find easy targets that usually live alone in apartments, but even families can be broken apart. The idea is to isolate the target. They especially take a swath from a variety of every

language and culture on which to test mind control. If you are single and living in an apartment, you are an easy target. Welcome to the New World Order.

People talk about aliens because 60 year advanced technology seems like magic to the general population. Mind control and the brain code being deciphered are quite real but require a lot of education to understand. NSA, CIA, DIA, and the alphabet soup agencies are the conditioned and indoctrinated unbeknownst to themselves of how they are manipulated. It is the liars, the power hungry and greedy of the military and corporate forces that trick scientists and politicians to do their bidding. For the rest of the population who have yet to be tortured by government agencies this seems as a shock or conspiracy theory. In the other portion of the population, the government is there to make them feel secure in their cages. Many believe it is an ex-boyfriend or lover, boss, neighbor, doctor, or dentist, etc. doing this to them. These are red herrings. Please don't fall for this trickery of the devil.

What is being done? What has been tried to bring awareness to the general public?

Groups and individuals have tried billboards, news paper advertisements, protests, petitions, world courts, testimony to the senate intelligence committee, television shows, news, radio, fliers, internet, books, movies, etc. Some legal strategies and even some illegal strategies have been tried including spree killings.

How long did it take to give African-Americans human rights? How long did it take to allow women to vote in the US? Why? Change and understanding is a slow process. It is also difficult when politicians will not risk anything to better the morals and ethics of their tax base unless they get money or votes from it. Before you were a TI would you have believed someone who told you this was happening? It was a clever tactic used by the Germans in WWII to take people away slowly so no revolt occurred. As one CIA agent says, "The Nazis didn't lose the war they just had to move." It is not about the Jews now. It is something much more complex and evil.

Many TIs make the mistake to only talk to people who know about the technology and topic. This really doesn't do any good. The point is to raise awareness to those who do not know, make them care, and then make them act for the movement of these very important human rights.

It will take a creative, simultaneous, well organized, worldwide event that is non-violent and global to awaken the collective consciousness. Mass media is a joke and controlled in every country. They may make themselves irrelevant.

Are they stealing my intellectual property?

This is the spy game. Yes, they do this. Usually the TI is told that to make them angry and stress them out more. The handlers and spy agencies want to be in control of all new ideas and who brings them to market or warfare. It is impossible to prove but the capability is there and is part of corporate espionage.

I have been fighting a court case to keep me out of mandatory psychological evaluation and incarceration. Are there any expert witnesses that will testify on my behalf about the technology?

Everything in life costs money, especially justice. There are some cases that have been won with protesters outside the court building and a good presentation by your lawyer. Unfortunately you won't get

any real justice to be kept out of mental hospitals if the court orders it. However, no one will testify who has worked on the technology due to their oath to secrecy and the repercussions.

How do I prove it?

One of the biggest hurdles for TIs to prove something as large as this or to publicize it is money and credibility. They face other hurdles such as scientific expertise and a potential cover up.

There is the criminal standard and the civil standard. Government can't be easily sued due to the crime cabals "national secrets" get out of jail free card. Certain government groups act exactly like a crime organization.

Money obviously solves many issues in terms of justice, but can you imagine the US government admitting to torturing and silently killing 10,000's of Americans over the last few decades with these biologically active electronic warfare methods? It won't and cannot happen without total collapse of trust. An emergency state of the union would be declared and all information streams taken over. Crimes against humanity at this level haven't been rivaled since the Jewish holocaust.

Many industries and systems of government are utilized to silence the victims, such as psychiatry and general propaganda of the "tin foil hat" crowd. None of these people in the legal system have worked for the government in psychological warfare or electronic warfare so they can easily ignore the proof and evidence that the targets may acquire. Most people cannot change their world view so suddenly.

Ultimately if these police officers, judges, and other professions are ever informed they will feel very bad of what they did to the victims of these secret government programs. I think some Germans may have felt guilty to have just done their jobs. It is an offensive and repulsive argument for immoral behavior of the pawns who just say "I was just doing my job", and who think god will forgive them. They ultimately will be forgotten in history for turning a blind eye to this silent holocaust.

So, before we start talking about proof, we must ask ourselves for whom is the proof? Are they friends, family, media, the public, news agencies, or an international court? The language used and evidence presented depend heavily on the audience for persuasion of their fundamental belief systems. Know what you want from them: support, sympathy, activism, a congressional investigation, etc. Remember you are asking most people to change their fundamental model of reality that maybe their government or their god is wrong. It is a monumental task for any average human being to understand these systems. You are asking them to have a complete change in their world perspective. That scares most people. It is like putting a house cat in a car. They get very scared that they never knew what was going on in the world. Their view of history comes crashing down and their importance in the world which affects their ego is destroyed. Without getting too psychological, the ego and pride is what motivates most individuals, which is itself an "optical delusion of consciousness" as Einstein said.

Obtaining "proof" and evidence is very difficult when going against government agencies who have perfected plausible deniability and can lie to congress and courts without consequences. From a scientific standpoint, it is difficult to create control group shielding experiments. A control group is necessary to exclude the placebo effect. A control group is used to separate independent variables.

Most TIs don't realize they are targeted until they are financially destitute and can't afford to fly to labs around the country to participate in studies. Devising experiments that cannot be tampered with is another hurdle too.

There are many kinds of evidence that TI's try to gather depending on the variation of the mind

control programs that they are experiencing.

- **Organized intimidation stalking by foot or car**

This type of stalking is difficult to prove because stalking laws are written generally for individual people. Using a group of stalkers and different people for each encounter avoids proof and may even avoid the intention of the law. Many TIs notice the cars but they can change license plates and it is similar to organized stalking. It tends to be useless to write down every car's license plate. Plus a TI doesn't have access to lookup every person with the license plate unless they have special privileges.

Some TIs keep databases of their stalkers in hopes of finding commonality and proof. Other put out motion detection video cameras and such. It is a difficult task to assemble the clips for proof. A jury could be convinced that any commonality is just people who use the same routes to their homes.

- **Stalking – office**

This is an especially dangerous perception if true or inserted into the target. The outcome will be the same and that is dismissal from the job. Bridges are usually burned and the TI is left without a good reference for their next job. It is not worth pursuing this kind of stalking for a beneficial outcome. There are of course psychopathic corporate personalities that have nothing to do with the government stalking programs.

- **Stalking – internet**

There is no way to prove if the stalking is just obsessive compulsives on the internet or organized stalking. The FBI has no interest in these kinds of crimes unless a child kills themselves from the abuse. The general stalking is caused from "trolls".

- **Phone harassment**

Phone harassment is another of the many ways to drive the target to panic and to dysfunction. It is all the small ways that add up for the government program purposes. Of course you can record some of the harassment but generally the police will not get involved nor can they do anything about the federal government. Several TIs have been set up by fake calls according to the phone company to terrorist organizations according to actions the FBI has taken. Remember the NSA has infinite power in terms of surveillance and setting people up and tampering with phone records. They can change all records to make you disappear in history or set you up to look like you belong to a terrorist network. This has been used to intimidate targets to shut up.

- **V2K recordings**

These never have worked. Only the target can hear them. It is an interesting phenomenon how a TI will reinterpret the recording to hear the same V2K voices, laughs, or sentences. The recordings end up being a way to make the target look crazy because no one else can decode the speech. It is frustrating for the target. There are many theories of how this works but it is beyond the scope of this book.

- **Muscle spasms**

A couple TIs tried to correlate muscle spasms that they believe were artificially induced to weapon beam attacks. They recorded the movement and the muscle to electrical interference recorded in a microphone. Maybe it is evidence but it is not enough to convince the public. The public needs to understand the full range of capabilities and how the technology works. In any case a local judge who isn't corrupted by the government minions be able to stop it.

- **MRI/xray of implants**

This is generally the first explanation of how the tricks of the technology are done. So the TI will get scanned for implants and get MRIs and X-rays. These techniques sometimes display imaging anomalies. Very few have had surgery to find any kind of implant and if so, doctors will generally not operate to remove the tissue or anomaly. To date it is difficult to find a TI that has been released from the program from some micro-implant device. Due to this result, the more common believe is that the targets have nano-implants that are undetectable. While certain chemicals, dyes, and contrast agents that bind permanently to the cells of interest of the body have been developed, they cannot be considered "implants". The very nuclei of the atoms in the body, ions in the nervous system, complex protein structures on cells, and free electrons and radicals under the Earth's magnetic field act as a transmitter and receiver.

- **Vandalism, break-ins**

Many TIs track vandalism and break-ins into their homes and cars. This is difficult proof for a court because the jury will just assume that it is random and not part of the bigger conspiracy.

The obvious advice is if the TI has the money to buy 48hr loop video cameras everywhere in their home and outside, the "perps" will be caught. The TI will say that they are stealing the tapes if they can't see anything. There is software that will password protect and record every frame to the internet. This may be enough to stop the break-ins. One TI had the organized break-ins and stalking stopped by booby-trapping their house with high voltage drawers and exploding die packs, etc. Do not try this yourself. It requires a very sharp mind and the TI will more than likely hurt themselves. It worked for this one TI because the agents that are being trained are cowards and novices.

- **Burns**

Burns can only be done by lasers, but lasers do not penetrate walls in the wavelengths to burn small spots on the human body. The physics doesn't match the situation that the burns occurred. There are many other explanations. The biotechnology can cause the body to attack itself. Police investigations have nothing to go on.

- **Poisoning**

Many TIs complain that they are being poisoned and tested on with drugs. One might be able to get some very expensive blood work done to test this. One famous FBI agent, Ted Gunderson, who was put on the government list after retirement found high levels of heavy metals and arsenic in his blood stream. Not even someone of his credentials could find justice.

- **Yet to be tried experimentation:**

There are many attempts at defenses such as Faraday sleeping cages and magnetic scrambling devices and such but the problem is that none of these systems have yet had an independent double blind study done to validate the relief that these victims have felt. All devices potentially suffer from the placebo effect. In the 70's the government said that some people were just electrically sensitive.

- **Pain levels and vital signs correlated with EM energy**

Another experiment that several researchers have tried, but which hasn't been written up in a proper scientific paper, is that of the pain level of the TI with all EM energy and frequencies that are being absorbed in the target. There are two problems with this experiment. First the handlers are very observant of what recording instruments are being used and to shut the fields down when others are observing the target and recording. The other is the believability of the target of what their pain level is. This experiment has to be another blind study but without any observers present so it must be computer automated.

- **V2K/synthetic telepathy**

There are about 4 technologies that can project voices into humans' hearing perception that is unnatural. There is ultrasonic heterodyning, microwave hearing effect, EEG cloning/synthetic telepathy, and bone conductance as examples.

The most difficult to decipher are synthetic telepathy and the microwave hearing effect due to the lack of the expensive equipment and mastery of the technologies by the average person. The cognitive models for synthetic telepathy are way too advanced for the average person and the microwave hearing effect is a heating effect of the brain to vibrate the inner ear. These experiments are too expensive to conduct for proof. Let's say a jammer or superconductor shielding is available. It still relies on the statements and credibility of the targets' testimonies. In addition the government in the past just says these people are "electrically sensitive". The government has a play book to discredit all scientific studies independent researchers can do in order to dismiss it to the general public. Unfortunately pictures cannot be taken and leaked like in US torture camps, Abu Gharaib and Guantanamo Bay.

- **Different sized compasses**

Some interesting evidence that a TI collected using a video camera and compasses showed how a compass needle near his body while moving it up and down parallel to the floor in the field surrounding him rotated in a clockwise fashion while going down his body and counter clockwise while pulling it up during an assault. The experiment was well done in that there was nothing nearby and nothing else could cause such an effect except a strong field or the very nuclei in his atoms being synchronized in their magnetic moment, part of a NMR/EPR resonance weapon.

Another TI caught on video a compass needle oscillating about 30 degrees and 1/3 of a cycle per second continuously during an attack.

Other observations and experiments showed different levels of intensity of the Earth's magnetic field when tested on different days. This experiment was done by displacing the compass needle 90

degrees from magnetic north and timing how long it took to find magnetic north again. What could cause this change of field strength?

- **Voltage readings on body**

During some attacks TIs have recorded voltages on their body between 0.03 volts to 0.7 volts, enough to power a quartz watch. Explain this? What could be creating static electricity on the body at that level? Some microwave energies can.

- **Radio frequency scanners on the body**

Radio frequency scanners have been used by several people to test targeted people against a control group in microwave Faraday cages. TIs give off radio signals at certain parts of their body while the control group, non-TIs, did not. One should not conclude that it is an implanted RFID chip giving off the energy however.

- **Oscilloscope traces off the human body**

The human body acts like an antenna. Two instruments that one may want to have to gather evidence of the resonance weapons and bio reactive signals, ELF, radio, and microwave, are an oscilloscope and spectrum analyzer. Deciding what is noise in the environment and what are the signals of interest requires much research and understanding and should not be attempted by a novice.

At different times the TI will experience different technologies being used. A good place to start in understanding signal intelligence warfare is to read a book on Navy Radar systems. These signals do show up often in a TIs environment. Is this proof? The Navy, Air Force, and NSA can just say they always have them running everywhere. The signals seem way too strong and obvious at TI locations who are being tortured to be a coincidence. There are different types of Radar signals which can be identified with some study.

Mostly one should be focused on all the atoms and free radicals in the body that give off a resonance under a magnetic field, be it the Earth's natural magnetic field or an artificially created one of more strength. The strength of the field determines the relaxation times, signal to noise ratio, and resonance frequencies where the atoms or electrons begin to absorb and resonate energy. Try to understand the equations of NMR and ESR/EPR to get an understanding of the shapes and frequency ranges that you would be interested in. Staying away from power lines is a good idea.

Who do you send proof to? Who has the power to stop it?

No one with military grade technical expertise would go to a trial and stick their neck out that far given the powers that be. For the vast majority, people will not risk their career, livelihood, and reputation to investigate. People like Edward Snowden are exceptionally rare. Who wants to destroy their life and their comforts to do the right thing?

General advice:

When writing your testimony to anyone in power: you must be concise, tell them what you want from them, and always spell check and use proper grammar. Anyone from a formal education will disregard a poorly worded letter. You generally only have one shot to get your information across.

The greatest heart break one can experience
is to be betrayed by their own government.

Notes

These pages are dedicated for a TI to take notes on what works for them. Often a TI when heavily targeted forgets what defenses they have found to alleviate some of the assault effects. When confused and in pain refer to these note pages for steps to take.

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